



Inspiring excellence together

BULLETIN

WEDNESDAY 02 DECEMBER, 2020

From The Principal's Desk

Student Executive

This week we had the privilege of listening to the Year 5 students, who nominated for student executive next year, present their speeches. Due to COVID-19 restrictions we had planned for all of the speeches to be recorded and available for each class to watch in their own classroom instead of in the hall as a whole school. All students did an amazing job and provided some great insights into their plans for 2021 and what they will bring to the role. Students from Year 1-6 voted straight after the speeches. The votes have been collated using the preferential system. All of Year 5 will receive a letter on Friday afternoon announcing the executive team for 2021. These students will come together on Monday and I will coordinate a vote amongst the team for the captains. All students will be introduced at our learning celebration assembly on Wednesday 9 December and formally inducted early in 2021.

All students in Year 6 have a role in the school as leaders as they are role models for all of the students in the school. Year 6 are trusted to take on many extra responsibilities during their final year of school, regardless of whether they wear a badge. We are looking forward to seeing the great things that all of Year 5 will achieve in Year 6 next year.

School Planning

The staff have spent a number of weeks analysing our school data and we now have a very comprehensive situational analysis that provides a clear picture of where the school is situated with relation to the achievement of our targets and provides an indication of where we need to focus on next. The situational analysis will be verified by our School Education Director and we will then move onto completing the next school improvement plan.

As part of this process, it would be much appreciated if parents could scan the QR code below and complete the short survey. The survey holds some key questions that will guide us on the future at CEPS. The staff have provided their responses and we have asked similar questions of the students. We now need the perspective of our parents. Thank you in advance. The survey will be open from today until Wednesday 9 December.



Staffing 2021

This week we completed a merit selection process for the Assistant Principal position at our school, following the retirement of Mrs Highland at the end of last year. The school convened a panel that consisted of a teacher representative elected by the staff, a parent representative and an external representative from another school. We are very happy to announce that Mrs Michelle Bell was successful in this process and will formally take on this role from the start of next year. With this position finalised I will be working towards finalising our staffing for next year and the staff will start putting our classes together. We still continue to be in a position where we require at least two or three new enrolments to enable us to form a 13th class. We will work on a twelve class plan at the moment and we may need to return to the new school year in our 2020 classes in the case that there are changes to our student numbers over the holiday break.

Grant Success

Thank you to the P&C, in particular the Grants Committee, for their work in preparing the grant for an interactive sensory musical playground. We were very excited to find out that this grant was successful! Jodie Harrison, MP visited our school last week and presented a cheque for \$17291. Planning is underway for starting this project so that the students will have the benefit of this new playground activity in the new school year.

Fun at CEPS

To finish off the year with lots of fun, we have introduced a few new activities to the final weeks of the school year. Over the final four weeks, Mrs Ward has organised a staff team to compete against the Year 6 students in a variety of sports. In the first game, Year 6 narrowly beat the teachers in touch football right on the final whistle. Last Friday, was a netball game. The staff were excited to have a win, beating the Year 6 team 12-2. This week the competition moves to soccer and then basketball next week. Let the games begin!

If your child comes home from school and says I had a teacher swap today, don't be surprised. Mrs Bell is coordinating 'The Great Teacher Swap' where teachers can organise with a colleague to swap classes for a period of time. What antics will unfold next week when this occurs?! Will the students realise that they have Mr Lewis instead of Mr Tweedie? Will Mr Voorby take good care of the library? I wonder if this experience will change teachers' requests for the class that they want to teach next year. I am very sure, though, that the students will really enjoy their time with a different teacher.

Work Experience

This week we have welcomed Finn to our school who is a Year 10 student with an interest in teaching and has chosen our school for work experience. Finn has spent time in many of the classes so far and has been a great help to the staff and the students. Last week, Imogen, a student from Year 10 in Coffs Harbour, completed her work experience in the kindergarten classrooms. She was also a great help. We hope that we inspired these young people about the wonderful world of teaching.

Parent Portal

Don't forget to activate your parent portal as this is where the semester reports will be made available and this will be the process from now on, if this process runs smoothly. We understand that there have been some issues with the activation process. Thank you to those parents who have contacted the school to advise us of the issues and for their patience. We have been working with Sentral to resolve these issues.

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

Michelle Unterrheiner

Principal



Tree of Values

Last week our Tree of Values program continued our focus on the core value of care. We looked at how we can care for our environment. Our wonderful CEPS news team produced a very entertaining video showcasing how we can do this. It was lovely to see so many students demonstrating this value in the playground by keeping their playing area clean, making sure their lunch scraps went in the bin and even doing rubbish sweeps around the playground in their own time.

A special mention goes to Taya R, Jada H and friends, who found over 25 ice cup containers littering our playground in just two days, and helped send an important message to students to take more care.

This week we change our focus to the core value of responsibility. More specifically, how we make the right choices. We are very lucky to have a wonderfully responsible student cohort here at

CEPS, but as we head into the end of the school year, it does not hurt to refocus and ask ourselves if we really are making the right choices in everything we do. Students are reminded of the school rules and how these apply not only to outside play and in the classroom but also in our homes and community.

Our CEPS students really are great examples of these values and it 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 be responsible and make the right choices 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

Bucket Filler Award



Asher from class 1/2M and Cody from class 5/6H, for caring for others.
Thank you for filling someone's bucket!

Principal Awards

TERM 4	Congratulations on receiving 5 merit awards
1/2M	Zara
1/2M	Asher
2/3A	Oliver
2/3A	Summer
3C	Paige
4/5L	Ivy
5/6H	Jessica
5/6H	Luka

Quality Education Awards

TERM 4	
K/6A	Cohen, Chase
K/6C	Kaydn, Ruby
K/6T	Zachary, Bella
KB	Sophia, Roxy, Hunter, Zana
KM	Kimberley, Eloise, Sophie, Sam
KT	Oscar, Leila, Levi
1B	Chloe, Samuel, Tavita, Willow
1/2M	Josie, Wilson, Lachlan, Fletcher
1/2W	Jai, , Sam, Dolly, Max
2/3A	Pollyanna, Kobe, Ayla, Alex
3C	Laurika, Natarsha, Ayla, Paige
4N	Linkin, Dane, Seth, Jack, Kai, Emily
4/5L	Levi, Mason
5/6H	Amelia, Bodhi, Amelia, Tom
5/6L	Lincoln, George, Charlton, Jye, Charlotte, George

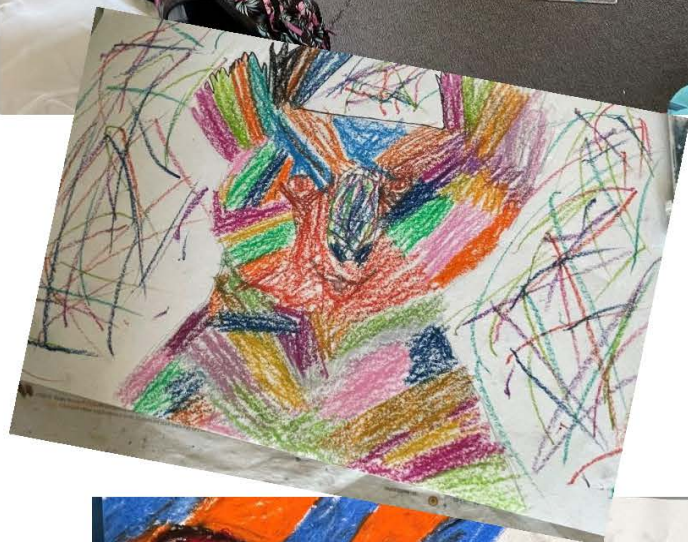
Values Awards

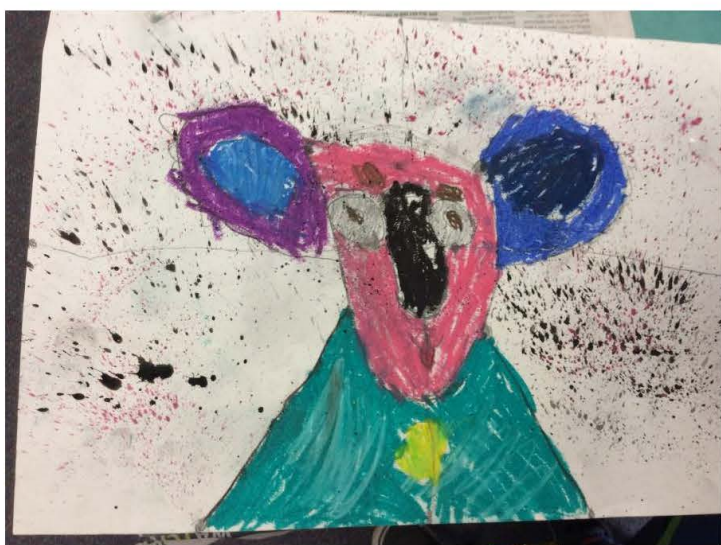
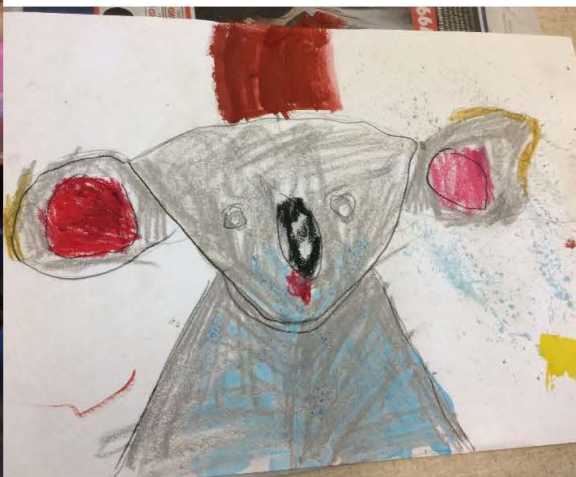
TERM 4	
K/6A	Kyrie, Angus
K/6C	Wyatt, Kaydn
K/6T	Alexander
KB	Will, Xanthe
KT	Tilly, Vincent
1B	Tex, Olivia
1/2M	Toby, Micah
1/2W	Madix, Hazel
2/3A	Ally, Summer
3C	Mason, Alice
4N	Claudia, Josie, Eli
4/5L	Eddison
5/6H	Kane, Aiden
5/6L	Savannah



5/6L and KB
enjoying their
POP ART
Koalas









Library

It is so hard to believe that yet another school year is almost to an end, a strange but still a very rewarding year!

As borrowing has ceased and the library is now in stock take mode I need all library books to be returned as soon as possible.

It has been wonderful to see so many of our students consistently using our amazing library. Well done!

To my library monitors, a very big thank you for the huge effort all of you have made with organising exciting activities at lunch time in the library: Manning, Amelia, MacKenzie, Cienna, Mia, Bridie, Abby, Aniston, Cody, Claude, Dekoda, Nakyrh, Matilda, Charlotte, Alliss and Xyah.

Enjoy a wonderful Christmas and a safe and exciting New Year!

Donna Reinhard
Librarian

P & C Update

What a roller coaster 2020 has been! Just a quick check in from the CEPS P&C to let you know that everyone has still been working hard all year behind the scenes, none more than Leila Finch who has tirelessly kept the school canteen running every day possible, along with the school uniform shop! We still have 3 fundraisers running through to the end of the year...

- 2021 David Diehm Calendars for sale now
- Online Christmas Raffle - \$2 per ticket
- Tamburlaine Wine Fundraiser - starts tomorrow



Due to COVID difficulties we have been restricted to running most fundraisers online via our Facebook group page, so we highly encourage you to become a member of this page 'Charlestown East P&C' (especially for the upcoming wine orders from the fabulous Tamburlaine, organic vineyard in the Hunter! Also feel free to share any of these fundraisers with family & friends.

You may have heard from the students already, but we are very pleased to announce our terrific grants committee, headed by Jonathan Wood, have secured the Lake Macquarie City Council Community Grant to the value of \$17,291.00 to be put towards the school's interactive musical playground! The P&C had already contributed \$10,000.00 to this project, so we cannot wait to see what the space will look like with all these additional pieces of equipment in 2021.

Lastly, onto next year, our amazing treasurer, Kristy Morris, is stepping back from this role in 2021, so if you are someone that is passionate about numbers, or just wants to have a crack at an executive roll and help the students at CEPS, please don't hesitate to contact me. Kristy has created a very simplified, structured role that almost anyone could step into.

Similarly, our Fundraising Committee, Beth Curran & Ange Fife-Jackson, are also stepping back in 2021. This leaves a large opening for some fresh faces, and new ideas moving forward into 2021. CEPS P&C simply cannot

exist, and achieve their goals without fundraising efforts. So we are officially putting out the call to anyone that likes to organise, have a great time, and wants to help improve the school experiences for CEPS students. This role also comes with its own handbook of previous fundraisers, how to run them, and of course the full support of the P&C executive.

A huge thank you to everyone that has helped with the P&C this year! This includes P&C committee members, canteen volunteers, the garden committee etc. To celebrate our achievements, we are having a P&C Christmas lunch on Sunday 13 December, 12pm at Dudley Pub. Please come and join us to celebrate all of your hard work.

Our next P&C meeting is scheduled for Tue 16 February 2021, 7pm. Hope to see you, and any new faces there.

Wishing you all a very Merry Christmas and a safe & happy New Year, and a huge thank you to everyone who has contributed during the year.

Emily Baker and Sarah Blatchford
P&C committee member

Uniform Shop

Our online uniform shop has been busy filling orders ready to start the new year. The last day to order your uniforms for this year will be Thursday 10 December. The online second hand sale has also been going well, this will continue online next year and will be updated as we receive your donations. Please remember there is no refunds or exchanges on second hand items. Our uniform shop will remain operating online next year.

The uniform committee would like to wish everyone a very Merry Christmas and a happy and safe New Year. We look forward to seeing you all next year along with some new faces.

Uniform Committee

Lunchbox Café News

Our school canteen has been extremely busy, last week we had our HO HO HO meal deal, it was a meatball sub and apple juice, we ended up with 120 orders which was amazing. We hope that all the children enjoyed their lunch. A big thank you to Katrina D'Alessandro and Emma Whittle for your help on these busy days.

With the end of term approaching, there will be no more birthday ice blocks available for this year. We will resume these next year. The last day for canteen recess and lunch orders will be Friday 4 December. The canteen will be open for counter sales only next week, as we are winding down our stock levels.

Term 1 2021 roster will go home next week, thank you to all the volunteers that have offered their time. We would love to see some new faces in the canteen, if you are able to lend a hand please email your details to canteen@ceps.org.au and I will get back to you.

I would like to say a huge thank you Liz Freeman. Liz has been a member of the school canteen committee for years. Every week Liz has done the canteen groceries and delivered them to school. This has been a wonderful help. We really appreciate all the time and effort Liz has put in and we would like to wish Liz and her family all the best as her youngest child now heads off to high school. Thank you also to the other members of my canteen committee Marney McDonald and Julie Lewis for all of your help and support.

On behalf of myself and the canteen committee I would like to wish all of our wonderful CEPS families a very merry Christmas and a happy and safe new year and we look forward to seeing you all next year.

Leila Finch and the Canteen Committee

CANTEEN ROSTER : TERM 4	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 Fresh Food Tuesday	Emily Baker Belinda Sheridan 8.45am - 2pm	Leila Finch 8.45am - 2pm	Leila Finch Cath Hetherington 8.45am - 2pm
	Mon 07 Dec	Tues 08 Dec	Wed 09 Dec	Thurs 10 Dec	Fri 11 Dec
	Leila Finch Rebecca Wilson 8.45am - 2pm	Jenny Roach 8.45am - 2pm	Michelle Hammond Susan Rees 8.45am - 2pm	Leila Finch 8.45am - 2pm	Leila Finch Marney McDonald 8.45am - 2pm
	Mon 14 Dec	Tues 15 Dec	Wed 16 Dec	Thurs 17 Dec	Fri 18 Dec
	CANTEEN CLOSED	CANTEEN CLOSED	CANTEEN CLOSED	CANTEEN CLOSED	CANTEEN CLOSED

*Merry
Christmas*



By HikingArtist

Garden News



Last Tuesday our K-2 students participated in their planting day. This term we have planted pumpkins, eggplants, capsicums, carrots, beans, a blackberry bush and a fig tree. We hope to have a nice little crop when we return to school next year. Students also participated in weeding, shovelling and mulching to help maintain our beautiful learning space.

With the guidance of their teacher, each class made a beautiful nature wreath to hang on their classroom door. It was a wonderful day with big smiles and new life added to the garden. I would also like to thank the year 5 and 6 students who were able to assist on the day to fill in for the usual volunteers who couldn't participate due to Covid restrictions. It was wonderful to see such great leadership in our school.



SCHOOL UNIFORM



Our school community strongly supports the wearing of the school uniform. We believe that wearing our school uniform promotes self-discipline and helps build school pride among our students.

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**



SUMMER



GIRLS

- Tartan School Tunic or White School Polo & Tartan Skort
- White Socks
- Black School Shoes



BOYS

- White School Polo
- Grey Shorts
- Grey Socks
- Black School Shoes

SPORTS UNIFORM

is worn on a Friday – Green Koalas, Blue Kangaroos, Red Robins, Yellow Swallows



SPORTS

- House Colour Polo
- Royal Blue Sports Shorts
- White Socks
- White Joggers

WINTER



GIRLS

- Tartan School Tunic or White Polo with Tartan Skort or Grey Pants
- Royal Blue School Jacket or Jumper
- Navy Stockings
- Black School Shoes



BOYS

- White Polo
- Grey Long Pants
- Royal Blue School Jacket or Jumper
- Grey Socks
- Black School Shoes

UNISEX

- White Polo
- Royal Blue Shell School Jacket
- Royal Blue Shell School Pants
- Black School Shoes

SPORTS UNIFORM

is worn on a Friday – Green Koalas, Blue Kangaroos, Red Robins, Yellow Swallows



SPORTS

- House Colour Polo
- Royal Blue Shell School Jacket
- Royal Blue Shell School Pants
- White Socks
- White Joggers

HAT

HAVE HAT, WILL PLAY!

School hats are mandatory to support the school's 'HAVE HAT, WILL PLAY' policy.



For students safety it is requested that jewellery is not worn to school.

Earrings such as studs or small sleepers are acceptable. Royal Blue Hair accessories for girls.

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.

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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**



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.charlestowne-p.school.nsw.edu.au

Good for Kids good for life

KEEP THE LUNCHBOX COOL

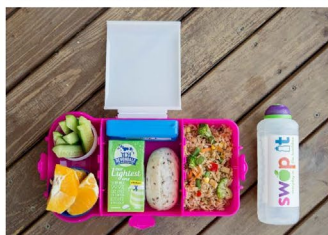
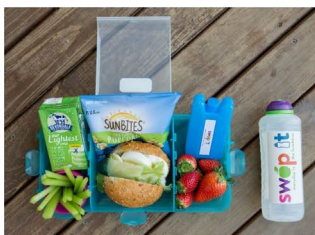
As the weather warms up it is important to keep the lunchbox cool so that food stays safe to eat.

Using an insulated lunchbox with an ice brick can keep the lunchbox 12° cooler.

You could also try a frozen:

- Water bottle
- Milk popper
- Yoghurt

These double as a refreshing drink or cool snack as they defrost.



Health
Hunter New England
Local Health District

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

Nutrition Snippet

ARE VEGIES A STRUGGLE?



Try different cooking methods.

- Keep it raw with a salad
- Stir it up with a veggie packed stir fry.
- Roasting brings out the sweetness in vegies
- Steaming reduces nutrient loss
- Grilling vegies on the BBQ will sure to be a hit for summer

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

SILLY SEASON SNACKS.

Healthy party food doesn't have to be boring!



Try these healthy ideas:

- Christmas tree pizzas
- Banana pikelet reindeer
- Tzatziki snowman vegetable platter

Find more healthy party snack ideas at healthylunchbox.com.au

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Good for Kids good for life

RECIPE: BEEF AND BROCCOLI PASTA

Serves 4

Ingredients:

- 1 medium onion, finely chopped
- 1 tbsp olive oil
- 2 cloves garlic
- 400g lean beef mince
- 1 medium capsicum, chopped
- 1 tin no-added-salt chopped tomatoes
- 250g wholemeal penne
- 1 head broccoli, chopped in to florets
- 1/3 cup grated cheese



Method:

1. Fry onion and garlic in oil for 2-3 minutes on medium-high heat. Add beef mince and cook, stirring until brown (about 5 minutes).
2. Add in capsicum and tomatoes. Reduce heat to low and simmer for 10 minutes.
3. Meanwhile, cook pasta in boiling water until al dente. Add broccoli for last 1-2 minutes of cooking. Drain. Stir pasta and broccoli in to beef and tomato mixture.
4. Serve and top with cheese.

Variations: Add in herbs such as basil, oregano, rosemary for extra flavour. Before serving, place in baking tray, top with cheese and bake 15 minutes at 180 degrees Celsius.

Recipe adapted from healthyfoodguide.com.au



Health
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Local Health District

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<http://www.goodforkids.nsw.gov.au/>