

Newsletter

Somerton Public School

Developing Respect, Responsibility, Resourcefulness

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Term 3 – Week 10

Tuesday 15 September 2015

Mr Reid's Message

Welcome to Naomi Evans, who is a new Year 3 student, to our school. Naomi and her family have moved to the Somerton area from Greta in the Hunter Valley.

We look forward to Naomi and her family being a part of our school community.



Farewell

It is with sadness that we farewell Mrs Joy Wilson, our resident chaplain. Mrs Wilson has gained a permanent position in another location. We would like to thank her for all her hard work in organising the garden, the breakfast club and canteen lunches. She has also done so much to help the teachers in the classroom with resources and lessons. The staff and students will miss her and wish her well in her new position.



We also say farewell to Skye Lynch, our practicum teacher, who has been with us for the past month. Skye has done a wonderful job with her lessons and

involvement with the students, and generally being involved in Somerton school life. We hope Skye will drop in often and visit and we wish her every success with her future teaching career.

Parent Information Afternoon

Tomorrow...

Wednesday 16th September @ 2:00pm

We look forward to seeing our parents and friends at our information afternoon tomorrow beginning at 2pm and concluding at 3.15pm. Just a reminder that a crèche will be running so that our adult visitors can participate in our literacy and numeracy workshops and have a cuppa and snack with the staff.



Tennis Coaching

Thank you to Craig Louis for coaching the students in tennis skills over the past 5 weeks. The students have had a fabulous time of fun and learning new skills. Last Friday was the last day of tennis coaching and Craig had a 'championship tournament'. Nicholas won the tournament and was awarded a champion winner trophy. Tiarna and Tiara were awarded a prize for sportsmanship. All students were awarded a medallion for their efforts in completing the tennis activities. Craig also donated new racquets and balls to the school for the



students to continue practicing their skills.

Mufti Day this Friday

We will be having a mufti day this Friday for the last day of Term 3. Students can come to school in casual clothes



Please Note:
There will be NO
Breakfast Club or Canteen
in Week 1 of Term 4.



Education
Public Schools

READ-A-THON Term 4:



Next term we have decided to run the School Read-A-Thon as a major fundraiser in Weeks 3 & 4. The students will be required to read a minimum of 30 minutes every day whilst at school. As the students already do this daily at

various times, we thought this would be an ideal way to raise funds for extra resources for the students. The students will be given a sponsor sheet at the beginning of Week 1 next term and they can start collecting sponsors. An online sponsor donation option is also available (see below). The students will be able to gain prizes for the amounts of money raised, so the incentive is there for the students to read and gather as many sponsors as possible.

Somerton Public School Read-A-Thon!!

Somerton Public School is now **ACTIVE** for online fundraising with **Everyday Hero!**

The school's now signed up for online fundraising; the easiest, safest & most effective way to help the school achieve our fundraising target... so make sure you jump on board! You can start fundraising today!

To sign up, go to:

www.readathon.com.au click on 'Students & Parents' and follow the prompts.

For more information go to:

www.schoolfundraising.com.au

Online fundraising should boost our funds raised by around 41%, which will help your child hit their fundraising goal... all while helping the school!

Kindergarten

Enrolments are now being taken for students who are starting Kindergarten in 2016. An orientation program will be conducted in Term 4, where the students will come to school and be involved in activities to help them become familiar with our school and teachers in preparation for the commencement of their first year of school at Somerton Public School. Please contact the school for an information pack.



Focus Week: INTEGRITY- being true to yourself

Always try to be honest in everything you do even though sometimes this will be hard. Some people think it will be easier not to tell the truth, but eventually the truth will be discovered. If you are not honest it leaves you feeling unhappy about yourself and this can lead to other problems or issues. Remember, be honest – be true!



Assembly Awards

Congratulations to the following students for receiving a White Merit Award @ Assembly this week:

Tiara Markwick, Benny Markwick & Charlotte Heywood



Terrific Award:

Jye Booby-Woodward – improved cooperation in class and the playground

Superstar Award:

Shannon Colley – improvement in class participation

Woolworths Earn & Learn

Please send in all your earn & learn stickers in by Friday. Sticker sheets need to be returned to Woolworths by Friday 2nd October (during the holidays) Thank you.



Why not visit our Website:

<http://www.somerton-p.schools.nsw.edu.au>

School Holidays

I wish everyone a happy, relaxing and safe holiday, and look forward to seeing everybody at the beginning of Term 4.



TERM 3 & 4 2015 DATES:

14 September Breakfast Club 3pm Assembly	15	16 Breakfast Club 2pm-Parent Information Afternoon Canteen	17 Music Library	18 Mufti Day Home Readers Numeracy @ Home Last Day Term 3 Happy Holidays ☺
First Day Term 4: Tuesday 6th October 2015				
5 October Public Holiday	6 First Day for Term 4	7	8 Music Library	9 10am-Netball Home Readers Numeracy @ Home

Good for Kids good for life

GIFTS TO GET YOU MOVING

Stuck for ideas on what to buy your child as a present?

Why not choose something that encourages them to be physically active? For example:

- Skipping rope
- Hula hoop
- Balls – soccer, football, basketball, netball
- Kite
- Frisbee
- Climbing Frame
- Skateboard (don't forget the helmet and pads)
- Scooter
- Badminton Set



Image courtesy of photostock at FreeDigitalPhotos.net

There are lots of options for all sorts of budgets. Why not include a gift each birthday that gets your kids moving for years to come!

Source: Murrumbidgee Local Health District



PHONE 4924 6499

Good for Kids good for life

LET'S MOVE MORE



At least 60 minutes a day – in many different ways.

Children's daily physical activity does not have to be done all in one go. The 60 minutes can be accumulated throughout the day.

Remember, even if your child doesn't play sport, there are lots of activities they can do. Being active in a variety of ways will help children get all the benefits.



If your child is not doing 60 minutes of physical activity every day, they will benefit from gradually increasing their activity to reach this amount.

Intensity

While all physical activity is helpful, the Guidelines recommend moderate to vigorous intensity physical activities.



MODERATE INTENSITY ACTIVITIES require some effort, but children can still speak easily while doing them.

E.g. fast walking, riding a bike or scooter and active play.



VIGOROUS INTENSITY ACTIVITIES require more effort and make children breathe harder and faster ('huff and puff').

E.g. running, chasing and playing tag, and many organised sports like soccer or netball.



So...10 minutes before school, 20 minutes walking or riding to and from school and 30 minutes of active play after school = 60 minutes.



How about walking, riding, skateboarding or scooting safely to school or other places...



...or washing the car, walking the dog, or helping to dig in the garden!



Source: Department of Health Physical Activity Guidelines Resource



PHONE 4924 6499