

# Kenthurst Public School

Excellence and Innovation in a Unique Community

"The School of Choice"



Term 4 Week 2

Friday 23<sup>rd</sup> October 2020

## Principal's Report

Glorious blue skies and happy faces are all about in our playground at the moment. Term 4 has begun and we are busily preparing for all the exciting events that are planned.

Starting with Movie Night this Friday Night.

### End-of-year celebrations

Advice regarding all other end-of-year assemblies and graduations are currently still under review. Further information will be provided later in Term 4.

### Uniforms

If you wish to purchase uniforms please use Flexi schools and we will arrange, through the front office for the uniforms to be delivered to your child to take home.

We have been instructed to continue the current situation with no parents allowed on site. Thank you for calling the front office when you need to pick up your child for appointments etc.

### Kiss and Drop

A friendly reminder that the Kiss and Drop Zone is for a **quick stop only**. This needs to be a smooth flowing area, as the buses need the turning space too. Thank you for your understanding.

### Canteen

The Kenthurst Kitchen will reopen on Friday October 30 with a Halloween treat! More details to come.

Canteen will only be opened on Fridays and the children will not be visiting the canteen. All purchases will be online as no money is to be exchanged. Social distancing will be adhered to in the canteen and COVID rules will be strictly adhered to.

Have a wonderful weekend.

Yours in quality education

*Caron Dodd*

Principal

## Diary Dates

### Week 3 – Term 4

26 <sup>th</sup> October, Monday	Henny Penny Hatchings Arrive
27 <sup>th</sup> October, Tuesday	Big Day In – Stage 3
28 <sup>th</sup> October, Wednesday	Be Skilled Be Fit
29 <sup>th</sup> October, Thursday	Band
30 <sup>th</sup> October, Friday	Sport Group/Year 6 Photos

### Week 4 – Term 4

2 <sup>nd</sup> November, Monday	
3 <sup>rd</sup> November, Tuesday	Stage 3 - Interrelate
4 <sup>th</sup> November, Wednesday	Be Skilled Be Fit
5 <sup>th</sup> November, Thursday	Band
6 <sup>th</sup> November, Friday	

### Important Dates – 2020

9<sup>th</sup> December, Wednesday – Year 6 Graduation and Farewell  
 16<sup>th</sup> December, Wednesday – BSBF Let Loose Day  
 16<sup>th</sup> December, Wednesday – Last day of 2020 for Students

## Year 7 Selective High School Placement 2022

- Applications for Year 7 entry to selective high schools in 2022 will be accepted from Tuesday 13 October 2020 to Monday 16 November 2020.
- Parents must apply online at  
<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>
- All applicants are required to sit the Selective High School Placement Test to be held on Thursday 11 March 2021.

## BAND NEWS

Hi Parents, from this week the band rehearsal times are changing.

Juniors: 8am  
Seniors: 8:30am

Juniors will need to assist with setting up band, so please arrive at 7:50.  
Seniors will need to assist with rearranging the hall and taking stands to the learning centre.

Thanks  
Jane Hart  
Band Director

## SCHOOL NEWS

### WITH THE KENTHURST SCHOOL CAPTAINS

#### *Term 4*

We have returned back to school for the last term of the year. All the students are so excited to be back and we can't wait to see what the rest of this year has to offer.

The K-6 Fun Day is on the 6th of November, all the students will stay in their stage, and go around the school, participating in fun activities together with their teacher. The activities will include a scavenger hunt, sport activities, an obstacle course, and finally a disco.

We are excited to announce we will be having a Book Week Performance on the 10th of November! The theme for book week will be "Curious Creatures, Wild Minds." We hope that the children will be looking forward to it - we know we are!

Finally, on the 12th of November we will be having a Character Dress Up Day, where everyone is encouraged to dress up as their favourite book character or take inspiration from the "Curious Creatures, Wild Minds" theme.

*By Tobias and Lisa*  
*Kenthurst School Captains*



## STUDENT LIFE

### WITH THE SRC PRESIDENTS

#### S.R.C Activities of 2020

This year has been tough, but the SRC of Kenthurst Public School (Student Representative Council) were great contributors to the 2020 Leadership Team. We have still had the chance to do our duties and make the school a better place for students and teachers. This year we have done a multitude of fun activities for our school, such as writing a letter to the local Fire Brigade, participating in Be Skilled Be Fit (BSBF) lessons, designing the posters for Jersey Day and handing out keys to students who are following the weekly PBL goals to support key draws. However, this is only what has happened in the last 2 Terms, and Term 4 has a lot more to offer for our school.

This week our PBL goal (Positive Behaviour for Learning) for Term 4, Week 2 is to "Take the Out". We ask for all students to abide by this goal and to practice being a good sport. EXAMPLE: Accepting that you are out, and not trying to still include yourself in the game. We hope this goal can improve our school and send the message to our students that it's okay to be out.

We are very excited to be back at school, and hope that all students have a great Term 4!

Written by the SRC Presidents, Jasmine and Ivy.



## HEALTHY LIVING

With the Kenthurst Sport Captains

### Healthy eating!

This week the girl house captains have put together a healthy eating meal. We hope you enjoy!

The dish we have chosen is the worst witch of the west! It is a fun Halloween themed lunch that is fun for all kids and is also very healthy!

#### Ingredients

½ of smashed Avo (for the face)  
1 sliced up carrot (for the hair)  
2 slices of capsicum (for the lips)  
2 olives (for the eyes)  
2 beans (for the eyebrows)  
1 baby cucumber (for the nose)  
Your choice of chips (for the hat)  
Lemon juice



#### Method:

##### Step 1

Smash up ½ of the avocado and add lemon juice then gently mix together. Then shape it into a face.

##### Step 2

Cut up the carrots in fairly thin slices and place it around the top of the face.

##### Step 3

Place the 2 cut up slices of capsicum and form it into a mouth like shape and then gently place it onto the guacamole face.

##### Step 4

Place the one whole baby cucumber above the mouth (for the nose)

##### Step 5

Get the two olives and stick them into the guacamole (for the eyes) and then place the two beans above the olive eyes (for the eyebrows)

##### Step 6

Place the chips of your choice into a hat like position above the carrot hair.

We hope you enjoy this fun and healthy Halloween themed recipe and we hope to see some Worst Witches of the west at school!

-Girl house captains!  
Amy, Sienna and Alexia





## HEALTHY LIVING

With the Kenthurst Sport Captains

### **KPS BOY SPORT CAPTAINS WORKOUT (HALLOWEEN EDITION)**

This workout is made for Halloween, it's for before and after the sugar rush from all the lollies and chocolate. We will help you burn it all off, while also having some fun! Hope you guys enjoy this as it is the last term for year 6 and we hope to leave our mark on the community!



First, start by putting on some motivational music which you can find on a work out playlist on Spotify.

Next, make sure to stretch, it not only helps your muscles but also stops most tears in muscles and you can push yourself to the limit!

Then, warm up with a 200m run to get you properly prepared for all the running and walking you might be doing on Halloween going from door to door!

Now let's do the workout!

Let's start with 20 push ups.  
Then we will do biceps curls. (with anything you can lift).  
Next, we will do 30 sit ups.

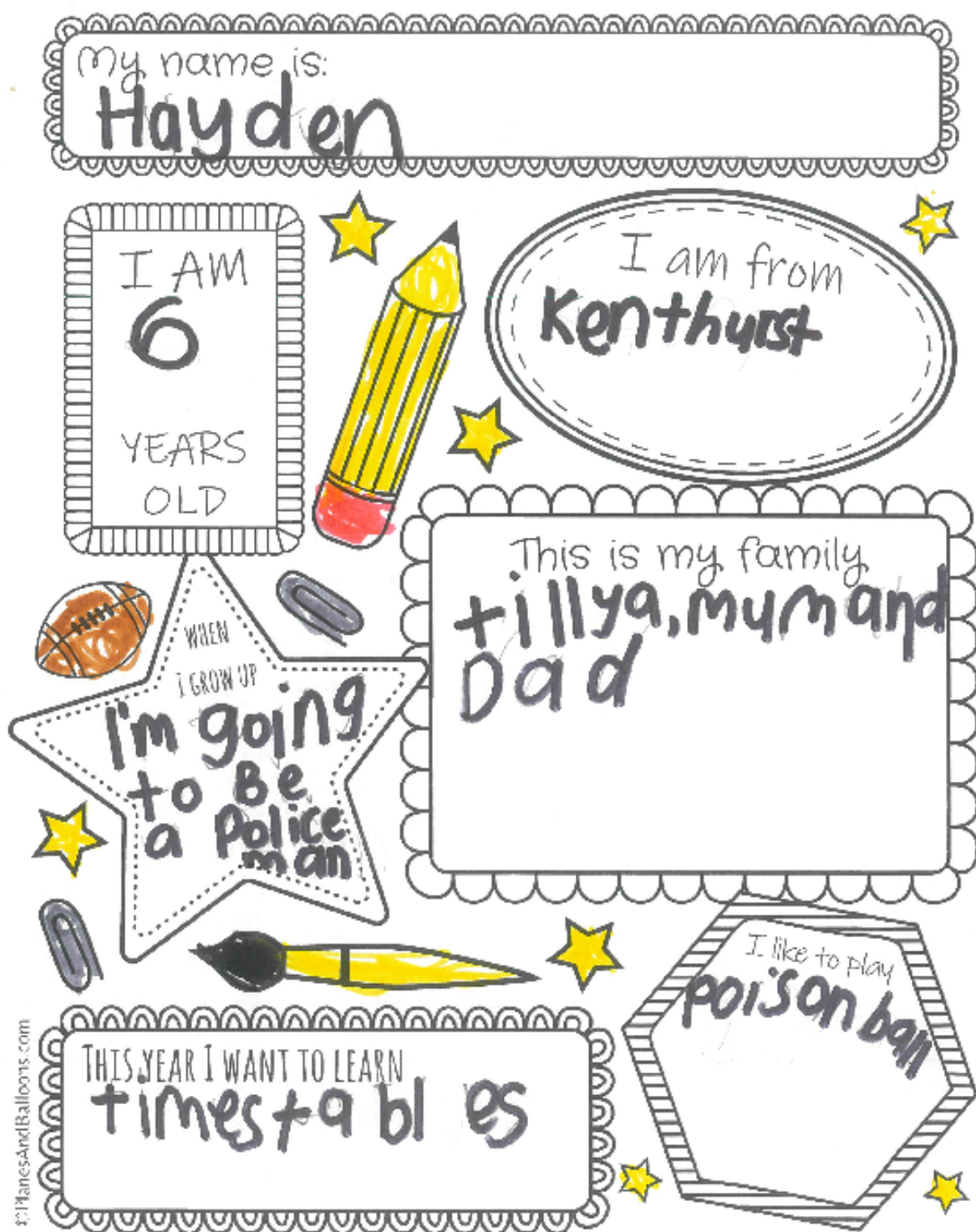
It's time to walk the plank. Plank for 30 second.  
Next do 15 leg raises.

Then do 15 flutter kicks.  
Finally do 20 squats.

Make sure to try the girls Halloween food after the workout.

**By the KPS Boy Sport Captains: Lincoln Montgomery (Eora), Kai Brown (Worimi) and Oscar Turnbull (Dharug).**









My name is: Sylvia Rose Dagg

I AM  
8  
YEARS  
OLD

I am from  
Kenthurst in  
Sydney

WHEN  
I GROW UP  
I want to  
be a  
doctor!

This is my family.  
I have a seven year  
old sister called Eloise,  
and a six year old  
brother called Morgan.  
My mum is Christine.  
My dad is Wayne.  
I have a dog called Gadget.

THIS YEAR I WANT TO LEARN how to  
bottle flip. I find it really  
hard to do!

I like to play  
handball  
and other  
playground  
games with  
friends.



My name is: Xander Nick Facione

I AM  
10  
YEARS  
OLD

I am from  
Kenthurst



WHEN  
I GROW UP  
I want to co-  
ntinue my dad's  
buisness.

This is my family  
Venice, David, Raven  
and Alicia



THIS YEAR I WANT TO LEARN about  
Sign Language.

I like to play  
Tag or  
football with  
my mates.







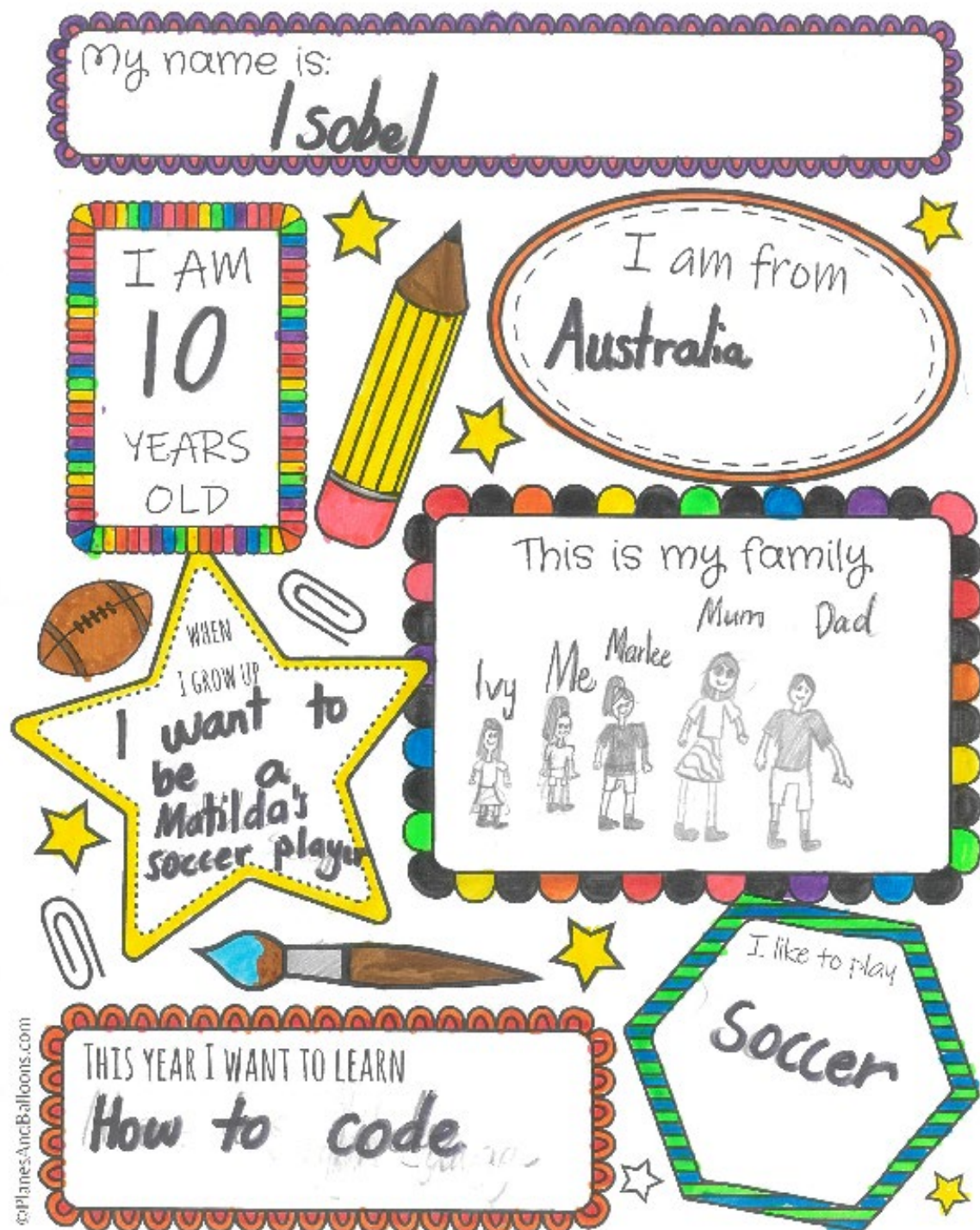


















my name is: **Jack**

I AM **2** YEARS OLD

I am from **SL**

When I grow up I want to be a **zookeeper**

This is my family

mum 38 ne 8 Ben 39

Dad 39

I like to play **touch football**

THIS YEAR I WANT TO LEARN **gettar**

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# KENTHURST SCHOOL BAND

## JOIN THE BAND!

Is your child interested in joining the school band?

The school band is now taking enrolments for 2021 and is open to all students currently in years 2-5.

No prior experience needed!

During Term 4 students will see a band demonstration at school that highlights the different instruments available for tuition. After this demonstration they will receive a green *Expression of Interest* note providing introductory information.

What do you need to do?

1. Carefully read the green *Expression of Interest* and then register your child's interest in joining the band online at <https://www.teachingservices.com.au/eoi>
2. Once you register online a TSA tutor will meet your child to help them assess which instrument they are most suited to\*\*
3. The results of this instrument trial will be sent home with enrolment information

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 provides a variety of tuition options as well as instrument hire and sales to help parents give the gift of music to their children.

TSA is a registered COVID-safe provider and delivers instrumental programs with a focus on inclusion, student engagement and well-being.

**\*\*Instrument trials will take place within strict COVID-safe guidelines and will include a basic aural and rhythm assessment among several other activities which measure your child's suitability for each instrument.**



(02) 9661 7333  
[enrolments@teachingservices.com.au](mailto:enrolments@teachingservices.com.au)  
[www.teachingservices.com.au](http://www.teachingservices.com.au)





## News letter

Term 4 Week 2

### Week 2 highlights:

#### Favourite activity:



Making Halloween spider webs

#### Favourite afternoon tea snack:



Nachos

If there are any activities, afternoon tea snacks or suggestions that you think our children will enjoy please let us know and we will endeavour to include them in our programming.

### Centre Updates:

Welcome back to term 4! We hope you all had a lovely and relaxing holiday break. Vacation care was a success and we all enjoyed the greater variety of excursions and activities due to the easing of Covid-19 restrictions. Week 2 included a trip to the Reptile Park, Karate with Galston Oosh, Craft and a trip to some awesome parks. Halloween is upon us and we have included a variety of spooky activities this week including making skeletons, ghosts, spiders, and webs.

### Coming up in week 3:

We will be doing our fire drills in week 3 and our lockdown drills in week 4. We will be continuing with our Halloween craft.



# Nutrition Snippet

## THIRSTY?



**Water or plain milk is the best.**

**Try these ideas to zing up your drink:**

- ◆ Water flavoured with slices of strawberries, orange or lemon makes a refreshing change
- For the lunch box, add some berries or cucumber slices to a bottle of water and pop it into the freezer
- Check out our [blog](#) for more healthy thirst-quenching ideas

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box