Message from the Principal

I would like to extend a very warm welcome back to all teachers, students and families to a new school year. I trust you all had an enjoyable and restful break - hopefully with some time away with family and friends. I would also like to say a very warm welcome to Miss Pip Watters who has joined us on our teaching staff this year. She is an enthusiastic, cheerful and dedicated teacher who will be an asset to our school, and we look forward to working with her!

This term is looking like another busy one, so please ensure you take note of the newsletter to stay informed.

Teaching and Learning

This year, I will continue to teach the primary class with Miss Watters teaching the K-2 class. Mrs Fisher will continue in the role of Learning Support teacher/coordinator, and will also fulfil the role of teacher librarian for both classes. Miss Watters will take the whole school each Friday for Friday Fun Day. During this time, students will cover a range of curriculum areas including English, Maths, PE and Sport. Narelle Sinclair will continue as our Teacher’s Aide, working Monday to Friday from 8:30am - 1:00pm. Her role will include individual learning support, as well as classroom support in the primary and infants classrooms. Please refer to the school timetable attached for a more detailed overview.

NB: Friday Fun Day will move to a Thursday on short weeks (ie. Mid-Term Break).

Swimming

Students will participate in swimming for sport for the first half of the term. Katrina Shelton will be working as a swimming instructor throughout this time. Sport will commence this Friday, with swimming from 1:30 - 3:00pm. Please ensure you have signed and returned the permission note attached. Students will need to ensure they have their swim bag packed on Friday. Next week, students will participate in another swimming lesson during school on Wednesday. Please note this in your diaries - there will be a reminder in next weeks newsletter. The swimming carnival is set for next Friday 14th February, so these last practises will count!

Permission Note

A blanket permission note is attached to this newsletter to enable children to access the local swimming pool and to participate in excursions in walking distance of our school. Please ensure these are signed and returned promptly. The primary class will be doing a short walk to the local park as part of their learning program this week, so these students will need to have their notes returned tomorrow.

I hope all students are geared up for a successful year of learning! We look forward to supporting you to achieve your best … and also organising some fun learning and extra-curricular activities for you. Its been a long, hot summer - time to knuckle down and get back to school … and let's keep our fingers crossed for some rain!

Kind Regards,

Mrs Burnheim
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Good Friday
Quambone Public School

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Quambone NSW 2831
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quambone-p.school@det.nsw.edu.au

QUAMBONE P&C NEWS

Our next meeting will be our AGM which we will hold on Monday 10th of February 2014 at 3.15pm at the school. All parents and community members are invited to attend.

Regards
Linda O’Brien

Smart foods to boost learning

At a glance

• If you want your child to think more clearly, give them a breakfast high in protein such as eggs and milk.
• Mother Nature is full of foods that help children and adults think and feel better.
• Exercise is good for thinking because it supplies oxygen to the brain.
• Avoid white squishy things like chips, white bread and cakes.

Chicken and avocado sandwich

Ingredients

• ½ avocado
• 2 slices of soy and linseed bread
• 150gm left-over chicken (about half a breast)

Preparation
1. Smear the avocado over both slices of bread.
2. Break the chicken into smaller pieces and evenly distribute over sandwich.

Close the lid, cut it in half and wrap it up.

“The use of soy and linseed bread is a great choice for added fibre. Add some leafy green vegetables for more nutrients.” Dr Joanna McMillan School A to Z nutrition expert
Permission Note For School Swimming
I give permission for my child/children __________________________ to attend swimming for Friday sport at the Quambone Pool.

Signed Parent/Guardian ______________________________________

Permission Note for Scripture
I give permission for my child/children __________________________ to attend Scripture classes at the Quambone School.

Signed Parent/Guardian ______________________________________

Permission Note for Walking Excursions
I give permission for my child/children __________________________ to attend Walking Excursions around the Village of Quambone throughout 2014.

Signed Parent/Guardian ______________________________________