

Kenthurst Public School

Excellence and Innovation in a Unique Community

"The School of Choice"



Term 3 Week 6

Friday 28th August 2020

Principal's Report

Glorious weather means the children are enjoying playing on the back oval and we are enjoying Be Skilled Be Fit and Band. Lots of laughter!

Reports have been issued today, please enjoy reading all the wonderful achievements and progress your child or children have made.

We will continue to keep you updated on the latest information from The NSW Health Department.

Many planned events have needed to be cancelled as you know, but we will still have great lessons and lots of fun activities for our students.

We send a fond farewell to the Principal of Galston High School Ms Jillian Turlas, who has been an inspiring leader and a great friend of Kenthurst Public School. She is looking forward to playing golf, some travel, (eventually) and a new role working with the Department of Education.

Our Technology overhaul is nearing completion with new I-pads arriving shortly. This will make access for our students much quicker and more devices at the student's disposal.

Please take care and thank you again for your ongoing support and good wishes.

Yours in quality education

Caron Dodd

Principal



Diary Dates

Week 7 – Term 3

31st August, Monday

1st September, Tuesday

2nd September, Wednesday

Be Skilled Be Fit

3rd September, Thursday

School Photos
Band

4th September, Friday

Week 8 – Term 3

7th September, Monday

8th September, Tuesday

9th September, Wednesday

Be Skilled Be Fit

10th September, Thursday

Band

11th September, Friday

Important Dates – 2020

25th September, Friday – Last day of Term 3

12th October, Monday – 1st Day Term 4



Stage 2 Field of Mars excursion.

On Wednesday 19th August, Stage 2 attended an excursion to the Field of Mars in Ryde. We were extremely excited about the day, as we were looking forward to learning outside the classroom and spending the day in the sunshine.

After we had our recess, we split into two groups and went for a bushwalk with our guide. We climbed over rocks, found our way down narrow tracks and explored natural resources. We were given a shell to grind against a rock. The Aboriginal people from the area would use these shells as a hook and lure for fishing. We did not manage to make a hole for a hook, as we discovered that tasks like these would have taken the Aboriginal people many days to complete.

After lunch we had our second bushwalk, where we collected materials for a canoe. Once we finished building our canoes, we were allowed to float them down the creek. We noticed that some canoes were stronger than others and had the possibility of lasting until they floated out to Sydney Heads!

We had a fantastic day and appreciated the opportunity to be able to culminate our history program with a hands on experience!













HEALTHY LIVING

With the Kenthurst Sport Captains

Healthy eating recipe!

This week the girl Sport Captains have done some research and have put together a healthy eating recipe. We hope you enjoy it!

Smashed avocado with eggs



- Use a fork to smash the avocado down onto the toasted bread slice. Scatter a small squeeze of lemon juice over the avocado.
- Slice the hard-boiled egg into coins, and then place them on top of the smashed avocado.
- Finish by sprinkling a little pepper, salt, and a very light drizzle of olive oil on top of the egg.

By Amy, Sienna & Alexia



HEALTHY LIVING

With the Kenthurst Sport Captains

Sports workout

Hello if you do not want to burn some calories, make some sweat and have fun then you should do this workout. If you do then you should do this workout. So no matter what you have on you can do this workout in just 6 simple steps.

1. Star jumps x20
2. Swing toe to toe 15sec
3. Running on the spot 20sec
4. push-upsx10
5. squatsx20
6. burpeesx15

That is the Kenthurst Public School workout. I hope you enjoy this and please check out the recipe from the Girl Sports Captains in the newsletter.

By Kai, Lincoln and Oscar



SCHOOL NEWS
WITH THE KENTHURST SCHOOL CAPTAINS
Jersey Day 2020

On the 4th of September KPS will be holding a Jersey day! You can wear your favourite team sports shirt or jersey and wear it for the whole day with your school sport shorts. This is for fun - no donations required. All students are encouraged to participate in this fun day!

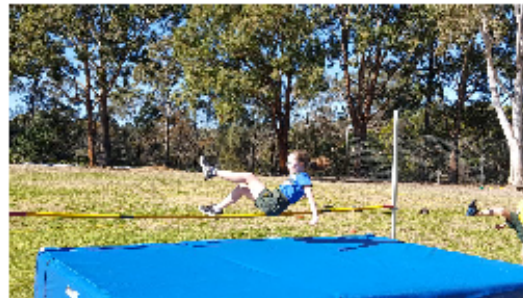


By Lisa Da Ruos and Tobias Comito
Kenthurst School Captains



KPS Sporting News

I would like to take this opportunity to thank our Stage 3 students for all their hard work and efforts in the K-2 Race Day (modified Athletics Carnival). It was a fabulous day with lots of laughter and smiles. Please enjoy some (more) snapshots from the K-2 and 3-6 Carnivals.



STUDENT LIFE

WITH THE SRC PRESIDENTS

PBL goal - Take Turns

Week 6's PBL goal (Positive Behaviour for Learning) is to Take Turns at all times. We are encouraging students to follow this goal and practice Taking Turns with their peers, family, friends and teachers. **EXAMPLE:** Taking turns and sharing the sport equipment, or ensuring that it's not another student's turn to talk. We hope this goal can improve that school and our skills at always taking turns.

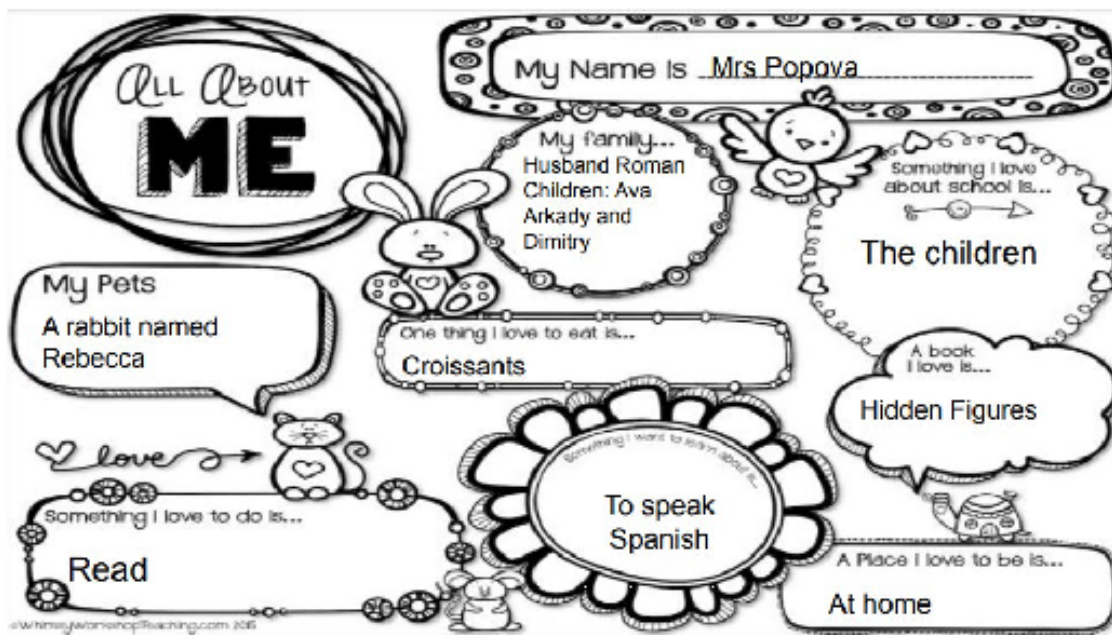
Written by Jasmine and Ivy, SRC Presidents



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THE KENTHURST SCOOP WITH THE SCHOOL VICE CAPTAINS

INTERVIEW WITH A TEACHER: Mrs Popova



By Beau Binns, Alana Collits, Marlee Deane & Max Peacock



YEARS 3-6 ATHLETICS CARNIVAL RESULTS

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Senior Boys 800m 1st – Matthew Cook 2nd – Tobias Comito 3rd – Beau Binns</p> | <p>Senior Girls 800m 1st – Marlee Deane 2nd – Alana Collits 3rd – Amy Peacock</p> |
| <p>11 Years Boys 800m 1st - Cody Thomson 2nd – Harrison So 3rd – Rocco Boemi</p> | <p>11 Years Girls 800m 1st – Amber Gehret 2nd – Mahalia LaPlume-Barker 3rd – Hailey Atkinson</p> |
| <p>Junior Boys 800m 1st – Oscar Turnbull 2nd – Noah Baker 3rd – Andrew Cook</p> | <p>Junior Girls 800m 1st – Addison Driscoll 2nd – Quinn Bombardiere 3rd – Isobel Deane</p> |

| | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Senior Boys Shot Put 1st – Tobias Comito 2nd – Beau Binns 3rd – Cooper Walter</p> | <p>Senior Girls Shot Put 1st – Marlee Deane 2nd – Sienna Binns 3rd – Alexa Charley</p> |
| <p>11 Years Boys Shot Put 1st – Rocco Boemi 2nd – Cody Thomson 3rd – Rome Robinson</p> | <p>11 Years Girls Shot Put 1st – Amber Gehret 2nd – Jasmine James 3rd – Hailey Atkinson</p> |
| <p>Junior Boys Shot Put 1st – Oscar Turnbull 2nd – Andrew Cook 3rd – Balin Smith</p> | <p>Junior Girls Shot Put 1st – Kelsey Glanville 2nd – Laura Eustace 3rd – Holly James</p> |

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Senior Boys High Jump 1st – Matthew Cook 2nd – Cooper Walter 3rd – Beau Binns & Max Peacock</p> | <p>Senior Girls High Jump 1st – Marlee Deane 2nd – Sienna Binns 3rd – Alexa Charley</p> |
| <p>11 Years Boys High Jump 1st – Cody Thomson 2nd – Rome Robinson 3rd – Harrison So</p> | <p>11 Years Girls High Jump 1st – Amber Gehret 2nd – Hailey Atkinson 3rd – Jessica Mote</p> |
| <p>Junior Boys High Jump 1st – Oscar Turnbull 2nd – Lonny Johnston 3rd – Cooper Williamson & Massimo Boemi</p> | <p>Junior Girls High Jump 1st – Addison Driscoll 2nd – Ava Hartwig 3rd – Angelina Valenzuela</p> |

**Years 3-6
50m Final Results**

| | |
|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8 Years Boys 1st – Jackson Atkinson</p> | <p>8 Years Girls 1st – Quinn Bombardiere 2nd – Elyse Jay 3rd – Tanna Walter</p> |
| <p>9 Years Boys 1st – Cooper Williamson 2nd – Finn Moore 3rd – Peter Cook</p> | <p>9 Years Girls 1st – Alexandra Mercieca 2nd – Jessica Stammers 3rd – Chloe Prager</p> |
| <p>10 Years Boys 1st – Oscar Turnbull 2nd – Noah Baker 3rd – Andrew Cook</p> | <p>10 Years Girls 1st – Talia Beattie 2nd – Addison Driscoll 3rd – Hayley Collits</p> |
| <p>11 Years Boys 1st – Cody Thomson 2nd – Levi Merrall 3rd – Harrison So</p> | <p>11 Years Girls 1st – Amber Gehret 2nd – Jasmine James 3rd – Mahalia LaPlume-Barker</p> |
| <p>12 Years Boys 1st – Beau Binns 2nd – Matthew Cook 3rd – Tobias Comito</p> | <p>12 Years Girls 1st – Marlee Deane 2nd – Alexia Charley 3rd – Alana Collits</p> |



Kindergarten 2021

Kenthurst Public School

The School of Choice



9654 1173 Please call our school office to enquire about enrolment.





News letter

Term 3 Week 6

Week 4 highlights:

Favourite activity:

Ice Painting



favourite afternoon tea snack:

Pancakes



If there are any activities or afternoon tea snacks which you think your child/ren will enjoy please let us know and we will do our best to include these.

Centre Updates:

We are finalising our vacation care program for the September/October holidays. We are starting to do a few excursions in these holidays but they have limited numbers due to restrictions so make sure you get in fast because the spots will fill up! We are open to any suggestions for activities you would like us to run.

Coming Up in Week 7:

What's programmed:

Area Quality Focus for this week: 2.4 becoming socially responsible and showing respect for the environment.

Next week we will start off with Frankenstein day on Monday where we will make some Frankenstein faces out of egg cartons. Then throughout the week we will go to the school vegetable patch and pick some yummy fruit and veggies. At the end of the week on Friday it is national wildlife day to celebrate we will colour in some animal masks and make some grass head animals.

Kenthurst Funzone Vacation Care Sept 28th to 9th Oct 2020



| Basketball & Sports Games Monday 28 th Sept | Craft Day Tuesday 29 th Sept | Multicultural Day Wednesday 30 th Sept | Net World Tree Tops Thursday 1 st Oct | Bush Walk Friday 2 nd Oct |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Learn new ball skills with our Basketball coach.</p>  <p>Spend the afternoon playing sport games.</p>  <p>INCURSION \$65.00</p> | <p>Today is Jammed pack with craft activities.</p> <p>Crafts</p>  <p>Craft activities are different for each day.</p> <p>INCURSION \$65.00</p> | <p>Multicultural Day Food, craft and games from around the world</p>  <p>INCURSION \$65.00</p> | <p>We are bouncing around and climbing the nets at Net World.</p>  <p>Limited numbers</p> <p>EXCURSION \$75.00</p> | <p>Join us for a bush walk in Castle Hill</p>  <p>EXCURSION \$65.00</p> |
| <p>Labor Day Holiday Monday 5th Oct</p> | <p>Australian Reptile Park Tuesday 6th Oct</p> | <p>Martial Arts Wednesday 7th Oct</p> | <p>Craft Day Thursday 8th Oct</p> | <p>Park Day Friday 9th Oct</p> |
|  | <p>Spending the day at the reptile park.</p>  <p>Limited numbers</p> <p>EXCURSION \$75.00</p> | <p>Professional teacher in Martial arts will give us a lesson.</p>  <p>EXCURSION \$75.00</p> | <p>Crafts</p>  <p>Today is jammed pack with craft activities.</p> <p>Craft activities are different for each day.</p> <p>INCURSION \$65.00</p> | <p>Visit local parks to play on.</p>  <p>EXCURSION \$65.00</p> |

WE are open 7am to 6pm

Programmed incursions start at 9.30am and finish at 3.30pm

Programmed excursions start at 8:45am and finish at 3:30pm

Children to bring healthy morning tea, lunch, afternoon tea and a bottle of water.

Eligible for CCS Government rebates

Breakfast provided to 8.30am

Staff ratio 1:10



For booking form please email centre@kenthurstbasc.org.au Ph. 0477 333 116

Or book through your My Family Lounge app



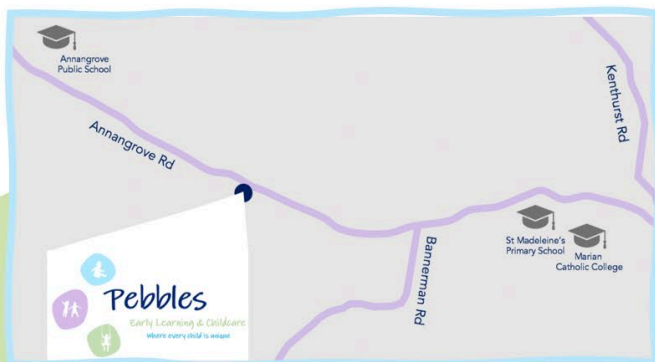
Where every child is unique

Childcare Centre Coming Soon to Annangrove

- A fun, caring, safe and nurturing environment that understands and respects that every child is unique.
- Family owned and operated brand new centre with a rural aspect.
- Educating & caring for children aged 6 weeks old to Pre-School.
- Tailored programs to suit each age group and individual needs.
- Operating hours are 7am to 6pm. All meals & nappies included.

Learn more at www.pebbleselc.com.au
or call 02 8856 5953

Coming soon to Annangrove
116A Annangrove Road



Nutrition Snippet

WHOLEGRAINS.

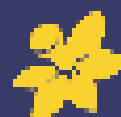


Simple swaps - good for the gut.

Aim to eat at least two-thirds of your breads and cereals as wholegrain or wholemeal foods.

Check out the [healthy lunchbox website](https://www.healthylunchbox.com.au) for more wholegrain inspiration your family will love.

[healthylunchbox.com.au](https://www.healthylunchbox.com.au)



Cancer Council
Healthy Lunch Box