

# Kenthurst Public School

111 Kenthurst Road, Kenthurst NSW 2156 Phone: 9654 1173 Fax: 9654 2586  
Email: [Kenthurst-p.school@det.nsw.edu.au](mailto:Kenthurst-p.school@det.nsw.edu.au)

**Excellence and Innovation in a Unique Community**

**"The School of Choice"**



**Term 4 Week 10**

**Friday 12<sup>th</sup> December 2014**

Dear Parents and Friends,

What an amazing year we have had!

So many successes; so many exciting memories to treasure; culminating in an extraordinary concert last night. Lots of practice and preparation by teachers, students and parents. I would like to give a huge accolade to our wonderfully talented Dance, Drama and Concert Coordinator Miss Armstrong, who has worked tirelessly for our school. Even working long hours sewing the curtains, to give our School Hall a thoroughly professional, theatre atmosphere.

## **Thank you Mr Norton**

We say farewell to Mr Chris Norton, who is moving to Queensland. We wish him well and thank him for all his hard work over the past two years teaching Stage 3 here at Kenthurst Public School and his commitment to sport, PSSA and in particular cricket. Good luck and best wishes!

## **Year 6 Farewell**

This Friday, 12<sup>th</sup> December Year 6 will be graduating. The whole school will assemble in the School Hall to watch The Graduation. Afterwards, the Year 6 children will go home to get ready for their Farewell at The Fiddler. On the last day of school, Wednesday 17<sup>th</sup> December at approximately 3.00pm, the whole school K-5 will form a tunnel for Year 6 students to walk through. You are welcome to join us as we say a fond farewell to the 2014 Year 6 students.

## **Kenthurst P&C**

We also say thank you to the wonderful efforts of our P&C and the hard work that they have continued to do this year. In particular, the P&C President Miss Rebecca Martin, who retires from the position this year. From Trivia Nights to breakfasts, copious coffees and the incredibly successful Art Show, Miss Martin has worked tirelessly for many, many hours. Thank you for all that you and your family have done to support our school in so many ways.

Our AGM will be held in March so please consider joining and helping raise much needed funds for our school. We would like to install theatre lights for our stage and a modern electronic sign for the front of the school. *Everyone* reads our signs 😊

We are hoping to form a Task Force throughout the year. Being involved for an event, with a team of parents making 'it' happen and then dispersed once completed. Some very exciting, new ideas are planned for next year, already!

If everyone can assist in some way, whether that is through contacts, special talents or lending a hand; we can continue to have our school of excellence and a lot of fun too!

## **Mrs Sandra Gaskin**

Sandra Gaskin was the school Treasurer for many years here at Kenthurst. Thank you so much for your professionalism and thorough organisation, which was greatly appreciated.



# Kenthurst Public School – “The School of Choice”

Excellence and Innovation in a Unique Community

## Gardens

Our gardens are looking fabulous, thanks to the efforts of Mr Tom Hellams who is fixing the irrigation and our professional, gardening team of Joe and Dom. Thank you.

During the holidays some trees will be trimmed and removed in accordance with the Department policy.

## Playground

Finally, our Play Equipment has been completed and as you can see from the children's faces, they love it! This would not have been possible without the hard work of a dedicated Task Force of parents. The submission was prepared by **Miss Rebecca Martin** and sent to Mr Ray Williams our Member of Parliament. **Mrs Kym Mundy** one of our Deputy P&C Presidents, was then the driving force behind getting quotes and working with the company to have the equipment made and installed. A daunting task, which Mrs Mundy handled dutifully and professionally. The problems then arose about the retaining wall and soft mulch!

A letter was sent home and so many wonderful Dad's offered their help, even at this busy time of year. Thank you all for your kind offers.

**Mr Earl Driscoll** was instrumental in approaching various companies to donate the necessary products to build the retaining wall.

Thank you Mr Driscoll, this was a fantastic initiative and so much appreciated.

Then **Mr Michael Kassis** brought his team of builders in after school, removed the soft fall and concrete pylons and completed the playground walls. It looks simply fantastic! Thank you so very much. This is such an improvement on what we had!

Then, from her hospital bed, Mrs Mundy ordered the mulch that was blown into the play area over several hours to complete the structure.

To see the joy on our children's faces was worth the long wait!



# Kenthurst Public School – “The School of Choice”

Excellence and Innovation in a Unique Community



Finally, I would like to thank the fantastic efforts of our Kenthurst PS teachers and staff. Excellent teachers have the capacity to transform the lives of students and to inspire and nurture their development as learners, individuals and citizens. At Kenthurst, our excellent teachers provide an additional source of encouragement, advice and support for students outside the home, shaping teaching around the ways different students learn and nurturing the unique talents of every student.

That is why Kenthurst is ‘The School of Choice’.

I wish you all a very Merry Christmas, enjoy quality time with your families and to have a relaxing, holiday. 😊

Yours, in quality education.

*Caron Dodd*

Principal



## DIARY DATES – 2014

### Week 11 – Term 4

15 <sup>th</sup> December, Monday	-	K Factor
17 <sup>th</sup> December, Wednesday	-	Last Day for Students Year 6 Farewell Arch
18 <sup>th</sup> December, Thursday	-	Staff Development Day



## ABSENCES

We recently had a visit from our HSLO, Home School Liaison Officer, who visits our school twice a year to look at our absences. Below is some information they have suggested we forward to parents.

When a child is absent from school for either a partial or whole day it must be recorded into “The Education Department” system. Whilst the child is not on our premises or under the care of our staff it is deemed an absence.

If your child misses school due to illness, religious or family circumstances, please either contact the school office or send a signed note explaining the reason for their absence.

If your child arrives at school late, or needs to leave early, you will need to go to the office to sign your child in or out.

If we receive no verbal or written explanation for the absence this is marked as unexplained / unjustified.



## Stage 3 - Camp

On the 26<sup>th</sup> of November stage 3 went to the Great Aussie Bush Camp. It was a smooth trip. The Great Aussie Bush camp is located in Tea Gardens Newcastle. When we got there we were welcomed by our instructor Pingu and had an orientation of the venue so we knew where everything was.

Our first activity was the high rope, it was very fun. Then we had afternoon tea which was snow cones. We participated in one more activity for the day which was raft building. You had to use three team work skills and these were consideration, cooperation and communication which helped us a lot. We were in two teams and had to build our raft and race it against each other. We had dinner inside a great big Uluru rock! After dinner we showered got ready for the disco at 7:30pm. Laura was doing some great dance moves. We then had a campfire and heard a very funny story about Max Brenner. After that we went to bed.



## Kenthurst Public School – “The School of Choice”

Excellence and Innovation in a Unique Community

In the morning we got ready for the Giant Swing. It was very scary and felt like you were flying. After morning tea we did Rock Climbing. Your belay team had to be in control of the person climbing. It was a great team work activity. After rock climbing we did canoeing. Luckily no one capsized! Then it was time for pioneering. You had to build a chariot and race the other team. At the end of the race you had to turn your chariot into a catapult and try to catapult tennis balls into a target. It was funny to watch. After dinner we did commando. You had to find the hostage before the teacher's caught you. Mr Norton was very scary with his loud voice and Miss Dennis caught so many teams but the students WON by finding the hostages and taking them back to HQ. We sat around the campfire and listened to a story about a talking mouse then went to bed.

On the last day of camp we packed up our suitcases and got ready for the Dual Flying Fox. It was really fun and you had to race with your partner down a big wire. We had morning tea. After that we did archery. It was very hard to aim and reach the target but we tried our best. We then had lunch and left camp. Stage 3 had a fantastic time at camp and it was a wonderful way to celebrate a great year!

By Isabella and Abby





## **ZoosnooZ**

A place of breath-taking beauty. Bright lights appear on every building and what a special view of the Opera House and the Harbour Bridge. The best place to be, Taronga Zoo. Even the small water drops on the spider’s webs or the sighting of the Harbour can be special and stay as a memory with you forever. A place to learn and enjoy about incredible animals and sneaky reptiles. Thank you Taronga Zoo for making this special and something to cherish. By Jade



Shaylise- I loved the extraordinary animals and how we were allowed to see them at night.

Jarrood- I loved our night safari.

## Kenthurst Public School – “The School of Choice”

Excellence and Innovation in a Unique Community



Lachlan- Giraffes only sleep for 20 minutes a day!



Kai- I liked sleeping next to the monkey.



## Kenthurst Public School – “The School of Choice”

Excellence and Innovation in a Unique Community



Brooke- At Taronga Zoo there are so many animals you can't have a favourite.



Isaac- I liked the anacondas because they were massive!



## Kenthurst Public School – “The School of Choice”

Excellence and Innovation in a Unique Community



Jasper- The seal show was fantastic, especially when the seal jumped about 10 metres in the air.



Rubie- I liked how the giraffes were eating from the branches.





## Congratulations - Steven

Steven was the runner up for the year 4 boys doubles at the SCHOOL BOYS & GIRLS TENNIS TOURNAMENT 2014





I would like to say a huge **THANK YOU** to all the wonderful parents who gave up their time last week to cover the new reading resources for our students. Your support is greatly appreciated and truly reflects the fantastic community that is Kenthurst Public School.

Miss Dennis

## P&C News

**Bec Martin** – The P & C committee will miss you!

As some of you know, after four wonderful years, Bec has resigned from the P & C committee to pursue expanding work opportunities.

Leading from the front as President, Bec has been a major driving force in successful fund raising activities. Over the last two years, the art show and annual trivia nights have been the major fund raisers, netting over \$25,000. Our school and children are the beneficiaries of this money, with Wifi in all classrooms, reading assistance programs, laptops/ notebooks for children to use in class and more. Bec has indicated that she will help the remaining committee members with next year's art show, for which we are very grateful.

The P & C members would like to express our appreciation and gratitude to you Bec, for your dedication to our school. You have been a wonderful leader to the committee, a great mentor to the newer committee members and a very approachable ambassador for the school, especially to new school mums/parents.

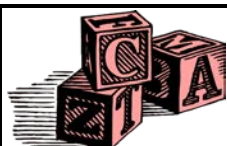
Bec, you have gone above and beyond in your efforts for our school and as a thankyou for all you have done Please know how grateful we are for all you have done, and how much we will miss having you on the P & C.

Wishing you every success.

Committee members:

Rosalie Barnes, Vanessa Collits, Kym Mundy, Tracey Nelson and Mel Pitt





## **Ellbelle's Preschool and Early Learning Centre**

174 Kenthurst Road, Kenthurst 2156  
(Opposite Caltex Service Station)  
9654 2009

\*7:30am to 6pm

- \* A “NCAC” Accreditation of “High Quality” in all areas of Early Childhood Education
- \*Extensive Transition to School/Pre School Program for children aged 3-5 years
- \*Children are divided into groups according to age with qualified staff programming for each group
- \*All meals provided
- \*Licensed for children aged 6 weeks to 5 years \*Some casual days available
- \*Child Care Benefit available
- \*50% Childcare rebate on all pre-school

# Kenthurst Public School – “The School of Choice”

Excellence and Innovation in a Unique Community



**FITNESS & TENNIS COACH**

**SPECIALISING IN FITNESS FOR WOMEN & SENIORS**

**CIRCUIT TRAINING, BOXING, PILATIES, YOGA & MUCH MORE**

**AUSTRALIAN FITNESS CERTIFIED**

**KENTHURST STUDIO**

**BRING A FRIEND & RECEIVE 50% OFF 1st SESSION**

**CALL JACQUI ON: 040 709 7768**







## Nutrition Snippet

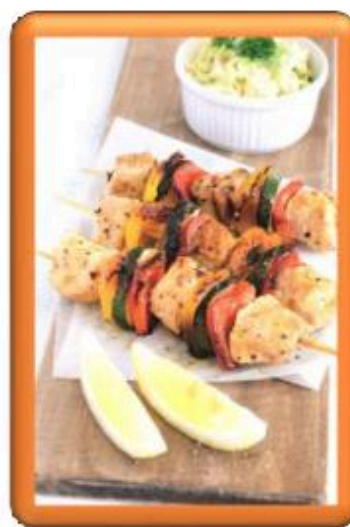
# The simplest way

...stay healthy over Summer.

Summertime = BBQ time in Australia.

Here are five ways to make your barbies as healthy and delicious as possible.

- Limit or avoid processed meat like sausages and bacon.
- Use lean cuts of meat.
- Make sure half your plate is filled with veges.
- Cook veges like eggplant, zucchini and capsicum straight on the bbq (or as part of the kebab in picture).
- Make a few salads to serve on the side.
- Freezing fruits like grapes and berries make a delicious treat for a dessert on a hot day.



For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Western Sydney  
Local Health District Live Life Well @ School Program.



Health  
Western Sydney  
Local Health District





Nutrition Snippet

# The simplest way

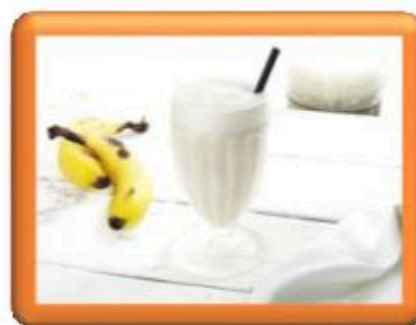
...to help fussy eaters.

One way manage fussy eaters is to hide your fruit and veg in smoothies.

Kids think they're a milkshake and will slurp them up happily!

## Ingredients

- 2 cups reduced-fat milk
- 1/2 cup reduced-fat natural yoghurt
- 1 ripe banana
- 1-2 tbs rolled oats



## Method

1. Place all ingredients in a blender, mixing until smooth and well combined.
2. Serve immediately in a tall glass.

*Try other fruits – like berries and drained canned fruit – for another delicious smoothie!*

**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



**Health**  
Western Sydney  
Local Health District







Nutrition Snippet

# The simplest way

...to make a Christmas centerpiece.

Get creative these holidays with a fruit and veg inspired centerpiece for your Christmas feast!

The picture on the right uses layers of baby tomatoes, rosemary and cheese but you could use:

- Layers of thinly sliced green and red capsicum, with slices of carrots in between
- Baby tomatoes and basil
- Kiwi fruit, watermelon, rockmelon
- Use mixed berries: blueberries, strawberries, raspberries.



If you have fruit + veg on your table, you'll be surprised how quickly it will be eaten.

For more inspiration – like us on Facebook – details below.

*Merry Christmas!*

**For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.



**Health**  
Western Sydney  
Local Health District



## **Rotary Club of Glenhaven – Carols By Candlelight**

At Glenhaven Oval Glenhaven Road, Glenhaven

**Sunday December 14 - 5pm to 9pm**

Featuring carnival rides, local bands &  
singing/dance groups plus FIREWORKS FINALE

*Please support our major sponsors -*

*Castle Hill Camera House and Glenhaven Rotary*



**Camera**house



**In 2014, the event will donate a share of all profits to the  
Glenhaven Rural Fire Brigade and the Hills SES**

