



# Cessnock Public School

## Perfect Page

TERM 4 WEEK 5

16TH NOVEMBER 2018

### Important Dates

- **Kinder 2019 Lunchbox visit, Thurs, 22nd Nov**
- **School Leader elections, Wed, 21st Nov**
- **Presentation Day, Mon, 26th Nov**
- **Year 6 Fun Day, Thurs, 29th Nov**
- **Year 6 Farewell, Thurs, 29th Nov**
- **House Champions Celebration, Fri 30th Nov**
- **K-2 Reptile Park, Thurs, 6th Dec**
- **Carols by Twilight, Wed, 12th Dec**
- **PBL Celebration Day, Fri, 14th Dec**
- **Last day for students, Wed, 19th Dec**

Dear families,

Well done to all of our Sports Presentation award winners on Friday. It is always great to see such wonderful sporting representation from Cessnock Public throughout the year. Congratulations also to our students in Patterson sports house who were announced as our 2018 house champions! All students from Patterson will now have the opportunity to participate in a special reward session on Friday of week 7 (30/11).

It has been great to see our students participating in some exciting STEM based lessons through CASE (Cessnock Academy of STEM Excellence). This week some of our year 6 students participated in a STEM Pathology workshop. The aim is to promote STEM subjects in school through students understanding the career paths available to them through Medical and Health services in the Newcastle and Hunter region. Students participated in various laboratory activities such as Microscopy, Medical imaging and DNA analysis.



Once again, we have a very busy week coming up at Cessnock Public. This includes:

Tuesday – GaTS Art, Sport in School program

Wednesday – Aboriginal Kickstart program, 2019 School Leader elections

Thursday – GaTS Art, Kinder 2019 lunchbox visit,

Friday – school sport, GaTS Art, Just a reminder of some of our important upcoming events:

- Monday 26/11 Presentation Day assembly
- Thursday 29/11 Year 6 Farewell
- Wednesday 12/12 Carols By Twilight

Please note that if you are coming onto the school site outside of normal school drop off/pick up times you are required to do this via the administration office. This includes late arrivals, early leavers and people attending meetings. If you have any questions regarding this please contact the school.

As always we will try to keep everyone up to date with what is happening around our wonderful school through our school website, Facebook Page and Skoolbag App.

Have a great week!

Regards

Steve Morgan

Principal

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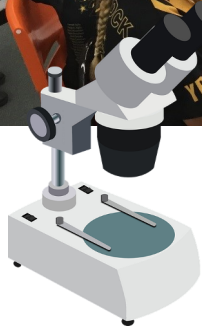
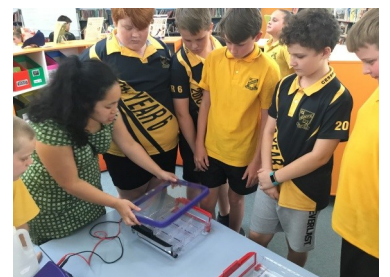
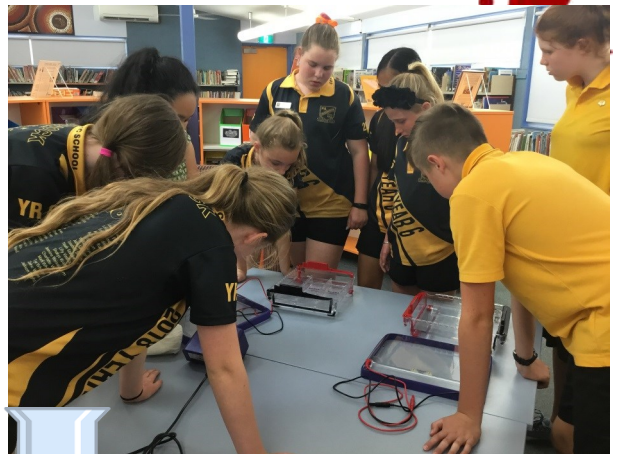
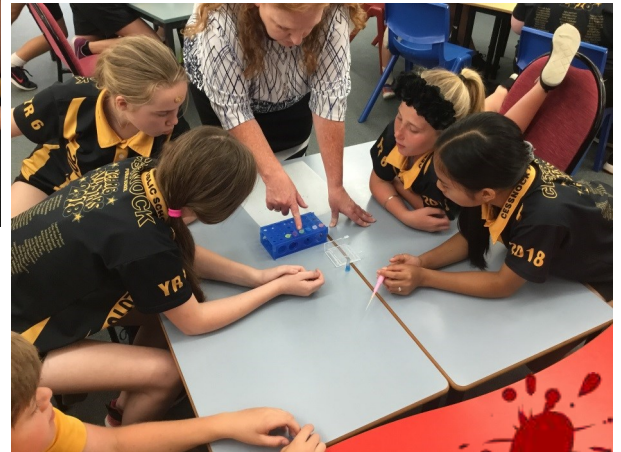




Beautiful Blooms of Jellyfish from Stage 3 GATS and Spooky night skies from Stage 2 in the Art room this week.



## CASE Pathology with Year 6





# GET READY FOR KINDERGARTEN



Classroom visits are a time for your child to become familiar with their future school.

During this time they will interact with staff and students and familiarise themselves with school settings and procedures. Classroom visits will take place in an Infants classroom and will **begin at 9:45 and finish at 11am.**

## Lunchbox visit

Thursday, 22nd November 11.35am—12.30pm

Please ensure your child has their hat and plenty of water for school. School hats are available for purchase from our office; bucket hats \$11.00 and wide brim hats \$15.00. We accept cash and Eftpos.



## House Championship Points Update

It's all over! After an amazing year in which over 100000 house points were collected by our wonderful students, it was announced at our Sports Presentation assembly today that our inaugural House Champions are PATERSON!!! I'm sure all our Paterson champions will enjoy themselves at our Paterson Day celebrations on Friday November 30<sup>th</sup>.

The final scores were:

1<sup>st</sup> – Paterson – 33086 points

2<sup>nd</sup> – Kendall – 31491 points

3<sup>rd</sup> – Gordon – 28835 points

4<sup>th</sup> – Lawson – 28809 points.

**PRESENTATION DAY  
MONDAY  
26TH NOVEMBER  
10AM  
COOINDA**

**SAVE THE DATE!!  
YEAR 6 FAREWELL  
THURSDAY  
29TH NOVEMBER  
5.15pm  
COOINDA**

A pair of child's glasses have been handed into our office which have not yet been claimed. If you believe they belong to your child please contact the school with a description.



We have also accumulated a large quantity of lost property, including lunch boxes, hats, jackets and jumpers. If not claimed at the end of this term clothing will be either placed in our clothing pool or donated to charity.

**Bakers Delight**  
We're for real.



Thank you Bakers Delight Cessnock for supporting our Breakfast Club here at Cessnock Public School

**Administration of Medication to Students** If your child has a medical condition requiring staff members to administer medication of any kind, or follow procedures to enhance his/her well-being, you must comply with this school's rules. Any student suffering from asthma, epilepsy, diabetes, A.D.D., A.D.H.D., heart condition, life threatening allergies and the like is required to have a Health Care Plan in place. **Medication can only be administered when prescribed by a doctor and regular/daily medication must be supplied in a Webster pack. Antibiotics for short term illness must be supplied in the original packaging clearly labelled with the students name and dosage.** If you are at all unsure or require clarification please contact our school office.



## PLAYWORKS

Each Monday of term, held at Koe-nara  
Please bring a hat for your child  
Speech Pathologist will visit on Oct 22 from 10 to 11

10 - 12

## LET'S PLAY

Each Tuesday of term, held at Koe-nara  
Please bring a hat for your child  
Speech Pathologist will visit Nov 13 from 10.30 - 11.30

10 - 12

## STORIES AT BUNNINGS

Craft, Stories and Face-painting from 10.30 to 12  
Oct 24 & Nov 28

10.30 - 12

## PLAYWORKS AT EAST

Each Thursday of term, held at Cessnock East Public  
Please bring a hat for your child  
Speech Pathologist will visit Dec 6 from 9 - 10

9 - 11

## STORIES AT ABERMAIN

Each Thursday at Abermain Public, our location  
changes so please check with office staff on the day

2.30 - 3

Koe-nara is in the grounds of Cessnock Public School  
For further info call 49909354 or 0428 263 854

## Good for Kids good for life

### INCREASING VEGETABLE INTAKE

#### Did you know?

Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

#### What is a serve?



Source: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

#### How can I get my kids to eat more vegetables?

- Involve your children in grocery shopping and meal preparation.
- Add easy to eat vegetables to the lunchbox.



- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.



PHONE 49246499

# Go4Fun

Healthy • Active • Happy • Kids



**FREE** Fun program for kids to become fitter, healthier and happier

### Help your 7-13 year old child get healthy, active and happy with Go4Fun®.

Go4Fun® is a ten week healthy lifestyle program for kids aged 7-13 who are above a healthy weight, and their families. Sessions run once a week for two hours after school, during term. Registrations are now open. Call to find out about your local program.



TO REGISTER: FREE CALL  
**1800 780 900**

SMS 0409 745 645 for a call back  
Register online at [www.go4fun.com.au](http://www.go4fun.com.au)  
[www.facebook.com/go4funprogram/](http://www.facebook.com/go4funprogram/)

MAKE HEALTHY NORMAL  
betterhealth company

### Uni4You Preparation Workshops:

Encouraging, supporting and reconnecting your dreams and hopes of learning.

#### FREE series of weekly workshops starting soon...

**When:** 10:00am – 12:00noon, every Wednesday  
Starting 24<sup>th</sup> October until 28<sup>th</sup> November 2018

**Where:** Cessnock Public Primary School, Rawson St

**All Welcome! Booking essential.**  
**Morning tea and child minding provided.**

#### During these workshops you can

- Understand and explore what Uni is really like
- Develop your skills to feel confident about enrolling in further education
- Meet the friendly team who support you to balance study, family and personal demands

#### Uni4You provides assistance and guidance with

- Choosing studies that are right for you and your interests
- Applying for tertiary preparation programs (Newstep, Open Foundation, Yapug) that start in March 2019



#### What our participants say...

"I definitely would not have done as well as I have without the Uni4You Project and everything that it offers."

"Uni4You helped me make life changing decisions for myself and my family."

To find out more information or to register, please contact either:

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