

# Sussex Inlet Public School Newsletter

Quality education in a supportive community

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2018/22

Term 3 Week 1 – 24.07.2018

## Dear Parents and Carers

**Welcome back to Term 3. I want to take this opportunity to express the importance of physical activity and also the requirements that the school must comply with when delivering the NSW K-6 Personal Development, Health and Physical education syllabus.**

Regular physical activity is an essential ingredient for the development and maintenance of optimum health. It can improve cardiovascular efficiency and aid efforts to reduce risk factors of coronary heart disease. It is critical for enhancing bone development, controlling obesity and improving psychological health and immune status. The related health and fitness benefits enable the individual to engage in leisure activities and to meet physical work demands without excessive physiological stress. Physical activity is also important in contributing to quality of life.

Participation in active pursuits can be an enjoyable, creative and social outlet that has the potential to build esteem. School programs at all levels have a responsibility to encourage the physical growth and development of all students, support the acquisition of movement skills and nurture positive attitudes towards physical activity. This key learning area provides regular and frequent opportunities for students to acquire and apply movement skills, enhance their creativity and aesthetic awareness and develop positive attitudes towards regular physical activity.

Students should be physically active every day in as many ways as they can. Health experts agree that all people should accumulate 30 minutes of moderate physical activity each day for health benefits. It is also generally agreed that, in addition, children should engage in more vigorous activity of at least 20 minutes at least 3 times per week. Adolescence is a time when the trend to inactivity is a concern.

## Dates to Remember

Tues	July 24	Students return
Thurs	July 26	Regional Finals - Rod Wishart and Paul McGregor Shield
Fri	July 27	11.30am K-6 Assembly
Tues	July 31	Gymnastics Commences ICAS English
Mon-Fri	Aug 6-10	Education Week
Wed	Aug 8	12.00pm Education Week Assembly Sausage Sizzle and Show off afternoon
Fri	Aug 10	District Athletics Carnival
Tues	Aug 14	ICAS Maths
Mon	Aug 20	7.00pm. P & C Meeting

**Gymnastics** The focus of this strand is on initial movement exploration leading to the acquisition of some preliminary gymnastics skills. Students investigate and succeed in a wide variety of movement experiences and challenges, developing skill, demonstrating control and exploring the ways in which the body can move. ***The gymnastics experiences recommended in this syllabus are appropriate for all students.*** They do not involve Olympic or competitive gymnastics disciplines. Attached are copies of the Gymnastics Outcomes and Indicators and an overview of Learning in PDHPE K-6. This is a mandatory part of the curriculum and all students are expected to participate. If your child has a medical condition, a letter from your doctor can exempt the student from participating.

Janelle Radke – Principal

**REMINDER:** Please return permission notes and money to the office by Thursday 26<sup>th</sup> July, 2018.

**Class Awards to be presented K-6 Assembly  
11.30am Friday, July 27<sup>th</sup> 2018**

<b>KH</b>	Katie Duncan & Romeo Campton
<b>K/1H</b>	Abby Tye & Sage Drummond
<b>1M</b>	Callum Solari & Will Shinn
<b>2N</b>	Rose Curtis & Liam Sloan
<b>2/3H</b>	Sharni-Lee Smalle & Kimberley Williams
<b>3/4R</b>	Emma Murphy & Koby Barrett
<b>4D</b>	Liam Murphy & Kya King
<b>5R</b>	Mia Wilkes & Daniel Hill
<b>5/6B</b>	Riley Spencer & Patrick Bannon
<b>6G</b>	Amber McKenzie, Taya Humble & Bowen Glover

**Sports Awards:** Mylee Barnett, Riley Rosengrave, Isabelle Harris and Bridie Glover.

**Silverbream Awards**

Will Hurt, Harper Cropper, Indiana Herbert, Sam Leaver, Jordan Ferguson, Thai Hurt, Lucas Sargood, Oscar Morgan, Charlotte Greenwood, Scarlett Hore and Izaak Lambden.

**Starfish Awards presented  
Wednesday 4<sup>th</sup> July, 2018**

Austin Bussani Wright, Finn McNamara, Vivian French, Oscar Morgan, Mylee Barnett, Jack Tekis, Scarlett Hore, Kaylee Chittenden, Abby Tye, Daniel Zalweski, Lucas Sargood, Riley Egan, Liam Sloan, Miley Lord, Molly Nguyen, Lily Fernie, Riley Rosengrave, Harper Cropper, Indiana Herbert, Will Hurt, Koby Budd, Sam Leaver, Jasmine Harbrow, Jordan Ferguson, Shelby Johnson, Kaylee Austin, Thai Hurt and Charlotte Greenwood.

**Rod Wishart and Paul McGregor Shield**

Rod Wishart and Paul McGregor Shield will be held this Thursday 26<sup>th</sup> July at Croome Road Sporting Complex. Students need to be there by **9.30am** for a 10.00am start and the final at 2.00pm. Good luck.

**Year Six Fundraiser**

Thank you to everyone who supported the year 6 lolly guessing competition to raise funds for the Fletcher family. We raised \$132.00. What a great effort. Year 6 Fundraiser Committee

**SRC Pyjama Day**

On Friday 6<sup>th</sup> July the SRC raised \$320.00 for the Fletcher family. Thank you to everyone who supported this wonderful cause.

**Georgia Bands**

In response to community request we are assisting in raising funds for Georgia Fletcher and her family in gathering financial assistance, "Georgia" band bracelets are on sale for \$5.00. These will be on sale at the office and lunchtime in the playground in front of 6G classroom. All proceeds will go directly to the Fletcher family.

**Scrunchies & Knitted Rabbits for Sale**

We have had a bunch of scrunchies and knitted rabbits that have kindly been donated to the school to sell to raise funds for the Fletcher family. The rabbits are \$5.00 each and the scrunchies are \$1.00 each.

**Jelly bean Guessing Competition**

We also have another guessing competition to raise funds for Georgia. Closing on the 6<sup>th</sup> August.



Guess the number  
Of jelly beans  
In the jar.  
Gold coin per guess

**P & C News**

**P & C Meetings**

Our next P & C meeting will be in August. We are looking for some extra volunteers to help us with some big fundraising projects that we have coming up. We also currently have a secretary position available for the P & C. If you are interested in helping out and/or filling this position, please feel free to contact Amber Morgan on 0414 236 871 for more information.

Please always feel free to come along, have a cuppa and share your ideas and have some input. We love to see new faces.

We work really hard to provide great community events for our school & your children. Parent help is always appreciated and our kids benefit greatly.

**Uniform Shop**

Uniform shops opening hours will be:-

**Monday - 8.40am - 9.15am**

**Tuesday - 2.30pm - 3.15pm**

Alternatively, you may order via the front office.  
Melissa Sloan - Publicity Officer

**Canteen Roster**

**Closed Mondays & Tuesdays**

**Term 3**

**Week 1**

Wed 25.07.18 S. Brady

Thur 26.07.18 K. Gilbert

Fri 27.07.18 R. Ferguson

**Week 2**

Wed 01.08.18 T. Noordermeer

Thur 02.08.18 Help needed

Fri 03.08.18 K. Jarrett

New price list/menu in today's newsletter. Please disregard old menu.

Volunteers are required from 10am until approximately 1.30pm. **If you are unable to attend** please call Chris Parth on 4441 2921.

## Sussex Inlet Public School NAIDOC Week

Under the theme - Because of Her, We Can! - NAIDOC Week 2018 was held nationally from Sunday 8th July and continued through to Sunday 15th July.

The students of Sussex Inlet Public School participated in a variety of NAIDOC themed activities this year, including:

### NSW National Parks and Wildlife Services Presentations Yrs K - 2 and Yrs 3 - 6

All students from K - 6 were entertained in two separate sessions in our school hall. The students learned about and participated in activities based on dreamtime stories, dances, bush tucker and art.

### NAIDOC Art Displayed in our school hall, school foyer and playground.

Each class worked on creating some fabulous NAIDOC themed art work. Our hall looks amazing and our display will remain on show until after Education Week in Term Three.

### Dreamtime Read Arounds

All K - 6 students visited five different classrooms where teachers took turns reading Dreamtime stories for the children. The children loved this activity and we are hoping to repeat the experience with different book titles next year.

Stories read to the children were:

**Infants:** When the Snake Bites the Sun, The Kangaroo and the Porpoise, How the Birds Got Their Colours, Malu Kangaroo and Sams Bush Journey.

**Primary:** How the Kangaroos Got Their Tails, You and Me - Our Place, Remembering Lionsville, Tuckers Mob and Ernie Dances to the Didgeridoo.

### Damper Competition

This year was our second year running our NAIDOC damper competition and we were very impressed with the entries received. In total, we had 30 dampers ranging from vegemite and cheese, chocolate, marshmallows to raisins and herbs. All entrants were invited to taste test the dampers in Mrs Hamilton's classroom at lunch time, then the remainder of the dampers were given to the rest of our students in the playground. We really appreciate the effort our families went to baking dampers with their children.

These dampers were so fantastic, we decided to give a prize and a special certificate to each entrant at our NAIDOC assembly.

### NAIDOC / End of term assembly

Our NAIDOC assembly involved our students presenting poetry readings by 3/4R and a PowerPoint presentation by K - 6. KH and K/1H performed Jessica Mauboy's 'Five Kangaroos' song and looked extremely cute! We really appreciate the support from our amazing community for making this assembly such a success.

## Indigenous Games Sports afternoon

Our students experienced playing two traditional Indigenous games on Friday afternoon. This was lots of fun and a great way to end Term Two.

Thank you to all the students, staff and community for supporting our NAIDOC activities this year.

We look forward to making our activities even more amazing next year!

Mrs Corinne Hamilton

