



Carcoar Public School & Community News

Monday 23rd October 2017

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*Published fortnightly by Carcoar Public School. Also available on our website:
www.carcoar-p.schools.nsw.edu.au and on School Stream.*

UPCOMING EVENTS and IMPORTANT DATES

24 th Oct	Stage 1 Cowra Excursion
27 th Oct	Swimming
28 th Oct	Carcoar Show
1 st Nov – 3 rd Nov	Stage 2 Dubbo Excursion (NO SWIMMING FRI 3 rd NOV)
15 th Nov	School Photos
22 nd Nov	Heritage Art Festival Show
11 th Dec	Presentation evening

WELCOME TO TERM 4!

As usual, the last term of the year is going to be a bit busy! We're already into Week 3 (apologies for the late newsletter – Mrs Colson was struck down with the flu in week 1 and is only now catching up...).

Please take note of the dates of upcoming events and put them on your calendar.

BALLOON ROCKETS AND FORCES T4 W1

Yesterday we learnt about forces and motion with Mrs Harrison-Smith.

Forces are things that can be done to move things, such as pushing and pulling. Motion, is something that is used by forcing something or someone to move. Then we made balloon rockets to explain friction and force. We made balloon rockets out of: Wool, straws, balloons and sticky tape.

We first had to cut off about 3 metres of wool. Then cut the straw and thread it through, next, blow up the balloon and hold it; don't tie it! Sticky tape the straw with the wool through it and let go of the balloon when you're ready to go!

After we made them, we raced them and Henry came 1st. I learned about how hard they are to make.

I liked making the balloon rockets.

By Stella



COOKING WITH MRS BRIGHT

Last week, Mrs Bright, a very talented cake decorator, generously donated her time - and all the ingredients - to make special Halloween-themed cupcakes with all the students and Lewis and Max. They looked (and tasted) AMAZING with their little pumpkin decorations! Thank you for a wonderful morning, Mrs Bright.



SWIMMING

Just a reminder that we will be swimming at Blayney each Friday for the next 7 weeks EXCEPT for 3rd November when Stage 2 will be in Dubbo. Please pick your child/children up from school by 1.20pm to allow us plenty of time to get ready to start at 1.45pm.

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HAPPY BIRTHDAY!

To Felicity for the 29th October!

PHOTO TIME

The students' school photos will be Wednesday 15th November. This is one special time when students need to be wearing their best full school uniform.

Important information is attached to this newsletter. **Please read thoroughly**, choose which pack/s you would like and return the envelope with the correct amount of money. If you would like a family photo taken as well, please let us know.

Summer School Uniform

Boys

Grey Shorts
Yellow Polo Shirt (short sleeve)
Grey Anklet Socks
Black School Shoes

Girls

Tartan pinafore/skirt
Yellow Polo Shirt (Short Sleeve)
White Anklet Socks
Black School Shoes
Blue ribbons for hair if needed

STAGE 2 DUBBO EXCURSION

This 3 day excursion will be an action-packed adventure for students in Years 3 and 4, with one of the highlights being dinner at The Lion's Pride Family Restaurant in Dubbo. P&C have generously agreed to subsidise the cost of the excursion by \$100 per student, bringing the final amount to \$150.

****If you haven't already done so, please return all permission notes ASAP so the organisers can finalise arrangements.***

MATHEMATICS KLA DAY REPORTS

Some student writing about KLA Day activities.....

Stella

The activities we did at KLA day were really fun. The day was mostly about multiplication and making friends. We did three activities per group. The first activity we did was the board game making. This was

MATHEMATICS KLA DAY REPORTS (continued)

my least favourite one because I'm not very creative when it comes to that sort of thing. The second activity was with Mrs Oakman. We played Multiplication Circle and Multiplication bingo. This one was my second favourite because I liked the Circle but not the bingo. The third one was Meanie. This was my favourite one because I liked the place value part and you couldn't win unless you could say the number. My partner and I forgot that part of the game!

Malaki

I like the game Meanie because it's really fun and you get to put a lower number or a higher number so they can lose. It's very interesting and I played against my friend. My least favourite game was Multiplication Circle because I was not good at it and I couldn't get all of the math questions right.

Most of the day was exciting because I could play the game Meanie and play with my friends.

Craig

I liked the game called Multiplication Circle because there were some of my favourite times tables like as in 3's and 9's. I liked all of the games because they were so much fun. I liked Mr Fisher and we had to do these times table things and we had to do plus and doubles.

Multiplication circle

We had to go in a circle and the teacher chooses two people and the first one stays sitting down.

The second person stands up behind the first person and the teacher gives them a times table and the person standing behind moves around the circle answering the times table question. If the person sitting down gets it, they stand up and go around.

The person standing has to get the answer before the person who is sitting. If the person sitting gets it first they swap places.

Board Game Making

When making board games, it's always good to have a layout first. We though, didn't have to draw one because the teacher had already printed one out for each of us. So, to make the board games we had to design cards to match with the layout pieces, if you land on one of those you had to pick up one of the cards matching the piece. But, of course since this was a multiplication maths day, the cards had to have multiplication questions on them. Then you could make the player do whatever you want, as long as they get it right or wrong, example, $12 \times 3 = ?$ If you get it wrong move back 4 spaces, if you get it right move forward 3 spaces, do something else. If you had finished making your game in time you could choose a partner to play with. But I didn't get mine finished.

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MUNCH & MOVE Key messages



The *Munch & Move* program promotes children's healthy eating, active play, and encourages limiting small screen recreation through six positive, health promoting key messages.

ENCOURAGE AND SUPPORT

breastfeeding

Exclusive breastfeeding is recommended for babies until around six months. Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.

Breastfeeding is a learnt skill and it is acknowledged that some mothers may not be able to breastfeed for various reasons.

There are many benefits for both the mother and infant:

- ✓ It is safe, convenient and comes pre-warmed.
- ✓ It helps reduce the risk of allergies in children.
- ✓ It helps prevent gastrointestinal illness.
- ✓ It provides perfectly balanced nutrition.

CHOOSE WATER

as a drink

There are many reasons why water is the best drink of choice and why we need to encourage children to drink it regularly throughout the day. Water helps keep us hydrated, assists in regulating body temperature and maintains bowel health. In most parts of NSW water also contains fluoride, which helps develop strong healthy teeth.

Children should be encouraged to drink water and plain milk.

How much fluid each day?

- ✓ Toddlers (1-2 years) 
- ✓ Preschool aged children (3-5 years) 

* Cooled boiled water can be introduced to babies in a sipper cup from 6-12 months.

** For children under 2 years full cream milk is recommended and for children older than 2 years reduced fat milk is recommended.

Tips on how to encourage water at home:



- ✓ Add fresh citrus segments/slices to the water to add natural flavour.
- ✓ When you go out always take a full water bottle for your child.
- ✓ Talk with your child about how we need water to survive, just like animals and plants do too.
- ✓ With the family meal serve water to everyone so you can role model drinking water too!

EAT MORE

fruit and vegetables

Encouraging children to eat a wide variety of fruits and vegetables will have positive long term health benefits. Fruits and vegetables are a great source of vitamins, minerals and antioxidants and they supply dietary fibre in a child's diet.

The daily recommendation is:

- ✓ Children 2 to 3 years: 1 serve of fruit and 2½ serves of vegetables. 
- ✓ Children 4 to 8 years: 1½ serves of fruit and 4½ serves of vegetables. 

Tips on how to encourage fruit and vegetables at home:

- ✓ Ask your child to help you choose fruits and vegetables at the grocery store – make it a fun experience for them.
- ✓ Buy a variety of fresh, frozen and canned.
- ✓ Be creative in how you prepare and serve – for example raw, sliced, grated, cooked, mashed or baked.
- ✓ Make a smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruits and/or vegetables; blend it with reduced fat milk and/or yoghurt.
- ✓ Offer cut up vegetables as snacks.





HEALTHY SNACKS

ALREADY WRAPPED

EVERYDAY FOOD AT YOUR
SCHOOL CANTEEN



PUT DOWN THE SCREENS

VISIT THE GREAT
OUTDOORS...IT'S STILL
THERE!



ACTIVE TRAVEL

TAKE THE FOOT FALCON



GET ACTIVE

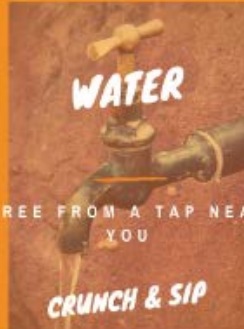
FAMILY FUN EVERYDAY



HEALTHY SNACKS

ALREADY WRAPPED

FOR THE LUNCHBOX



WATER

FREE FROM A TAP NEAR
YOU

CRUNCH & SIP



FRUIT 'N' VEG

PREPARATION TIME:
ZERO!

CRUNCH & SIP

FOR FURTHER INFORMATION VISIT:

Healthy Kids - <https://www.healthykids.nsw.gov.au/>

Healthy School Canteens - <https://healthyschoolcanteens.nsw.gov.au/>

The Healthy Kids Association - <http://healthy-kids.com.au/>

Live Life Well @ School



Health
Western NSW
Local Health District

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SHARE YOUR WORLD!

WITH AN OVERSEAS EXCHANGE STUDENT!



TAKE A LEAP OF FAITH

Have you ever considered inviting an exchange student into your home? WEP is looking for Australian families to join their community of volunteer host families!

Treat your family to an intercultural experience like no other by hosting an exchange student from overseas. Share a piece of your heart and your backyard and support a young person make his/her dream of living and studying in Australia come true.

If you have a room to spare and an interest in other cultures, we would love to hear from you! Remember, sometimes the greatest rewards in life come from taking a leap of faith or doing the things you never thought you would.

CONTACT WEP

1300 884 733

INFO@WEP.ORG.AU

WEP.ORG.AU

MEET DAVIDE!

"I have a passion for the arts. I dedicate a lot of my time to photography, drawing, music and writing. I am also addicted to reading and I'm a great cook. I have an active nature and I enjoy outdoor sports such as volleyball, biking and running. I'm from a talkative family and I love to tell them all about my day. I hope my host family enjoy the experience as much as I will!"

STEP 1 - REQUEST PROGRAM INFO

- Email or call Sylvia at WEP: sylviakelly@wep.org.au / 03 9598 4733

STEP 2 - CHOOSE YOUR STUDENT

- WEP will send you comprehensive program and student information, so you can choose the student best suited to your family.

STEP 3 - PREPARE FOR ARRIVAL

- WEP will assess your application, prepare you for your student's arrival and take care of everything, including school enrolment, assistance with your application for relevant working with children checks, flights, insurance and more!

