

NEWSLETTER



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WEEK 9 TERM 3

16 September 2010

DIARY DATES



Friday 17 September

Whole school assembly commences at 2.30pm. For awards to be presented please see page 2.

Tuesday 21 September

- Life Education – K/1 & 5/6
- Catholic Scripture Mass at Somersby. Permission notes must be returned to school for students to attend.
- Cottee's 5-a-side Soccer Gala Day – Years 3 & 4.

Wednesday 22 September

- Life Education – 1/2 & 3/4.
- Lunch orders due for Yr 6 Fundraiser

Friday 24 September

- Yr 6 Fundraiser
- Last day of school for Term 3

Monday 11 October

- School resumes for students and staff.

PRINCIPAL'S MESSAGE

Bush Dance Success:

Thank you to the wonderful team, who prepared, cooked, cleaned and ensured a successful bush dance last Saturday night. The food was terrific, music fantastic and the company delightful. I would like to particularly thank the warm welcome my family and I received. I am always proud to be associated with such a committed and friendly group.

The P&C is a group dedicated to supporting the students at Kulnura. In my short time here they have provided funding for Father's Day breakfast, Mothers Day gifts, a power and data board box for the sound system and have subsidised events for our children such as intensive swimming and the Term 4 gymnastics program. Without the efforts of the P&C these initiatives would not go ahead.

New Buildings:

Year 5/6 have just about moved into the new classroom and have already had their first week in their new learning environment. Mr Podmore and his 3/4 class will move into my old room in the last week of this term. This will allow Mr Podmore's old room to be organised as a 'Special Programs' room in early Term 4. I will invite a team to discuss the possible use of the room and investigate details into setting the space up for the canteen, P&C and the MBASC. I am waiting for formal advice in regards to the opening of the new building.

Mr Bill Haydon our Teacher Librarian will be moving into the library over the holiday period. We will require a few volunteers to help with the moving of books and equipment. We will be moving into the new library on the following day: Tuesday 5 October.

Year 6 Fundraising:

Year 6 will be cooking for the school on Friday 24 September. For \$3.00 students can purchase a sausage or bacon sandwich and a zooper dooper. As orders need to be pre booked for catering purposes, all money needs to be returned by Wednesday 22 September.

Wonderful Athletes at KPS:

Congratulations to Breanna Elder. Over the weekend Breanna represented the Central Coast U12 Softball Team. Her team was very successful and were crowned State Champions.

Best wishes to Jak Knowles who will be jumping for the Brisbane Water Zone team at Homebush on Monday. Jak will be competing in the 11 years high jump. We will be all thinking of you on Monday!

Life Education:

A reminder that we need all permission notes and money for the Life Education Van visit next Tuesday and Wednesday. Students in K/1 and 5/6 will take part in the program on Tuesday and students in 1/2 and 3/4 will visit the van on Wednesday. Cost is \$7.00 per student.

Working and Thinking Mathematically:

Week 9 Question:

- **K-2:** What objects can you find at home that have 1 kg marked on them? Ask someone at home to help you with this.
- **3/4:** Find 5 different objects that together have a mass of 5 kg. Ask someone at home for help.



- **5/6:** Make a list of some objects in your house that have their mass marked as between 200g and 500g.

Have fun and enjoy working mathematically!

Make a Difference Fund Raiser:

'Service Before Self' reminds me of all the good things about Kulnura PS. Included in the newsletter is information about the 'Make a Difference' fund raiser. The initiative was supported in 2009 and this year I would like to support a small school in Papua New Guinea. Enclosed please find a fact sheet and a fundraising form. Any support will be greatly appreciated. The fundraising will take place over the school holiday period.

Paul Carpenter
PRINCIPAL

ASSEMBLY AWARDS



The following awards will be presented at tomorrow's assembly at 2.30pm.

K/1 Merit Awards

- ✓ Ewan Butler
- ✓ Annabel Worrad

1/2 Merit Awards

- ✓ Paige Hattenfels
- ✓ Kirra Hull

3/4 Merit Awards

- ✓ Lachlan Baumer
- ✓ Paige Hephher

5/6 Merit Awards

- ✓ Harrison Clark
- ✓ Courtney McPherson

Library Awards

- | | |
|-----------------|-----|
| ✓ Jorja Thomas | K/1 |
| ✓ Jayke Ferris | 1/2 |
| ✓ Joel Dorman | 3/4 |
| ✓ Breanna Elder | 5/6 |

Additional Awards

- | | |
|-------------------|-----|
| ✓ Abby Riedl | K/1 |
| ✓ Tegan Baumer | 1/2 |
| ✓ Ella Hattenfels | 3/4 |
| ✓ Alex Papadatos | 5/6 |

Principal's Awards

- ✓ Deanna Toleafoa-Petersen
- ✓ Casey Wilson

FRUIT 'N' VEG MONTH 2010

TAKE THE FRUIT AND VEGETABLE CHALLENGE



Are you eating enough fruit and vegetables? Find out by writing down everything you ate and drank yesterday and adding the fruit and vegetable serves.

The best way to find out if you are really eating enough is to write down everything you ate and drank yesterday and add up how many serves of fruit and vegetables you had.

Here is an example. Sue consumed the following foods yesterday. Take 5 minutes to work out how many serves of vegetables and how many serves of fruit she ate (based on the below). Did she eat enough?

Breakfast: 2 slices of wholemeal toast with margarine and honey; 2 cups of tea

Morning Snack: 1 yoghurt; 1 glass of juice (125mls)

Lunch: 1 medium baked potato with tuna and grated cheese; 1 apple; water

Afternoon Snack: 1 banana, 2 cups of water

Evening Meal: macaroni cheese, ½ cup peas; 2 slices of garlic bread; 1 glass of orange juice (125mls)

Evening Snack: 2 plain biscuits; water

Tip: 1 serve of fruit = 150 grams or 1 medium piece or 2 small pieces.

1 serve of vegetable = 75 grams or ½ cup cooked vegetables/legumes or 1 medium potato or 1 cup salad vegetables.

Answers: 3 serves of fruit were eaten – 1 apple, 1 banana and 125mL juice (remember juice can only be counted once no matter how many glasses are consumed). Only 2 serves of vegetables were eaten – 1 potato and ½ cup peas.

Take the fruit 'n' vegetable challenge! Write down what you ate yesterday and then work out how many serves of fruit and vegetables you consumed. Remember to be as accurate and honest as possible. Did you meet the target? What are some small changes you could make to help you reach the target?

Please help your children take the fruit 'n' veg challenge too!

Andy Podmore
3/4 Teacher

COMMUNITY ANNOUNCEMENTS

CATHOLIC SCRIPTURE MASS AT SOMERSBY Tuesday 21 September

Please ensure permission notes are returned to the school office by Tuesday morning.

Mary Luci
Co-ordinator



Thank you to all those families who supported Operation Christmas Child this week.

The items being collected next week will be *something to play with* – Ball, Yo Yo or musical instrument (small).

Thank you for supporting this worthwhile cause.

Mary Luci
Co-ordinator

KCAEP

The Kulnura Community Arts & Entertainment Program has organised for Em's Entertainment to perform a show for children in the next school holidays. The show is accredited by the NSW Dept of Education and is suitable for preschoolers, and students in Kindergarten and years 1 and 2.

The Dinosaur Show
Tuesday 28th September
11 am Kulnura Hall

Children will join in the fun in this exciting adventure, full of wacky dinosaurs that dance, sing, and steal dinosaur eggs!

Recommended for children up to 8 years old. Cost \$5 each, maximum \$15 per family.

Enquiries ph Sue Douglas 43761350



WOY WOY WATER POLO CLUB WANTS YOU!

Registration: Sat Sept 18th 12 -2pm
Peninsula Leisure Centre foyer.

Flippa: Sat 9-10am Non-competitive 8-11 yrs – learn to play

12's-16's: Sat 10-1.30pm. Graded comp PLC, Gosford, Wyong pools

18's & Snrs: Wed 6-8.30pm Graded Comp PLC, Wyong pools

SWIM FRIENDS

FITNESS FUN

Questions?

Scott or Vanessa 4341 4553

[**vhenderson@stedwards.nsw.edu.au**](mailto:vhenderson@stedwards.nsw.edu.au)

You may be eligible to receive \$500 with Saver Plus



The Smith Family are looking for families to receive dollar for dollar matching for school costs

- *Do you have a current Health Care card or Pensioner Concession card?*
- *Do you receive income from some regular work?*
- *Are you over 18?*
- *Do you have a child attending school this year or are you doing a vocational training course?*

If your answer is **YES** to these questions then you may be eligible to participate in the Saver Plus Program, delivered by The Smith Family's in partnership with the ANZ Bank.

Saver Plus is a matched savings program in which you save money for education expenses (including a laptop or computer, excursions, camps, uniforms, school or sport shoes), and the ANZ bank will match \$1 for every \$1 you save, up to a maximum \$500.

If you think you are eligible and you are interested in joining the Saver Plus program, please contact Geoff from **The Smith Family** on 4322 2900 or 0428 282 900.