



Principal's Report

What amazing weather we are having! Glorious spring, summer then a wet winter's day. 😊

Information regarding our Kindergarten Orientation plans have been emailed to parents and the USB with even more details and a video showcasing our school will be mailed to each Kindergarten 2021 family. The USB will be an important resource for you to keep with lots of information.

Our Year 6 Graduation and Farewell details have also been sent home to parents with the details of the adjustments. We will be having three Award Ceremonies; K-2, Stage 2 and Stage 3, which will be combined with the graduation, just a reminder that parents are still unable to come on site for these assemblies. The Year 6 Graduation, two adults from the same household are permitted to attend abiding social distancing and COVID expectations.

Thank you for your understanding, as we endeavour to give all of our students are memorable experience, even though there are so many changes due to COVID.

Reports are being finalised and will be ready for distribution later this term.

Yours in quality education

Caron Dodd

Principal



Little Chicks hatching in Kindergarten

Diary Dates

Week 5 – Term 4

9 th November, Monday	
10 th November, Tuesday	Stage 3 - Interrelate Book Week Performance
11 th November, Wednesday	Be Skilled Be Fit
12 th November, Thursday	Band Book Character Dress Up Day
13 th November, Friday	

Week 6 – Term 4

16 th November, Monday	
17 th November, Tuesday	
18 th November, Wednesday	Be Skilled Be Fit
19 th November, Thursday	Band
20 th November, Friday	

Important Dates – 2020

8th December, Tuesday – Awards Ceremony
 9th December, Wednesday – Year 6 Graduation, Award Presentation and Farewell
 16th December, Wednesday – BSBF Let Loose Day
 16th December, Wednesday – Last day of 2020 for Students

HEALTHY LIVING

With the Kenthurst Sport Captains

Healthy Eating

We all know that healthy eating and living isn't always possible, but it is always a good idea to watch what types of food goes into your mouth. After working hard the girl house captains have put together a nice healthy smoothie recipe we insist you to try once a day and try to make time every day to workout (hint hint - Try the boy's house captain workout) Enjoy!

Ingredients

- 750ml (3 cups) almond milk
- 2 frozen bananas, peeled, sliced
- 35g (1/3 cup) rolled oats
- 1 tablespoon honey
- 100g frozen pineapple pieces
- 30g baby spinach
- 80ml (1/3 cup) frozen acai puree
- 100g frozen blueberries
- 200g frozen mango
- 1 fresh mint sprig, leaves picked
- 125g frozen raspberries
- 100g hulled strawberries



Method

- **Step 1**
Place the almond milk, banana, oats and honey in a blender and blend until smooth. Pour evenly among 4 jugs.
- **Step 2**
Add pineapple and spinach to 1 jug then pour into the blender and blend until smooth. Pour evenly among 4 large glasses.
- **Step 3**
Add acai and blueberries to another jug then pour into the blender and blend until smooth. Pour evenly among glasses.
- **Step 4**
Add mango and mint to another jug then pour into the blender and blend until smooth. Pour evenly among glasses.
- **Step 5**
Add raspberries and strawberries to remaining jug then pour into the blender and blend until smooth. Pour evenly among glasses then serve.

ALLERGENS

Contains gluten, peanuts, tree nuts and wheat.

-Girl house captains!

Amy, Sienna and Alexia



HEALTHY LIVING

With the Kenthurst Sport Captains

KPS BOY SPORT CAPTAINS WORKOUT

Christmas is around the corner, catching up with family is one of the best things you can do. Going to the beach, surfing, snorkelling and just relaxing. If you want to do all these fun things, you probably want to get in shape. This is the workout for you!

- First lets do a 250m jog to get those legs moving.
- Time for the workout
- 15 pushups
- 10 biceps curls
- 15 Shoulder presses
- 20 tricep dips
- 20 crunches
- 25 ankle taps
- Plank 30 sec
- 20 situps
- 30 Squat
- 20 Squat jumps
- Squat hold 30sec
- 25 Quarter squats



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



SCHOOL NEWS

WITH THE KENTHURST SCHOOL CAPTAINS

Term 4, Week 4

This year we were unable to attend camp so instead we participated in the Motiv8 big day, and a movie night.

On Tuesday the 27th of October Stage 3 had the Motiv8 Big Day In. We did activities like sponge wars, an adjusted version of The Great Race, we got covered in paint and people threw flour at others. Everyone enjoyed their day and we are all excited to do it again.

We also had a movie night. On this movie night we watched a movie and played movie trivia which was a pleasure to participate in.

*By Tobias and Lisa
Kenthurst School Captains*



STUDENT LIFE

WITH THE SRC PRESIDENTS

PBL Goal: Play Fair

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Kenthurst Public School's PBL (Positive Behaviour for Learning) goal for Week 4, Term 4 is to 'Play Fair'. We ask for all students to abide by this goal and to practice being a good sport. EXAMPLE: Ensuring the teams are even in numbers, age groups, and skill levels, and being honest if you are out. We hope this goal can improve our school and send the message to our students that games are much more enjoyable when everybody is following the rules.

Written by the SRC Presidents, Jasmine and Ivy.



These are a few of my FAVORITE THINGS

Teacher: Mrs Moore



Interviewed by: Alana, Marlee, Max and Beau – The Vice Captains

Snacks: Lindt cranberry balls



Restaurants: My local

Stores: Witchery, Zara

Flowers/Plants: Murraya orange jessamine

Sweets: Turkish Delight



Drinks: Pineapple juice



Scents: Beach smell

School Supplies: Whiteboard markers

Hobbies: Swimming, walking, dancing and watching movies

These are a few of my
FAVORITE THINGS



Interviewed by: Alana,
Marlee, Beau and Max.

Teacher: Miss Allen



Snacks: Baba Ganoush and cheese



Restaurants: Wild Pear and Thai food



Stores: Wandering around the shops



Flowers/Plants: Sunflowers



Sweets: Boosts and Cherry Ripes



Drinks: Green tea and chai tea



Scents: Fresh bread



School Supplies: Stickers



Hobbies: Being creative, being outdoors, and exploring new places.

Congratulations Summer

On winning your Tennis Tournament



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = **4** weeks  = Over **1** year missed

1 day per week = **8** weeks  = Over **2.5** years missed

education.nsw.gov.au





News letter

Term 4 Week 4

Week 3&4 highlights:

Favourite activity:



Lego

Favourite food:



Pancakes

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:

This last fortnight we have been successfully running our lockdown and fire drills. All of these have been completed now for Term 4. The children have been enjoying playing with the little Lego these past two weeks and have been busy creating great pyramids and houses. Last week the centre bus broke down but was repaired and returned this Wednesday.

Coming up in week 5&6:

This week the children have requested that we make bacon and egg sandwiches, which we will incorporate into our week 5 menu. Next week is Naidoc week and we will be running lots of indigenous craft activities. Monday is Inventors Day, Tuesday is International Tongue Twister Day and Wednesday is Remembrance Day.

We are currently planning our next vacation care program and would love any suggestions you may have for us! The program will be sent out in week 6.



*Galston Swim Club
invites you to:*

GET READY FOR YOUR SCHOOL SWIMMING CARNIVAL AND TRY CLUB RACING!

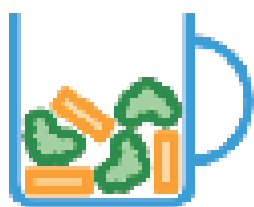
School swimming carnivals will be here before we know it!
Come and try racing in a fun, family friendly environment.
Races start at 25metres.



Contact us on fridaynightentries@galstonswimclub.com.au for more
information or to organise a free trial!

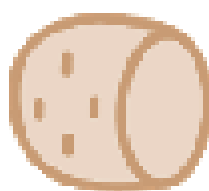
Nutrition Snippet

WHAT IS A SERVE?



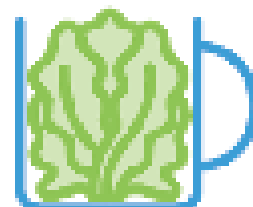
1/2 cup of
cooked
vegetables

OR



1/2 medium
potato

OR



1 cup of
salad

**One serve of veges is about 75g or
1/2 a cup cooked or 1 cup raw.**

- Try weighing and measuring different veges to see how much you eat.
- Aim for 5 serves a day.

For vege recipes
and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box