



SANDY BEACH PUBLIC SCHOOL

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Principal: Diane Blevin

Issue 29 Nov 21, 2018



Hello parents, carers and friends of Sandy Beach Public School,

As another fortnight has passed it has been an extremely busy time with excursions, special assemblies and parent workshops. In addition, teachers are busily writing Semester 2 reports for all students. The staff are also assessing 2018 programs to inform next year's school plan.

Final Kindergarten Transition

Tomorrow is the final transition day for our next year's Kindergarten students. This event is also for our 2019 Kindergarten parents, starting at 9:30 in the school hall. We hope to see you there.

P&C Annual General Meeting

We invite all interested parents to our next P&C meeting which includes our AGM where new roles for our 2019 committee are decided. Even if you do not want to hold a committee position, we would like to expand our attendance, so we can receive input from more families. This will be held on Monday 26 November at 7:00pm in the staffroom.

Parent Workshop - Managing Anxiety and Building Resilience

Last week approximately 60 parents attended a workshop presented by Dr Nicola Holmes who spoke about anxiety and building resilience, both in ourselves and our children. Nicola is a local doctor who has a passion for helping young people experiencing mental illness. Parents and staff picked up some great tips about how to manage anxiety. Many thanks to our Wellbeing Coordinator, Belinda Musgrave for organising this evening.

Remembrance Day Assembly

Last Monday our school captains conducted an assembly for Years 2 to 6 to commemorate Remembrance Day. It is an opportunity for students to reflect on the Australian people in the armed forces that have died or suffered in wars or conflict. This year marked the 100th anniversary of the Armistice that ended World War One. Thank you to Mr Murgatroyd for coordinating this assembly.

2019 Student Council speeches and voting

Staff have recently met with the Year 5 students to discuss leadership opportunities for 2019. Students who are interested in standing for the Student Council will be preparing speeches for the staff and student vote. Parents of students who are giving a speech are invited to attend. This will be held on Monday 10 December at 9:30 in the school hall.

Excursions

Recent excursion included Year 1 visit to Dolphin Marine Magic as part of their environmental studies. From the stories, it sounds as though it was a fun day! Kindergarten had their annual community walking excursion. This included a visit to the Woolgoolga High School agriculture farm where students nursed and patted lots of animals including chickens. Thank you to the staff that organised these events.

P & C Fundraisers

The final amount raised at our school fete is not yet finalised but was around \$8000. Last weekend we had a number of parents that volunteered to man a BBQ at one of the World Rally spectator areas. Thank you to all the people involved. I hope you also had a chance to view some spectacular rally car driving.

Presentation Day

This is held on Wednesday 12 December at 10:00pm under the C.O.L.A. We invite all parents to attend and we will be holding a morning tea for volunteers and parent helpers after the assembly in the school hall.

Intensive Swimming

Notes have been sent home for this program. It is highly beneficial for all Year 2 students to attend as well as older students who are non-swimmers. The final day for payment has been extended until Friday 23 November and commences next Monday, 26 November. Don't forget your towel, swimmers and sunscreen.

We have many students who follow interests outside of school, demonstrating great skill and talent. I recently attended the musical Les Miserables at the Jetty Theatre. I was fortunate to see Harley Hayes one of our Year 6 students performing. Great effort Harley! I know our school has many students who pursue their hobbies and interests such as sport outside of school hours, and it is wonderful that families give this support to their children.

Diane Blevin
Principal

Book Club

Book Club orders are due on Thursday 22nd of November. This is your last opportunity to order before Christmas. Please order on LOOP or return your orders to the office with cash or a cheque made payable to Scholastic Australia. Payment information is included in each brochure.

Edwina Reynolds
Teacher Librarian
Natalie Watson
Book Club Coordinator



DATES FOR YOUR DIARY

Nov 22

Kinder Transition Day 3 and
Parent Information Session

Nov 26

P & C Meeting AGM
Intensive Swimming Starts

Nov 28

WHS Musical Performance

Nov 30

Final Stage Assemblies

Dec 4

Yr 6-7 Highschool Transition

Dec 5

Newsletter

Dec 10

Student Council Speeches

Dec 12

Presentation Day

Dec 13

Yr 6 Graduation Assembly
Yr 6 Graduation Dinner

Dec 14

Kindergarten Graduation
Assembly
Student Reports Sent Home

Dec 17

Talent Quest

Dec 19

Last day for Students
Newsletter

Jan 30

Yrs 1-6 Students Return to
School

4 Feb

Kindy Students First Day

STUDENTS OF THE WEEK

K Lime

Leela Mangion

Allirra Timms

K Purple

Oliver Cheney

Finn Rigby

K/1 Aqua

Grayson Wooderson

Liam Van den Bosch

1 Sapphire

Chloe Pepper

Ari Chambers

1/2 Orange

Lillie Welbourne

Harry Wyatt

2 Red

Townes Evan-Wood

Harlen Goldsworthy

2 Indigo

Che Lei Wilder-Gillic

Austin Harper

Star Solvers

Ilyrah Brett and Chelsea McKee

Classes of the Week

2 Indigo and 1 Sapphire

3 Blue

Charlie Holmes

Chloe Henderson

3 Teal

Lana Vaughan

Bayley Johnson

4 Violet

Fern Albrow

Kyama Hopwood

4/5 Gold

Will Bennett

Baylie Simpson-Riley

5 Coral

Aiden Simpson-Riley

Ella Nicholson

6 Ivory

Tanhai Briggs

Jacob Partridge

6 Turquoise

Narvin Connor

Levi Woods

Star Solvers

Ashley Orr, Kyama Davis and

Isabella Maybon

Class of the Week

4/5 Gold

SPECIAL AWARDS

Ruby

Brodie Johnson

Suriani Hidzir

Maxwell Beszant

Marlie Hopkins

Sapphire

Raeleigh Pickett

Jade

Bayley Johnson

Poppy Williams

Emerald Traeacey

Lanah Vaughan

Topaz

Alina Hidzir

Zannah Harnet

Maya Mitchell

Caitlin Bailey

Opal

Olivia Swain

Jaylah Smith

Connor Mullan

Diamond

Blake Graham

Eligh Pledger



Payments

Payments must be made at the office prior to
2.30pm. Payments can not be processed after
this time. Thankyou

SUPER READERS FINISHING

The last of the Super Reader awards presented (excluding the 300 night readers) at assembly on Friday 30th November.

Please bring all completed forms (50, 100, 150, 200, and 250 nights reading) back to the library by Monday 26st November to be eligible for certificates, top kids and canteen vouchers.

300 nights reading forms must be returned by Thursday the 29th of November. Certificates will be given out on presentation day during the last week of term.

It is gratifying to see how many of our Sandy Beach students read regularly. Don't forget to keep the reading going in the school holidays.

KIDS WHO
READ, SUCCEED.



THINK
NORMAL
IS GIVING
CHILDREN
UNHEALTHY
SNACKS?

RETHINK NORMAL.

REGULAR SERVES OF HIGH SUGAR, HIGH FAT
FOODS CAN LEAD TO CHILDHOOD OBESITY
AND SERIOUS HEALTH ISSUES.

SMALL STEPS CAN MAKE A BIG DIFFERENCE
MAKEHEALTHYNORMAL.NSW.GOV.AU

MAKE
HEALTHY
NORMAL

MAKE
HEALTHY
NORMAL



TRADE CHIPS
FOR PLAIN
POPCORN.

IF YOU FEEL LIKE A SNACK, HERE ARE
SOME OPTIONS FOR HEALTHY SNACKS



Have a drink of water first. You may actually be thirsty!



Instead of lollies, try fresh fruit which is packed full of vitamins and fibre to fill you up, and has less sugar than a bag of lollies.



Fancy some potato chips? Crunch on some vegetable sticks and hummus with only 1/4 of the fat.



Instead of roasted salted nuts, have some plain unsalted nuts which are a healthy snack if eaten in small amounts. Roasting adds more fat so choose unroasted nuts.



Craving a chocolate bar? Get that sweet hit you're after with a cup of fruit salad. It contains only 1/4 of the kilojoules, 1/2 the sugar and almost no fat.



Feel like a muffin? Grab a slice of fruit bread with a light spread of low fat cream cheese containing less fat, and almost 1/2 the energy and sugar content of most muffins.



Fancy a sausage roll? Try wholegrain crackers, cheese and tomato. This contains almost 1/2 the kilojoules and fat of a sausage roll.

FOR MORE HEALTHY TIPS AND RECIPES GO TO
MAKEHEALTHYNORMAL.NSW.GOV.AU

Check out the Healthy Programs page and find a free program for you and your family.



What is the *Got It!* program?

Getting on Track in Time - Got It! Is a program led by the NSW Ministry of Health in partnership with the NSW Department of Education. **Sandy Beach Public School** is taking part in this exciting new program, starting Term 1, 2019.

Got It! Is an early intervention wellbeing program for children in Kindergarten to Year 2, and their parents/carers. It is aimed at young children, when intervention is likely to be most effective and helps parents and schools to identify children's social and emotional difficulties, and support them to respond to challenging behaviours. When disruptive behaviours occur regularly they can negatively influence children's academic, emotional and social development. Children will display problem behaviours as a normal part of development because they do not yet have the social, emotional and problem solving skills to manage new challenges. The program will give families an opportunity to be a part of a fun and supportive group that can improve children's prosocial and emotion regulation skills.

Got It! Will be in the school over two (2) terms in 2019:

Term 1 - The initial term is a 'whole of school' intervention, including teacher professional development, and parent and teacher screening for child strengths and difficulties with follow on referral for individual needs.

All families are asked to complete a Strengths and Difficulties questionnaire for each child in Kindergarten, Year 1 and Year 2. Please help us by returning this form ASAP once received at the beginning of Term 1.

Term 2 - The second term comprises a 10-week clinical program assisting 6-8 children with indicated social emotional challenges, accompanied by one of their parents/carers. The choice of participants for the program will be based on exhibited problems in the screening conducted during term. The program is facilitated by the GOT-IT! clinicians and supported by a co-facilitating school support teacher.

What is a Strengths and Difficulties Questionnaire?

The Strengths and Difficulties Questionnaire is the screening tool Got It! uses to explore the child's level on emotional, behavioural, hyperactivity and social skills abilities. This assist us in identifying what supports the child may need across those areas and if they are suited to our program in term B.

Benefits of being involved in the *Got It!* program

Getting help and support early to address children's social and emotional difficulties will achieve better outcomes for your family and community.

Got It! provides opportunities for children to:

- Manage their feelings and behaviours both at home and school
- Learn to make and maintain friendships more easily
- Develop problem solving skills
- Become more confident and resilient

The Got-It! team will be at Sandy Beach Public School in the first weeks of Term 1, 2019 and more information will be shared via the school newsletters in the coming weeks.



Lane 4 Aquatics

Lifestyle. Health. Wellbeing.

Lane 4 Aquatics has a specific focus on water confidence and the basic skills of swimming. We have a strong emphasis on developing aquatic safety and developing the confidence of children in the aquatic environment.

Our team of Swim Instructors and Coaches are all professionally qualified and have been selected based on a combination of their knowledge, coaching skills, ability to communicate and build rapport with your child.

Our Advantage

- Affordable lessons
- Small class sizes
- Make up lessons available
- Free access to our facilities outside of lessons during school terms
- Generous multi child and multi lesson discount
- Clear progression from babies through to swim club and squad

Bookings available now! Contact [Bec 6652 1779](tel:66521779), or see Zane at Woolgoolga Swimming Pool.

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



Lean meat & alternatives



A Healthy Lunch Box

2019 Guitar & Ukulele Tuition

Amy Gravino will be offering guitar and ukulele group tuition in school hours again in 2019.

Guitar is open for Primary students only

Ukulele is open to all ages.

*Each lesson is 30 minutes long.

*Groups average between 2-5 students (generally aiming for 4 in each group).

*Lessons are aimed to teach playing technique through a range of enjoyable songs, with a focus on rhythm, performance, singing with your instrument, and band/ ensemble dynamics.

Lessons are \$12 each charged on a Term basis (\$120), due by the first lesson.

BYO instrument or Hire (\$20 per term)

Fees paid directly to Amy via Direct Deposit or cash.

DO NOT use online school payments. Do not send cash with students.

Please contact Amy directly with any questions on **0438 121276**

TERM 1 2019 fee's \$130

(10 lessons x \$12) = \$120

+ annual admin fee \$10

+ optional hire fee \$20

DIRECT DEPOSIT

Amy Gravino

BSB 923100

A/C 3035 7331



CUT AND RETURN TO OFFICE OR FILL AND TEXT A PHOTO TO AMY.

Name Class (2019)

Parent/ Carer Name Phone

circle GUITAR
 or
 UKULELE

OWN INSTRUMENT
 or
 HIRE

Please also circle the following and sign and return...

I DO / DO NOT give permission for Amy Gravino to post photos of my child's performances outside of school on social media platforms (eg Facebook, Insta etc)

Signed Date



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.



laptops & tablets



lessons & activities



uniforms & shoes



books & supplies



sports fees & gear



camps & excursions

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact

Andrew Nelson
your local Saver Plus
Coordinator

Phone

02 6651 3378
0428 428 444

Email

Andrew.nelson@
thesmithfamily.com.au

Web

www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Koalas Need Your Help!

Have you spotted a koala lately? Would you be prepared to help Council learn more about our koalas, how they're doing and where they currently can still be found in the Coffs Harbour local government area?

Council is undertaking a survey as a vital part of the groundwork to review the Koala Plan of Management. The survey and information from the community and landholders will help Council understand exactly where koalas can be found.

We'd encourage everyone to get involved in the koala survey and log their findings to our Koala Register at <https://haveyoursay.coffsharbour.nsw.gov.au/Koala-Register> It's a great way to help conserve a much loved and iconic Australian species that we are very lucky to be living with.

Coffs Harbour was the first council in NSW to adopt a Koala Plan of Management back in 2000 with the aim of encouraging the proper conservation and management of koala habitat areas to help protect these important animals and, ultimately, promote growth in their populations.

Last year, an independent review commissioned by the NSW Government also named Coffs Harbour as one of a number of areas with a significant koala population.

That same review revealed that koala populations are under increasing pressure and have declined in many parts of NSW by an estimated 26% over the past 15 to 21 years. Without positive management actions this level of decline is likely to continue.

To register your sightings, go to <https://haveyoursay.coffsharbour.nsw.gov.au/Koala-Register>
The revised draft Koala Plan of Management is due to be completed by June 2020.

For more information please contact council on 6648 4000.

