

Kenthurst Public School

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Excellence and Innovation in a Unique Community

"The School of Choice"



Term 4 Week 4

Friday 3rd November 2017

Good afternoon Parents and Friends,

So many wonderful activities happening here at Kenthurst 'The School of Choice'.

The Levi Lunch was a delicious menu. Freshly cooked pasta and a sumptuous tomato, pesto and bolognese sauce was prepared by our mothers. Thank you Mrs Biasi, Mrs Collits and to all the other mothers who helped serve. Levi loved cooking pizzas, lemons and limes and was a huge fan of Master Chef and fresh home cooked food.



10KM for EM will be held on Saturday afternoon 11th November. This amazing initiative was instigated by our year 6 student Jack. Why not come along and cheer for him as he runs 10km to raise funds for another student at our school, Emily.

Our Kenthurst PS School Choir performed at the Sydney Town Hall last Sunday. Standing in front of the fabulous town Hall Organ, the children sounded magnificent. Quite a few proud tears were shed by parents. Congratulations to all concerned and a big thankyou to teachers Mrs Hayden and Mrs Gibbs.



We wish Mrs Ristuccia all the best, as she now leaves for her maternity leave. Your work with technology and our students is exemplary; thank you so much and we look forward to your return.

Good luck to our KPS Tennis Team as they head over to Sydney Olympic Park, Homebush for the Todd Woodbridge Cup State Finals next Thursday. Miss Barbagallo as the Sydney West team coach, has done a wonderful job overseeing the team and all that is involved.

Looking forward to several busy weeks ahead and of course the Dance-a-thon!

Yours in quality education,

Caron Dodd

Principal



Diary Dates – 2017

Week 5 – Term 4

6 th November, Monday	
7 th November, Tuesday	
8 th November, Wednesday	Be Skilled Be Fit GHS to visit Year 6 Students
9 th November, Thursday	Scripture / Band Todd Woodbridge Cup Finals P&C AGM
10 th November, Friday	PSSA

Week 6 – Term 4

13 th November, Monday	Swim Scheme
14 th November, Tuesday	Swim Scheme
15 th November, Wednesday	Be Skilled Be Fit Swim Scheme
16 th November, Thursday	Band / Scripture K-6 Assembly Swim Scheme
17 th November, Friday	PSSA Swim Scheme

Important Dates Term 4

Tuesday 5th December – Awards Ceremony
 Wednesday 6th December – Year 6 Farewell Dinner
 Friday 8th December – Dance-a-thon
 Tuesday 12th December – Stage 3 Surf Ed
 Thursday 14th December – Year 6 Graduation 10am

MERIT AWARDS



TERM 4 – WEEK 2

Olivia	KC
Cooper M	
Schyler	KT
Kaiden	
Rome	S1B
Oscar	
Annika	S1E
Brayden / Harrison S	
Sienna B	S1G
Amber	
Alexander	S2A
Michelle	
Tobias	S2S
Matthew C	
Angelina	S3H
Jacob / Eloise	
Riley	S3S
Ashton	
Jasmine	Science
	Library

TERM 4 – WEEK 3

Max	KC
Annika R	
Joshua B	KT
Ashleen	
Andrew	S1B
Jessica M	
Jaxon	S1E
Paige	
Charlie	S1G
Holly	
Beau	S2A
William B	
Kai B / Armaan	S2S
Jasmine J	
Jake P	S3H
Jessica E	
Ben C / Edgar	S3S
Emma	
	Science
	Library





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

Especially to the wonderful parents who helped both Mrs Eurell & myself in running the book fair.

Total sales were \$4,700.

Total profit for our school was \$1,400.

WELL DONE !

K.Parnaby

T/Librarian

Kindergarten

Kindergarten’s first lesson in the Kenthurst Kitchen was a huge success! Thank you to Annie Boon and Wendy Lum for helping our students prepare, cook and share our herb and garlic twists.

First we picked some rosemary and basil from our garden beds and spent some time smelling and identifying differences between the herbs and oregano.

We washed our hands and started to take turns chopping up the 3 different herbs with scissors.

We put one clove of garlic into a garlic press and mixed all the ingredients together with one tablespoon of olive oil.

We then spread the mixture onto puff pastry strips and twisted them ready to put into the oven.

Here is a picture of us sharing our yummy snack that we made together in our garden.



Stage One Excursion to the Australian Museum

Stage One jumped into the bus with a bounce!
We were ready to go the Australian Museum.
We learnt about indigenous weapons and medicine. We were allowed to touch some things.

Mahalia

First we learnt about bush foods and medicine.
We took photographs of everything.

Noah



We learnt all about emu callers, boomerangs, clubs and didgeridoos.

Matthew B

Later that day I saw a man playing a didgeridoo. After that we went to Hyde Park and ran around.

Chloe

I was in a group that learnt about women's dances and men's dances.

Harry



We learnt about aboriginal weapons and foods. In another group we learnt about tools and weapons.

Annika



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Yay, the bus is here to drive us to the Australian Museum to learn about Aboriginal food, medicine and other things. On the bus there were lights, fans, seat belts and curtains.

When we arrived at the museum we were split into two groups. All of S1E went with half of S1B and all of S1G was with the other half of S1B. After that the groups went into two different rooms.

My first group learnt about bush food and medicine. The other group learnt about weapons and dance.

Next we went to the First Australians Gallery and we had a new group. In my group was Annabelle, Isabella, Mum and I. My group had to find out about ghost nets and containers.

Soon it was time to go home. I felt tired after the big day that I had had! *Emily*



CELEBRATION SING OUT

Congratulations to the 17 choir students who represented Kenthurst Public School so beautifully at the Celebration Sing Out concert at Town Hall on Sunday the 29th of October. Our Kenthurst choir sang with a massed choir of students from schools around New South Wales to raise money for the Music Therapy Unit at Westmead Children's Hospital. We are so proud of the students for the many hours of work they spent rehearsing and for their beautiful singing on the night. They really did sound spectacular! Well done!

Mrs Hayden and Mrs Gibbs

Choir Coordinators



Kindergarten

Featherdale Wildlife Farm

Kindergarten had the best time on their first school excursion! We went to Featherdale Wildlife Park and had an incredible time seeing and touching lots of different animals in a wide range of habitats. A huge thank you to our parent volunteers Violeta, Annie and Tim for helping lead groups around the park, as well as our educational leader Louie who was very engaging and shared lots of information in a fun and hands on way.

Kindergarten had so many favourite parts, here are just a few photos we would like to share with you from our fun day.



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Canteen News

Halloween Treats in the canteen were a great success!





Band News

Is your child interested in joining the band next year? Would you like more information on the School Band program? The **School Band** is now taking enrolments for 2018 and participation is open to all students who are **currently in year 2-5**. No prior experience is required.

Students have attended a **Demo Concert** by the band and **Teaching Services Australia (TSA)** staff demonstrating the variety of instruments available for tuition next year. They will have received a **green Instrumental Band Program-Introduction** with a tear-off **Expression of Interest** form. Students who return this tear-off form asap will be given the opportunity to test a variety of instruments to help them find the one most suited to them. They will then be given a comprehensive **Enrolment Pack** with the results of this instrument test.

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer. TSA is committed to providing a quality concert band program, with full band rehearsals, great value tuition and rent-to-buy instrument hire.

This **green Expression of Interest** form is due back to the school office **within 5 days**. You can download this note at www.teachingservices.com.au or for more information email info@teachingservices.com.au



All students will receive a Stewart House/Smith Family clothing bag in the next week. If you have any good, clean wearable clothes (suitable for adults and children), that you no longer require please fill these bags and return to school by Tuesday 28th November. We have plenty more bags in the office should you need more.

You may be interested to know that in 2016 Stewart House received \$17,574 from these collections. This constitutes an important part of the Stewart House annual income, so your commitment is very much appreciated. Stewart House bags always produce a high percentage of good clothing, this is put to good use by The Smith Family.

Your assistance is greatly appreciated.

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Trevor Conn
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Nutrition Snippet

The simplest way

...to pack a healthy lunch box.

Everyone should aim for 2 serves of fruit and 5 serves of vegies, every day for good health. Sounds hard, but it's easier if you include fruit and veg across the day...try these simple ideas:



- **Pack vegetable sticks** – try carrots, celery, capsicum and cucumber – with hummus and vegetable based dips (like pumpkin, beetroot, spinach or red bean).
- Add a **small 150g tin of baked beans** to your child's lunch box (decant into a container your child can open).
- **Leftovers** are an exciting lunch box addition: try packing fried rice, vegie stir-fries or some vegie frittatas- they all taste great cold!
- **Make a fruit salad** – use whatever fruit you have in the house, chop in small pieces.

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
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Nutrition Snippet

The simplest way

...to add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognese sauce, add canned lentils to your sausage roll mix.
- **Put vegie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast vegies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



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.



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