



Marks Point Public School Newsletter

"Working Together"



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Term 3 Week 6

Wednesday 29 August 2018

Dear School Community,

Congratulations to Marks Point PS 'Pocket Rockets' for placing second at the national competition in Queensland last weekend. Thank you Michelle Yeo who coached the girls for the silver medal, family and school community members who assisted in any way and Raquel Davis for assisting.



Congratulations - Skyla, Ella, Elizabeth, Xaviah, Abigail, Phoebe & Kaitlyn.

Each fortnight I will be including some information and tips about how to maintain your child's wellbeing. The first item includes nutrition and the impact on children's behaviour. The American Psychological Association (APA) reports that good nutrition not only contributes to young children's physical development, but affects their cognitive development as well.

Children who consume unhealthy foods can have trouble concentrating, become easily fatigued, listless or irritable and are likely to face difficulties in learning, which can lead to behavioural and social problems. Establishing healthy eating habits early in your child's life can lead to good behaviour as they move into adulthood, according to APA.

The first area to focus on is the overall nutritional content based on the principles of a balanced diet: ensuring small frequent healthy meals, lots of water, fresh fruits and vegetables and a high intake of essential fatty acids. It is also a good idea to strip out the baddies: too many high sugar, refined, processed foods and additives. Please check out the link from the *Australian Healthy Food Guide* for more information.

Kindest regards,
Principal
Sharne Turpin

PBL Focus:

This week in PBL we are focusing on -
The Library

- ♥ Follow instructions
- ♥ Be mindful
- ♥ Ready to learn
- ♥ Have equipment ready
- ♥ Be on time
- ♥ Participate
- ♥ Cooperate
- ♥ 5L's
- ♥ Quality work
- ♥ Be your best



Canteen: Help Needed!

Our long serving canteen manager, Sheryle has decided to have a well earned rest. Ideally we require two volunteers each day. If you are able to help in anyway please let the Principal Sharne Turpin know, thanks.

Current volunteers are listed below

- Monday - Kelly
- Tuesday - Megan
- Wednesday - Sky and Colin
- Thursday - Kelly
- Friday - Megan

2019 Enrolments:

Do you have a child coming to school next year? Do you know of any families in the area with school aged children? Enrolments are being welcomed now for 2019. Would you like to introduce your child to school before they come to Kindy next year? Come to our community playgroup - this is held each Thursday from 9.00 am until 11.00 am each day. All welcome!! Ring the office for details.



Respect, Responsibility and Excellence

Aboriginal Education Team Meeting



You are invited to join Mrs Davis and Mrs Gibson on Thursday, 6th September at 3:05pm in the school library to discuss upcoming events and other school initiatives to celebrate the Aboriginal culture within our school community.

Book Club LOOP
The EASIEST way for parents to order and pay for Book Club!

Parents: Are you registered for LOOP?
LOOP is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for LOOP receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!

Head to scholastic.com.au/LOOP and register today!

SCHOLASTIC

Weekly Program

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

Tuesday - CAPA Groups 2:15 pm

Friday - Assembly (fortnightly)

Scripture, Breakfast Club 8:30 am - 9:00 am,
Sport

Canteen - Open every day

Uniform Shop - Mon 8.30 am to 9.00 am &
Thurs 8.30 am to 9.00 am
(Thurs by appointment only)

Upcoming Events

Milo Cricket - Thursday 30 August

Father's Day Stall - Friday 31 August

School Readiness info session - Wednesday 5 Sept

SAS Staff Recognition Week— 3rd to 7th September



5/6DY Take on the Stem Challenge 2018

On the 21st of August, students from 5/6DY attended the Galgabba STEM Expo at Swansea High School where they presented some spectacular projects that they had created in teams they had selected within class. All the projects were based off problems that face the coming generations, some real like re-inventing Swansea Bridge, others involved how to survive the Zombie Apocalypse, with all being fantastic! Students were able to compete in a Paper Aeroplane competition, listen to some inspiring speeches from some positive role-models that were working in the fields of Engineering and Environmental Management and also see some of the great technology that was on display. The organisers created a large amount of opportunities for all students to view and interact with cutting edge technologies, therefore there might be some future Engineers and Scientists coming out of Marks Point someday! The highlight of the night was watching all the students explaining how they created their projects. All students were able to give an entertaining and interesting explanation of their designs and stunned viewers with the construction and display of their projects. Staff and students enjoyed themselves immensely while learning lots during the process. The teachers of 5/6DY would like to extend a big thanks to all parents, carers and helpers for all the support during the creation process and expo.



Nikinpa Aboriginal Centre **NDIS GATHERINGS 2018**

You are invited to FREE information sessions about the National Disability Insurance Scheme (NDIS):

We will explain:

- What is the NDIS?
- Accessing the NDIS?
- What is funded by the NDIS?
- What supports are available if I am not eligible for the NDIS?
- Your Consumer Rights when accessing Service Providers?
- What is a service agreement?
- Yarn to people who have been NDIS participants for several years about exercising their rights as consumers.

DATES

• Tuesday 5 th June	• Friday 20 th July
• Monday 18 th June	• Thursday 9 th August
• Thursday 5 th July	• Wednesday 22 nd August

**NSW Fair Trading alongside CDAH will be available
between 10am - 3pm**

LOCATION: 9/13 Beckley Street **TORONTO**

For info contact **Suzy Trindall** – CDAH - M: 0428 840 953 E: suzy@cdah.org.au



Mulooobinba
Aboriginal Corporation



CHILD EMPOWERMENT SESSION

Featuring Naomi Hunter

The internationally acclaimed author of
A Secret Safe to Tell



Naomi shares her story and the way her book is protecting kids from sexual abuse

- ❖ Learn how to protect your kids from sexual abuse
- ❖ Teach your kids body safety and how to recognise warning signs
- ❖ Look after your child's emotional health
- ❖ Empower your kids to keep them safe



Testimonial
"the most inspiring talk I've ever attended"... a Dad

WHEN: Monday 10th September 2018
WHERE: Creative Kids Preschool, 19 Williams Street Belmont South
TIME: 6:30PM
Cost: \$5 per person
Please contact the preschool to attend on 4945 3122

FREE SWIM LESSON

@ **JAMIE'S**
Swim School
4946 1166
141 Floraville Road
FLORAVILLE

Take advantage of this special offer and help us to drive the number of childhood drownings in this country down to zero.

Kids Alive Do the Five have partnered with Poolwerx to offer Free Swim Lessons at various schools for Under 5's.
Jamie's Swim School values it's community and has signed up with this program BUT it is offering this for ALL CHILDREN, in a group class of 4.

ONE FREE SWIM LESSON – TUESDAY 2/10/18

In addition, ALL children who participate in our LEARN2SWIMDAY will go into the draw to WIN the remaining week of Intensive Swim Lessons FREE – 3/10-6/10

Visit the Learn2Swim Week website at www.learn2swimweek.com and sign up for a free lesson at our school

OR call us DIRECTLY on 49461166
OR via FB Jamie's Swim SCHOOL

But hurry bookings close 28th September 2018



*Please be aware that these free lessons will not fully teach your child to swim BUT it will introduce them to water and safety aspects. JSS does not receive any payment from Poolwerx or KADTF for offering and running these lessons

**Play it
Live it
Love it
Softball!**

COME AND TRY DAY

Ever thought of playing Softball?
Come and try for free!

When: Saturday 1st September 2018
Where: Stevenson Park, Stevenson Ave
Mayfield West

Who: Junior and Senior
Male and Female
4yrs and up

Time: 10am to 12pm

Cost: Free

FREE Sausage Sizzle afterwards
Bring your friends and come along!



Find us on
Facebook

For more information
Email: secretary@ndsaa.org.au
or
Visit: www.ndsaa.org.au

goodSPORTS

Good for Kids good for life

MASTERING THE OVER-ARM THROW

Over arm throwing is one of many Fundamental Movement Skills which requires practice. Fundamental Movement Skills are taught at school but you can help teach your child these important skills at home.

To master the over arm throw:

1. Focus eyes on target area throughout the throw.
2. Stand side-on to target.
3. Throwing arm moves in a downward and backward arc.
4. Step toward target area with foot opposite to throwing arm.
5. Hips, then shoulders rotate forward.
6. Throwing arm follows through, down and across body.



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