



THE GOORA GAZETTE



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educating hearts and minds

Term 1 2019

W	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	28 January	29 January SDD Day	30 January Student's Return	31 January Ms Weis - IL	1 February	2 February	3 February
2	4 February	5 February Bective Swimming Carnival	6 February	7 February Kinder begin full days	8 February	9 February	10 Feb
3	11 February Mrs Bettington School Counsellor	12 February P&C Meeting 4.00pm	13 February	14 February Ms Weis - IL	15 February	16 Feb	17 Feb
4	18 February	19 February	20 February	21 February Welcome BBQ 6.30pm	22 February	23 Feb	24 Feb
5	25 February	26 February	27 February	28 February Ms Weis - IL	1 March	2 March	3 March
6	4 March	5 March	6 March	7 March Ms Lacey Principal Conf Armidale	8 March Ms Lacey Principal Conf Armidale	9 March Ms Lacey Principal Conf Armidale	10 March
7	11 March	12 March	13 March	14 March Ms Weis - IL	15 March	16 March	17 March
8	18 March Mrs Bettington School Counsellor	19 March	20 March	21 March Harmony Day at Duri PS	22 March	23 March	24 March

Ms Lacey's Message.....

Welcome to the 2019 school year! We have made a great start to the year this week with students being very settled, eager to learn and get into the routine of their new classes.

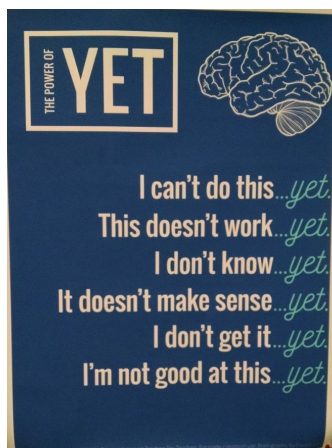
We are very excited to welcome our new families and new staff. We were so pleased to hear that the Pollard Family were returning and we welcome them back with open arms! I'm sure we will see Mrs Pollard back at school before too long doing some teaching. Somerton is definitely growing!

On Tuesday staff enjoyed a productive day with staff from the Winanga-li Learning Alliance schools. We look forward to continuing our strong alliance this year and once again will be coming together for many great academic, sporting and cultural learning opportunities.

Once again we remind you that we are always here to help and work with families. If you have any questions or concerns about anything please do not hesitate to come and see us.

We are looking forward to a great year!

Kylie Lacey



Each week we will be focusing on a behaviour and a growth mindset positive affirmation for the week.

Growth Mindset is the understanding that abilities and intelligence can be developed. In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work - brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Last year we began looking at growth mindset with students through the power of 'yet'. This is helping children understand that just because they cannot do something now, it doesn't mean that they will never be able to do it. This year we have decided to continue down the growth mindset path to encourage our students to think positively and never give up!

Behaviour of the Week Focus

Each week students will be focusing on a behaviour. This week our focus is '*I can follow instructions*'. This will be discussed in class each week and positive feedback given to those students setting good examples of the behaviour.

Growth Mindset Positive Affirmation of the Week

This week's growth mindset affirmation is '*It's not I can't do it, it's I'll give it a go!*'





Noticeboard



P&C Meeting

The first P&C Meeting will be held on
Tuesday, 12th February, 2019 at 4.00p.m.



Parent Help for Library Book Covering

Calling on parent volunteers to assist with some much needed library book covering. If you are able to help please see Fiona in the office. Thank you.



Somerton Public School Nut Policy

We have a current student who is severely allergic to nuts and in accordance with the policy of the Department, peanuts, tree nuts(which include but are not limited to, almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pecans, pistachios, pine nuts, shea nuts and walnuts) and nut products will be excluded from Somerton Public School. This does not include foods labelled "may contain traces of nuts".

Please ensure that peanuts, tree nuts and nut products are not used as ingredients for food being provided from home in school lunch boxes.

If you would like further information please do not hesitate to contact the school.



Kitchen/Garden

Students participate in Kitchen/Garden lessons each week. The cost of this is \$10 per term, per child. This assists us with buying ingredients and equipment to be able to facilitate these lessons. Money can be paid to Miss McNiven in the office. Thank you



From the classrooms....

Pelicans

The Pelicans have enjoyed a great week settling in and working hard! Students have been keen and eager with their home readers which has been most pleasing to see.



From the classrooms....

Kookaburras

Here we are again at the beginning of another exciting school year full of learning and experiences at Somerton PS. We have started the year with a classroom change and a new name. We are now known as the Kookaburras and hopefully we can have a few laughs along the way just like real kookaburras do.

In Writing students have begun looking at some picture books by Julia Donaldson and have been learning about parts of narrative starting with characters. As the weeks progress students will start to plan, write, edit and publish their own imaginative story.

In Mathematics this term students will cover a range of concepts including measurement, shapes and number. They have started with a keen goal to improve their counting from 1 to 100 and beyond. As we know practise makes perfect! So I encourage students to count every day at home and school.



From the classrooms....

Eagles

Welcome back to school for 2019! In 3-6 Eagles we've had a great start to Term 1. In Literacy for the first half of the term we're looking at writing narratives, and more specifically looking at Alison Lester's beautiful range of books to help us with our story writing.



With Mrs Hudson for Science, we're working on a topic called "Friends and Foes". This week we looked at the life cycle of a tomato plant. How interesting!

In our classroom this year we have a WOW WALL, where we're displaying all the work that we're super proud of. We encourage parents to drop in and see our awesome work!

This week a 'reading log' was sent home with the students to try and read every night. If you have taken readers home please remember to return them when you are finished, and swap for new ones. For every 5 nights of reading students can earn 1 Shooting Star.

Have a great week!

Miss Wilkes, Mrs Markwick, Mrs Hudson and 3-6 Eagles





Welcome BBQ

Families are invited to a Welcome BBQ to be held on Thursday 21st February at 6.30pm. We look forward to seeing you all.

Kindergarten

Kindergarten will begin full days on Thursday.

Icy Pole Friday

During Term 1 we will continue to have Icy Pole Friday. This money is being collected for Sterling's Wish list.

Hats

Please be reminded that students are to be wearing their school hats each day in the playground. The weather is very warm and we need to ensure that we are protecting the precious skin of our students by encouraging them to wear their hats. If they do not wear a hat they need to stay in a shaded area. There is also sunscreen in each of the classrooms for students.

Good for Kids good for life

CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

HOW MUCH SUGAR IS IN THAT DRINK?

Best Choice	No added sugar	Good for strong bones & teeth	Not every day, limit to 1 cup	Avoid/limit these high sugar drinks
Water	Plain milk	100% fruit	Fruit drink	Cordial
			Flavoured milk	Energy drink
			Sports drink	Soft drink

Tip: 4g sugar

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

Age Group	Water Intake
1-5 years	5-6 small glasses = 1.25 litres
6-12 years	6-8 small glasses = 1.5 litres

Extra water if you're active

TIPS TO HELP YOUR KID DRINK MORE WATER

- Show children that you enjoy drinking water.
- Drink water with every meal.
- Take a refillable bottle of water when you go out.
- Pack water with your child's lunch.
- Encourage your child to drink water when they play sport.
- Limit buying sugar sweetened drinks.

Source: Western Sydney Local Health District

NSW GOVERNMENT

PHONE 49246499



COMMUNITY CLASSIFIEDS

Somerton War Memorial Hall

If you would like to hire this great facility please contact:

Ph: 0427 697 566

Somerton Hotel

Come join us for the Friday night weekly raffle at 7:30pm.

We look forward to seeing you there!

Ph: 6769 7683

Somerton CWA

The CWA meet on the second Tuesday of each month. All interested ladies are welcome.



Please contact Carol Bank (President) on 6760 6250 or Judi Swain (Secretary) on 6743 1701 for more information.

MANILLA MINOR RUGBY LEAGUE SIGN ON DAY 2019

MANILLA SERVICES CLUB
FRIDAY 8TH FEB
FROM 5PM

BARRABA BOWLING CLUB
THURSDAY 14TH FEB
FROM 4:30PM

FEES: NON SCHOOL AGE \$60
SCHOOL AGE \$100

FEES INCLUDE: SHORTS,
SOCKS AND TRAINING
SHIRT.

FOR MORE INFORMATION CONTACT
KELLY ON 0434277192

PARENTS AND TEENS

relationships and mental health

Do you have a teenager between 11 and 17 years old?

Help us understand how family relationships influence teen mental health

anxiety

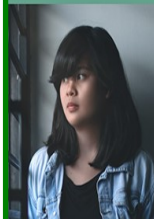


raising teens



behaviour

relationships



mental health



Complete a brief anonymous survey online at:

<https://exp.psy.uq.edu.au/parentingteens/project/mentalhealth>



Chance to WIN \$100 gift voucher



THE NEWS

THE NEWS

The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.

A one-stop-shop for everything you need to know about packing a lunch box,

Cancer Council's [website](http://healthylunchbox.com.au) is now even easier to use and share with friends and family.



- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthylunchbox.com.au