

Newsletter

Somerton Public School

Developing Respect, Responsibility, Resourcefulness

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Term 1 – Week 7

Tuesday 7 March 2017

Ms Lacey's Message

Thank you to all who attended the P&C meeting. It was lovely to have time to sit and talk about our vision for the school and what we can do to ensure continual improvement. The P&C have decided to have more regular meetings which will be beneficial and ultimately mean shorter meetings as they are more frequent. Meetings will now be held on the first Thursday of every month. Our P&C have great ideas and I am looking forward to working with you all. Have a great fortnight.

Fruit Break

Each day the students participate in a fruit break where they refuel their bodies with fruit or vegetables and water. This is only a short break so we ask parents could they please send students with fruit that is ready to eat ie. apple peeled & cut if your child requires it. Some good ideas for fruit break are apples, carrot sticks, celery sticks, handful of grapes, cherry tomatoes or snow peas. Please avoid fruit that is too messy.



Garden to Kitchen Program

Cooking is each Wednesday. This week we will cook today as Ms Warden & Ms Lacey will be attending professional learning tomorrow.

Please continue to send you children with their lunches on cooking days as the cooking is really just a taste of the recipe. Thank you. Cooking is \$2 each week.



Why not visit our Website:

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



Don't forget to like our Facebook page if you haven't already done so. New photos of activities of learning are being uploaded constantly.

WORKING BEE

Saturday 25th March @ 9am.

We will be working on our enchanted garden, planting, painting and working on the vegetable garden. Even an hour of your time would be most appreciated.



Tamworth Show

Students are making a scarecrow to enter into the Tamworth Show. If anyone has any straw they are able to donate for the filling it would certainly be much appreciated. A permission note for this excursion went home on Friday.



Canteen

Canteen will now be available on Mondays and Fridays at the cost of \$2, which includes lunch, fruit dessert and drink. Thank for noting the change of days.

Musica Viva

Please check out our Facebook page for Musica Viva photos. Students had a great time enjoying this educational interactive musical performance.

Breakfast Club



The breakfast program will continue to be available to students who may require it.

Playgroup

It is great to see so many mums, bubs and toddlers/preschoolers @ playgroup! Playgroup meets each Tuesday at the school. Come join us for some fun on Tuesdays 9:30am-11:00am. Please contact Drue Daly for more information on 0428 210 928.



SCHOLASTIC

Book Club has gone home today.

Issue 2, 2017 orders & payment must be returned to school by this **Friday 31st March 2017** in an envelope with your child's name clearly marked on it.



Assembly Awards

NEW TIME

Assembly will now be at 2:30p. The next assembly will be on Friday 17th March. All welcome.



P&C AGM

Thank you to those attending the meeting. The new office bearers for the P&C are:

President: TBA

Vice President: Peter Hook

Secretary: TBA

Treasurer: Drue Daly

Publicity Officers: Kylie Lacey & Hannah Warden

Next Meeting Thursday 6th April @ 6pm

Nutrition Snippet

The simplest way

...to know the serves you need.

Eat It To Beat It helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

How many serves a day?	Veg	Fruit
Adults	5+	2+
Breastfeeding women	7½	2
12-18 (boys)	5½	2
12-18 (girls)	5	2
9-11	5	2
4-8	4½	1½
2-3	2½	1

A serve of fruit = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.
A serve of veg = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

Eat It To Beat It

Bedwetting Institute

A DVD based program to cure bedwetting, with Dr Mark Condon, and Physiotherapist, Margaret O'Donovan has been developed by the Bedwetting Institute. This DVD outlines a successful, four step program for parents to implement at home with their children.

For a free Bedwetting Fact Sheet please visit the information section on the website:

www.bedwettinginstitute.com.au

TERM 1 2017 Dates:

Week	Monday	Tuesday	Wednesday	Thursday	Friday
7	6 Breakfast Club Canteen	7 Breakfast Club 9:30-Playgroup Cooking-\$2	8 Breakfast Club EA4S Meeting- Ms Lacey & Miss Warden	9 Breakfast Club Scripture	10 Sport-Swimming Music & Drama Canteen Library
8	13 Breakfast Club Canteen	14 Breakfast Club 9:30-Playgroup	15 Breakfast Club Cooking-\$2	16 Breakfast Club Scripture	17 Sport-Swimming Music & Drama Canteen Library 2:30pm Assembly
9	20 Breakfast Club Canteen	21 Breakfast Club 9:30-Playgroup	22 Breakfast Club Cooking-\$2	23 Breakfast Club Scripture	24 SPS Excursion to the Tamworth Show
10	27 Breakfast Club Canteen	28 Breakfast Club 9:30-Playgroup	29 Breakfast Club Cooking-\$2	30 Breakfast Club Scripture	31 Sport-Swimming Music & Drama Canteen Library 2:30pm Assembly
11	3 April Breakfast Club Canteen	4 Breakfast Club 9:30-Playgroup	5 Breakfast Club Cooking-\$2	6 Breakfast Club Scripture	7 Harmony Day Easter Hat Parade Library Last Day of Term 1 Happy Holidays ☺