Linking with Newcastle University – Careers Through Reading Program

Our stage 3 class this week took part in the first of four sessions run by students from the University to promote reading as an important skill, as well as opening their eyes to possibly attending University in the future. This is the first of many programs run in conjunction with the University’s Aim High Team that we will be participating in during 2016 which will also include Coding sessions and Careers through Science.

Careers through Reading
A report by Jacob and Tyler

On Wednesday the Careers through reading team from Newcastle University came to our school. Firstly Liam gave us an introduction about what we were going to do and introduced his team and what they were studying at University including Science, Law, Environmental Science, and Teaching just to name a few. Then we were put into groups and started our activities based on books. Each book was matched to career.

The books and activities included:

- **Platypus** where we learned about these great animals and got to wear masks.
- **Two left feet** which was about a person who could not dance because they had two left feet. But using ipads it made the book come alive …
- **Australian kids through the years** where we learned how kids lives had changed through the years.
- **Grandma in blue and red hat** about museums
- **Double Helix Science magazine** had lots of interesting facts about science including a story about trying to bring back hairy mammals from extinction.

Head lice alert

Those dreaded lice have decided to pay a couple of students a visit this week. Please check your childs hair and remove any lice/eggs if found to eliminate any spread.

For treatment info visit –
**Swimming Stars do well at Zone**

Congratulations to our Zone swimming team which included Tane, Drew, Nelson and Jye, who participated in the Zone Swimming Carnival yesterday. The boys swam really well in their individual events as well as the Relay on what was a very hot day!

**Heat Results**
- Tane – 2\textsuperscript{nd} in Backstroke, 1\textsuperscript{st} in Freestyle
- Nelson – 5\textsuperscript{th} in backstroke, 2\textsuperscript{nd} in freestyle
- Jye – 2\textsuperscript{nd} in Freestyle
- Drew – 4\textsuperscript{th} in Freestyle
- Boys Open Relay – 2\textsuperscript{nd}

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**Show News**

**Paryss wins tickets to the show!**

Congratulations to Paryss Morton who has won a family pass to the show after being awarded 2\textsuperscript{nd} place in the Cessnock show colouring competition.

We hope you enjoy your day!

**Veggies ready to shine**

Thankyou to all families who contributed vegetables for the school veggie competition at this weekend’s show. They are boxed and ready to be dropped at the pavilion in the hope of defending our title as champion school.
Recognising our safe, respectful and responsible learners

**Class Awards K**
Masani Clark  
outstanding effort in reading  
Jesse Hefren  
being a creative and imaginative learner

**Class Awards S1**
Hayley Butler  
participating in class discussions by contributing great answers  
Abigail Bedford  
improving her learning by practising new strategies

**Class Awards S2**
Samara Tiedeman  
an excellent attitude toward all aspects of learning  
Mason Holbert  
a significant improvement in reading. Keep up the great work

**Class Awards S3**
Tane Carpenter  
improvement in writing  
Nelson King  
being a respectful and responsible student at Debating

**Principal’s Award**

Congratulations to Ella who is this weeks Principal’s award. Ella has been doing an outstanding job in the classroom this term, which is seeing some great improvements. Well done Ella!

**P&C News**

**Canteen Roster ( Term 1 2016)**

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<thead>
<tr>
<th>Mon</th>
<th>Teresa Butler</th>
<th>Tiffany Wing</th>
<th>Help needed</th>
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<tbody>
<tr>
<td>29/2</td>
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<tr>
<td>7/3</td>
<td>Felicity Lucock</td>
<td>Tiffany Wing</td>
<td>Jenny Mackay</td>
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<tr>
<td>14/3</td>
<td>Teresa Butler</td>
<td>Tiffany Wing</td>
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<tr>
<td>21/3</td>
<td>Felicity Lucock</td>
<td>Tiffany Wing</td>
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<tr>
<td>28/3</td>
<td>Easter Monday – No Canteen</td>
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<td>4/4</td>
<td>Teresa Butler</td>
<td>Tiffany Wing</td>
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More helpers are always welcome and make the time go even faster!
**Good for Kids good for life**

**START THE DAY RIGHT WITH BREAKFAST**

We’ve all heard that breakfast is the most important meal of the day and it’s true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereals such as Weetbix, Cheerios and Sultana Bran
- Un toasted muesli topped with low fat yoghurt
- Whole grain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies

If you’re short on time, some quick ideas to send to school with your child includes a tub of low fat yoghurt, cereal to munch on such as fruity bites, breakfast drinks such as Up & Go or some fruit.

PHONE 4974 5499