



Inspiring excellence together

# BULLETIN

WEDNESDAY 18 NOVEMBER, 2020

## From The Principal's Desk

### Paying it Forward

A few weeks ago one of our lovely Year 1 students, Asher, approached me about her concerns for people who are homeless. She expressed an interest in holding a cake stall to raise money for this cause. She had written down a plan, a speech to present to the students and made a poster. What an amazing effort and sense of selflessness for someone so young! On Monday approx. 200 cakes were delivered to the school from Asher's family and were sold to the students at a recess cake stall. This raised \$351 for the Backyard project. This charity is organising Christmas hampers for people in need.

### Remembrance Day

Last week we acknowledged the fallen with a Remembrance Day service. Our student executive displayed great leadership and team work in organising and running the ceremony and were great role models to the rest of the school. The whole school attended and demonstrated great respect throughout. Thank you to Mr Lewis for working with the student executive in preparation for this event.



### P&C Meetings Recommence

Last night saw the first recommenced school event after the updated COVID-19 guidelines – the P&C meeting. Whilst the numbers were limited to 20 and social distancing was applied, it was great to be able to meet again and work together towards a continual improvement of our great school. The P&C should be congratulated for their efforts this year, still continuing to raise considerable funds for our school which has purchased a trampoline for our support class students, interactive playground equipment and a cover for the long jump pit.

## Year 6 Farewell

This event will be going ahead in the usual format with a few changes. To comply with the 4m2 social distancing rule for parents at school events, we are hoping that one parent for each student will be able to attend the presentation in the hall. There will be some procedures that we will communicate to parents and students closer to the event that will need to be put in place to avoid gathering and crowds.

## End of Year Award Presentations

We have needed to make some significant changes to these events to ensure compliance with the health guidelines and the guidelines determined by the Department of Education. Please find more detailed information about this attached to the bulletin.

Have a great week everyone. Keep smiling and staff safe.

*Michelle Unterheiner*

Principal



## Tree of Values

Last week our Tree of Values program started our focus on the core value of care. Over these two weeks we have looked at how we care for ourselves and care for others. Our wonderful CEPS news team produced a series of short videos showing how we can do this.

Caring for ourselves includes washing our hands properly, keeping hydrated and eating healthy lunches. We can care for others by making sure they are ok, helping them when they are hurt and asking them to play when they look lonely.

Our CEPS students really are great examples of these values and it is through this weekly focus that we can keep such an important value foremost in the minds of others. We encourage you to talk about ways to show and be caring at home and praise the moments when you catch your child demonstrating this.

Thank you for your ongoing support of our values program.

Mrs Bailey and Mrs Bell  
Values Coordinators

## Principal Awards

TERM 4	Congratulations on receiving 5 merit awards
2/3A	Abigail
3C	Lyla Woods
4/5L	Ava Morris

## Quality Education Awards

TERM 4	
K/6A	Angus, Kaitlin
K/6C	Zarlee, Bonnie
K/6T	Oscar
KB	Zana, Eden, Aayla, Xanthe
KM	Ella, Oliver
KT	Zac, Vincent, Tilly, Ariana
1B	Isla, Lachlan
1/2M	Braxton, Zara, Mitchell, Jesse
1/2W	Thomas, Imogen, Eli, Madix
2/3A	Jude, Amelia, Oliver, Jireh
3C	Ayla, Mila, Paige, Fox
4N	Harlem, Dane
4/5L	Bridie, Arlo, Eric, Ivy, Dekoda, Matilda
5/6H	Luka, Chet, Jake, Blake
5/6L	Matilda, Scott

## Values Awards

TERM 4	
K/6A	Cohen, Lisa
K/6C	Aiden, Wyatt
K/6T	William, Heath
KB	Will, Hunter
KM	Elijah, Isabel
KT	Payton, Levi
1B	Archie
1/2M	Cohen, Joe
1/2W	Maya, Max
2/3A	Molly, Leila
3C	Livia, Reece
4N	Matilda
4/5L	Hayley, Ava, Cooper
5/6H	Phoebe, Zac



## Coding with KT

As part of our work on digital technologies we have been looking at coding on Scratch Jnr. This week we were lucky enough to have a demonstration lesson on the Spheros thanks to Stage 3. We had so much fun learning with the senior students.

*Our learning intention is: using instructions to control a digital device.*



Here are just some great poems by the talented **1/2M** class!

More next time.

Twass a jolly good bloke called Brax  
Who once had a real special axe.  
He worked day and night,  
But got into a fight  
So the axe then had too many cracks!

**By Asher!**

There was a young man called Brax  
Who once had a very good axe.  
He chopped trees with vines,  
To make fabulous zip lines  
And were sold to a person called Rax!

**By Josie!**

There was a young man called Lee  
Who got stung by a large Queen bee.  
He cried to his death  
But then took a last breath,  
And from bee stings he now is quite free!

**By Wilson!**

There was a young lad called Fletcher  
Who spent all of his days on a stretcher.  
His sister yelled "get up!"  
"You great lazy pup!"  
And his Mum said "I'm coming to get ya!"

**By Fletcher**

There was a young man called Rory  
Who went to meet Nemo and Dory.  
He slipped on a mat  
Where Dory had sat  
So that's why he met Dr Flory!

**By Rory!**

There once was an ice-cream called Bob,  
Who thought he had a good job!  
His chocolate so brown  
For all throats to go down,  
So he can't face another big gob!

**By Cohen**

There once was a young man named Joe  
Who played with a mate he called Bro!  
They went to the park  
And played soccer till dark,  
Till they both were as good as a pro!

**By Mitchell**

There was a young girl called Zara  
Who had a young sister called Lara  
They made a sweet cake  
Though tricky to bake  
And gave it to a their cousin called Kara

**By Zara**





K/6A K/6C K/6T



Our 'Fun-Filled Friday' celebrating our students' birthdays throughout the year, friendships and togetherness.

## Garden News



Stage 1 have been busy learning about forces for this term's science unit. As part of the learning we spent time in the garden investigating tools and discovering if it was easier to 'push' or 'pull' the wheelbarrow. Students had a wonderful time outside undergoing a wheelbarrow obstacle course, learning about tool safety all while contributing to our beautiful outdoor space and earning their tool and wheelbarrow licence.

Next Tuesday we will be holding an outdoor planting day for grades K-2. Students will continue to participate in outdoor education and even enjoy some Christmas nature craft. If you children are in K-2 please ensure you pack some sunscreen and insect repellent as spring has certainly sprung.

## P & C Update

Face to face P&C meetings are back! Our first meeting was held last night, 17 November.

Your P&C has been busy!

Thank you to everyone who placed a mango order. Deliveries are expected the second week of December.

- Further upgrades to the support unit playground underway.
- Drink filling stations have now been installed.
- We have an upcoming online raffle to be drawn 3 December. Tickets will be available this week.
- David Diehm photography calendars will also be available online this week.
- A reminder that Crazy Camel orders are due Friday.

Thank you for all of your continued support.

Emily Baker  
P&C committee member



## Uniform Shop

Our second hand uniform sale has been very busy. We have sold lots of items so far. There are still some bargains to be found. Shop onto our online shop to have a look. The second hand sale will continue, and new items will be uploaded as we receive them.

Our bucket hat order is due to arrive in the next two weeks.

All uniform orders will be filled on Tuesdays and Thursdays and delivered to your child's classroom.

Uniform Committee.

## Lunchbox Café News

Term 4 is going by so quickly and our school canteen has been extremely busy.

Our last meal deal for the year is happening this month. The notes have gone home. Thursday 26 November is the day, meatball sub and apple juice popper is on the menu for \$6. Be sure to get your orders in on time. Notes and payment need to be in by this Thursday 19 November by 9.15am. No late orders will be accepted. Our regular canteen menu will not be available on the meal deal day.

I have started to work on the roster for Term 1 2021. Could all our all our current volunteers please let me know if they are available to help next year. We would love to see some new faces in the canteen for 2021, if you would like to help please leave your details at the office and I will get back to you. Our canteen needs volunteers to be open 5 days a week so your help is much appreciated.

Leila Finch and the Canteen Committee.

CANTEEN ROSTER : TERM 4	Mon 16 Nov	Tues 17 Nov	Wed 18 Nov	Thurs 19 Nov	Fri 20 Nov
	Leila Finch Rebecca Wilson 8.45am - 2pm	Leila Finch 8.45am - 2pm Rebecca Howard 11am - 2pm	Emily Baker Becky Beveridge 8.45am - 2pm	Leila Finch Andrew Tiller 8.45am - 2pm	Leila Finch Kristy Morris 8.45am - 2pm Elle Duffy 11.30am - 2pm
	Mon 23 Nov	Tues 24 Nov	Wed 25 Nov	Thurs 26 Nov	Fri 27 Nov
	Leila Finch 8.45am - 2pm Nicki Morgan 11am - 2pm	Leila Finch 8.45am - 2pm	Belinda Sheridan 8.45am - 2pm Cornelia Bunn 11am – 2pm	Katrina D’Alessandro Emma Whittle 8.45am - 2pm	Leila Finch Marney McDonald 8.45am - 2pm
	Mon 30 Nov	Tues 01 Dec	Wed 02 Dec	Thurs 03 Dec	Fri 04 Dec
	Leila Finch 8.45am - 2pm Hannah Benson 11am - 2pm	Leila Finch Kara Robb 8.45am - 2pm  <b>Fresh Food Tuesday</b>	Emily Baker Belinda Sheridan 8.45am - 2pm	Leila Finch 8.45am - 2pm	Leila Finch Cath Hetherington 8.45am - 2pm



# Samaritans

## Christmas Appeal

As is tradition at Charlestown East PS, we will be supporting the Samaritans Christmas Appeal again this year. During **Week 7** (23-27 November) we are kindly asking for donations of various non-perishable items for the Samaritans to make Christmas hampers for needy families in the Newcastle/Hunter region.

Donations can be given to your child's classroom teacher.

### Donation ideas;

- \* Tinned fruit & vegetables, tinned tuna
- \* Cereals, tea, coffee, longlife milk, sugar
- \* Toiletries (shampoo, baby wipes, deodorant, toothpaste, toothbrushes, soap)
- \* Pasta, rice, pasta sauce, baked beans
- \* Tinned dog and cat food
- \* Reusable shopping bags



**Thank you for your generosity!**



# SCHOOL UNIFORM



Please place all uniform orders through our online shop.  
Scan the QR code with your smart phone camera to be taken directly to the site.

**<https://charlestown-east-pc.square.site>**

Remember to include your child's name and class in the notes section at the checkout.  
Orders will be filled on Tuesday and Thursday afternoons and delivered to your child's class.  
Any further information required please email **[uniforms@ceps.org.au](mailto:uniforms@ceps.org.au)**



*Please note: Prices below are correct as of August 2020 subject to adjustment based on supplier changes. There is no additional credit card processing fee, this is inclusive within the price listed. The P&G is not profiting from this charge in any way.*

## Price List

HAT	
Royal blue bucket hat with sports colour inside - red, blue, green, yellow	\$21.00
GIRLS UNIFORM	
White polo shirt	\$26.00
Dress - royal blue & white checks	\$47.00
Skorts - royal blue & white checks	\$36.00
Warm navy stockings, 80% cotton	\$11.00
Royal blue zipper jacket	\$47.00
BOYS UNIFORM	
White polo shirt	\$26.00
Shorts - grey gabardine	\$21.00
Long pants - grey gabardine	\$26.00
Royal blue zipper jacket	\$47.00
UNISEX SPORT UNIFORM	
Coloured polo shirt - red, blue, green, yellow	\$26.00
Sports shorts - royal blue	\$21.00
Sports shell jacket - royal blue	\$47.00
Sports shell pants with leg zipper - royal blue	\$26.00
MISCELLANEOUS	
Logoed plastic for notes - royal blue	\$16.00
Calico library bag	\$6.00
Insulated lunch wallet - black with grey, red or blue coloured trim	\$12.00
Insulated lunch wallet - black with orange trim to signify *ALLERGY*	\$12.00
Beeswax Wraps	\$7.00 - \$33.00

Charlestown East Public School Parents & Citizens Association – 90 James Street Charlestown NSW 2290  
T 4943 5173 / F 4942 2575 / W [www.charlestoe-p.school.nsw.edu.au](http://www.charlestoe-p.school.nsw.edu.au)





Inspiring excellence together

November 11 2020

### **Presentation Day 2020**

In order to comply with the health guidelines and the advice from the Department of Education regarding COVID-19, we will be making some adjustments to the way that we have traditionally run our end of year Sports Presentation, School Service Awards Presentation and Presentation Day.

The staff have been considering the latest advice and have made a decision on these end of year events to ensure that achievement and progress are acknowledged and celebrated in a way that they deserve, and in a way that complies with the guidelines. The restrictions that have been imposed on us this year are to protect the safety of our students and their families. This has meant that we have been unable to hold many of the sporting, academic and cultural activities and competitions that we would in normal circumstances. This means that we do not have sufficient information to accurately and fairly inform our decisions about the recipients of many of the end of year awards. We have therefore reduced the number of awards to be presented, resulting in the majority of the awards being the class awards, negating the need for three separate events.

Instead, we will be holding a K-6 learning celebration on Wednesday December 9 in our school hall. Unfortunately, parents will not be able to attend this event as we are unable to accommodate the number of parents that would normally attend and comply with the 4m2 rule. We have organised for every award recipient to have a professional photo taken so that parents can put it in a special place to reflect on in the years to come.

Traditionally, the incoming school executive are announced and are presented with their badges at Presentation Day. The student executive will still be announced this year. We are aware that this is a special time for parents and their children so we are planning on a special induction assembly for the students and their parents early next year. The induction ceremony will be combined with a leadership program for these students to prepare themselves for the role. The sport house captains and vice captains will also be part of this induction. These will be selected in early 2021.

Thank you in advance for your support. Whilst we acknowledge the support that parents enjoy providing to their children at these events, consideration of the health and wellbeing of our community is of utmost importance in the current climate.

Regards

Michelle Unterrheiner  
Principal

## Good for Kids good for life

### TRADITIONAL INDIGENOUS GAMES



'kal-ka-doon kee-an'

All school-age groups (K-12)

#### Background

In areas of north Queensland, a game of throwing skill was played. A large bone, such as an emu shinbone, with twine attached to it was thrown in to a pit or hole.

#### Short description

The game involves throwing a ball into a small bin target as many times as possible.

#### Equipment

- Use 'foxtail' or a tennis ball in a stocking (or long football sock) as the bone.
- Use a large plastic bin or hoop as the pit or hole.

#### Game play and basic rules

- Play singly or in groups of two to four players.
- Players line up behind one another in their groups.
- Players hold the foxtail a short distance away from the ball and take it in turns to attempt to throw the foxtail ball in to the bin or hoop from 3-5 metres away.
- To avoid interference, the player throwing the foxtail is 2 metres in front of the rest of the line of players (mark a line for this)
- As an extra challenge, the balls are held further down the tail.

#### Scoring

- Players can keep score of successful throw for a set time (2-3 minutes) or set number of turns (four to six).
- If using a hoop, score one point if the foxtail touches or bounces in and out of the hoop, and two points if it stays in the hoop.

Source: Yulunga Traditional Indigenous Games, Sport Australia



Health  
Hunter New England  
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## Nutrition Snippet

### BE FOOD SAFE.

Did you know that food poisoning is more common in summer?



### Bacteria love hot and humid weather.

Always pack an ice brick or frozen water bottle in the lunch box.

Find more helpful tips at:

[healthyhunchbox.com.au](http://healthyhunchbox.com.au)



Cancer Council  
Healthy Lunch Box

## Nutrition Snippet

### SUMMER FRUIT AND VEG.



#### Try these summer sizzlers:

- [Lamb and veg meatballs](#)
- [Coleslaw](#)
- [Frozen fruit puree](#)

Check out our [blog](#) to find out more about what's in season.



[healthyhunchbox.com.au](http://healthyhunchbox.com.au)



Cancer Council  
Healthy Lunch Box

## Good for Kids good for life

### NATURE SCAVENGER HUNT

The days are getting longer and it's a great chance to get outdoors with the family.

Have fun finding as many things as you can in this scavenger hunt, or create your own.

You could go for a walk in your local area, or even just your backyard.

Encourage children not to touch or collect the items, but record them on their hunt sheet.

- An animal's footprint
- A bird's nest
- A clover (find a 4 leaf clover for an extra 10 points!)
- The Southern Cross
- Paper bark
- A native Australian animal
- A mushroom or fungus
- Spot a creature that lives underwater
- A large feather
- A sunrise or sunset over the horizon
- A lilly pilly tree
- A gumnut
- A waterfall
- A heart-shaped stone
- A farm animal
- Spot a witchetty grub
- A herb garden
- Nature pushing through concrete

For an example downloadable list, visit: [natureplayqld.org.au/nature-play-scavenger-hunt](http://natureplayqld.org.au/nature-play-scavenger-hunt)

Acknowledgement: Northern Sydney LHD



Health  
Hunter New England  
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>