

Perfect Page

TERM 2 WEEK 3

17TH MAY 2019

Important Dates

- **Biggest Morning Tea, Fri, 31st May**
- **PSSA Hunter Cross Country, Fri, 31st May**
- **Queen's Birthday holiday, Mon 10th June**

Welcome to week 4 of the term.

Week 3 was a great week at Cessnock Public and we are looking forward to more exciting learning opportunities. This will include:

Monday - Sport In Schools sessions, Stage 3 library

Tuesday - Early Stage 1 library

Wednesday - Stage 2 library, Mindfulness

Thursday - Stage 1 library, support class swimming, GRIP Leadership day

Friday – school sport

Congratulations to Mr Carter who has been fortunate enough to gain a Relieving Assistant Principal position at another school for the remainder of this year. I would like to thank Mr Carter for his hard work and wish him all the best in his new position. We have two wonderful teachers in Mr Burrell and Mr South who will be taking 5/6C until the end of this school term.

Throughout this week our Year 3 and 5 students will continue to sit their NAPLAN Online exams. It is great to see our students engage in this new online NAPLAN platform. Once again, I would like to wish all of our students who are participating in the exams the best of luck.

Our school leaders will again be participating in the GRIP Leadership day in Newcastle. The GRIP Student Leadership Conference is unique in that it concentrates specifically on training students for their role as school leaders. This will be a wonderful day for our students which I am sure they will enjoy as they engage in these leadership workshops.

Our fabulous General Assistant, Keith, is working on a fantastic outdoor learning area for our Primary students. Please watch this space for further photos and progress.



On Friday the 31st of May, we will be hosting a “Biggest Morning Tea” event. Australia’s Biggest Morning Tea is a way to bring people together and raise funds that will make a big difference to those impacted by cancer. We would like to invite all of our families to join us for this fundraising event. Please keep an eye on our Facebook Page, App and website for further details early next week.

With the year moving ahead quickly as always, we are already taking enrolments for Kindergarten in 2020. With our Kinder transition and orientation programs fast approaching, it is important that you contact the school as soon as possible if your child will be attending Kindergarten at CPS in 2020.

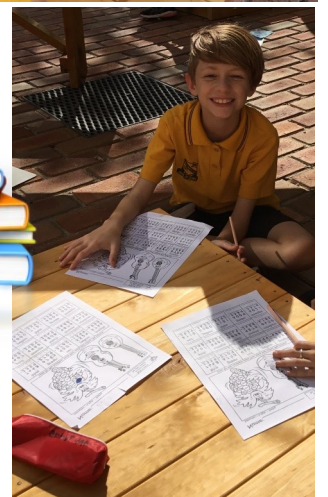
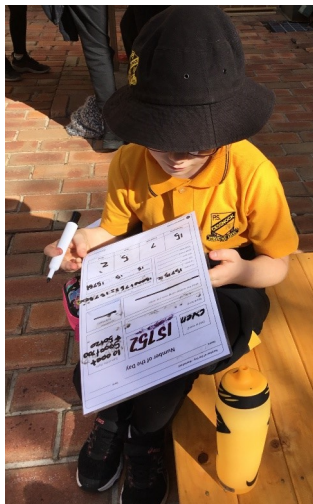
As always we will try to keep everyone up to date with what is happening around our wonderful school through our school website, Facebook Page and Skoolbag App.

Have a great week!

Steve Morgan



Stage 2 enjoying our new outdoor learning area



Infants at sport!!

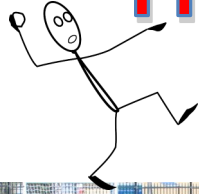


Skipping



Catching
Leaping!

Throwing
Hopping



K/6K out and about
in the playground!

House Championship Points Update

Another great week of points scoring from all four houses, and again no change in the leader board. Remember to keep an eye on the scoreboards in primary (just inside the primary building) and infants (on the side wall of the infants building, across from the 3-6H classroom).

The current totals are:

Gordon – 32016 Paterson - 27979

Lawson - 24681 Kendall - 22242



Cessnock Family Support Service and

Koe-nara, Cessnock Schools as Community Centre

presents this free program



Bringing Up Great Kids

Bringing Up Great Kids is a reflective parenting program to support parents to review and enhance patterns of communication with their children. *Australian Childhood Foundation: www.childhood.org.au*

Topics covered include:

- Messages from the Past
- The Message Centre
- Giving and receiving messages
- The Message Behaviour
- Messages about me
- Passing on messages



Where: Koe-nara, Cessnock Schools as Community Centre

When: 4 Wednesdays -
29th May til 19th June, 2019

Time: 9.30am to 12pm

Contact: Cessnock Family Support Service

Phone: 4990 4507



Please contact Cessnock Family Support Service to register for the program or for further information – Registration is essential
Limited childcare will be available for this program

Cessnock Family Support Service and Koe-nara, Schools as Community are funded by the NSW Government

Everything you need to get sticking
In this kit you'll find:
• School banner and A2 poster x1 – Put these up to let everyone know that you're collecting.
• A1 poster x2 – Put these up in classrooms for kids to stick their stickers on.
• Sticker sheet x1 – Stick your stickers on here to help you keep count.
• School collection box x1 – Put this somewhere where everyone can see it and put their stickers in. Feel free to decorate it to give it a unique touch.

Extra ways to earn
Bonus stickers
You can earn bonus stickers when you book and attend a Fresh Food Kids Discovery Tour. Visit woolworths.com.au/discoverytours for more information. T&Cs apply.
Your local Woolworths store can also help
Each Woolworths store will have a limited number of collection boxes, so please get in early and visit your local Woolworths as soon as you can to claim a box.
The collection boxes in store fill up fast, so you'll need to ensure you regularly empty yours so your community can keep giving you more stickers! When Earn & Learn ends, you'll need to stick any loose stickers on to sticker sheets.
Download our digital assets
We've also got a suite of assets you can freely use in your communications to parents to help promote your collection drive. Just visit teaching.com.au

Let's stick together with Earn & Learn
1 May to 25 June 2019

Need more sticker sheets or information?
If you've run out of sticker sheets or would like to read our Frequently Asked Questions and Terms & Conditions, visit teaching.com.au



GET READY FOR KINDERGARTEN

in 2020!

Cessnock Public School offers a warm, friendly and flexible transition program for your child.

Kinder Orientation is 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.

Enrol Today!!

We would love you to visit us...

Cessnock Public School
Rawson Street, Aberdare

Please contact us to enrol or for further information phone
4990 1652

Email: cessnock-p.school@det.nsw.edu.au



Good for Kids good for life 24-HOUR MOVEMENT GUIDELINES

Have you moved enough today?

SLEEP
• 5–13 year olds need 9–11 hours per night.
• 14–17 year olds need 8–10 hours per night.

PHYSICAL ACTIVITY
Aim for 60 minutes or more per day – the more you huff & puff the better!

INACTIVITY
Move more & sit less in your spare time.

Australian 24-HOUR MOVEMENT GUIDELINES

Find out more at www.health.gov.au

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

Source: Australian 24 hour Movement Guidelines



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>