

WHAT'S ON

2020
Term 1

Week 3

Wednesday 12 Feb
Athletics program

Week 4

Tuesday 18 Feb
Parent teacher afternoon

Wednesday 19 Feb
Athletics program

CANTEEN

There will be no canteen until rosters have been filled and finalised

Stroud Public School Newsletter

Care, Respect, Responsibility and Fairness

Erin Street Stroud 2425

Phone: 0249945255

Email: stroud-p.school@det.nsw.edu.au



TERM 1 WEEK 2

THURSDAY 6 FEBRUARY 2020

Principal's Report

It was unfortunate that we had to cancel the swimming carnival until next Friday 14th February. We are looking forward to a great day next week!

All the students have settled in really well and are busy with learning and socialising with their friends. If at any time you have a concern please come up to the school to let us know. Often we can solve problems before they become big ones if we know about them.

Absence Notes

Absence notes for you to use have been attached to the newsletter this week. However if you would like to complete the absentee form on skoolbag just go to eForms and then fill in the absentee form.

Emailing of Newsletter

We have also attached a note to update our email list. So if you

would like your newsletter emailed to you please fill out the note and return it to school.

Our parent teacher afternoon will be on Tuesday 18th February so keep the afternoon after school free. A note will come home next week with times on it.

Enjoy your weekend with your children. Hope it rains and there are times when your children can get outside!

Carolyn and Staff.



Starting our athletics with a warm up!

School Events

Swimming Carnival

The combined schools swimming carnival for 8yrs and above is on next Friday 14th February. Please read the note sent home to make sure that you send your child/children well prepared for the day. The children have to be at school by 8.50am to walk to the pool with the teachers. Children on the bus will be picked up at the pool at the end

of the day. The children will NEED to bring their hats, towel, swimmers, protective clothing recess and lunch (unless ordered), PLENTY of water, wear their sports uniform and bring sunscreen. If your child is going home from the pool with someone else or walking then you need to let a teacher know. **Please apply sunscreen before they leave home.**



Remember our 4 bees:

Be caring,

Be respectful,

Be responsible and Be

Fair

**Remember
to wear
your hat!**

Positive behavior for learning

Our learning awards for this week have been awarded to Zane (excellent work ethic to all learning tasks), Lily (her positive approach to all learning activities), Brianna (always doing her best work), Narliah (consistent effort in all areas), Sienna (being a great listener), Sage (great counting skills) and Thomas (taking care with following instructions). Payton (a great effort in reading) was absent for the photo.



School sport activities

Our Athletics program has started so the children can wear their sports uniform on Wednesday and Friday and they can wear their joggers on the other days.

Just a reminder that the swimming carnival is still a school day and even if your child is not swimming they need to come to the carnival.

Term 1 Week 3	
Tuesday	Dance
Wednesday	Athletics Program
Thursday	Fitness run
Friday	Swimming carnival

School Information and Reminders

General Permission

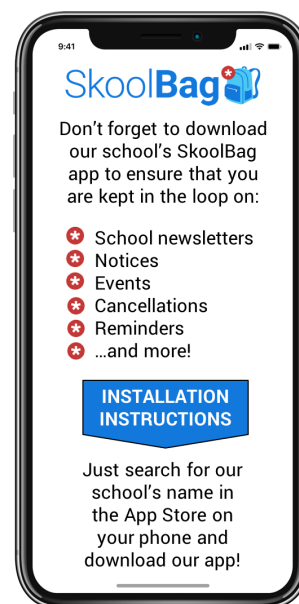
Remember to send in your general permission note this week if you haven't already done so.

Online Payments

Just a reminder about how you can pay your payments online. You can access the make a payment tab on the school's website : www.stroud-p.school.nsw.edu.au Visa or Mastercards only are accepted. You enter payment details, your credit card details and can receive an online receipt. When entering payment details for excursions please put the receipt number on the permission note which will still need to be sent to school.

Book Club

Book Club is attached to the newsletter and will need to be back by Wednesday 19 February.



Please remember to send fruit or vegetables to school for our fruit break every day.



Learning News

Best Start Kindergarten Assessment

Kindergarten have nearly completed their Best Start assessment. In the next few weeks, the school will provide parents and carers with information about the skills that your child demonstrated during the assessment. All of your children learn at different rates so please do not be concerned if your child cannot answer all the questions. The assessment will also provide you with information about what you can do at home to support your child in their learning. If you have any questions please contact Mrs Steele.

Our Library days are:

Monday: Banksia 5/6

Tuesday: Wattle K/1

Wednesday: Bottlebrush 3/4

Thursday: Waratah 1/2

Please bring in your library bag on your day.

Community Information

Please find attached to the newsletter information on:

- ◆ Mind matters marathon Gloucester
- ◆ Football North Coast registration
- ◆ Stroud Pony Club registration
- ◆ Manning Valley BMX club day

Birthdays

No birthdays this week!



Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch & Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

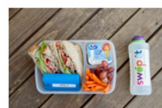
See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.

NSW
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>



Stroud Public School

Erin Street STROUD NSW 2425

TELEPHONE: 02 49945255

FAX: 02 49945408

EMAIL stroud-p.school@det.nsw.edu.au

Dear Parents,

At the beginning of each year we would like to refresh our emailing list.

Could you please fill in the attached form and indicate whether you would like to have your newsletter emailed to you or if you would prefer to have a hard copy sent home with your child. If you choose to have your newsletter emailed then you could print out your own hard copy at home. The newsletter can also be found on our skoolbag app.

Please return the form below to school as soon as possible.

Thanking you for your support of the school,

Carolyn Bowman

6 February 2020

Emailing of School Newsletter

Name: _____ Student's Name/s: _____

☐

Yes, I would like the school newsletter emailed to me.

My email address is _____

☐

No, I do not want the school newsletter emailed to me. I would like to receive a hard copy of the Newsletter.

Stroud Public School P & C

Welcome to the start of Term One 2020.

We hope you all had a happy and restful holiday break.

We look forward to welcoming New members to our P & C for 2020 and beyond.

Our first meeting of the term will be on Wed 26th February at 7pm. Please come along and learn more about how you can help your school. Our meetings are held once a month on the last Wednesday at 7pm in the school Library. It's an informal meeting where we can work with Staff to make improvements to our wonderful school.

First on the agenda is to develop a Roster for School Canteen hopefully starting back Week 6 of Term One dependant on Parents available. If you happen to be free on a Monday during term and would be able to give some time to help run the voluntary Canteen it would be much appreciated. The kids really enjoy being able to order a special lunch at canteen once a week and this can only continue if we get enough Volunteers.

Attached is a Canteen Roster. Could you please complete your details if you would be interested in helping out throughout the Term and have this form back by Friday 21st Feb (Week 4). Canteen can only run every week through Term if we can get three volunteers each Monday. Thank you.

CANTEEN ROSTER

I am available to Volunteer at Stroud Public Canteen on the following dates:

Week 6 – Monday 2nd March

Week 7 – Monday 9th March

Week 8 – Monday 16th March

Week 9 – Monday 23rd March

Week 10 – Monday 30th March.....

Week 11 – Monday 6th April (final week of Term 1).....

GLOUCESTER SCORPIONS SOCCER WINTER SEASON 2020

FREE SOCCER THIS YEAR WITH YOUR ACTIVE KIDS VOUCHER!

2020 SEASON IS HERE - SIGN UP TODAY!



EST 2005

FOOTBALL
MID NORTH COAST

REGISTRATION INFORMATION

Active Kids Voucher
Play Football Help
FMNC Club Registration Details
FMNC Club Contacts

www.fcballmidnorthcoast.com/2020-registrations



EST 2003

FOOTBALL
MID NORTH COAST
REFEREES

REFEREE COURSES
Kempsey (23/2), Taree (23/2)
Port Macquarie (8/3), Tuncurry (16/3)
GAME LEADER COURSES
Port Macquarie (4/3), Taree (11/3)
Kempsey (17/3), Forster (25/3)

www.fcballmidnorthcoast.com/referee-headquarters

Take advantage of free soccer for our local competition, please make sure you have your ACTIVE KIDS VOUCHER before registering.

Info Days

- Saturday 29th February
 - Saturday 7th March
- (10am - 12pm @ Soccer Grounds)

To Register:

www.gloucestersoccernsw.org

Facebook:

Gloucester Soccer Club

Need help Registering?

Call Trudy 0427 589 075

Or email gloucestersoccernsw@gmail.com

Registration Cost

- 5 - 7 years \$75 *
- 8 - 11 years \$95
- 12 - 18 years \$115

* Please come the canteen to finalise registration

Trial Games

- Saturday 14th March
- Saturday 28th March

Season Start

- Saturday 4th April

We will be forming Manning Teams this year

Expressions of interest required by

20th February 2020.

For more information call

Trudy 0427 589 075



GLOUCESTER

Rotary



Mind Matters Marathon

Start at Sat 4pm

Finish at Sun 8am

7th & 8th March 2020

Promoting Mental Health Awareness

Let's
LIFT
THE
LID
ON
MENTAL
ILLNESS

With Australian Rotary Health

Fundraising Event for
Australian Rotary Health

And Lifeline

Lifeline
Saving Lives
Crisis Support. Suicide Prevention.

Marathon starts at 4.00pm at the Recreational Centre, Football field

There will be Educational stalls to visit and get information on promoting Mental Health Awareness.

There will be prizes for

- Team with the Highest Fundraiser
- Fancy Dress or Best Dress Theme
- Most Creative Team Name
- Walk a mile in their shoes (Most decorative shoes, or high heel shoes)



Find us on
Facebook

Cost \$20 per person or

\$50 per family (2 Adults, 2 children under age of 12)

Registration and Tickets on sale at Bowe & Lidbury

Marathon - Music - Outdoor Movie - Prizes

REGISTER YOUR TEAM TODAY!



RHEE TAEKWONDO

CELEBRATING 49 YEARS IN 2019

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STROUD

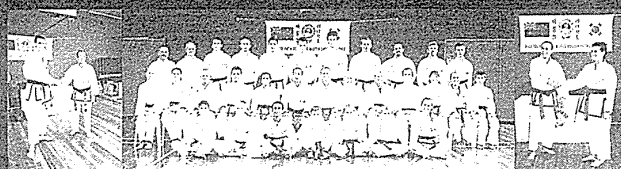
MONDAYS AND THURSDAYS

6.10PM - 7.30PM

School Arts Hall

Cowper St.

Air Conditioned Comfort.



Come along and enjoy fun, fitness
Self Defence
Contact Regional Master Instructor
Judy Tynan on: 0418 682 228

WWW.RHEE-TKD.NET





How You Can Create a Healthy Lunch Box

Cancer Council NSW is keen to promote awareness about healthy eating and has therefore produced its Healthy Lunch Box website healthylunchbox.com.au

Summer is here so keeping some foods cold is very important. The key to achieving this and the necessity to follow hygienic food preparation methods can be found on the website.

Get your kids involved in the planning and preparation of their lunches. This can be a good way to ensure a yummy summer lunch box will be on its way to school.

Keeping your kids sun safe is also most important so don't forget to remind them to slip on clothing; slop on broad-spectrum sunscreen, slap on a broad-brimmed hat, seek shade and slide on sunglasses.

Stroud Pony Club Registration and Fun Day

Date: Sunday 9th February

Start: 9.00am gear check (tack up 8.30am)

Riding Activities: An easy, fun day for all levels of riders and horses – games and sporting.

Location: Stroud rodeo arena

Catering: Barbeque brunch

Fees for riding members: Remember your Active Kids Vouchers!

First and second child: \$150

Third and fourth child: \$125

Fees for non-riding members:

First member: \$40

Second member: \$20

Stroud Pony Club is a very relaxed and friendly club for all ages and levels of experience.



WHY NOT GIVE IT A GO AND JOIN THE FUN!

BMX AUSTRALIA

RIDE IN BMX
YOUR CHANCE TO TRY BMX!

MANNING VALLEY BMX CLUB
INVITES YOU TO TRY BMX!...

DATE:
SATURDAY 15TH FEBRUARY 2020

TIME:
CHECK OUR FACEBOOK!

WHERE:
URARA LANE, TARREE NSW 2430

CONTACT:
MVBMX@HOTMAIL.COM



