FROM THE PRINCIPAL

Welcome back to all our students and a special welcome to those students who are joining us at Marks Point Public School for the first time. It was lovely to see everyone back, smiles on most faces and to catch upon some of the holiday news. We look forward to a productive and enjoyable year as we work with you in your child’s education. We also look forward to welcoming our new Kindergarten students who commence on Monday 3rd February.

The number of enrolments, at this stage, indicates that we will keep the anticipated class structure of six classes.

We welcome Ms Brooke Morris, Miss Rhea Laverick, Mrs Cherie Davies and Miss Ashley Way to our teaching staff. Ms Morris will be teaching 1/2F will Mrs Faasisila is acting principal; Miss Laverick will be teaching K/1L while Mrs Johns is on maternity leave and; Mrs Davies and Miss Way will be teaching science and supporting students in their learning across the school.

Where are they?

To assist parents with picking up students and finding classrooms, I have included a map of the current placement of classes. Parents and visitors are reminded that they are required to come into the front office before proceeding to classrooms or the playground areas, when visiting the school. If you are a volunteer in the classrooms or library etc then you are also required to sign in at the front office before proceeding to the classroom etc.

Class teachers are as follows;
KM – Mrs Merran Moore
K/1M – Miss Rhea Laverick
1/2F – Ms Brooke Morris
2/3B – Mrs Sandra Banks
4/5G – Mr Paul Gleeson
5/6L – Mrs Debra Lowe
Other program staff include:
Mrs Michelle Vallender - LAST
Mrs Cherie Davies - Science & LAST
Miss Ashley Way – Science & RFF
Mrs Katie McDonell - Library & Reading Recovery
School Counsellor: Mr Brian McMullen (Mon)
Our office staff include:
Mrs Jenny Garraway and Mrs Jane Campbell-Horn
Our General Assistant is Mr Gary Pollock
Our Cleaner is Ms Romayne Tierney

STUDENT WEEKLY PROGRAM
Classes Begin: 9:00am and finish 3:00pm
Tuesday - Scripture
Tuesday - Guitar
Tuesday/Thursday - Active After School Activities
Friday - Breakfast Club
Friday - Sport
Friday - Assembly
Canteen - Wed, Thurs, Fri
Uniform Shop - Thurs 2:30-3:00pm & Fri 8:30-9:00am

TERM 1 UPCOMING DATES
3/2 Kindergarten Starts
10/2 Swimming Carnival
13/2 School Photos
19/2 Cybersmart Presentation
20/2 P&C Meeting 6:30pm in staffroom
28/2 Clean Up Australia Day

PRINCIPAL’S AWARDS
Congratulations to...
Taj T, Nakayah C, Jayme B, Lachlan B. Hunter S,
Sophie H, Connor C, Brianna C, Lucette K, Cooper T,
Piper L, Ruby P, Bailey R, Georgia W, Oliver P,
Cody G, Emma Y

Week 1, Term 1
30th January, 2014
Parent Information Sessions
These will be made available to parents during week 3. Further information will be sent home shortly.

2014 School Leaders
Congratulations to our 2014 school leaders; Captains – Nicholas Brydon & Piper Lovett and our Student Executive – Drew Collins, Breanna Hood, Ella Magnery and Abbey O’Toole on their election.

Back to School Hotline
Parents and caregivers can get information and advice about how best to prepare for the new school year through the back to school hotline.

The hotline – 1300 738 338 will be staffed between 8:30am and 4:30pm on weekdays and will operate until Friday 14th February. Back to school information is also available on the education department’s NSW Public Schools website (www.schools.nsw.edu.au), including: Tips for parents and students on starting pre-school, primary school and making the transition to high school; answers to frequently asked questions about uniforms, school fees and homework plus school term and holiday dates.

We look forward to their service and the development of their individual leadership characteristics.

Medical Notice
If your child has an allergy, medical condition, takes medication or has any special needs, please inform the school office as early as possible. All medication must be handed in at the front office with instructions for administration.

Student Assistance
Each year the school receives a small amount of funding to help students whose family is experiencing financial difficulties. Parents are able to access this support in a completely confidential manner. The money will be allocated to support students with uniform issues, swimming scheme and perhaps with some excursion expenses. Please let the office, or myself, know if you need to access this support. There is a simple form to fill out.

Newsletter Information
It is anticipated that the newsletter will be sent home fortnightly on Thursday. We use this as our main communication with families so it is important that you check it out each week. It will be sent home with the youngest child unless you notify us of other arrangements. It is also available on our website.

Uniform
Parents are asked to ensure that students are in full school uniform. This includes black shoes and the designated school hat. Students in Years K to 6 are required to wear an approved school hat. These hats are available for purchase from the uniform shop for $12. If for any reason your child is unable to wear a part of the school uniform please send a note with an explanation.

Problem Solving
If you or your child is having any difficulties relating to school please talk to class teachers or myself. We will endeavour to help in any way we can.

Mrs Honi Faasisila
Acting Principal
Active After School Community Registration
We are again very lucky to have been accepted into the Federal Governments Active After School program. This program is offered to students in Primary Schools Years 2 to 6 on a free basis and operates at Marks Point Public School every Tuesday and Thursday from 3.10 to 4.10 during the year. In Semester One the program will offer Sailing / Oz Tag in Term One and Cycling / Tennis in Term Two. Students may enrol by completing the Registration form which was handed out this week. Please be prompt in returning these forms as spots are limited and registered participants will be included in both the Tuesday and Thursday afternoon programs with school numbers dropping. Marks Point PS has a very high reputation as far as the behaviour, attitude and application of our students to this program and I’m sure that 2014 will bring the same energy, commitment and registration from our pupils. If students missed an enrolment form, please see Mrs Lowe.

EXCURSION
Year 6 will be visiting Canberra in June of 2014. Costs to follow along with a note. Please be on the lookout so you are able to budget and pay off this most valuable educational experience for your child.

Stage 3 HELPERS Required
As we commence the 2014 school year I am asking for any Year 6 parent who may be available to assist our senior students with their fundraising efforts throughout the coming year. Any ideas would be greatly appreciated. Look out for the Expression of Interest note. I will also discuss this with parents on the Information Afternoon Session happening soon.

EQUIPMENT LISTS
These lists should have come home at the end of 2013. They give parents an idea of the resources children will require to enable them to adequately function in a productive classroom. We ask all parents to familiarise themselves with equipment requirements within the room and ensure that your child has everything required to commence the 2014 school year. Some things such as glue, biros, and textas may need replenishment toward the end of each term as they are constantly used. Labelling of equipment is also advised so that items may be returned to their rightful owner if lost.

Mrs Deb Lowe
Assistant Principal

Healthy Lunch Box Ideas
Busy kids need a healthy school lunch to boost their energy and help them concentrate and learn in the afternoon. With our top lunch box tips and a 5-day lunch box meal plan, you’ll find packing a healthy lunch to nourish your kids a breeze! Ensure you include a range of fresh fruit and vegetables and vary the food daily so kids don’t become bored.

Top tips for a healthy lunch box
• Always include fresh fruit and vegetables. Vary the selection to keep it interesting.
• Offer a variety of whole grain breads, rolls, pita bread and flat breads.
• Use avocado as a spread instead of butter or margarine.
• Use reduced fat dairy foods. Cheese and yoghurt are ideal.
• Kids need a serve of protein at lunchtime. Ensure you include lean meat, egg, peanut butter, chickpeas or tuna.
• Add a chilled bottle of water and limit juice.

Keep it fresh - packing the lunchbox
It’s important to keep food in the lunch box cold to inhibit the growth of harmful bacteria. Pack the school lunch in an insulated lunch box and include a small freezer brick or freeze a bottle of water and pop it into the lunchbox to keep food cool.

Helpful tips for adding fresh fruit and vegetables to lunch boxes
• Kids like fresh fruit cut and ready to eat. Fruit salad is the ideal lunch box solution; it’s colourful, easy to eat and bursting with vitamins.
• Offer different seasonal fruits each day for a change in flavour, colour and texture.
• Freeze fruits in the summer or for sport days. Simply pop the frozen fruit into a small sealable plastic bag or airtight container.
• If including whole fruit in the lunchbox, select fruit that is a suitable size for a child to easily hold in their hand and eat (this is particullarly important for younger children).
• Peel and slice or cut fruit if possible and choose seedless varieties of grapes, watermelon and Imperial mandarins.
• If you’re added tomato to sandwiches, place the tomato between fillings and not directly onto the bread. This prevents the bread becoming soggy.
• When using avocado, mash or drizzle with a little lemon or lime juice to prevent the avocado from discolouring.
• Mild tasting and crunchy lettuce varieties like iceberg and Oak leaf and Lebanese cucumbers are ideal for kids.
• Add leftover (or cook extra) roast pumpkin or sweet potato to sandwiches, wraps and roll fillings. Naturally sweet and loaded with beneficial antioxidants, roast vegetables team well with a range of fillings.
• Make salads or salad sandwich fillings interesting by using a range of vegetables like grated carrot, snow pea sprouts, lettuce or rocket or baby spinach, sliced celery, tomatoes, avocado and cucumber.
• Use a vegetable peeler to slice cucumber into thin ribbons for sandwich fillings.
Notes In Circulation

* Active After School
* Swimming Carnival

5 facts about strawberries
1. Strawberries aren’t actually berries, they are known as ‘accessory fruits’
2. On average, strawberries have about 200 seeds
3. They’re the only fruit with their seeds on the outside
4. They are a good source of Vitamin C
5. Most children love them!

Why not pack strawberries for Crunch&Sip® this week?