

Kenthurst Public School

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Excellence and Innovation in a Unique Community

"The School of Choice"



Term 4 Week 4

Friday 4th November 2016

Good afternoon Parents and Friends,

What glorious weather we are having. Have you had the opportunity to walk around our manicured gardens?

This week, Stage 2 stayed overnight with the ZoosnooZ program. A fabulous view of the Harbour Bridge and the Sydney Opera House from our new permanent tents was a thrill. During the night we listened to the noisy seals and a possum and a bat who didn't want to share a piece of fruit!

The staff at Taronga carved some Jack-o-lanterns as decorations for Halloween, which made a special night for us all. All of the children had a wonderful time and learnt so much from being 'in the field'. Delicious food, great friends and lots of great questions were asked by our students. We met Steve from the Seal Show, which was amazing and the Bird Show was a highlight!

Next week, Stage 3 are heading off to The Great Aussie Bush Camp, which is for 3 days and 2 nights. They will be actively participating in Commando style tasks. Sounds like a lot of fun!

Stage 1 have been making delicious beetroot and feta pizzas. The beetroots were huge! Thank you Miss Jones for roasting them and please have a look at the potatoes! Wow!

We need to finish the garden bed construction. If you know a Dad or Grandfather who is handy working with metal or pipes, please contact Mrs Eurell at school, as we wish to complete the magnificent design.

Our **Awards Ceremony** (9.12.16) previously, known as Celebration of Learning will have some changes this year. As our school is growing in numbers, there are many more students and our ceremony is taking too long. After consulting with the P&C, we will continue to have 5 awards per class.

Academic Excellence / Academic Achievement / Most Improved / Citizenship / Personal Best

These children will come to the stage to receive their certificates.

All other students will receive a certificate celebrating their achievements in extracurricular activities throughout the year. Their report will also be in this folder. These folders will go home with the children at the end of the day.

May I take this opportunity to thank our wonderful P&C President Mrs Kym Mundy who has worked so hard in the role and truly made a difference.

Yours in quality education.

Caron Dodd

Principal



DIARY DATES – 2016

Week 5 – Term 4

7 th November, Monday	-	Great Aussie Bush Camp – Stage 3 Swim Scheme
8 th November, Tuesday	-	Great Aussie Bush Camp – Stage 3 Swim Scheme Be Skilled Be Fit
9 th November, Wednesday	-	Great Aussie Bush Camp – Stage 3 Swim Scheme
10 th November, Thursday	-	Book Fair Begins Band / Scripture Swim Scheme K-6 Assembly
11 th November, Friday	-	PSSA Swim Scheme



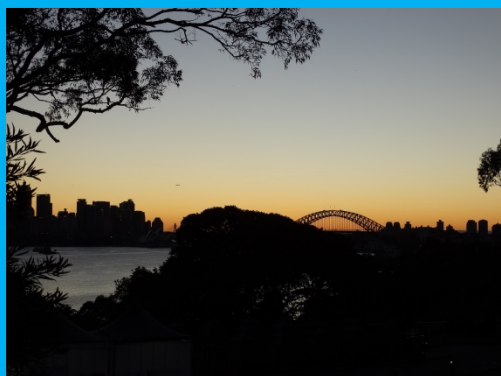
Week 6 – Term 4

14 th November, Monday	-	Swim Scheme
15 th November, Tuesday	-	Swim Scheme Be Skilled Be Fit
16 th November, Wednesday	-	Swim Scheme 2017 Kindergarten Orientation 3
17 th November, Thursday	-	Band / Scripture Swim Scheme Book Fair Ends
18 th November, Friday	-	PSSA Swim Scheme

Important Dates for Term 4

30 th November 2016	-	Zoo Excursion Kindy
6 th December 2016	-	Celebration of Learning – 9:45am
9 th December 2016	-	Yr 6 Graduation 10am / Farewell 6.30-9.00pm
13 th December 2016	-	K Factor (Talent Quest)
16 th December 2016	-	Last Day of School for Students

Zoo Snooze Stage 2



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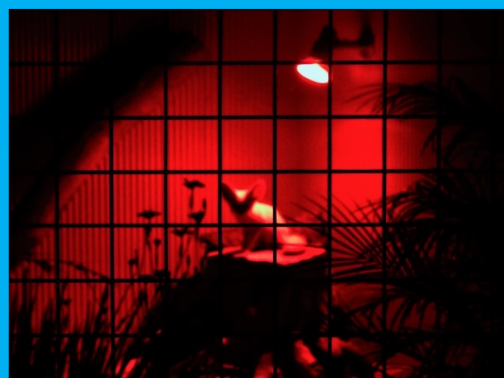
Excellence and Innovation in a Unique Community



Galston
Community of Schools

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You're invited to our

SCHOLASTIC

BOOK FAIR!

AUSTRALIA!
STORY COUNTRY
FIND YOUR STORY AT THE
Book Fair!

Books featured include:

- THE ELF
- SKYFIRE
- TINY TIMMY
- ella Olivia
- ANH DO WEIRDOZ
- Tracy Lacy
- THE Cat WANTS Custard
- the BAD GUYS
- PIXEL
- ELLA Diaries
- TOM GATES
- THE DAY the CR

Illustrations copyright © Aaron Blabey, 2016

Date 10th - 17th November 2016 Place Library

Time All day

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Well done Kenthurst students, teachers and the community!!!! You have successfully raised \$750 for CANTEEN.

Every 25 bandannas sold will help two young people living with cancer attend a CanTeen Recreation Day and have a break from the daily pressure of living with cancer.

CANTEEN would like to thank you for helping young people enjoy some simple pleasures.

SRC



Ridges Hot Shots Day



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Winners are grinners



19 Stage 2 students participated at the Ridges HotShots Tennis Day. The weather was perfect for the day and they had a blast. All students showed fantastic sportsmanship and shook their opponents' hands at the end of each match. Two of our teams came out on top of the leader board, with Team 1 winning the competition. These students will be going on to the next round at Sydney Olympic Park Tennis Centre next Wednesday 9th November. Well done to all students who participated!!

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Stage One Gardening & Cooking News

Yesterday we harvested the beetroot that we have been growing in our school vegetable garden.

Today we made roasted vegetable pizza.

We prepared all the ingredients and the utensils before we started cooking.

Finally we all sat at a long table and shared the pizza.



Galston High School partnered with KENTHURST PUBLIC SCHOOL School Vice Captains Tameeka Thompson and Jackson Klintworth



PREFECT PROFILE - Tameeka Thomson (VICE CAPTAIN)

My name is Tameeka Thomson and I am one of the Galston High Schools elected Vice Captains of 2016-2017. I attended Galston Primary School, where I made many great memories. The best thing about Galston Primary was that it was a small school which allowed us to bond with many students from all years. Having only 30 students in my class allowed me to get to know and become friends with everyone. Over the next year I am looking forward to working with Galston and Kenthurst Public Schools as I am partnered with them.

As my schooling years come to an end the subjects that I am currently studying for the HSC are Legal Studies, Society and Culture, Standard English, Community and Family Studies, Senior Science and General Mathematics. Beyond high school, I would like to join the police force as well as keep my passion for soccer and play at a higher level.

As a student of Galston High School, I have been lucky enough to have been a part of many great extracurricular activities such as being a peer support leader, a house captain, captain of the opens knockout soccer team, many more sporting events and Bronze Duke of Edinburgh. Having the opportunities to participate in all these activities has allowed me to experience high school at its best.

The thing that I like the most at Galston High School is the bond that the students have with the teacher and the amount of effort that they put in for the students whether it is in the classroom, playground or for a sporting team. Not only has high school helped me become the person I am today it has allowed me to have so many amazing opportunities and learn so much.

Being elected as one of Galston High Schools Vice Captains is such a privilege and together with the rest of the Prefect team it will be my pleasure to uphold Galston High Schools values of respect, responsibility and personal best. As well as help achieve our goals and successfully lead Galston High School.



PREFECT PROFILE - JACKSON KLINTWORTH (VICE CAPTAIN)

My name is Jackson Klintworth, elected Vice Captain for 2017 alongside Tameeka Thomson.

I attended Kenthurst public school from kindergarten to year 6 and I am glad to reconnect with my primary school as I am their partner Prefect from Galston High School. Although it was a small school it allowed me to begin to become the person I am today. Being a small school it allowed me to build a bond between older peers and teachers. This has led to long lasting friendships and memories from playing soccer at lunch time, to year 6 camp in Canberra.

At Galston High School I have been privileged enough to have a variety of school subjects and extra-curricular activities. The subjects that I have chosen to do for the HSC are General Mathematics, Standard English, PD/H/PE, Industrial Technology (wood), VET Construction and Agriculture. I am hoping that these subjects will help me get into a career of Carpentry.

The extra-curricular activities that I have part take in at GHS are Duke of Edinburgh, sporting activities and now being apart of the 2017 Prefect team. Duke of Edinburgh has allowed me to discover and enhance my leadership skills; it has also made me become closer to fellow peers and teacher in our endeavours.

I enjoy being at Galston High School because it is a loving school and community with teachers that go above and beyond to help students. I also love the school because of the great and diverse subjects that the school can provide.

As this is my last year at Galston High School, I feel as though this is my final chance to make an impact on Galston High School itself, the community, and as a student. I have been awarded this honour of being Vice Captain and I am looking forward to working with the wonderful new Prefect team. I believe that as a group we will work together as a cohesive team, and continue to uphold and improve the legacy that the 2016 Prefect left for us. I am sure that these next 12 months are going to be the best of high school so far.

Congratulations

Sophie



State Gymnastics Competition in Level 5, Sophie received 5th overall in the state in her age group – Well Done!

Parking Rules & Penalties

Council's Compliance Officers enforce parking signs at your school.

When it comes to the safety of vulnerable road users like school children, drivers found breaking the law will be met with zero tolerance. When an offence is detected, you will be fined.



NO STOPPING

You must not STOP at any time.

Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$325 and 2 demerit points



BUS ZONES

You must not stop your vehicle in a Bus Zone unless you are driving a public bus.

Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$325 and 2 demerit points



NO PARKING

You can stop only to drop off or pick up passengers or goods and you must not stop for more than 2 minutes and The driver must stay within 3 metres of your vehicle. Stopping includes when the vehicle is not moving but the engine is still running.

SCHOOL ZONE

Penalty from \$180 and 2 demerit points



DRIVEWAYS

You must not park your car over or block access to a driveway. You can stop in a driveway to drop off or pick up passengers BUT only for less than 2 minutes AND the driver must stay with the car.




SCHOOL ZONE

Penalty from \$180 and 2 demerit points

3 Columbia Court, Baulkham Hills NSW 2153
PO Box 7064, Baulkham Hills BC 2153
Phone 02 9643 0555 Email council@thehills.nsw.gov.au
Facsimile 02 9643 0409 www.thehills.nsw.gov.au

THE HILLS
Sydney's Garden State

There are now increased penalties and demerit points associated with all offences in School Zones.

	NO PARKING You have no more than 2 minutes for drop-offs or pick ups and must stay within 3 metres of your vehicle.	Penalty from \$180 and 2 demerit points
	NO STOPPING Under no circumstances are you permitted to stop on a length of road to which a No Stopping Sign applies.	Penalty from \$325 and 2 demerit points
	BUS ZONE You must not stop your vehicle in the indicated zone unless you are driving a public bus.	Penalty from \$325 and 2 demerit points

Double parking	\$325 & 2 demerit points
Stop on path or nature strip	\$180 & 2 demerit points
Stop on / near marked pedestrian/children's crossing	\$433 & 2 demerit points
Approach children's crossing too quickly to stop safely	\$541 & 4 demerit points
Illegal U turns	\$433 & 4 demerit points
Stop across driveway	\$180 & 2 demerit points
Drive using a hand held mobile phone	\$433 & 4 demerit points
Parallel park close to (within 3 metres) double centre line	\$253

FINES CURRENT AS OF JULY 2016

For a complete list of school zones offences visit www.rta.nsw.gov.au

3 Columba Court, Beukham Hills NSW 2153
 PO Box 7004, Beukham Hills NSW 2153
 Phone: 02 9843 0555 Email: council@thehills.nsw.gov.au
 Facsimile: 02 9843 0409 www.thehills.nsw.gov.au

THE HILLS
 Sydney's Garden Shire

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HEATING & COOLING SPECIALISTS

KENTHURST BUTCHERY



YES, WE DELIVER
TOP QUALITY
MEAT

The best meat in The Hills

Shop 8, Kenthurst Village
Nelson Street Kenthurst

Trevor Conn
9654 1557



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Shop 3, 4 Nelson Street, Kenthurst
9654 1580



www.kenthurstfeedandfeast.com.au





Live Life Well @ School

As the weather starts to heat up, it is a great reminder to drink more water. Tap water is the best drink because it is:
free, keeps your teeth healthy, and can help you concentrate in class.

Here are some tips for drinking more water at school:

Pack a water bottle in your lunchbox

Refill your water bottle



Keep sugary drinks just for special occasions

Drink from the bubbler during breaks

Live Life Well @ School is a joint initiative between NSW Health and the NSW Department of Education



Health
Western Sydney
Local Health District



Nutrition Snippet

The simplest way

...to stop food waste.

Over-ripe fruit and veg need not be thrown out. They can be a flavour-rich basis for some great drinks, snacks and meals.



Get the most out of fruit and veg past used-by date.

Image: expophoto.com.au

Banana	Cut in to chunks and freeze. Use in smoothies, banana bread or muffins.
Apple	Stew. Serve with natural yoghurt or sprinkle with muesli and bake for crumble.
Zucchini	Grate and freeze in zip-lock bags. Use in mince dishes, zucchini loaf, muffins.
Capsicum, celery, green beans, broccoli, cauliflower	Slice and freeze in zip-lock bags. Use in stir fries.

For more information visit www.eatittobeatit.com.au or join us at 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 overnight oats.

Make this simple recipe the night before, then rise and shine to a healthy breakfast.

Overnight oats

Preparation time: 5 minutes

Serves: 1



Ingredients:

- ¼ cup oats (raw, unprocessed or toasted)
- 4-6 cubes of frozen mango
- ¼ cup natural yoghurt
- ¼ cup muesli
- ½ cup berries (whole or puréed)

Method:

Layer ingredients in to a clean jar (salsa dip or coffee jars are ideal or use a plastic jar if you want a portable breakfast on the go).

Store in the fridge overnight. Add some milk in the morning to get the consistency you like. Enjoy straight from the jar.

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



HOMEOPATHY for Tots to Teens




NATURAL • GENTLE • HOLISTIC

Homeopathy can support children experiencing symptoms of:

- Bed wetting
- Bumps and bruises
- Clinginess
- Colic
- Coping with change
- Coughs and colds
- Food intolerances and sensitivities
- Mild earaches
- Minor illnesses
- Nappy rash
- Nightmares and crying at night
- Recurrent or persistent runny nose
- Separation anxiety
- Skin rashes
- Sore throats
- Tantrums
- Teething
- Upset or sore tummy



What is homeopathy?

Homeopathy is one of the most used complementary therapies in the world and may be of help to people suffering from a wide range of conditions. Homeopathy treats the person and not just the symptoms. Homeopathic treatment is tailored to each individual, case by case.

Homeopathy is a traditional medicine and may generally be used in conjunction with other treatments and medications without adverse effects.



For any ongoing chronic condition or in case of severe acute symptoms, it is important to be assessed or examined by your health care professional or specialist.



AUSTRALIAN HOMEOPATHIC ASSOCIATION

*Always seek medical advice in emergencies.
To find out more about homeopathy or to find a registered practitioner in your area, please visit www.homeopathyoz.org or email admin@homeopathyoz.org*

Homeopathy for tots to teens

Maintaining good health is the aim of every parent. Homeopathy offers a great solution for families who prefer a more natural, holistic approach to their family's health.

Children respond positively to the gentle homeopathic consultation process. The medicines are dispensed as drops or sugar pills which children find easy to take.

Homeopathic medicines are selected on an individual basis. For example, a shy and clingy child who is being treated for a particular condition may not be given the same medicines as an outgoing and boisterous child, in spite of the fact that they may both have the same condition.

All aspects of the child's unique symptoms and behaviour are taken into consideration when selecting an appropriate medicine.

Homeopathy can help support teenagers as they transition from childhood into adulthood, assisting them to manage physical and emotional stresses and rebalance their energy from the roller-coaster challenges of hormonal changes.

Homeopathy can be of benefit for the whole family at any stage of life: men, women, mothers, fathers, very young and older children, teenagers and the elderly.

Think of homeopathy when your teenager complains of:

- Disrupted sleep
 - Emotional upsets
 - Exam nerves
 - Hyper-sensitivity
 - Inability to focus
 - Lack of energy
 - Low appetite or over-eating
 - Low self-confidence
 - Moodiness
 - Performance anxiety
 - Period pains
- 
- Poor concentration
 - Spots & pimples
 - Strains and sprains from playing sports
 - Study stress
 - Teenage blues
 - Weepiness

Clinical evidence

Several studies support the effectiveness of homeopathy in the treatment of children.

Some of these include:

Jacobs J, Jonas WB, Jimenez-Perez M, Crothers D. "Homeopathy for childhood diarrhoea: combined results and meta-analysis from three randomized, controlled clinical trials." *The Pediatric Infectious Disease Journal*, 2003; 22: 229-234.

Jacobs J, Springer DA, Crothers D. "Homeopathic treatment of acute otitis media in children: a preliminary randomized placebo-controlled trial." *The Pediatric Infectious Disease Journal*, 2001; 20: 177-183.

Thurneysen A. "ADHD: The aim of this study was to obtain scientific evidence of the effectiveness of homeopathy in ADHD. A total of 83 children aged 6-16 years, with ADHD diagnosed using the Diagnostic and Statistical Manual of Mental Disorders-IV criteria, were recruited. The trial suggests scientific evidence of the effectiveness of homeopathy in the treatment of attention deficit hyperactivity disorder, particularly in the areas of behavioural and cognitive functions." *European Journal of Pediatrics*. ISSN: 0340-6199 (Paper) 1432-1076 (Online) DOI: 10.1007/s00431-005-1735-7.

YOUR AHA PROFESSIONAL MEMBER IS:

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