

# Kenthurst Public School

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**Excellence and Innovation in a Unique Community**

**"The School of Choice"**



Term 4 Week 6

Friday 13<sup>th</sup> November 2015

Good afternoon parents and friends,

This week the whole school practiced a Lock Down procedure. This is in the event of, for example, an unsupervised dog coming onto the premises.

As the Bush Fire Season rapidly approaches, we need to ensure our school community knows what to do. The Work and Safety committee have completed their management plan for 2015/2016. Staff are completing training in preparing and responding to bush fires and I would encourage you to contact our local Kenthurst Fire Brigade to participate in their Bush Fire programs.

**99.9% of all the children** who drown, are due to not being supervised by an adult who can swim. Please read the details below, as some disturbing information has been collected by the staff at our recent swimming scheme program.

*Please* never, ever leave your children in your swimming pool without an adult nearby.

Even observing your children from the kitchen sink, is dangerous.

Drowning is silent and children can disappear so quickly.

## **ANZAC the spirit lives**

At Kenthurst Public School this week we held two services to commemorate Remembrance Day.

Tuesday 11/11/15 Remembrance Day Service was moved to our School Hall due to the weather. Many parents and grandparents attended led by Mr Paul Rapp and Mr John Benyon. This service was a rededication for the stone and plaques in the park. Please take the time to visit to see what has been achieved in this joint project between our school and Kenthurst Rotary. As soon as we are confident that the weather is suitable, we will inform you about walking the children down to the park. You may like to join us.

Yesterday, we held a showcase of the work on Kenthurst soldiers from WW1 that has been completed by the students this year under the leadership of **Mrs Elizabeth Eurell**. Powerpoints, Drama ensemble, songs and the winning entry in the Department of Education and Communities "WeCommemorate" project were presented. A beautiful song "Lest we Forget" was sung by our students and staff... who knew every word.



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

Excellence and Innovation in a Unique Community

These were two very proud days at Kenthurst and a few eyes were glistening.



At Kenthurst PS we aim to provide experiences and events that encourage high expectations of student learning.

- ✚ *All students are highly capable*
- ✚ *Teachers can be effective in enabling children to realize their capabilities*
- ✚ *Setting and checking high level goals*

Kenthurst is ‘The School of Choice’ and excellence.

Yours in quality education.

*Caron Dodd*

Principal



## DIARY DATES – 2015

### Week 7 – Term 4

16 <sup>th</sup> November, Monday	-	Be Skilled Be Fit
17 <sup>th</sup> November, Tuesday	-	
18 <sup>th</sup> November, Wednesday	-	S2A – Powerhouse Museum – We Commemorate
19 <sup>th</sup> November, Thursday	-	Band / Scripture
20 <sup>th</sup> November, Friday	-	PSSA

### Week 8 – Term 4

23 <sup>rd</sup> November, Monday	-	
24 <sup>th</sup> November, Tuesday	-	
25 <sup>th</sup> November, Wednesday	-	
26 <sup>th</sup> November, Thursday	-	Band / Scripture K- 6 Assembly
27 <sup>th</sup> November, Friday	-	PSSA



## Swim Scheme Saves Lives

Each year Kenthurst participates in Swimming Scheme supported by the Department of Education. The program is an intensive learn to swim program that develops water confidence and provides students with basic skills in water safety and survival as well as stroke correction. Although bus and pool costs are charged the scheme itself is absolutely free!

This year, both attending teachers (Miss Puddy and Mrs Tully) are trained swim instructors, which allows more students to attend and smaller groups to be formed.

As this program occurs for 2 consecutive weeks, students' learning is consolidated from one day to the next while concepts are still fresh in their mind. The growth in student development is excellent!

Water Safety and Survival is also of paramount importance to enjoyable safe swimming.

**99% of child pool drowning's are due to a lack of adult supervision.**

One of the primary rules for swimming students is that they are never ever to swim alone anywhere. Students should always swim with a responsible person observing. It only takes two minutes for a child to drown. Even Olympic swimmers can get a cramp, slip into the pool or hit their head.

When children are relaxing at home in their swimming pools, they must have adult supervision at all times. Most swimming fatalities can be prevented if a responsible person is in attendance. During the instructor's safety lesson, many of our students admitted that they swim alone in their swimming pools. This is of great concern. Even in the relative safety of the home environment, please ensure there is a responsible adult nearby, at all times. Your/our children are just too precious!

Thank you for your understanding in this matter.

Mrs Tully & Miss Puddy





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A BIG THANK YOU to the P&C for purchasing another eBoard for the school.

As you can see KC can hardly contain their excitement.

## **SYDNEY AQUARIUM EXCURSION**

Two weeks ago all K-2 students went on a wonderful excursion to the Sydney Aquarium. The students had a great time exploring the aquarium and finding out lots of information about the creatures inside. At lunch time they went to the new playground at the Darling Quarter which was a great place to expend some energy. Consequently the bus trip home was very quiet with many students falling asleep.

The whole day was a huge success thanks to the help received from a number of parents who kindly drove to the aquarium and spent the day with us. It was great to have this assistance in the unfamiliar environment and helped to ensure all of the students stayed with the group and were safe. Thank you all so much for attending.

Ms Shaw  
Assistant Principal



Here is an account from Millie S1S.

## The Sydney Aquarium

On Friday I went on an excursion to the Sydney Aquarium. It was amazing! There was a BIG, BIG, stingray and I saw his little mouth. Some stingrays had pretty spots on them. There were BIG, BIG sharks as well. There was a rock pool and we got to put our hands in and touch stuff. Some of the stuff I touched was a starfish and it was a blue starfish and a normal coloured star fish.

I had an awesome time at the Sydney Aquarium!





## Kenthurst Public School

### Bush Fire Emergency Evacuation Plan

Attention all Parents, as you are aware our school is in a bush fire prone area.

The Rural Fire Service has recommended that all households prepare an Evacuation Plan. Our school also has to write a plan.

The following is part of our School Bush Fire Emergency Evacuation Plan.

This plan outlines procedures for both SHELTERING (remaining on site) and EVACUATION to a safeguard our school community from the threat of a bushfire.

Please put these details in a prominent place in your home.

#### Sheltering Procedures

All children will be moved to our New Assembly Hall which is purpose built for these emergencies.

#### Evacuation Procedures

All children will be transported by bus from the hall to:

Dural Recreation Centre

25A Kenthurst Road, Dural (next to Dural Library)

Parents will be notified of this either by school app, updates on website, email and or school notice board.

This Bush Fire Emergency Management Plan was developed jointly by the NSW Rural Fire Service and W.H.&S. Committee.



W.H.&S. Committee

Caron Dodd - Principal



**You are invited to attend...**

## **Kenthurst Kindergarten Christmas Celebration!**

2016 Kindergarten students are invited to come along for  
Christmas story time and craft making with their year 5  
buddies.

<b>When</b>	Friday 4 <sup>th</sup> December
<b>Time</b>	Drop off at 2:00pm Pick up at 3:00 pm
<b>Where</b>	The Library at Kenthurst Public School
<b>Who</b>	2016 Kindergarten Students
<b>What to wear</b>	Dress in Christmas themed clothes

Parents please bring your child to the library to  
join in the Christmas fun with their buddy for  
one last time before they start school in 2016.

We look forward to seeing you then,  
Mrs Choon and Miss Puddy.



**Shop 3, 4 Nelson Street, Kenthurst  
9654 1580**



**[www.kenthurstfeedandfeast.com.au](http://www.kenthurstfeedandfeast.com.au)**

# MARTIAL ARTS



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**Nutrition Snippet**

# The simplest way

...to make pizza, healthy!

**Healthy pizzas** are easier to make than you think...

## What you need

- multigrain English muffins/or pizza bases
- tomato paste
- diced vegies, i.e.:  
diced mushroom,  
diced tomato, diced capsicum,  
pineapple pieces,  
grated carrot, olives
- reduced-fat grated cheese



## Method

- spread tomato paste on muffin
- place vegies on top and sprinkle with cheese
- bake in oven/ under grill until cheese melts and is golden...watch your kids enjoy eating vegies!

**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 use frozen fruit and veg.

*Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?*

**The facts:**

- We all need to aim for two serves of fruit and five serves of veg, every day
- Frozen/canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegies are usually packed shortly after picking, so very few nutrients are lost
- For canned vegetables look for labels that feature “no added salt” or “salt reduced”
- Choose canned fruit in natural juice, rather than syrup
- Health Star Ratings are on many packaged foods now – the more stars, the healthier the choice!



**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





# CHIP FAST

## Tree Service P/L

**Wayne Price**

**Mobile: 0417 22 76 22**

**• Tel: 9652 1080 • Fax: 9652 2233**

**Email: [chipfast@bigpond.net.au](mailto:chipfast@bigpond.net.au)**

- All Tree Removal • Stump Grinding • Shaping & Pruning • Wood Chipping
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A promotional poster for the Summer Series. The background is a close-up of a young child with blonde hair, wearing dark sunglasses and eating a large ice cream cone. The child's face is partially obscured by the text. In the top right corner, there are two white bird silhouettes in flight. The main text is in large, bold, white-outlined letters. The text is arranged in a vertical flow on the right side of the image.

**SUMMER**  
**IS SWEET** *NOW TURN UP THE **HEAT***  
**SUMMER SERIES BURSTS**  
INTO THE SYDNEY HILLS  
TO SATISFY YOUR  
**SUMMER CRAVINGS**

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**OUTDOOR THEATRE**  
**CHRISTMAS LIGHTS**  
**WATER EVENTS**

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*FUN. FESTIVAL. FIREWORKS.*  
*DON'T FORGET THE ICECREAM*

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[www.summerseries.com.au](http://www.summerseries.com.au)

**Summer**  
SERIES

**THE HILLS**  
Sydney's Hidden Side