

Kenthurst Public School

Excellence and Innovation in a Unique Community

"The School of Choice"



Term 4 Week 6

Friday 20th November 2020

Principal's Report

Kindergarten 2021

Our Kindergarten Orientations will begin next Friday. If you still need to book in for the tour please contact the front office. There were some very excited Kindergarten students arrive on Thursday to pick up their uniform package 😊

Please check your USB with all the details regarding Best Start, parent interviews and uniform bookings and the information that you need.

Lollipop Lady

We will now have a Lollipop Lady to supervise the crossing on Kenthurst Road. Congratulations Kylie Mote. Students will still be escorted to the park, by the Executive team.

COVID restrictions still apply at school, as we diligently adhere to the advice given by NSW Health. Thank you for your ongoing support and understanding in this matter.

Semester 2 Reports

Reports are being finalised and I am enjoying reading the progress and excellent results achieved.

We will be having three assemblies to present awards this year. K-2, Stage 2 and Stage 3.

2021 Student Leaders

Our proposed student leaders for 2021 will be presenting their speeches next Thursday afternoon. Stages 2 and 3 will be present to listen and support their peers. The speeches will be recorded, so that K-2 will watch in their classrooms, before voting.

Please take care and keep safe.

Yours in quality education

Caron Dodd

Principal

Diary Dates

Week 7 – Term 4

23 rd November, Monday	
24 th November, Tuesday	Stage 3 - Interrelate
25 th November, Wednesday	Be Skilled Be Fit
26 th November, Thursday	Band
27 th November, Friday	Kindy 2021 Orientation Day

Week 8 – Term 4

30 th November, Monday	
1 st December, Tuesday	
2 nd December, Wednesday	Be Skilled Be Fit
3 rd December, Thursday	Band
4 th December, 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

SCHOOL NEWS

WITH THE KENTHURST SCHOOL CAPTAINS

Term 4, Week 6

Book Parade & Incursion

On Tuesday 10th of November everyone attended the book week performance incursion. The theme of the performance was *Curious Creatures, Wild Minds*. It was a fun show and everyone enjoyed it.

On Thursday 12th of November everyone one dressed up as their favourite book character and participated in the book parade. It was cool to see everyone's favourite book characters. Even the teachers dressed up!

By Tobias and Lisa
Kenthurst School Captains



Book Week Parade & Performance





STUDENT LIFE

WITH THE SRC PRESIDENTS

PBL Goal: Play Fair

This week our PBL goal (Positive, Behaviour, For Learning) is Fair Play. We encourage all students to abide by this goal and show Fair Play throughout all areas of learning. EXAMPLE: Showing Fair Play can be used when participating in team sports, or activities with your class and peers. Here below we have been given the opportunity to interview a few students from each stage, and they have talked about what Fair Play means to them.

Interviews:

Victoria Barnes - Play a game without cheating. S3A

Ava Hartwig - Following the rules of the games. S2M

Tomas Peacock - Take the out and play how you're meant to. S1L

Ben Crandon - Don't pretend that you're in, just admit that you're out. KT

BSBF

This year our Be Skilled Be Fit program has been a great success. All students of Kenthurst Public School have participated in numerous activities and thoroughly enjoyed interacting with others during their lessons. Students have been practicing their throwing/catching and gymnastics skills, as well as gaining confidence when performing. We hope that every child has improved and had fun while attending BSBF classes.

Written by the SRC Presidents, Jasmine and Ivy.



HEALTHY LIVING

With the Kenthurst Sport Captains

Breakfast

We all know that sometimes if you are in a rush you might just not have time to eat some breakfast even though it is very good for you. It is always important to start the day off well, and eat some delicious nutritious breakfast that can even be quick and easy to make. Fortunately, the girl House Captains have put together 2 healthy eating, fast to make breakfast recipes. We hope you enjoy!



Weetbix Yogurt Cup!

Ingredients

- Crushed weetbix (3)
- Any style of yogurt (4 tbsp)
- 4 strawberries cut into quarters
- A drizzle of maple (100% optional)

Method

- 1-Crush 2 weetbix into your cup
- 2- Spoon 2 tbsps on top of your weetbix
- 3- Add 2 of your strawberries cut into quarters on top of your yogurt
- 4- Repeat this method one more time
- 5- Drizzle your maple on if wanted
- 6- Enjoy!

Breakfast bruschetta

INGREDIENTS

- 500g trussed cherry tomatoes
- 400g portobello mushrooms, stalks removed
- 1/4 cup (60ml) extra virgin olive oil
- 24 slices mild pancetta
- 2 bunches English spinach, trimmed, washed, dried
- 12 slices sourdough bread
- 250g fresh ricotta



METHOD

- Step 1
Preheat the oven to 160°C. Place the tomatoes and mushrooms in a roasting pan. Drizzle with 1 tablespoonful of oil and season with salt and pepper. Bake in the oven for 20 minutes or until tomatoes begin to collapse. Remove from the oven and set aside.
- Step 2
Meanwhile, heat a large frying pan over high heat. Add the pancetta and cook, turning occasionally, for 5 minutes or until crisp. Transfer to a plate. Reserve and set aside one-quarter of the pancetta (see note). Heat half the remaining oil in the pan and add the spinach. Cook, stirring, for 2-3 minutes or until spinach just wilts. Season with salt and pepper. Remove from heat.
- Step 3
Brush the bread slices with remaining oil. Preheat a char-grill or barbecue. Cook the bread slices for 1 minute each side or until toasted.
- Step 4
Spread the ricotta over bread slices. Top with spinach, pancetta, mushrooms and tomatoes. Serve immediately.

By the **Girl House Captains!**
Amy, Sienna and Alexia



HEALTHY LIVING

With the Kenthurst Sport Captains

KPS BOY SPORT CAPTAINS WORKOUT

Here we are back with another workout so you can stay fit whilst having lots of fun. If you aren't willing to work for what you want then you don't get it.

First, we will start with 30 pushups

Then, we will do 30 tricep dips

Now, we will do 20 bicep curls

On to the core exercises

30 sit ups

20 second plank

20 crunches

20 ankle taps

And finally, we will do the legs

30 squats

30 second squat hold

20 squat jumps

Thank you for doing our workout, if not we hope you do it next time. Be sure to eat or drink the girl's health food item.

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



These are a few of my FAVORITE THINGS

Teacher: Mrs Jaques

Interviewed by the School Vice-Captains: Beau, Max, Marlee and Alana

Snacks: Donuts, chips and mangoes

Restaurants: Pizza places and Outback Steakhouse

Stores: Just Jeans, Jeans West and Witchery

Flowers/Plants: Peonies and David Austin roses

Sweets: Snakes, Redfrogs, Darrell Lee mints, chocolate and peppermint Freddo frog

Drinks: Earl grey tea

Scents: Food smells like citrus, vanilla, berry and coconut

School Supplies: Sticky tape holder

Hobbies: Crafty things, going out and planning holidays





News letter

Term 4 Week 6

Week 5&6 highlights:

Favourite activity:



Lego again!

Favourite food:



Bacon and Eggs

Centre Updates:

These last few weeks we received some new Lego which the kids have enjoyed playing with. The children have been making lots of cars, spaceships, planes and houses. Last week was NAIDOC week, we made Boomerangs and dot paintings which the kids enjoyed. We have also been playing Handball, Board games and other sports down the back with the nice sunny weather recently.













Coming up in week 7&8:

The December and January vacation care program will be published on Friday. Bookings are available through My Family Lounge. If anyone does not have access to the link by Friday then please contact the centre through the centre email (Centre@kenthurstbasc.org.au).

Our AGM is coming up! It will be held at the centre on Tuesday the 23rd of February (23/2/2020) at 7:00pm. Committee positions are available and we invite every one of our families to take part. The committee is an important part of our centre and we cannot run without all the positions being filled. The committee helps run the centre and provides us with feedback to help us improve the service which we provide for our families.

Kenthurst Funzone Vacation Care Dec 17th to 18th Dec 2020, 11th Jan to 27th Jan 2021



<p>We are open 7am to 6pm Programmed incursions start at 9.30am and finish at 3.30pm Eligible for CCS Government rebates Breakfast provided to 8.30am. Staff ratio 1:10 Children to bring healthy morning tea, lunch, afternoon tea, a bottle of water and a hat. Sunscreen is provided. Children to wear enclosed shoes each day. On excursions children will wear blue KBASC tops (supplied by KBASC).</p>				
 		<p>Waterplay, bike riding & Xmas Craft Thursday 17th Dec let's see what we build and create some Christmas decorations  Ride around the school and water play  Incursion \$65.00</p>		
		<p>Water play, bike riding & Xmas Craft Friday 18th Dec  Spend the day making Christmas decorations, water play, and riding around the school.  Incursion \$65.00</p>		
Treasure Hunt Day & Water play	Ultimate	Craft Day	Cooking Day & Dress Up Day	Ninja Warrior
<p>Monday 11th Jan  Treasure hunt day and water play activities.  Incursion \$65.00</p>	<p>Tuesday 12th Jan We are going to slide, climb through the maze of tunnels and jump around on the trampolines. Climb the wall to land in the foam pit.  Excursion \$75.00</p>	<p>Wednesday 13th Jan Today is jammed pack with craft activities.  Craft activities are different for each day Incursion \$65.00</p>	<p>Thursday 14th Jan  We are baking today and dressing up and playing sports games.  Incursion \$65.00</p>	<p>Friday 15th Jan We are going to be ninja's and climb and jump through the ninja course and move through the Parkour course.  Excursion \$75.00</p>

For booking form please email centre@kenthurstbasc.org.au Ph. 0477 333 116
 Or Book through your My Family Lounge app

Kenthurst Funzone Vacation Care
Dec 17th to 18th Dec 2020, 11th Jan to 27th Jan 2021



Ryde Aquatic Leisure Centre	Inflatable time	Messy Play Day & Cooking Day	Science Day and The Sonic Kitchen	Craft Day
Monday 18 th Jan	Tuesday 19 th Jan	Wednesday 20 th Jan	Thursday 21 st Jan	Friday 22 nd Jan
<p>Lots of water fun at Ryde Aquatic Leisure Centre</p> 	<p>We are going to Galston to jump and slide around on Inflatables.</p> 	 <p>Messy play activities and sport games.</p> 	<p>Spend the morning doing Science experiments</p>  <p>The Sonic Kitchen will be showing the children movement through vibration and design images using sand and vibration.</p>	<p>Today is jammed pack with craft activities. Craft activities are different for each day.</p> 
Excursion \$75.00	Excursion \$75.00	Incursion \$65.00	Incursion \$75.00	Incursion \$65.00
Closed	Closed	In House Movie Day	Holey Moley Castlehill	Back to School
Monday 25 th Jan	Tuesday 26 th Jan	Wednesday 27 th Jan	Thursday 28 th Jan	Friday 29 th Jan
		<p>Watching movies in the Centre.</p>  <p>Playing board games</p>  <p>Incursion \$65.00</p>	<p>We are going to Holey Moley to test our golfing skills. Come and join us for a round of fun golf.</p>  <p>Excursion \$75.00</p>	 <p>Kenthurst Students are back to school.</p>

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*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!



Know What to Do For Me and My Community

Hear from local experts on what you can do for our environment and to keep you and your family safe during this summer & coming holiday season.

10am-12pm Monday 30 November

Zoom link:

<https://us02web.zoom.us/j/88939726285?pwd=Z28ySzY0R2l3aW55ZUtyUmJiTjUxUT09>

Meeting ID: 889 3972 6285

Passcode: 08WhSe

Contact:

Lilian / 0426 453 619

Lilian.Hong1@tafensw.edu.au

SCAN FOR RSVP



TAFE NSW



Sunsmart Snippet

Seek shade at home



Shade alone can reduce UV exposure by up to 75%

Priority areas for shade at home:

- Outdoor eating areas, decks and patios
- Sandpits and play equipment
- Pool areas

www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box