



Marks Point Public School Newsletter

"Working Together"



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Term 2 Week 1

Wednesday 2 May 2018

Welcome:

Welcome back I hope you had a relaxing and enjoyable holiday. This term will be a busy but exciting one with many activities planned for our students. As always, our core business is to help your child succeed in their learning while displaying our core values of respect, responsibility and excellence.

Staffing changes:

Miss Hall has been permanently appointed Principal at Warners Bay Public School and we thank her for all the wonderful work that she did here at MPPS and wish her all the best. Mrs Davis will be relieving Principal until further notice. Mrs Johns will be relieving Assistant Principal Monday and Tuesday and Mrs Dawes will be relieving Assistant Principal Wednesday, Thursday and Friday. Mrs Banks will be teaching 5/6DY on a Monday and Mrs Yeo will teach 5/6DY Tuesday to Friday. Katie Steele will teach KD on a Wednesday. Mr Swadling will be teaching Monday to Friday providing intervention, GATS support and teaching coding and PDHPE. Mrs Vallander is on LSL from weeks 2 to 6 with Rachel Badman relieving LAST teacher Monday, Tuesday and Wednesday. Kelly Wright is on LSL until week 4 and you will be greeted by Janelle Kennedy in the office.

Congratulations to Mr Littlewood and family. Alby James Littlewood arrived on Thursday the 26th of April. Mr Littlewood will be on paternity leave until Monday of week 5. Amy Poole will be teaching 4/5L.

Student success:

Congratulations Taj who has now been selected in the Hunter Rugby League team to play at the NSW championships. Congratulations Taj! Remy has made the possible and probable selection for the Hunter netball squad which will be played this week. Good luck Remy!

Congratulations to our cross country ribbon winners



Good luck to all our zone runners who will compete at the zone cross country at Barton Oval next Tuesday.

Good luck Marks Point Pocket Rockets who will compete at the Regional Preliminary School Aerobic Finals this Sunday. The team has been training hard and are looking great. The competition is held at the Factory, St Pius X College Adamstown with the girls competing at 10.10am. Please come along and cheer on our Pocket Rockets.

Colour explosion.

Our colour explosion fun run was a hit: with students, staff and parents having a fantastic time. Thanks to everyone who collected sponsors, we will announce our final profit for the Year 6 fundraiser ASAP. We are in the process of entering data for prizes from students that handed their forms into the school. We will advise everyone as soon as the prizes arrive. A huge thank you to our fabulous canteen ladies and the wonderful volunteers for all your work at the colour explosion sausage sizzle, they were delicious. \$226.50 was raised going to the Year 6 fundraising.



Anzac Day:

Thank you to all the students who represented Mark Point Public School at the ANZAC Day March and congratulations to our student leaders in their roles. Thank you to Mrs Johns and Mr Swadling for accompanying our students.



Respect, Responsibility and Excellence

PBL:

When the bell rings we move quickly and quietly to lines showing our 5L's. Congratulations 3G who are our Term 1 lining up award winners.

**Gymnastics and trampolining:**

Our students are very excited to be participating in gymnastics and trampolining this term with Mr Swadling, during PDHPE. Students are encouraged to wear their sports uniform on their gym day. Monday 1H, Tuesday KD and 5/6DY, Wednesday 3G, 1/2J and 4/5L.

StarStruck:

This Thursday is the first Starstruck rehearsal, good luck to our dancers.

NAPLAN:

Naplan testing will be held in week 3- Tuesday, Wednesday and Thursday.

Athletics Carnival:

Our K-6 athletics carnival will be held Thursday the 10th of May at Baxter oval. Parents are invited to attend and parent helpers will be needed. The canteen will be open at the field and lunches can be pre-ordered.

Mother's Day:

Friday the 11th of May we will be inviting our mums to come along to our morning Mother's Day Celebration. Each class will be running an activity such as Shoulder massage, manicures, hair salon and art and crafts to pamper our wonderful mums. More information will be coming shortly.

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P & C:

The P & C will be holding a Mother's Day stall on Friday the 11th of May at 12pm.

Playgroup:

Playgroup will begin on Thursday week 2.

Raquel Davis

Relieving Principal

Weekly Program

Classes Begin: 9:00 am and finish 3:00 pm

Friday - Assembly (fortnightly)

School Banking (weekly)

Friday - Scripture, Breakfast Club 8:30-9am,
Sport 11:15 - 1:05pm

Canteen - Open every day

Uniform Shop - Mon 8.30 to 9.00am &
Thurs 8.30 to 9.00am

Upcoming Events

Pyjama Day 4 May

Zone Cross Country 8 May

Mother's Day Celebration 11 May

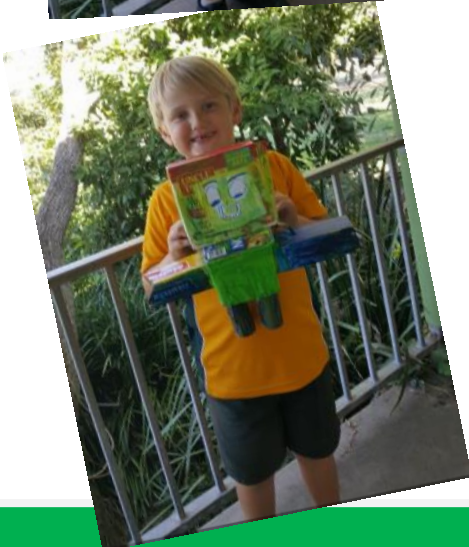
Mother's Day Stall 11 May

K - 2 Athletics Carnival 10 May

3 - 6 Athletics Carnival 10 May

1/2J Robots

As part of our maths unit on 2D and 3D Shapes, 1/2J had to design and make a robot. We are very proud of how they turned out!





WE'RE TAKING IT IN OUR STRIDE ON FRIDAY 18 MAY 2018

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 18 May 2018!

For more information, visit www.walk.com.au



Introducing our interactive
screen smart parent tour

Take a tour

New tool to help parents start their online safety journey

Whether you're a parent, carer, grandparent, aunt, or uncle, it can be a difficult task keeping up with young people and technology or even knowing when and how to start the conversation about online safety within your household.

The Office of the eSafety Commissioner has recently launched a new interactive self-reflective tool—Screen Smart Parent Tour—to help parents and carers of pre and young teens keep on track with online safety.

The 'tour' takes adults through six important online topics including social media, screen time, personal information, inappropriate content, cyberbullying and contact with strangers. Each topic offers practical tips and advice on how to allow children to explore safely and manage online issues if they arise.

Find out more at www.esafety.gov.au/iparent.

Good for Kids good for life

7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.



Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299



Nutrition Snippet

The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our Healthy Lunch Box website healthylunchbox.com.au has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.

Minty Yoghurt Dip recipe

Ingredients

- 8 tbsp plain reduced-fat yoghurt
- 1 lemon, juiced
- ½ clove garlic, crushed
- ¼ bunch mint leaves, finely chopped
- Pinch of salt

Method

Place all ingredients in a bowl and mix together. Variation – add finely diced cucumber for a refreshing crunch.



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

