

SCONE PUBLIC SCHOOL

SUCCESS FOR ALL

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PRINCIPAL'S MESSAGE

This Wednesday, we will have school photos. All students are expected to be in full formal summer uniform. Please contact the school if you require assistance with these uniform requirements.

This week, we have over 40 students participating in the Kia Ora Music Camp. The school will be hosting the Kia Ora Concert on Friday night. There are special arrangements for students participating in Kia Ora and having photos taken on Wednesday. Notifications about this went out on Sentral.

This week, in the newsletter, we have some great persuasive texts written by 4S students about energy drinks. I was shocked to learn from the students that children were bringing energy drinks to school to be consumed at lunchtime. As a school we will not be allowing students to consume energy drinks during school time. We ask parents and carers to support us in this decision and not send these drinks to school. I recommend parents read the texts that our 4S students have constructed as they present very strong arguments for children not drinking these drinks.

Well done to all of our students who participated in the school's Cross Country carnival on Friday. Everyone tried their best and with the revised format were able to cheer on each age group. Thank you to the parents who attended to support their child. Zone will be held in Muswellbrook on Friday 28 April. Notes will be sent home shortly

The SRC continue to sell the Easter Raffle tickets for their Term 1 fundraising initiative. Thank you to the families who have purchased tickets or donated items for the raffle. The Easter Raffle will be drawn on Thursday (our last day of school). There are over 40 prizes available, students will need to be present to claim their prize.

Deborah Fisher
Principal

DATES FOR THE CALENDAR

Wed 5 April	Poetry Competition Grand Final
Thurs 6 April	Last Day Term 1
Tues 25 April	ANZAC Day
Wed 26 April	Students Return for Term 4



P & C MEETING

Tuesday 28 March
6pm start

School Photo Day Wednesday 29 March

If you would like family photos, please collect an envelope from the office.

Please wear Formal Uniform

If you have any queries or require any assistance, please call MSP Photography on 49668292

CANTEEN NEWS

Term 1 Week 10

Mon 27 March Racheal Johnson
Tue 28 March Racheal Johnson
Wed 29 March Racheal Johnson
Thur 30 March Colleen B
Fri 31 March Rachel C & Mikaela H

Term 1 Week 11

Mon 3 March Racheal Johnson
Tue 4 March Racheal Johnson
Wed 5 March Racheal Johnson
Thur 6 March Joy M

The Canteen will be open from 9am to take lunch orders.
Don't forget online ordering is available through the Spriggy Schools App.

PBL: Week 10 Focus



Being... **Considerate**

By... **Accept everyone**

Our school focus area is... **The Library**

Bluey Awards are handed out in Assemblies on Fridays. 3 Bluey Awards means you earn a Bluey Badge.

Mother's Day Stall

Wednesday 3rd May

All gifts \$5

Assistance on the day, with donations of gift wrap and help with wrapping would be greatly appreciated.

If you are able to help, please contact the office

State Library Visit

Year 5 had the pleasure of participating in a very informative and engaging presentation given by Michelle and Andrea from the State Library of NSW, Sydney. 'Life in the Colony' was the theme of the exhibition and the students were able to build upon their historical knowledge of this era.

Famous Australian historical identities' stories were retold with the use of primary sources, props and costumes. Their lives came alive, and the children re-enacted major events that have impacted upon us all today. Some of these brave and inspiring people the children learnt about from the 1800's included Mary Reiby, Arthur Wilcox Manning, Ludwig Leichhardt and George Johnson. The gold rush, migration to Australia, exploration of the continent and the bravery and resilience of all, especially Mary Reiby were outlined.

The presenters were extremely complimentary about our Year 5 students. They felt that the questions asked by them showed excellent reasoning skills and the answers given were evidence of knowledge that our teachers should be proud of. Year 5 were so engaged and well mannered and this too was cause for comment from Michelle and Andrea. Well done Year 5, we are very proud of you!

Nicole Borg



Poetry Competition Grand Final

Our Term One Poetry Competition will culminate in the Grand Final on **Wednesday 5th April** in the school hall. I invite all family and friends to please join us if you can for a wonderful day of poetry on parade!

The day will run as follows;

The Grand Final will start at approximately **9:30am with all Primary competitors**. The event will commence with **Year 6** small group and individual performances and progress through to **Year 3**. Primary classes will then perform their choral verse speaking items.

The Infants section of our competition will begin at **approximately 12 noon**. This is a guide only. If the Primary competition has not finished, it will conclude after our lunch break, before the commencement of the Infants Grand Final. Year 1 and Year 2 individual and small group performances will start this section of our day, followed by Kindergarten competitors. Whole class recitations will then take place.

I look forward to a very successful day of young performers dazzling us with their talents!

Kind regards

Nicole Borg

Year 4 Music Program

Our school's incredible Year 4 music program is up and running! Our students are so fortunate to have the opportunity to learn a musical instrument, have weekly lessons from the Upper Hunter Conservative of Music teachers – Vince, Anna and Josh and just have lots of fun while they are doing so! This program runs for the whole year, and it is amazing to see and hear the progress of our students. Well done Year 4!

Nicole Borg





Why Energy Drinks are not ideal for children.

Do you enjoy feeling nauseous, dizzy, and missing out on sleep? Despite their popularity, energy drinks are harmful for children.

Firstly, energy drinks contain dangerous amounts of caffeine. High levels of caffeine cause children to suffer headaches and a faster heart rate. These are not things that children should suffer from at a young age.

Furthermore, energy drinks have an impact on your sleep mostly on kids. This is because energy drinks have caffeine, caffeine gives you a boost of energy and caffeine is one of the most common ingredients in energy drinks.

Finally, children can get addicted to energy drinks because of the caffeine. When kids reach adulthood and have their own money they can waste a lot of money on energy drinks, for example Prime, Monster, Redbull etc.

In conclusion, energy drinks are not good for you, they cause increased heart rate, headaches, and are a waste of money.

Harry S 4S

Title Why Energy Drinks are not ideal for Children

Opening statement (State your opinion about the topic of the text).

Do you still enjoy feeling nauseous, dizzy and missing out on sleep? Despite their popularity, energy drinks are harmful for children.

Reason 1 (State your first reason and provide an example to support it).

Firstly, energy drinks contain dangerous amounts of caffeine. High levels of caffeine cause children to suffer headaches and a faster heart rate. These are not things that children should suffer from at a young age.

Reason 2 (State your second reason and provide an example to support it).

Furthermore, energy drinks have an impact on your sleep mostly on kids. This is because energy drinks have caffeine, caffeine gives you a boost of energy and caffeine is one of the most common ingredients in energy drinks.

Reason 3 (State your third reason and provide an example to support it).

Finally, children can get addicted to energy drinks because of the caffeine. When kids reach adulthood and have their own money they can waste a lot of money on energy drinks for example Prime, Monster, Redbull etc.

Concluding statement (Restate your opinion about the topic of the text).

In conclusion, energy drinks are not good for you, they cause increased heart rate, headaches, and are a waste of money.

Checked by

Title Why Energy Drinks are not ideal for children.

Opening statement (State your opinion about the topic of the text).

Do you enjoy feeling nauseous, dizzy and missing out on sleep? Despite their popularity, energy drinks are harmful to children.

Reason 1 (State your first reason and provide an example to support it).

Firstly, energy drinks contain dangerous amounts of caffeine. High amounts of caffeine cause children to suffer headaches and a faster heart rate. These are not things that should suffer from at a young age.

Reason 2 (State your second reason and provide an example to support it).

Furthermore, energy drinks can interrupt the sleep cycle and sleep is important for young children. Children need at least thirteen hours of sleep to be able to learn the next day.

Reason 3 (State your third reason and provide an example to support it).

Lastly, not all people can afford to be buying drinks all the time and it will probably become addictive for young kids.

Concluding statement (Restate your opinion about the topic of the text).

In conclusion, I believe that children should not be drinking energy drinks because the level of caffeine is disgraceful!

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Furthermore, energy drinks can interrupt the sleep cycle and sleep is important for young children. Children need at least thirteen hours of sleep to be able to learn the next day.

Lastly, not all people can afford to be buying drinks all the time and it will probably become addictive for young kids.

In conclusion, I believe that children should not be drinking energy drinks because the level of caffeine is disgraceful!

Midge B 4S



STEWART HOUSE Donation Drive 2023

This week you will receive a Stewart House Donation Drive Envelope. We encourage families to support this initiative that has directly supported many of our SPS students over the years.

Each year 1,800 public school children in need go to Stewart House from many parts of NSW and the ACT. During their stay, children are provided with optometric, dental and medical treatment as well as emotional support. This is balanced with health and educational programs and out of school activities to boost their self-esteem and to promote a healthier lifestyle.

Changes to Road Rules

Please note there has been an amendment made to the road rules around school zones.

NSW rule: making a U-turn or 3-point turn in a school zone

(1) A driver must not make a U-turn or perform a 3-point turn on a road in a school zone during the times indicated on the school zone sign on a road, or the road, into the zone.

Maximum penalty—20 penalty units.



Opportunity knocks ...

Join the virtual school for rural and remote students

Aurora College is NSW's virtual school, offering a mix of online and residential school classes for high potential and gifted students in rural and remote government schools.

The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally.

Students learn with their teachers and classmates in timetabled lessons using cutting-edge technologies in a virtual learning environment.

Year 5 applications for Aurora College's 2024 virtual opportunity class open Thursday 30 March 2023 and close Monday 15 May 2023.

Opportunity class students study mathematics, science and technology, integrating the design thinking process.

For further information, visit our website www.aurora.nsw.edu.au or phone 1300 287 629.



Education
Public Schools

For information on how to apply for the virtual opportunity class, go to:
<https://aurora.nsw.edu.au/our-school/enrolment-information/>





FAMILY MOVIE DISCOUNT

Just \$9.50 p/p



*T&C'S: NOT AVAILABLE WITH ANY OTHER OFFER. ONLY VALID FOR MAVKA, THE RED SHOES AND ARGONUTS. OFFER EXPIRES END OF SCHOOL HOLIDAYS.

MAJESTIC
CINEMAS

WWW.MAJESTICCINEMAS.COM.AU

Good for kids
good for life



Tips to increase vegetables at school

Vegies are packed with vitamins, minerals and fibre to help with healthy growth and development, and to strengthen the body's immune system.

Here are our top tips to increase your child's love of vegies:

- **Involve your children** in lunchbox planning and preparation - Let children wash, peel and chop vegies
- **Add cooked vegies** to the lunchbox - plan to cook extra the night before or put leftovers to good use
- **Add raw vegies** as a snack - use bite size vegies or chop larger ones into pieces including cherry tomatoes, baby cucumber, snow peas, carrots, capsicum
- **Hide vegies** - Try including raw vegies first, but if your child refuses to eat them, then it's time to hide them.
- **Role modelling** - Include vegies in your own work lunchbox or let your child pack you a healthy lunchbox when they pack theirs.



Follow the link below for more tips and recipe ideas:

<https://www.swapit.net.au/resources/parent-resources/tips/tips-to-increase-vegetables/>



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

Developed by Hunter New England LHD





APRIL CALENDAR

UHSC Scone Youth Centre

- Tue 4 Apr Easter Egg Hunt & Craft
- Thu 6 Apr Easter Egg Hunt & Craft
- Tue 11 Apr Closed for school holidays
- Thu 13 Apr Closed for school holidays
- Tue 18 Apr Closed for school holidays
- Thu 20 Apr Closed for school holidays
- Fri 21 Apr **YOUTH WEEK EVENT- Merriwa**
- Tue 25 Apr Closed ANZAC Day
- Thu 27 Apr Drills and donuts

UHSC SCONE YOUTH CENTRE

105 Susan St, Scone ☐ for 10-17 year olds

Tues 3:30 – 7:30pm ☐ **Fri** 3:30– 7:30pm

Facebook: @SconeYouthCentre

Phone: 0417 287 540

