

# Frank Partridge VC Public School

*Educating your child for a bright future*



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Newsletter Issue 35

Week 5 Term 4

8th November, 2016

Welcome to Week 5 of Term 4.

We had another wonderful Kickstart on Friday and it is looking like we will enrol about 25 Kindergarten students next year. This will allow us to run 2 small kindergartens of about 13 students. The little pre-schoolers have been buddied up with a Year 5 friend, and by the looks on their faces on Friday, I think that they will be well and truly ready for big school in 2017. Very exciting times indeed!

It was pleasing to hand out the Newcastle Permanent Maths Certificates on Friday with some students in the top 10% of results. When you consider that the test is sat by over 18000 students from across the state, this is an incredible effort indeed! Well done to Angus, Isabelle, Sonja, Beau, Brooke, Hayley JH, James and Adam!

Sonja Stone also made us a very proud school with her selection in the Regional Debating Team on Monday. She will be accompanied by Mrs Leahy to Sydney, as Mrs Leahy is also helping out with the team. This is an incredible achievement by Sonja and we look forward to hearing about her exciting adventure when she returns from Sydney.

Lucy Smith completes our trifecta of academic excellence when she heads to Sydney on Wednesday for the State Finals of the Premier's Spelling Bee. Lucy has been busy practicing her words every night and we wish her all the best in Sydney. This is an incredible achievement by Lucy and something that she should be very proud of.

This week we will be completing the NHHS work experience orientations. We will be welcoming 10 students over 2 weeks and giving them a taste of just what it means to be a teacher or School Learning Support Officer. I am sure that they will have a great time.

Your child may come home today talking about our fire drill. We practiced our safety procedures as a whole school and discussed various aspects of how we can keep each other safe at school. Please be sure to have a chat with your child about this drill and ask them questions to make sure that they understand what is expected should we ever need to put these procedures in place.

We will be pausing to reflect on the sacrifice of those who have served in our armed forces on Friday the 11<sup>th</sup> November, Remembrance Day. This will be a short, whole school assembly under the cola where we will pause for a minute's silence and take the time to acknowledge the sacrifices made by men and women for our country. Miss Baker and our Captains and Prefects will be in attendance at the official ceremony at the RSL.

Lots of our students' achievements from 2016 are being celebrated in the Hibiscus Happynings over the next few weeks, so be sure to check out the articles!

Have a great week. Todd.

## Diary

### Wed 9th Nov

State Spelling  
Bee Final  
Good Luck  
Lucy!

### Mon 14th Nov

Swim Scheme  
all Week

### Fri 18th Nov

Kickstart 3

### Mon 21st

2017 Captain  
Speeches  
All Week

### Fri 2nd Dec

Family Fun  
Night

Kickstart 4

### Wed 14th Dec

Presentation  
Day

### Thurs 15th Dec

Year 6  
Farewell

## BUS PASSES

### Year 2 Students progressing to Year 3 2017

Transport NSW requires a new application for free travel from students who commence Year 3.

As of May 2016 Transport NSW require all applications to be completed online at [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students). The old blue forms are no longer accepted.

Once you have printed the bus application, please bring the form in to the Front Office to be signed and stamped before it is sent to Transport NSW.

### Class Merit Awards

**KE:** Jacob Andrews, Jazmine Ridgeway, **2/1D:** Levi Quinlin, Mark Brown, **2/1F:** Asher Edwards, Hayley Reibel, **4/3H:** Shania Davis, Tarran Jarrett-Marks, **4/3W:** Patricia Stewart, Eli Griffiths, **4/3D:** Madison Langhans, Max Bowen, **6/5L:** Ethan Poulton, Charlie Craig, Christa Parker, **6/5S:** McKeely Ricaud, Makayla Donovan, **6/5N:** Amanda Voutier, Charlotte Kearney, Brooke Heather, **SCB:** Liam Brown, Nate Kirwan, **Mrs Inchely:** Ciara Carey, **Mrs Trudget:** Makayla Davis, Kden Carter, **Mrs Coulter:** Angela Brown, Riley Reeves, Travis Ingram.

### Class of the Week:

6/5N

**Nutrition Snippet**

## The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.



- Oreo biscuit** – a “sticky sweet” food that will fall in to all the grooves of the teeth;
- Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;
- Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

Eat the following foods, in order, in front of a mirror to see:

**Oreo biscuit** – a “sticky sweet” food that will fall in to all the grooves of the teeth;

**Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;

**Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with “firm favourites” (e.g. fruit and veg) and “powerful protectors” (e.g. cheese, milk, water) and avoid “sticky sweet” foods (e.g. biscuits, cakes, muesli bars, lollies). “Sweet acidic” juice, cordial, sport and soft drinks can attack teeth too.

*Courtesy of: Hunter New England Health, Oral Health Promotion Unit, “Healthy Tums Healthy Gums” program.*

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



**Nutrition Snippet**

## The simplest way

...to pack a healthy lunch box.

Packing a healthy lunch box is as simple as including each of these food groups. And you can combine several in a single item.



A healthy lunch box includes:

- Breads & cereals
- Fruit
- Meat & alternatives
- Vegetables & salads
- Reduced fat dairy
- Water

(A healthy lunch box)

Try a pita pocket (bread) with lamb kofta (meat) and tabbouleh (salad).

Or go for a tub of whole or *puréed* berries with natural yoghurt for a fruit and dairy combo.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



# K-2's Very Spooky Halloween!



WEDNESDAY	THURSDAY	FRIDAY	MONDAY
NAME _____ CLASS _____  CHILLI CHICKEN BURGER WITH SWEET CHILLI SAUCE AND MAYO  PRICE: \$4.50	NAME _____ CLASS _____  HOT DOG WITH SAUCE  PRICE: \$3.50	NAME _____ CLASS _____  BEEF & BEAN NACHOS  PRICE: \$4.50 SMALL \$6.50 LARGE	NAME _____ CLASS _____  3 PARTY PIES SAUCE FM MILK  PRICE: \$5.00

## Community News

### Bowraville Memorial Cup And Youth Expo

Hennessey Tape Oval, Bowraville

**Friday 25th November**  
Youth Expo 10.00am-3.00pm

Weaving

Footy Workshops

Story Telling & Yarning Space

Jumping Castle

Little ones space with games

Dental Van

Elders Tent

DJ and Youth Space

Painting

Memorial Mosaic

Free BBQ

Tug o' war

Interactive Stalls & Education

**Saturday 26th November**  
Memorial Cup 10.00am-4.00pm

Youth Touch Footy

Free to Play

Registration closes  
14th of November

Come and have some fun!!

Under 14s boys

Under 14s Girls

Under 16s Boys

Under 16s Girls

Under 18s Boys

Under 18s Girls

Under 12's Mixed

Barefoot Sprints

Free BBQ

Elders Tent

**Drug and Alcohol Free Event**



For further Information or register to play  
contact event coordinator David Reid on  
6652 0800 or david.reid@galambila.org.au

**SMOKE FREE**  
Anywhere on the sports ground



Education  
Aboriginal Affairs

