



Principal – Mrs Toni Skinner

WEEK 9

13 December 2019

Office Hours 8.30am – 3.15pm	Uniform Shop NEW HOURS Tuesdays - 2:30pm-3:30pm Fridays – 8:30am – 9:30am	<u>Make a Payment</u>	SECURITY HOTLINE 1300 880 021	<u>Canteen Online Order</u> www.flexischools.com.au
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Phone: 4340 1885

email: kariong-p.school@det.nsw.edu.au

www.kariong-p.schools.nsw.edu.au

Upcoming Dates



RESPECT
RESPONSIBILITY
PERSONAL BEST



Monday, 16 December

Kinder, Years 1 & 2 picnic party

Tuesday, 17 December

Years 3 & 4 picnic party
Year 6 water bomb day

Wednesday, 18 December

1pm – 1:40pm KMHS
Band perform in Hall

2:00pm Year 6 Graduation Ceremony followed by Walk of Fame on the Oval

Last day for students

Thursday, 19 December

School Development Day

Wednesday, 29 January 2020

Years 1 – 6 return

Monday, 3 February 2020

Kindergarten begin

Principal's Report

It was great to see so many parents over this past week as we celebrated 2019 at our Presentation Day Assemblies, thanked our parents at the morning tea, enjoyed a barbecue for the winning house and handed out some final Gold and Diamond Awards.

There are only three days left of the school year for our students and I have a few Diamond and Gold Awards to still hand out at the morning assemblies which I am looking forward to doing. Congratulations to all of the children who achieved these levels this year.

It was great to celebrate our next group of Diamond award recipients with a Pizza Reward Day for their excellent attendance and behaviour throughout the year. Well done to everyone involved!

Thank you Morning Tea

It was great to have so many come to the morning tea last Friday in our school library. Thank you once again to all of our volunteers for everything that you do for our school and I look forward to working with you all again next year!

PBL BBQ

On Monday we had the winning house receive a special barbecue supplied and cooked by the fabulous Wiseberry Real Estate. Thank you to Wiseberry for their wonderful ongoing support.

Congratulations to Grevillea House on a great term of sportsmanship and participation, well done!

Enrolling or Leaving

NSW Public Schools are provided with teachers and staff on an age-based differential formula. Once the Principal enters anticipated numbers of students, Staffing will allocate a set number of teachers, support officers, school administrative staff, counsellor etc.

Thank you to parents who have already informed the school that their child is leaving us or commencing at our school next year. It is extremely important that numbers are as accurate as possible so correct classes can be formed and teachers appointed to start at the beginning of the school year.

Please make sure that you notify the office as soon as possible if you are NOT returning to Kariong Public School in 2020 or if you are going to be away at the beginning of the 2020 school year. (Current Year 6 students do not need to let us know). If you know of anyone who is enrolling a new child at our school next year, would you please ask them to contact the school office to collect enrolment forms?

Semester 2 Reports

Semester 2 reports were sent home today. I enjoyed reading these reports and seeing the great results and achievements that the students have made this year! Only the work covered this semester (Terms 3 and 4) will be included in the report. The Semester 1 report covered Term 1 and Term 2. When reading the report, it is important to remember that 'Sound' achievement indicates that your child is making usual progress in relation to what he or she was expected to learn over the last semester - your child is on track. Student reports also include information on your child's level of effort and teacher comments on progress in each Key Learning Area. If you wish to discuss your child's progress or any other issue, please contact your child's teacher to make an appointment.

Presentation Ceremonies

Our annual Presentation Ceremonies were held on Wednesday for Stage 3, Stage 2 and Year 2. Kindergarten and Year 1 were on Thursday and I would like to congratulate all of the students on a wonderful year. It was great to see all of those smiling faces on stage. Thank you to all of the staff who were involved in the organisation of these assemblies, especially the office staff for ensuring all the awards were completed in time.

Thank you to all of the parents and carers who came along to celebrate their child's achievements. It was great to see so many children achieve such high levels in academics, citizenship and sport.

It was also a pleasure to announce the Year 6 School Leaders and our House Captains for 2020. Congratulations to these wonderful students and I look forward to their formal induction into our school leadership team early next year!

Leaders and House Captains for 2020

Congratulations to all of the leaders on your positions for 2020.

School Captains: Braxton V. Zahli E

School Leaders: Tamsen E, Megan H, Illia L, Finn K, Billie V, Jasmine J, Kian S, Franky N

House and Vice Captains 2020:

Banksia

Captains - Keanu S, Aimee F, Vice Captains – Cadence D, Clarissa B

Grevillea

Captains – Maddison C, Koby F, Vice Captains – Alyssa C, Tyler G

Waratah

Captains – Kai M, Emily W, Vice Captains – Kayla H, Elie B

Wattle

Captain – Tyler B, Katelyn W, Vice Captains – Ty C, Mia D

For those families leaving us this year as their children move onto high school or leaving the area, I wish you all the very best for the future! Thank you for being part of our school and all that you have done to support us here over the past years!

I look forward to farewelling our Year 6 students for the last time on Wednesday at their graduation ceremony where they will be presented with their graduation certificates and have their final walk off school grounds though the guard of honour as the whole school joins in to say goodbye!

This is the last newsletter of the year and I would like to wish you all a very Merry Christmas and a great start to 2020. I look forward to seeing you here again next year.

Toni Skinner



Do you have a child who turns 5 before 31 July 2020? Enrolments for Kindergarten are now being taken at the office. Please collect an enrolment pack from the office (located on Truscott Avenue) **as soon as possible** or contact the school office by telephoning **4340 1885** or emailing: kariong-p.school@det.nsw.edu.au.

Principal's Gold Book Award					
Merit Awards					
PBL Bronze Certificates					
Lucas C	Erin R				
PBL Silver Certificates					
PBL Gold Certificates					
Jye W	Oscar W	Chelsea C	Emily V	Levi W	Mia-Jayne W
Kobe P	Bailey T	Eliza R	Byron W	Alyssa C	Laila F
Hannah F	Holy L	Charlie M	Rylan Q	Ashton C	Ethan G
Thomas L	Billy M	Tyson P			
PBL Diamond Certificates					
Kye F	Lily H	Ty C	Jeremiah H	Franky N	Cameron S
Eric L	Giselle P	Mitchell H	Jasmine J	Dannyelle B	Ellie M
Chloe R	Flynn H	Amelia H	Charlotte P	Maddison S	Ziva W
Andrew B	Cooper M	Brianna W	Katherine V	Riley H	Ellie B
Kayla H	Will J	Dean S	Ashlen E	Rabi S	Brock S
Liam S	Eva C	Levi C	Zali W	Tyler Y	Arabella D
Nate H	Mia M	Declan S	Kiedis W	Krystal H	Alexander S
Tyra V	Adahlia B	Molly H	Chelsea-Jordan S	Mia D	Cooper B
Hunter B	Blake B	Laura K	Iliia L	Katelyn W	Isabelle W

Parliament and Civics Education Rebate – PACER

Our Year 6 students enjoyed the educational tour of the National Capital. Students visited places of interest and participated in a variety of programs that focus on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the National Capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed funding of \$20 per student under the Parliament and Civics Education Rebate (PACER) program. The rebate was paid directly to the school upon completion of the excursion. This has meant the cost for visiting Canberra has been reduced using this rebate.

Diamond Reward Day at Hoyts Cinema Erina

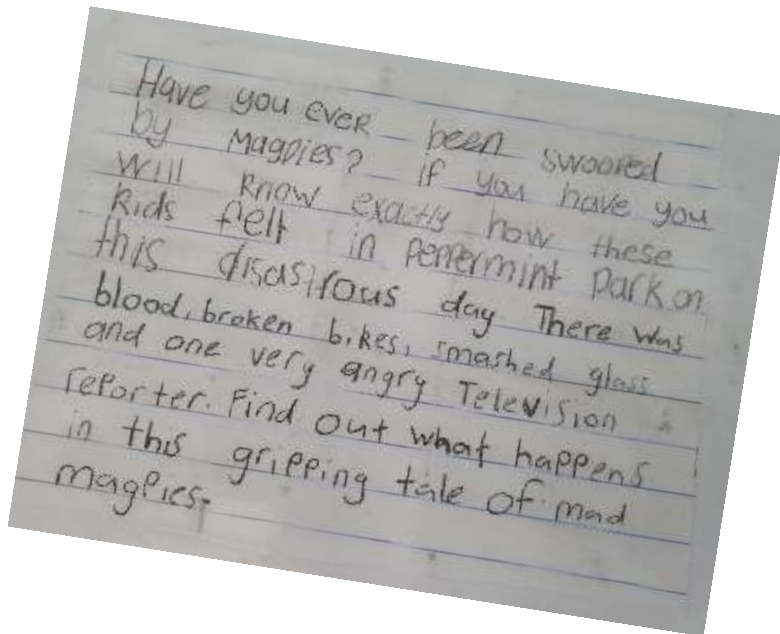
Last Friday, 240 students from K-6 were taken by bus over to Erina to watch ARCTIC DOGS. Students were able to sit wherever they wanted as we had a private screening and they enjoyed popcorn and a drink whilst watching the movie. Teachers and members of the public were extremely impressed with the responsible behaviour demonstrated by all students – they definitely were Diamond Kids!



Fantastic writing!

The students in Year 2 have been producing some exceptional writing this term. With Mrs Hoyle's assistance, the classes have created a series of stories about a 'Magpie Attack' using the 7 Steps to Writing Success principles. We have loved every minute of it!

The stories have been illustrated and published and the books are now currently on display in the library!



Congratulations Year 2!

Mrs Hoyle

Kariong Public School students have made us particularly proud with their **ICAS results** this year. The ICAS Assessments are designed to assess a student's ability to apply classroom learning in new contexts, using higher-order thinking and problem-solving skills. Congratulations to you all!

Mrs Hoyle
GATS Coordinator

ICAS Competitions	Year 3	Year 4	Year 5	Year 7
Digital Technologies		Barry - Distinction Miles - Distinction Jack P - Merit	Franky - Participation Kian S- Participation	Isabella C - Credit Jayden Y - Participation Madeline W - Participation
Science		Alex L - Merit Jack P - Credit Miles - Participation	Kian S - Participation Ilia L - Participation	Isabella C - Credit Annabelle L - Participation
Writing	Aleira H - Participation	Jack P - Credit Miles - Credit Barry - Participation Juliet A - Participation Lachlan B - Participation	Kian S - Participation Ilia - Participation Montana C - Participation	Kye F - Participation
Spelling	Kobe P - High Distinction Aleira H - Merit	Jack P - Credit Miles - Participation Barry - Participation	Aimee F - Credit Tyson P – Credit Ilia - Participation	Lily H - Participation Jayden Y - Participation Madeline W - Participation
English		Miles - Participation Jack P - Distinction Barry - Participation	Megan H- Distinction Ilia L- Credit Montana C - Participation	Lily H - Merit Madeline W - Participation Kye F - Participation
Mathematics	Lilli H - Credit Levi C - Participation	Alex L - High Distinction Barry - Distinction Miles – Distinction Jack P - Credit Lachlan B - Participation	Megan H - Merit Ilia L - Participation Kian S - Participation	Isabella C - Distinction Kye F - Credit Lily H - Participation Jayden Y - Participation



Thursday Mornings.

Kindergarten and Year 5 Christmas Buddies

On Wednesday, Year 5 did a wonderful job helping their Kindergarten buddies make their own snowman! This was their final buddy session of 2019, but they were all looking forward to meeting up again next year.

Sally Herbert





www.kariongnetballclub.com

Play NETBALL in 2020 with Kariong Netball Club

Kariong Netball club is seeking players of all age groups, all levels of talent and even players who have never played before, to play in the 2020 Saturday Competition.

Ages start from 6 year olds to seniors.

Meet new friends and enjoy being part of a team.

If you are interested in playing –

Email Sandra, Club Secretary: karncsecretary@outlook.com - your name, age and previous playing history or simply if you would like any further information.

Tell your friends, spread the word.

Kariong Netball Club Open Day is on **Saturday 8th Feb 2020** at Kariong Public School Hall from 10am – 1pm. Come along and meet the Executive Team, try on and order Uniforms, register and pay fees.

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

The simplest way

... to use spring vegetables.

Fruit and vegetables are tastiest and cheapest when they are in season.

During Spring, mandarins, pineapples, berries, asparagus, cucumber, green beans, zucchini, mushrooms and peas are all in season.



Here are some fruit and veg filled, spring ideas:

- [Green frittata](#)
- [Fattoush salad](#)
- [Moroccan lentil salad](#)
- [Tofu Korma](#)
- [Zucchini and turmeric salmon patties](#)
- [Healthy banana split pots](#)
- [Yoghurt rice pudding](#)
- [Frozen fruit puree](#)

healthylunchbox.com.au

Uniform Shop

A reminder that the Uniform Shop is open at the following times:

TUESDAYS ... 2:30PM TO 3:30PM

FRIDAYS 8:30AM TO 9:30AM

Take a look at our FaceBook Page: [kps uniformshop](#)

The **Online** shop to order uniforms is: [gtschool.com.au](#). Payment through this site is via Paypal or credit card.

Orders will be available the next day that the Uniform Shop is open. If you are unable to pick up at that time, items will be available for collection from the school office. *Payments can also be made with Cash or Eftpos.*

We would also like to let you know that the Uniform Shop will be open on the last 2 Fridays in the school holidays, 17 January 2020 and 24 January 2020. Opening times will be from 8am till 12pm, however, we will be closed between 11am-12pm for order pickups.

If you have changed your **phone numbers, address** or **emergency contact numbers,**

please phone the school office (4340 1885)

or send a note to the office with updates.

You can also email changes to: kariong-p.school@det.nsw.edu.au.

Are you receiving our newsletter by email?

If not, please contact the office.

If your child has a medical condition and you haven't completed forms with the office, please also contact the office.

IF YOUR CHILD HAS ASTHMA AND CARRIES THEIR OWN PUFFER, PLEASE ENSURE THE OFFICE HAS A SPARE PUFFER.



We see children experiencing difficulties with:



We also run group programs every school holidays for Handwriting and Social Skills. These run for an hour each day for a week. The children learn many new skills and make great progress while working in a fun, supportive environment.



- Handwriting groups focus on:
- Correct posture and grip
 - Letter formation, sizing and spacing
 - Organisation and written output
 - Creative writing

For further information on our groups please contact us for a flyer and details.

Suite 3, 3 Mitchell Drive
Kariong NSW 2250

e: reception@bbot.com.au

w: bbot.com.au

p: 4327 8176



Social Thinking groups are designed to help young learners develop the skills they need to be flexible thinkers and social problem solvers. These fun groups encourage better choices and decisions when in the midst of social play and interaction.

HELP US,

HELP OUT

Wiseberry Kariong
will donate **\$250**
for every house
Listed & Sold between
Dec '19 - Feb '20
to **'Buy a Bale'** for
drought affected families.



Kariong

Shop 7, 4-8 Mitchell Drive, Kariong

(02) 4326 0500

kariong@wiseberry.com.au

Kariong Public School Canteen Menu

Term 1 2019
Check the noticeboard & Flexischools for specials & meal deals

 Kariong Public School Canteen



Breakfast Menu

An assortment of these items are available every morning before school

Plain Pikelets	\$0.50
Fruit Pikelets	\$0.50
Toast (2) Vegemite / Jam	\$1.00
Raisin Toast (2)	\$1.50
Hash Brown	\$1.00
Yummy Drummie	\$1.50
Melted Cheese ½ Roll	\$1.50
Melted Cheese & Tomato	\$1.50
Cereal with Milk 2 varieties	\$2.00
Muesli & Yoghurt	\$2.00
Oats Yoghurt & Fruit	\$2.50
Toasties	From \$3.00



Fresh Fruit & Veg Snacks

Available both breaks to order

Cucumber Sticks	\$1.00
Carrot or Celery Sticks	\$1.00
Veg Combination Pack	\$1.00
Vege Sticks with Dip	\$2.00
Orange (cut if required)	\$1.50
Apple	\$1.50
Watermelon	\$1.50
Small Fruit Salad	\$2.00
Medium Fruit Salad	\$3.50
Medium Fruit Salad & Yoghurt	\$4.00
Medium Fruit Salad & Custard	\$4.00
Large Fruit Salad	\$4.50
Large Fruit Salad & Custard	\$5.00
Large Fruit Salad & Yoghurt	\$5.00

Drinks

Available both breaks to order

300ml Spring Water	\$1.00
600ml Spring Water	\$2.00
Juice Cup x 3 Flavours	\$1.00
Chill J Sparkling Juice 2 Flavours	\$2.50
Fruit Juice 250 ml	\$2.50
Fruit Juice 450 ml	\$3.50
Milk (Plain) 300ml	\$2.00
Plain Milk with Siparh Straw	\$2.50
Milk (Flavoured) 300ml	\$2.50
Up & Go	\$2.50
Hot Chocolate	Small \$2.00
Hot Chocolate	Large \$3.00
Milo Milk	Small \$2.00
Milo Milk	Large \$3.00

Frozen Snacks

Available both breaks to order

Quelch Juice Sticks x 4 flavours	\$0.50
Icy Cup	\$0.50
Frozen Juice Cup x 3 flavours	\$1.00
Ice Mony 3 Flavours	\$1.00
Juicies x 4 Flavours	\$1.50
Frozen Fruit Yoghurt	\$2.50
Frozen Yoghurt with Fruit Pieces	\$2.50
Tub Low Fat Icecream	\$1.50
Slushie x 2 Varieties	\$2.00



New items will be advertised on Facebook and Flexischools

All possible care is taken when preparing Gluten Free Foods



Snack Foods

Available both breaks to order

Cruskits (4) or Rice Cakes GF (4)	\$2.00
With Vegemite	\$2.50
With Cheese	\$3.00
With Avocado	\$1.00
Fruity Bites	\$1.50
Garlic Bread	\$0.50
Bread Sticks	\$0.50
Milo Wholegrain Cereal	from \$0.50
Coco Bombs Cereal GF	from \$0.50
Fruity Bites Cereal	from \$0.50
Homemade ANZAC Cookies	\$1.00
Veg Snack Crackers GF	\$1.50
Popcorn x 3 Flavours	\$1.50
Red Rock Deli Chips GF	\$1.50
Finger Bun	\$2.00
Low Fat Muffins	\$2.00
Banana Bread	\$2.00

Ordering information

All orders are preferred online at Flexischools.com.au or via the Flexischools App and must be in by 9.00am. When ordering online, items must be selected for the break for which they are required. Orders are also accepted over the counter in the morning or by way of class basket. **Recess orders must be collected from the end window at the canteen.** Lunch orders are delivered to the class by class monitors.

Lunches must be ordered.

Download the Flexischools APP today

Kariong Public School Canteen Menu Term 1 2019



Sandwiches, Rolls & Wraps

Prepared fresh in the Canteen. Available every day to order.

Ham or Chicken & Salad	\$5.00
Salad with Cheese	\$4.00
Salmon	\$3.50
Tuna	\$3.50
Chicken	\$3.50
Ham	\$3.50
Salad	\$3.50
Cheese	\$3.00
Vegemite	\$2.00
Buttered sandwich	\$1.50
Buttered roll	\$1.50

Sandwich Extras

Also available to add as extras to burgers and focaccias

Wrap or Roll instead of bread	Free
Gluten Free Bread	\$0.50
Toasted	\$0.50
Avocado	\$1.00
Beetroot	\$0.50
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Lettuce	\$0.50
Pineapple	\$0.50
Salad (Carrot, Tomato, Lettuce, Cucumber)	\$1.50
Tomato	\$0.50
BBQ, Mayo, Tomato or Sweet Chilli Sauce available	

Fresh Salads

Available to order for lunch. Select from Set Salads or create your own

Caesar Salad	\$5.00
Lettuce, Croutons, Bacon, Parmesan & Dressing	
Greek Salad	\$5.00
Lettuce, Capsicum, Tomato, Feta, Onion, Cucumber, Olives & Dressing	
Garden Salad	\$5.00
Lettuce, Tomato, Carrot, Celery, Capsicum, Cucumber & Dressing	

Pasta Salad	\$5.00
Pasta, corn, carrot, capsicum, cherry tomatoes & dressing	

Create Your Own Salad

Avocado	\$1.00
Bacon pieces	\$1.00
Beetroot	\$0.50
Capsicum	\$0.50
Carrot	\$0.50
Celery	\$0.50
Cheese - Tasty	\$1.00
Cheese - Parmesan	\$1.00
Cheese - Feta	\$1.00
Croutons	\$0.50
Cucumber	\$0.50
Lettuce	\$0.50
Olives	\$0.50
Onion	\$0.50
Pineapple	\$0.50
Tomato	\$0.50
Ham	\$1.20
Fresh Chicken	\$1.20
Salmon	\$1.20
Tuna	\$1.20
Sauce/Dressing Sachet	\$0.30



Toasted Focaccias

Add to from Sandwich Extras List

Cheese	\$3.50
Ham & Cheese	\$4.00
Ham & Tomato	\$4.00
Ham, Cheese & Tomato	\$4.50
Ham Cheese & Pineapple	\$5.00

Burgers

Available to order for lunch. Plain or with sauce. Add to from Sandwich Extras

Beef	\$4.00
Fish,	\$4.00
Chicken	\$4.00
Veggie Burger	\$4.00
Any With Salad	\$5.00

Pizza

Available to order for lunch

Ham & Pineapple	\$3.50
Ham	\$3.50
Vegetarian	\$3.50
Cheese	\$3.50
BBQ Chicken	\$3.50
GF Base	Extra \$1.00

GF = Gluten Free

Purchasing during breaks

A wide selection of hot and cold foods will be available for recess to purchase over the counter. Ordering online is the only way to ensure your choice is available at any given time and to check if the food you require is available. Some prices, if you order on Flexischools are cheaper, to help make up for Flexischools' order fee. Lunches must be ordered

Check the noticeboard & Flexischools for specials & meal deals

Hot Foods

Available every day to order

Yummy Drummys Recess Only	\$1.00
Pizza Slice Recess Only	\$2.00
Chicken Noodle Soup GF	\$2.00
Junior Beef Pie (Low Fat)	\$2.00
Garlic Bread	\$1.50
Boiled Rice GF	\$2.00
Cheese Pocket	\$2.00
Ham & Cheese Pocket	\$2.50
Chicken & Cheese Pocket	\$2.50
2 Minute Noodles	\$3.00
2 Minute Noodles GF	\$3.50
Toasties	From \$3.00
Hot Dog	\$3.00
Hot Dog with Cheese	\$4.00
Dinosaurs Chicken Nuggets (5)	\$4.00
Gluten Free Nuggets (5)	\$4.00
Beef Pie (Low Fat)	\$4.00
Beef Pie GF	\$4.50
Sausage Roll (Low Fat)	\$3.00
Sauce Sachets	\$0.30



Homemade Meals

Available every day to order for lunch

Honey Soy Chicken & Rice GF	\$5.00
Beef Nachos	\$5.00
Butter Chicken with Rice GF	\$5.00
Spaghetti Bolognese	\$5.00
Chicken Caesar Toasted Wrap	\$5.00
Chicken Fried Rice GF	\$5.00
Vegetarian Pasta GF	\$4.00
Vegetarian Fried Rice GF	\$4.00

A selection of additional fresh homemade meals will be made as **Specials** and advertised on Flexischools.com.au, the Canteen Noticeboard and Facebook.

