

Scone Public School Newsletter

Success for all



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TERM 1 WEEK 6

Tuesday 1 March 2016

PRINCIPAL'S MESSAGE

The beginning of the school year is a perfect time to set up great routines for school. This includes homework, and study routines, lesson preparation eg. news and being prepared for the next school day.

Parents can help their child establish nightly routines with the use of visual timetables, weekly planners and checklists.

Another routine to establish that is vitally important to your child's wellbeing is packing a healthy lunch. Limit your child's intake of sweet biscuits, packaged foods juice and cordial and instead provide a variety of healthy alternatives like carrot sticks.

Involving children in planning and preparing their own lunchboxes gives them the opportunity to learn about healthy eating.

Our school supports the Crunch & Sip initiative. Crunch & Sip is a set break to eat fruit or salad vegetables and drink water in the classroom (usually about 10am). This assists physical and mental performance and concentration in the classroom. This gives students a chance to refuel, a bit like putting petrol in a car.

Please assist us by sending non-messy fruit or vegetables for your child to eat during this time.

For more ideas on getting your child into healthy routines make sure you ask your child's teacher at the upcoming Parent / teacher interviews being held from Monday 14 – Friday 18 March.

Deborah Fisher -Relieving Principal

The greatest wealth is health

COMMUNITY HUB

I am very excited to announce that work will be starting this Thursday to fit out our old residence building to become the Community Hub. This will require the removal of walls that may contain asbestos. For that reason the work will be starting after school and is to be finalised and removed by the start of school on Friday. The Department of Education contractors have the appropriate safety measures in place to ensure the safe removal of the building materials. We look forward to giving you further updates on this new space. Any questions or queries please contact the school.

WELL DONE CRICKETERS



Last Friday 26 February, Scone Public School's boys' cricket team travelled to Aberdeen to play Aberdeen in the first round of the knockout PSSA competition. Aberdeen won the toss and elected to bat and at drinks (12 overs) were 4/29.

At the end of 25 overs, Aberdeen made 9/77. Wicket takers for Scone were Dan 2/14, Sam 2/18, Ashton 1/3, Thomas 1/7, Riley 1/8 and Ryder 1/10, with one run-out. The boys did well in the field taking four catches. Next it was our turn to bat and we lost two early wickets to be 2/4, Dusty 4 and Thomas 0. Ashton and Josh steadied the ship before Josh was out for 5. At drinks we were 3/39. After drinks Ashton got out for 9 and Riley and Jake got us close to the total before Riley was out for a well-made 15. Jake remained not out on 12 and Brodey 1 not out to pass their score and finish on 5/80 with 5 overs to go.

Many thanks must go to the parents for their help with washing shirts, transporting and supporting the boys on the day. Special thanks to Adam Frost and Jeff Clydsdale for scoring. We play Muswellbrook in the next round.

*Brendon Hudson
Boys Cricket Coordinator*

FANTASTIC OPPORTUNITY FOR LEADERS IN SYDNEY

What a privilege it was for me to attend the National Young Leaders Day in Sydney with our school leaders – Riley, Noah, Madeleine, Ryder, Mary, Indi, Max & Cooper. They were all fantastic ambassadors for Scone Public School.

The speakers we heard were Nathan 'Dubsy' Want, Melanie Lee, Police Commissioner Andrew

COMING EVENTS FOR TERM 1 2016

Date	Event
Mon, 29 Feb	Young Leaders Day – Sydney
Tues, 8 Mar	P & C AGM
Fri, 11 Mar	Swimming Ribbon Presentation 2pm
Mon, 14 – Fri 18 Mar	Parent / Teacher Interviews
Wed, 16 – 18 Mar	Kia Ora Music Camp

Scipione, Ben Austin and a panel consisting of Scott Tweedie, Rebecca Kerswell, Leticia Lentini & Veronica Morland.

A huge thank you to our leaders and their families. It was a big commitment for them to attend this day.

Laurece Godde

**PLEASE SUPPORT SRC EASTER RAFFLE**

The SRC have canvased their classes for worthy charities to support this term. The SRC will vote and choose on Thursday. An Easter raffle will be held and tickets will be sold from next week. The SRC is seeking donations of Easter eggs to go towards this money raising event. If every family picked up one extra with their shopping we would be able to make up some wonderful baskets. All chocolate goodies can be given to an SRC representative or Mrs Marshall in the Library. Many thanks in anticipation of your generosity.

The SRC

P & C NEWS

AGM: Our AGM will be held on Tuesday, 8 March at 6pm in the school library. All positions will be declared vacant. **General Meeting:** Our general meeting will follow on from our AGM, with our major project for the year being on the agenda. Hope to see you there.

Tim McEwen-President

PARENT CORNER**Disposition for the week: Explore**

Scone Public School believes 'to explore' means being **curious**, **questioning**, to **think creatively**, to **investigate** and be able to **reflect on your own learning**.

Memorizing facts and information is not the most important skill in today's world. Facts change and information is readily available.

Exploring and inquiry-based learning provides the student with the opportunity to construct understanding~ to produce deeper learning ~ increases the chances that students will be able to apply the concept in new situations ~ it will be remembered. These learning strategies serve as a stimulus for learning, thinking and questioning.

What does exploration-based learning look like in the classroom?

Curious:- All children are born with an innate, natural curiosity of the world about them. They use all senses to make understanding of the world around them.

Questioning:- connects students with what they already know and motivates them to ask . It is when students ask their own questions that they become empowered learners. The easiest thing adults can do to promote exploration is to hone their ability to ask meaningful open-ended questions.

Investigating- is when students become involved in their inquiries. It is vital to give them ample time to complete their investigations. Students seek solutions and put ideas into action. They investigate options and predict possible outcomes when putting ideas into action.

Reflecting:-In the reflecting phase, students revisit the phenomenon and plan further investigations. Therefore the cycle may start all over again with new questions as the basis of their next investigation.

Thinking creatively:- the creative student is imaginative and plays, is able to build mind pictures and process these scenarios before they become a reality, can decide by reasoning and by feeling intuitively and is continually up-dating their knowledge base to compete in a changing world.

COMMUNITY NEWS

Yoga classes will be commencing at Scone Grammar School on Tuesday 1 March at 3.45pm. The first course will be a beginner's course and will run on: March 1st, 8, 15, (not 22), 29, April 5, 12. The course consists of 6 x 1hr classes, includes a CD and costs \$110. This is a really thorough introduction to Yoga. I will also be running a "Stress Busting Yoga for Teenagers" too. This invaluable introduction will run April 4, 11 & 18.

For more information contact: pieternella.jarvie@gmail.com or ring: 0487 325 020

Please note the new assembly time for Yrs 3-6 below:

ASSEMBLIES:

Yrs K – 2 12.10pm Item 1/2W
Yrs 3 – 6 2.00pm Informal

CANTEEN ROSTER TERM 1 WEEK 6 2016

Mon, 29 Feb	Racheal Johnson
Tues, 1 Mar	Racheal Johnson
Wed, 2 Mar	Wendy Paterson
Thurs, 3 Mar	Wendy Paterson
Fri, 4 Mar	Erin Clifford / Karl Peterson

Good for Kids good for life

PACKING A HEALTHY LUNCHBOX

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child's lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.



PHONE 4924 6499



Nutrition Snippet

The simplest way

...to make lunch healthy.

It takes no more time to pack a healthy lunch than an unhealthy one – and lunch boxes are a great time to give your kids fruit and veg!



- add veggie sticks - like carrot, capsicum and celery - every day
- cut fruit into small pieces, kids are more likely to eat small pieces of food
- squeeze lemon juice over cut apple to prevent it from going brown
- pack a wholegrain sandwich and a reduced-fat yoghurt
- choose water over juice – it's healthier and cheaper
- always add an ice brick in summer to keep your kids' lunch cool.

Remember: pack fruit + veg every day!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



