

# Kariong Public School

*A quality education within a caring community*

52 Langford Drive Kariong NSW 2250 T 4340 1885 F 4340 2523  
E Kariong-p.school@det.nsw.edu.au Website www.kariong-p.schools.nsw.edu.au  
School Security No: 1300 880 001



View to the Future

Issue 37 - Term 4 - Week 7

Friday, 23 November 2012

## School dates for your diary

Day	Date	Name
Monday	26 <sup>th</sup> November	Active After School Sports
Tuesday	27 <sup>th</sup> November	Get The Edge Dance Program
Wednesday	28 <sup>th</sup> November	Community Forum – School Hall 2 – 3pm
Thursday	29 <sup>th</sup> November	Active After School Sports
Friday	30 <sup>th</sup> November	Kinder 2013 Playdate 9.30am – 10.30am on grassed area, bottom playground
Friday	30 <sup>th</sup> November	Last day Out of school Sport Yr 5 & 6
Tuesday	4 <sup>th</sup> December	Get The Edge Dance Program
Wednesday	5 <sup>th</sup> December	Year 7 2013 High School Orientation day.
Thursday	6 <sup>th</sup> December	Volunteer morning tea

## Excursion/School Activity Payment Reminders

Activity	Due Date	Amount
K – 2 Party Day 2012	Friday 14 <sup>th</sup> December	\$7.00
Stage 2 Party Day 2012	Wednesday 12 <sup>th</sup> December	\$7.00
Year 5 & 6 Out Of School Sport	ASAP	\$50.00 or 2x \$25.00 (1 per fortnight)
General School Contribution	General Reminder	\$42.00

## Congratulations Caitlin

Congratulations to Caitlin from Year 2, who was one of 48 zone finalists competing at the National Championships for Physical Culture last weekend. Caitlin progressed to the Championship final in her age group, and was placed in the top 12. Well done Caitlin!

## Value of the Month

Integrity involves:

- being honest and trustworthy
- acting in the interests of others
- striving for personal best
- demonstrating patience and understanding with peers

## Term Dates

Parents are reminded that the last day of the 2012 school year for students will be **Wednesday 19<sup>th</sup> December**. School Development Days will be held on the last two days of term 4, 2012. (Thursday 20<sup>th</sup> December and Friday 21<sup>st</sup> December).

## Sun Safety

The incidence of skin cancer in Australia is a matter of concern for the whole community, including schools. Australia has the highest rate of skin cancer in the world with one in two Australians developing some form of skin cancer during their lifetime. Much of the sun exposure that causes skin damage occurs during childhood and adolescence. By the age of 15 many children have developed irreversible skin damage from exposure to the sun.

Students are encouraged to protect their skin by:

- reducing their exposure to the sun, wherever possible
- wearing broad-brimmed hats in the playground to protect the face, neck and ears, and playing in shaded areas. We have a 'No hat, play in the COLA policy for recess and lunchtimes

- using 30+ broad-spectrum, water resistant sunscreen as an adjunct to other sun protection measures.

Amanda Taylor

**Rural Fire Service Visit**

On Wednesday, 21<sup>st</sup> November, Kindergarten enjoyed a visit from the Rural Fire Service.

The children were given a fire safety talk and viewed the two fire engines, sprayed the hoses and dressed in the fire fighters clothing.

They learnt valuable information about safe practices during a fire.

We would like to thank Mick Evans of the Rural Fire Service (one of our KPS dads) for organising this event and also to the friendly RFS team who gave us their time to share a valuable learning experience with Kindergarten.



Class	Assembly Award Winners	
KR	Charlie L.	Olivia P.
KH	Makayley F.	Patrick A.
KT	Amy S.	Emily W.
KM	Emily L.	Tara-Jane W.
KB	Aaliyah P.	Kaitlyn P.
1D	Amelia G.	Jason H.
1H	Elysha O.	Bryson J.
1Q	Kieran W.	Amy K.
2E	Kyara O'B.	Alistair B
2G	Zachary M.	Jayden E.
2R	Williams W.	Amber M.
2T	Tara A.	Kain R.
3L	Jessamene S.	Charlotte M.
3G	Miranda S.	Georgia F.
3A	Chloe S.	Hayden W.
4B	Allyn S.	Molly W.

Don't Forget....  
 The school newsletter is available online for downloading in colour from our website:  
[kariong-p.schools.nsw.edu.au/newsletters](http://kariong-p.schools.nsw.edu.au/newsletters)



**This Weeks Banking Winners are Elysha O. from 1H and Millie C from KR. Well done!**

### P & C News

Kariong Public School Community Forum  
Wednesday 28<sup>th</sup> November, 2012  
2pm – 3pm in Kariong Public School hall.

Kariong P & C is holding a focus group which will discuss parent/community involvement in the school. Topics which we hope to discuss will relate to communication within the Kariong Public School and how the school is meeting the needs of the students along with the parent /community perception of the school.

Parents/community members are invited to attend this forum and join in the discussion. If you are unable to attend but wish to have some input, please contact the P & C by email at [kariongpandc@gmail.com](mailto:kariongpandc@gmail.com) or write a note and leave it at the office.

The purpose of this forum is to build on the school community spirit within and outside the school and to enable more parents to become involved in some decision making through the P & C.

Marilyn Powell  
President  
Kariong Public School  
P & C Association

### Copying and Plagiarism

Copying other people's work and presenting it as your own is plagiarism. It's an increasingly common problem in the online world where material can easily be copied and pasted from websites. Students need to acknowledge the ideas of others when they use them in projects, assignments and assessments. Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/copycats-beware>

### Help your Kids Enjoy Reading

How do you make reading a joy and not a chore for your child? One way is to find information and interesting facts about things that intrigue or interest your child in books, magazines or on the internet. Read and talk about what you find out. Here are some other tips:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/ten-ideas-to-help-your-child-with-reading>

### Who Doesn't Feel Good After a Pint?

It's always good to head down to your 'local' for a pint. Now you can do just that, and save 3 lives at the same time!

By shouting a 470ml pint, you'll provide the much needed blood components – red cells, plasma and platelets, which will go to 3 Aussies in need.

These components can be used to treat accident victims and unborn babies as well as the following:



**152ml Red Cells.** Red cells carry oxygen which is critical for patients with cancer, heart disease or having surgery.

**60ml Platelets.** Platelets are cells that stop bleeding and are used for people going through chemotherapy.

**258ml Plasma.** Plasma is the protein rich fluid that cells float in and is used to produce 17 different life saving treatments.

Just like any local, it's better with people you know, so whether you're coming for the first time or you've been before, grab a mate and head down together. We're just down the road at:

Gosford Donor Centre  
69 Central Coast Highway  
WEST GOSFORD NSW 2250





## PERPETUAL SPORT TROPHIES

All Age Champions from the Swimming, Cross Country or Athletics Carnival who have a perpetual trophy at home could you please return them to the office or to Mrs Berge by the end of Week 9.

Thank you

### Donations needed for Central Coast Shelter

The SRC are asking for donations of canned food, 2 minute noodles or pasta to make up some hampers for the Central Coast shelter to deliver to less fortunate families on the Central Coast and to use in their shelter to feed people. All food to be sent to 5B room.

*Analie Boland*

**P & C  
Christmas Stall  
Tuesday**

**11<sup>th</sup> December, 2012  
2.45pm – 3.15pm  
Outside School Hall**



**crafts  
baskets  
showbags  
to purchase  
fairy skirts and wands  
great stocking fillers available  
be  
quick**



# Sports Dates for 2013!

Below are the dates that we know of for our sporting carnivals for 2013.

Date	Carnival	Location
<b>Monday 18<sup>th</sup> February 2013</b>	<b>KPS School Swimming Carnival</b>	<b>Peninsula Leisure Centre</b>
March 4 <sup>th</sup> March <b>10AM start</b>	BWPSSA District Swimming	Peninsula Leisure Centre
Monday 18 <sup>th</sup> March 2013	Sydney North Swimming	Homebush
Tuesday 2nd & Wednesday 3rd April 2013	NSW State Swimming	Homebush
<b>Friday 3<sup>rd</sup> May 2013</b>	<b>KPS School Cross Country</b>	<b>Kariong Oval</b>
Friday 31 <sup>st</sup> May 2013	BWPSSA District Cross Country	Wyoming Public School
Thursday 13 <sup>th</sup> June 2013	Sydney North Cross Country	TBC
Friday 19 <sup>th</sup> July 2013	NSW State Cross Country	Eastern Creek
<b>Wednesday 31<sup>st</sup> July 2013</b>	<b>KPS School Athletics</b>	<b>Adcock Park</b>
Friday 23 <sup>rd</sup> August 2013	BWPSSA District Athletics	Mingara
Monday 9 <sup>th</sup> September 2013	Sydney North Athletics	Homebush
Wednesday 16 <sup>th</sup> & Thursday 17 <sup>th</sup> October 2013	NSW State Athletics	Homebush



Filled children's bean bags, as new - not used. Jelly Beans is the design on the bags. \$15.00

Donkey Kong game and watch Multi screen from 1982 Limited 1<sup>st</sup> edition. In collectors condition. In original box and packaging. \$199.00

DVD Boxed set – Outnumbered, seasons 1 – 4, as new. \$30.00

DVD series. The Big C. Complete 2<sup>nd</sup> series. As new \$20.00

Xmas tree – 6 foot, fibre optic. Brand new in box \$60.00

Call Narelle on 0401 991 342

### Nutrition Snippet Extra Ways to Make Eating Fruit & Veg Easy



Here are a few more facts that make eating enough fruit and veg easier than you might think...

- Canned and frozen count toward your 2 fruit & 5 veg. Choose tinned fruit in juice (not syrup) and tinned veg with no added salt.
- Don't forget legumes are a vegetable too! They include dried peas, beans and lentils.
- A serve of 100% fruit or vegetable juice (125mL or ½ cup) can count towards the target once only. Juice does not contain fibre, so limit to 1 small glass. Water is the best drink for families.
- A serve of dried fruit can count towards the target once only (1½ Tbs sultanas (a small box) or 4 dried apricots).
- If you find it unrealistic for your child to eat a whole serve at once, you may prefer to offer ½ a serve and increase the number of times you offer fruit & veg.



For more information about the *Eat It To Beat It* program please visit

[www.cancerCouncil.org.au/eatittobeatit](http://www.cancerCouncil.org.au/eatittobeatit)



[www.greenanttoys.com.au](http://www.greenanttoys.com.au)

New Online Toy Shop.

Great Range. Great Toys. Great Value.

Fixed Rate Delivery, or Pick up From Our Somersby warehouse.

Enter the Code KARIONG at the checkout before 30th of November 2012 to receive 5% off your order.

### TAX RETURNS

Prepared From .....  
**\$65**

\*Conditions Apply

**Meany & Associates Pty Ltd** - Registered Tax Agent  
12/36 Railway St, Woy Woy  
PH: 4342 7324

## Kariong Centre NOW OPEN

*"Milestones Childcare, the leader in child education and family solutions, provides quality care for children through a cooperative partnership between parents, staff and communities"*

### Opening Hours

6:30am-6:00pm,  
Monday to Friday

### Location

11 Eyers Rd,  
Kariong 2250

All meals provided  
Qualified, caring staff  
Children aged 6 wks-6 yrs  
Child Care Benefit available  
EYLF Program  
Individual Cot Rooms



Ph: (02) 4340 2211 [www.milestoneschildcare.com.au](http://www.milestoneschildcare.com.au)

# WHY MOVE? IMPROVE

**Steven Bathgate**

**BUILDER**

(Licence 141838C)

**Alterations – Renovations &  
1<sup>st</sup> Floor Additions**



**Mobile: 0407 294 288**

**Fax: 4340 4660**



At Gittoes we are doing things better

Thinking of selling?  
Call Richard Faulkner  
today for a free  
appraisal of your  
greatest asset.

At Gittoes you will enjoy the  
difference.

T 02 4302 1764 M 0414 960 479  
E richardf@gittoes.com.au

## KARIONG MEDICAL CENTRE

"Caring for Kariong"

1/4 Mitchell Drive, Kariong NSW 2250  
Phone: (02) 4340 4444 Fax: (02) 43409 4334

### Our Doctors

Dr Michael Casey,  
Dr Trevor Day,  
Dr Terri Thomson,  
Dr Gerard Thevaranjan,  
Dr Susmita Naidu,  
Dr Anroine Lonka,  
Dr Andrew Lancaster,  
Dr Sue Feng,  
Dr Amir Esmaeili,  
Dr Lucia Mandile,  
Dr Dionne Bolla.

Welcoming Dr Diana Treece

Registrars - Dr Robin White  
Dr Aziz Iboyan and Dr Paula Kavalieros

### Surgery Hours

Monday - Friday 8am to 6pm  
Saturday 8am to 1pm  
Sundays and Public Holidays Closed

### 4 Year Healthy Kids Check

If your child has had their third birthday and has not yet turned five, you may wish to arrange for them to have a Healthy Kids Check provided by your GP or practice nurse.

A Healthy Kids Check is available to all children at or around the time of their 4 year old immunisation and helps to ensure that children are healthy, fit and ready to learn when they start school.



**Peter Tulk**  
**Swim School**

**Ph: 02 4342 3248**

**Mob: 0438 423 248**

47 Springwood St, Ettalong NSW 2257

Owned and operated since 1990

Swim Australia - Austswim Accredited.

Indoor Heated Pool All Levels from 6 Months



Classes held at  
Kariong Public School

- JAZZ
- TAP
- HIPHOP
- BALLET
- BOYS ONLY HIPHOP/BREAK
- LYRICAL/CONTEMPORARY
- ADULTS DANCE FITNESS
- EISTEDDFOD AND PERFORMANCE



**PERFORMANCE  
STUDIO**  
**02 4384 5115**

**PRINCIPAL/ARTISTIC DIRECTOR**  
**CHLOE WILKINSON** Bach of Dance Ed