

Newsletter

Somerton Public School

Developing Respect, Responsibility, Resourcefulness

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Term 3 – Week 9

Tuesday 8 September 2015

Mr Reid's Message

We hope all the dads, grandads and families had a happy and relaxed Father's Day on Sunday. The students were very excited to cook a treat, and create a special card for the special man in their lives. Thankyou to the P&C for organising the Father's Day Raffle. It was drawn on Friday at school and congratulations to the prize winners: Mrs Sonja Hook – 1st prize of a \$20 Bunnings Gift Voucher

Mrs Sonia Blyton – 2nd prize of a drink from the Somerton Hotel.



Parent Information Afternoon

Wednesday 16th September @ 2:00pm

A reminder that the workshop is being held at school on Wednesday 16th September @ 2:00pm. All parents and friends are welcomed to come and learn about the literacy and numeracy programs being taught to the students. A crèche will be operating so that the adults can be involved and have a cuppa and chat whilst being involved in the activities.



Focus Week: RESPONSIBILITY- making responsible decisions

We encourage the students to act responsible in all situations - at home and at school. The key to being responsible is to think first, make the correct decision and then act.

Tennis Coaching

This is the last week of tennis coaching for the students. Mr Louis is holding a small tennis competition on Friday to complete the tennis coaching clinic. The students have learned many skills and have really enjoyed the experience of working with Mr Louis. We would like to thank Mr Louis for his time, effort and patience whilst coaching the students.



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.



Assembly Awards

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

Nicholas Hook & Shannon Colley



Terrific Award:

Nicholas Hook – being a pleasant co-operative student.

Superstar Award:

Benny Markwick – improvement in class participation.

Woolworths Earn & Learn

Please send in all your earn & learn stickers before the end of term.

Sticker sheets need to be returned to Woolworths by Friday 2nd

October, so the school will need all stickers in by the last day of term 3. So far we have 1320 stickers, so keep them coming in as the more stickers the more resources we can order. Thank you.




Why not visit our Website:

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

TERM 3 2015 DATES:

7 Breakfast Club Canteen 3pm Assembly	8	9 Breakfast Club Canteen 2pm-Parent Information Afternoon	10 Music Library	11 Tennis (last week-competition) Home Readers Numeracy @ Home
14 Breakfast Club Canteen 3pm Assembly	15	16 Breakfast Club Canteen	17 Music Library	18 Home Readers Numeracy @ Home Last Day Term 3 Happy Holidays ☺
First Day Term 4: Tuesday 6th October 2015				


 Nutrition Snippet

The simplest way

...to make a healthy Red Bean dip.


Ingredients

- 1 can of Kidney Beans
- ½ cup reduced-fat natural yoghurt
- 1 tablespoon olive oil
- Pinch salt and pepper
- 1 teaspoon cumin
- 1 tablespoon diced spring onions (optional)
- ½ cup diced avocado (optional)
- Vegie sticks to serve



Method
Rinse and drain kidney beans || Place beans, along with yoghurt, olive oil, salt, pepper and cumin into a food process and blitz until smooth || Spoon into a bowl, and top with spring onions and avocado, if desired || Serve with vegie sticks...delish!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



 Nutrition Snippet

The simplest way

...to make pizza, healthy!

Healthy pizzas are easier to make than you think...

What you need

- multigrain English muffins/or pizza bases
- tomato paste
- diced vegies, i.e.:
diced mushroom,
diced tomato,
diced capsicum,
pineapple pieces,
grated carrot,
olives
- reduced-fat grated cheese



Method

- spread tomato paste on muffin
- place vegies on top and sprinkle with cheese
- bake in oven/ under grill until cheese melts and is golden...watch your kids enjoy eating vegies!

For more information visit
www.eatittobeatit.com.au
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