

Kenthurst Public School

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Excellence and Innovation in a Unique Community

"The School of Choice"



Term 4 Week 6

Friday 18th November 2016

Good afternoon Parents and Friends,

Our busy Term 4 continues with Assessments, Swim Scheme, Be Skilled Be Fit and next week a visit from Normanhurst Boys High with their Clown show.

A new E-Board has been installed for S1E, Mrs Eurell's classroom. The P&C have been able to pay the \$8150 due to the Levy payments. A huge thank you to all those parents who paid this year, it makes such a difference to the children's learning. Hopefully, we can replace the Kindergarten smart board next and then The Science Laboratory and Computer room. We are so lucky to have such a magnificent P&C who work tirelessly to improve conditions for our students.

Heartfelt thanks, to Mrs Kym Mundy, who retires from the position of P&C President. It has been such a joy to work with you and see what you have achieved in your time as President, with so many positive outcomes. We truly appreciate all that you have done for our students and please know, *you* made a big difference.

A friendly reminder that there is no Kiss and Drop zones anymore and Council will be sending Rangers to check in the near future. The fine is over \$300 and 2 demerit points. Please take note of the new signs. Also, please be mindful of parking across our neighbours driveways.

Our 2017 Kindergarten Orientation has been very successful with some very excited little people looking resplendent in their new school uniforms.

This week in our Teacher Professional Learning session, the Anti-bullying Policy was presented, in its draft form, to staff by Mrs Murphy. We have invited some parents to be part of the consultation team and will present this policy at our Information Evenings next year.

A Time Out Zone has been established for Stage 2 and Stage 3 students who are not wearing the correct hat or who are not displaying good sportsmanship or behaviour on the oval.



Galston
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Please check the upcoming dates as December comes very quickly.

The Awards Ceremony	-	Tuesday 6 th December at 9.45am
Year 6 Graduation & Farewell	-	Friday 9 th December Graduation 10am Farewell 6.30pm
Stage 3 Great Aussie Bush Camp	-	Mon 12 th December to Wed 14 th December
K Factor	-	Thursday 15 th December
Last Day of School for Students	-	Friday 16 th December

Staff will be attending school for Staff Development Day on Monday 19/12/2016 where we will be finalising our Positive Behaviour Learning Policy. Office Administration and myself, will be attending school on Tuesday 20/12/2016.

Yours, in quality education. “The School of Choice”

Caron Dodd

Principal



DIARY DATES – 2016

Week 7 – Term 4

21 st November, Monday	-	
22 nd November, Tuesday	-	Normanhurst Boys Clown Show
23 rd November, Wednesday	-	Ditto's Adventures K-2
24 th November, Thursday	-	Band / Scripture K-6 Assembly
25 th November, Friday	-	PSSA

Week 8 – Term 4

28 th November, Monday	-	Free Incursion – Know Waste
29 th November, Tuesday	-	Free Incursion – Know Waste
30 th November, Wednesday	-	Zoo Excursion - Kindergarten
1 st December, Thursday	-	Band / Scripture
2 nd December, Friday	-	PSSA Kindergarten 2017 Orientation Day

Important Dates for Term 4

6 th December 2016	-	Award Ceremony – 9:45am
8 th December 2016	-	Parent Helper Morning Tea
9 th December 2016	-	Yr 6 Graduation 10am / Farewell 6.30-9.00pm
12 th December	-	Stage 3 Camp for 3 days
15 th December 2016	-	K Factor (Talent Quest)
16 th December 2016	-	Last Day of School for Students



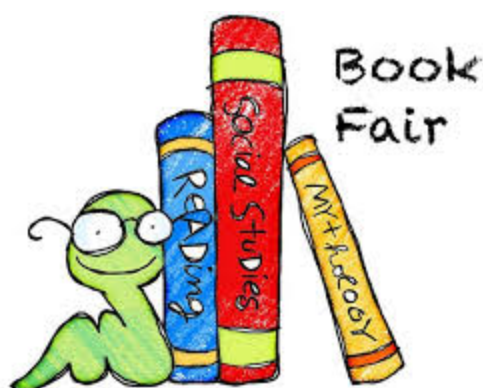


Over the last two weeks the students in Stage One who didn't go to Swim Scheme, have been participating in water safety lessons back at school. Thanks to **Virgin Active Swimsters** for lending us some life jackets and other items to make this important experience hands on and engaging!

Call Norwest (02) 8848 6600

https://www.virginactive.com.au/home/our_clubs/norwest/swimsters.aspx





Book Fair

Thank you to all of our wonderful parents and grandparents who supported our very successful Book Fair this Term.

Total sales were over \$4,000.00

Total profit for our school was just over \$800.00

K.Parnaby
T/Librarian



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Proudly supporting
our community

Thank you to Paul Wade (ex Socceroo) for his Life Skills presentation, thank you also to Bendigo Bank Galston for making it happen.



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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

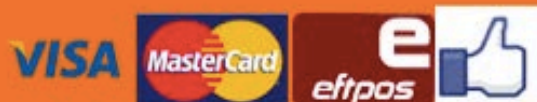


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Shop 3, 4 Nelson Street, Kenthurst
9654 1580



www.kenthurstfeedandfeast.com.au





Nutrition Snippet

The simplest way

...to answer fruit & veg FAQs.

Can we eat more fruit to make up for not eating five serves of veg?

This is a frequently asked question from parents in *Eat It To Beat It* sessions and workshops.



The answer is no. Fruit and veg contain different combinations of vitamins and minerals, which is why there are different recommendations for each.

For more FAQs on fruit, veg, meat and dairy go to the “for parents” section of our website eatittobeatit.com.au.

In the meantime, just remember that the simplest way to ensure you and your family are getting the dietary nutrients you need is to eat a rainbow of different coloured fruit and veg every day!

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 serve spring salads.

Spring brings sunshine ... and salads!

A salad is a great way to enjoy a light and lovely meal packed full of veg. Enjoy as a side dish or add some lean meat, fish, cheese or hard-boiled egg and make a meal of it.

Here are five of our spring salad favourites (for full recipes go to **eatittobeatit.com.au**):

- Tabbouleh.
- Thai beef salad.
- Asian chicken salad.
- Basic garden salad.
- Mixed bean salad.



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
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HOMOEOPATHY for Tots to Teens




NATURAL • GENTLE • HOLISTIC

Homoeopathy 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 homoeopathy?

Homoeopathy 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. Homoeopathy treats the person and not just the symptoms. Homoeopathic treatment is tailored to each individual, case by case.

Homoeopathy 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 HOMOEOPATHIC ASSOCIATION

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

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