

Peats Ridge Weekly



Week 5 Term 3

August 13 2012

COMING EVENTS

Tuesday 14th August

Wednesday 15th August

Thursday 16th August

Friday 17th August

Wednesday 22nd August

Thursday 23rd August

Friday 24th August

Monday 27th August

Tuesday 4th September

Thursday 6th September

Monday 10th September

Wednesday 12th September

Wednesday 19th September

ICAS (NSW UNI) Mathematics Assessment

TechnoPush Challenge Event at Eastern Creek

Science Week Activities at Kariong Mountains High for 4/5/6

FINAL PAYMENT DUE for Year 4 Blue Mountains Excursion

Book Week Character Parade / School Spelling Bee

Zone Athletics Carnival at Mingara (Our school running the canteen - volunteers needed)

FINAL PAYMENT for Year 5/6 Canberra Excursion

P & C Meeting - All welcome

Multicultural Day at Somersby Public School (note changed date)

Life Education Van - Spencer Public School visiting

Zone Spelling Bee Final at Coal Point PS (Stage 2 and 3 only)

2 Day Year 4 Blue Mountains Excursion Departs (Week 9)

3 Day Year 5/6 Canberra Excursion Departs (Week 10)

PRINCIPAL'S MESSAGE

WELCOME TO PEATS RIDGE PUBLIC SCHOOL

Our student population is growing. We welcome Luther T in Kindergarten and Ebony R in Year 4. We hope you are settling into your new school and soon feel a valued part of the Peats Ridge Public School community.

NRMA TECHNOPUSH CHALLENGE

This Wednesday, 15th August, Class 4/5/6 will be travelling down to Eastern Creek to compete in the 2012 NRMA TechnoPush Challenge. Ms Julie Blair is to be thanked for her enthusiasm and dedication in organising this event and preparing the students and pushcart. Many parents have also assisted in the 'making' of the pushcart. Without this wonderful community support, Peats Ridge P.S. could not have entered this competition. Local businesses have donated funds to assist with the materials required to build the pushcart as well as assisting in the cost of the coach down to Eastern Creek. The students in 4/5/6 have been totally engrossed in the lead up to the event - Science, Art, collaborative decision

Reminders

- Please return all spare red hats and check jumpers for correct names.
- School Phone Number: 4373 1149
- Active After School Sports - Mondays ONLY
- Email: peatsridge-p.school@det.nsw.edu.au
- Newsletter available online at our website: <http://www.peatsridge-p.schools.nsw.edu.au/sws/view/home.node>

making, co-operation with peers, group work and leadership roles are just some of the learning experiences the students have been involved with. I congratulate everyone involved in the lead up to the challenge on Wednesday, but in particular wish to publicly congratulate Ms Blair for her total guidance and commitment to this project. Good luck on Wednesday. Remember to be at school really early at 5:45 a.m. so we are not late.

SCHOOL PHOTOS

Class, family, individual and special group photos were taken last Wednesday. When the photo packs are delivered to school we will be able to view the special group photos which were taken on the day. You will then be notified in a future newsletter when you will be able to call in at the school office to select which group photos you would like to order. The following special group photos were taken on the day:

Dance Festival Group, School and House Captains, Year 6 Leadership team, Senior Debaters, Public Speaking Finalists, Small School Swimming Carnival, Zone Cross Country, Small Schools' Athletics Carnival, PSSA Soccer Team.

SCIENCE WEEK ACTIVITIES

This is National Science Week and Kariong Mountains High School has invited Years 4/5/6 from all the partner primary schools to attend a Science Day this Thursday, 16th August. The students will participate in a rotation of four science activities during the day. Ms Blair is attending with our 4/5/6 class. Thank you to all the parents who are arranging transport to the high school. This alleviates the need for a bus.

HUNTER CENTRAL COAST PUBLIC SPEAKING COMPETITION

Well done to Amelia T, Isabelle A, Marcus S, Sophie A, Kayla H and Anthony S for representing Peats Ridge Public School last week at a zone public speaking final at Woodport P.S. Congratulations to Amelia T who was a winner in the Early Stage 1 (Kindergarten) section of the competition. She now proceeds to the regional finals for the Hunter/Central Coast to be held on Thursday, 13th September at Heaton P.S.

CANTEEN

Another big thank you to the canteen helpers for providing lunches last Wednesday. Thanks Elise and Lee. Everyone loved the pies and sausage rolls.

ZONE ATHLETICS CARNIVAL

I ask the our parent community support our small group of Canteen Organisers who are running the canteen at the Zone Athletics Carnival at Mingara this year. This will be a MAJOR fundraiser for our school. Please contact Elise Kemp our canteen manager or the school if you can help out on the day. Your help will be really appreciated by the whole Peats Ridge School community. Separate notes with more detailed information are being distributed with today's newsletter.

KINDERGARTEN ENROLMENTS FOR 2013

We are now taking enrolments for students commencing Kindergarten in 2013. Please call at the school office to collect and complete an enrolment form. Please advise any neighbours or friends in our school zone to contact the school. We can only count students in our anticipated numbers in they have formally enrolled.

Garry Standen
Principal

ASSEMBLY AWARDS WEEK 8, TERM 2

Citizenship

Bianca V., Max S., Sophie A., Tara S., Marcus S., Monique G.

Merit

Amelia T., Lachlan K., Joshua K., Jazmin P., Mishka S.

SMALL SCHOOLS' ATHLETICS CARNIVAL

The Small Schools' Athletics Carnival was held last Friday under some very trying conditions. The students who attended on the day should be congratulated for their behaviour and for their patience. It was a long day made longer by the adverse weather conditions but everybody went with the flow and the day went smoothly. A huge thank you to all the parents who attended the carnival and made sure our students made it to their events. I would also like to say a big thank you to our team manager on the day Mrs Josephine Sparacino. There were some pleasing results on the day and students making it through to the Brisbane Water Zone Athletics Carnival will be notified later this week.

Shane Randall
Sports Coordinator

LIBRARY NEWS

TechnoPush challenge

Reminder: All students MUST WEAR a long sleeve top and long pants. They are to wear a black or dark blue sleeve top and black or dark blue long pants. If your child is not wearing long sleeves and long pants they **WILL NOT** be able to take part as a driver or pusher. Students in short sleeves and short pants ARE NOT allowed to participate in the challenge. All Drivers **MUST** bring along an **Australian Standard Approved bike helmet**. No helmet No race. **ALL** students must wear closed in shoes in good repair and order. Students in shoes that are split or damaged will not be able to participate as a driver or pusher. The above requirements are set by the challenge and **must be adhered to**.

To bring on the day:

- A folding chair as there is no seating at the event.
- Water, lunch and recess in a bag clearly marked with your child's name or in their back pack.
- Sun protection

Julie Blair
Teacher Librarian

CANTEEN NEWS

Canteen will be open this Friday.

Chicken tender wraps, with lettuce, cheese and mayonnaise \$3.50

A big thank you to Lee for her kind donations and help serving in the canteen last week.

Just a reminder that a welcome/information session will be held tomorrow at

9:00 a.m in the canteen for our wonderful canteen helpers. If you are able to help out with canteen (even if it's only once) please come along and share a 'cuppa' while we run through some information. All help is greatly appreciated.

Thank you
Elise Kemp (Canteen Manager)

GENERATION NEXT THE RIGHT TO CHILDHOOD 2012

A forum examining the convergence of sex, violence, the media, commerce and popular culture. Its impact on our children and what we can do about it.

9am - 5pm, Friday, 19th October 2012
Wesley Conference Centre, Sydney CBD

For more information phone 1300 797 794

ENGAGING ADOLESCENTS PARENT COURSE

Parent skills for resolving teenage behaviour problems.

A three-session program for parents and carers of students in Year 6, 7 or 8
at Kariong Mountains High School or feeder primary school.

Monday 3rd, 10th, 17th September 2012
from 12.30 to 2.30 p.m.

The course costs a one off \$10 for the workbook. Payable on the day.

Enrolment forms available from the school office.

For more information phone Sue Negus (Gosford East Public) on 4325 2599

How much physical activity should teenagers be doing?



Live Life well
NSW HEALTH
NORTHERN SYDNEY
CENTRAL COAST
AREA HEALTH SERVICE

Experts recommend that young people should participate in at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity everyday.

Children who have an active lifestyle are more likely to be active as an adult. Being active everyday is important to your health at any age.

Nutrition News Snippet 2010
provided by Central Coast Health
Promotion Unit & Nutrition Dept

Did you know?



Teenagers are most at risk of not meeting their calcium requirements!

The 2007 Australian National Children's Nutrition and Physical Activity Survey showed that the intake of dairy foods by 12 – 16 year olds was low.

Dairy foods are one of the richest sources of calcium which is important for keeping bones and teeth healthy.

Keep low fat plain or flavoured milk, yoghurts and cheese available at home – these make great snacks for hungry teenagers.

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