

# Kenthurst Public School

Excellence and Innovation in a Unique Community

"The School of Choice"



Term 3 Week 8

Friday 11<sup>th</sup> September 2020

## Principal's Report

Good afternoon,

Kindergarten enrolments for 2021 are being accepted now, as we prepare for transition to school. It will take on a different format due to the current situation, but we will endeavour to make it informative, welcoming and fun for all of our families.

We will be reissuing the Statement of Accounts in Week 10 of this term and would appreciate if the accounts could be finalised please.

Please read the information in this newsletter about Road Safety around the school. It is to clarify any misunderstandings and to avoid any problems.

There are strict guidelines regarding Attendance at school that we have provided for you in this newsletter. Please take the time to read through the expectations.

As the weather becomes warmer, we are reminded that Spring is coming and changes are still happening on a daily basis.

Our plans for term 4, will be different, but exciting and fun for all of our students. We have planned some fabulous end of year activities 😊

Please take care and keep safe.

Yours in quality education

*Caron Dodd*

Principal



## Diary Dates

### Week 9 – Term 3

|                                       |                   |
|---------------------------------------|-------------------|
| 14 <sup>th</sup> September, Monday    |                   |
| 15 <sup>th</sup> September, Tuesday   |                   |
| 16 <sup>th</sup> September, Wednesday | Be Skilled Be Fit |
| 17 <sup>th</sup> September, Thursday  | Band              |
| 18 <sup>th</sup> September, Friday    |                   |

### Week 10 – Term 3

|                                       |                   |
|---------------------------------------|-------------------|
| 21 <sup>st</sup> September, Monday    |                   |
| 22 <sup>nd</sup> September, Tuesday   |                   |
| 23 <sup>rd</sup> September, Wednesday | Be Skilled Be Fit |
| 24 <sup>th</sup> September, Thursday  | Band              |
| 25 <sup>th</sup> September, Friday    | Last Day Term 3   |

## Important Dates – 2020

12<sup>th</sup> October, Monday – 1<sup>st</sup> Day Term 4



Education &  
Communities

Public Schools NSW

## Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

### What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

### The Importance of arriving on time

Arriving at school and class on time

- ensures that students do not miss out on important learning activities scheduled early in the day
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class
- reduces classroom disruption.

Lateness is recorded as a partial absence and must be explained by parents.

### What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance e.g. attending a funeral.

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

### Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.



## Road safety



### Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)



Lives lost on NSW roads.  
Our goal is zero.





# Road safety

## Walking together safely to and from school

Walking to school and back home again is a great way to spend time with your children and encourage safe and healthy behaviours.

Here are a few things you can do to help keep your children safer as a pedestrian:

- Talk with your children about being alert in the road environment.
- Plan and practice your trip to school so you use pedestrian crossings where possible.
- Always hold your child's hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
- Meet your child near the school gate and don't call them from across the road.
- Explain why the place you have chosen is the safest place to cross.
- Remind your child to **STOP! LOOK! LISTEN! THINK!** every time they cross the road and keep checking until safely across.
- Talk to them about why they should stop, look, listen, think before crossing a driveway, road or carpark.

Young children can learn and practice these safe pedestrian behaviours with you. This will help them to be safer pedestrians when they are old enough to travel alone.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](http://safetytown.com.au)



### Messages to share with your children in Kindergarten to Year 2

- Hold a grown up's hand when:
  - you cross the road
  - you're on the footpath
  - you're in a car park

### Messages to share with children in Years 3 to 6

- Use a safe place to cross the road
- **Stop! Look! Listen! Think!** every time you cross the road and keep checking until safely across

#### **STOP!**

one step back from the kerb

#### **LOOK!**

continuously both ways

#### **LISTEN!**

for the sounds of approaching traffic

#### **THINK!**

whether it is safe to cross and keep checking until safely across



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## HEALTHY LIVING

With the Kenthurst Sport Captains

### Healthy eating!

This week the girl house captains have put together a healthy eating meal plan for you all. We would strongly advise you to do the boy School House Captain's workout in the morning and enjoy eating these healthy meals during the day. Enjoy!

#### **Breakfast (by Alexia)**

##### Ingredients

- 1 c. almond or vanilla soy milk, chilled
- 4 slices fresh or frozen peaches (about 1/2 cup)
- 1/4 c. blueberries
- handful of kale
- 1/4 tsp. ground cinnamon



##### Directions

In a blender, combine the soy milk, peaches, kale, blueberries, and cinnamon. Blend until smooth.

## Lunch (by Amy)

### Goi ga (chicken and cabbage salad)

#### INGREDIENTS

- 2 (about 250g each) Lilydale Free Range [Chicken Breasts](#)
- 1/4 savoy cabbage, finely shredded
- 110g (2 cups) bean sprouts
- 1 carrot, peeled, cut into thin matchsticks
- 1/2 cup fresh Vietnamese mint leaves
- 1/2 cup fresh coriander leaves
- 55g (1/3 cup) unsalted roasted peanuts, coarsely chopped



#### DRESSING

- 60ml (1/4 cup) fresh lime juice
- 2 tablespoons finely chopped palm sugar
- 2 tablespoons fish sauce
- 2 tablespoons rice wine vinegar
- 4 green shallots, ends trimmed, thinly sliced
- 1 fresh red birdseye chilli, deseeded, finely chopped
- 1 garlic clove, finely chopped

#### METHOD

##### Step 1

To make the dressing, combine the lime juice, palm sugar, fish sauce, vinegar, shallot, chilli and garlic in a screw-top jar. Shake until well combined.

##### Step 2

Place the chicken in a large frying pan and cover with cold water. Season with salt and pepper. Place over high heat and bring to a simmer. Reduce heat to low and simmer for 10 minutes or until chicken is just cooked through. Remove from heat and set aside in pan for 15 minutes to cool. Use a slotted spoon to transfer the chicken to a heatproof bowl. Cover with plastic wrap and place in fridge for 2 hours to chill.

##### Step 3

Finely shred the chicken with the grain and place in a large bowl. Add the cabbage, bean sprouts, carrot, mint, coriander and half the peanuts.

##### Step 4

Drizzle over the dressing and toss to combine. Place in a serving bowl and sprinkle with the remaining peanuts to serve.

## Dinner (by Sienna)

# Pork souvlaki

### *Ingredients*

- 400g lean pork shoulder, cut into 2cm chunks
- 1 tbsp olive oil
- ½ tbsp dried oregano
- 1 lemon , zested and juiced
- ½ tsp hot paprika
- 100ml fat-free yogurt
- 1 small garlic clove , grated
- ½ cucumber , trimmed and grated
- 2 red peppers , deseeded and cut into chunks
- 2 Little Gem lettuce , leaves separated
- chilli sauce , to serve (optional)
- flatbreads , warmed, to serve (optional)

### Method

- **STEP 1**  
Put the pork in a large bowl with the oil, oregano, lemon zest and juice and paprika as well as a good pinch of salt. Toss everything together to combine and leave to marinate for 10 mins.
- **STEP 2**  
Combine the yogurt, garlic and cucumber together in a bowl. Season with salt and set aside.
- **STEP 3**  
Heat the grill to high. Thread the marinated pork and the peppers on four metal skewers, alternating between the pork and peppers as you go. Place on a non-stick baking sheet and grill for 3-4 mins on each side, or until cooked through and golden brown.
- **STEP 4**  
Serve with the lettuce, yogurt mixture and chilli sauce, and flatbreads, if you like.

By Amy, Sienna & Alexia





## HEALTHY LIVING

With the Kenthurst Sport Captains

# KPS BOY SPORT CAPTAINS WORKOUT

We are back for another intense workout, make sure you have the girl School House Captain's protein smoothie for all the energy you could have to lose those unwanted quarantine kilos. Make sure to stretch before and after this KPS workout. A mat is recommended. Let's begin!

We will start with a warm up: 100m jog to get those legs moving!

Squat Jumps: 20 reps

Burpees: 15 reps

Push ups: 10 reps

Sit ups: 30 reps

Plank: 20 seconds

Repeat three times with only 30 seconds rest!



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



## SCHOOL NEWS

### WITH THE KENTHURST SCHOOL CAPTAINS

## R U OK Day

This week, on the 10th of September, KPS celebrated R U Ok day. R U OK? is a day dedicated to reminding everyone that every day is a day to ask yourself and your friends, "Are you okay?" By asking someone how they are, we can help those who may be struggling with life's ups and downs. KPS students were encouraged to wear the colour yellow.

By Lisa Da Ruos and Tobias Comito  
Kenthurst School Captains



## Stage 3 News

This term, the students in Stage 3 have been studying the novel, *Hidden Figures*. It has been an interesting unit, studying the mathematics behind space travel and the Space Race between America and Russia. As part of their assignment, students researched the pros and cons of air travel; the properties of air and the four forces of flight. Students then designed their own flying device (eg a paper airplane) and presented it to the class. As a Stage we had a distance test (how far the plane could fly) and a duration test (how long the plane can fly in the air). It was a fantastic afternoon and we were so impressed with the children's designs and creations. We couldn't believe how far some planes actually flew!

- Miss Armstrong and Mrs Popova





## STUDENT LIFE WITH THE SRC PRESIDENTS

### PBL goal – Have A Go

This week's PBL (Positive Behaviour for Learning) goal is to 'Have a go.' We would like students to abide by this goal and practice having a go at all times. EXAMPLE: Participating in classroom activities and discussions, or trying new things, whether it be something you don't always enjoy or a subject that you don't excel in. We hope this goal can improve this school and our skills of contribution.

**Written by Jasmine and Ivy, SRC Presidents**



## THE KENTHURST SCOOP WITH THE SCHOOL VICE CAPTAINS

### INTERVIEW WITH A TEACHER: Miss Logan

**All About ME**

My Name Is Miss Logan

My family...  
Mum  
Dad  
Older sister  
Larah

My Pets  
None

One thing I love to eat is...  
Pizza, Japanese and Italian cuisine

Something I love about school is...  
Speaking and joking with the children. When the children learn something new.

A book I love is...

I love too many books to choose!

Something I want to learn about is...  
Guitar, live music, languages like spanish and to be a better teacher!

Something I love to do is...  
Play sport, do art, photography, music and hiking.

A Place I love to be is...  
Outdoors in nature

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





# 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 8

#### Week 8 highlights:

##### Favourite activity:

Making paper flowers



##### favourite afternoon tea snack:

Fairy Bread



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:

Our September/October vacation care program went out two weeks ago. We have been busy planning every activity on every day as well as booking in so super fun excursions for the children to go on. In saying this we do have limited numbers on some days and the spots are filling up really quickly, if you are planning on booking your child/ren in do it as soon as possible or you might miss out.

#### Coming Up in Week 9:

##### What's programmed:

Area Quality Focus for this week: 4.3 transferring and adapting what they have learned from one context to another.

Next week on Wednesday we will be celebrating Mayflower Day, we will make some cool ships out of recycled cardboard and coloured paper and discuss what happened on that day in 1620. Throughout the week the children will work on creating different colourful hats and animals out of wool. The school veggies patch is full of lots of nice and yummy vegetables which we will enjoy picking next week as well.

## Kenthurst Funzone Vacation Care Sept 28<sup>th</sup> to 9<sup>th</sup> Oct 2020



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

**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](mailto:centre@kenthurstbasc.org.au) Ph. 0477 333 116

Or book through your My Family Lounge app



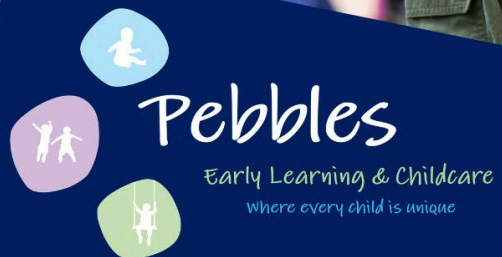
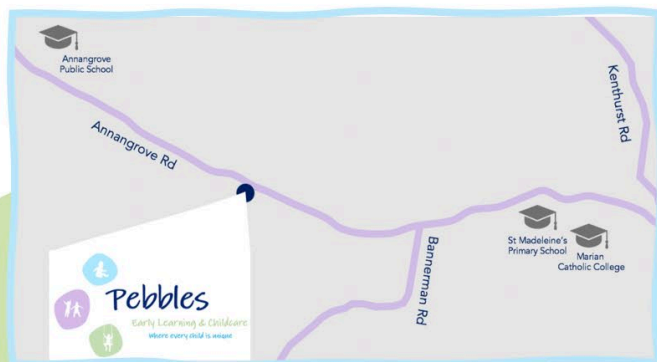
# Where every child is unique

## 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](http://www.pebbleselc.com.au)  
or call 02 8856 5953

**Coming soon to Annangrove**  
116A Annangrove Road



# Learn to Swim

Swim programs for all  
ages and abilities

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year round in our  
indoor heated pools



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[www.carlile.com.au](http://www.carlile.com.au)







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Occasional Care Available

**CALL: 02 9651 3117 or 0402 901 027**

\*Conditions apply

\*Limited Time

# Sunsmart Snippet

## Vitamin D



**Sensible sun protection does not put people at risk of vitamin D deficiency.**

Most kids need just a few minutes of sun exposure, such as playing outside at morning tea, to get enough vitamin D.

Protect your skin when UV is 3 or above.

[www.sunsmart.nsw.com.au](http://www.sunsmart.nsw.com.au)



**Cancer Council**  
Healthy Lunch Box