

Kandos
Public School



Safe



Respectful



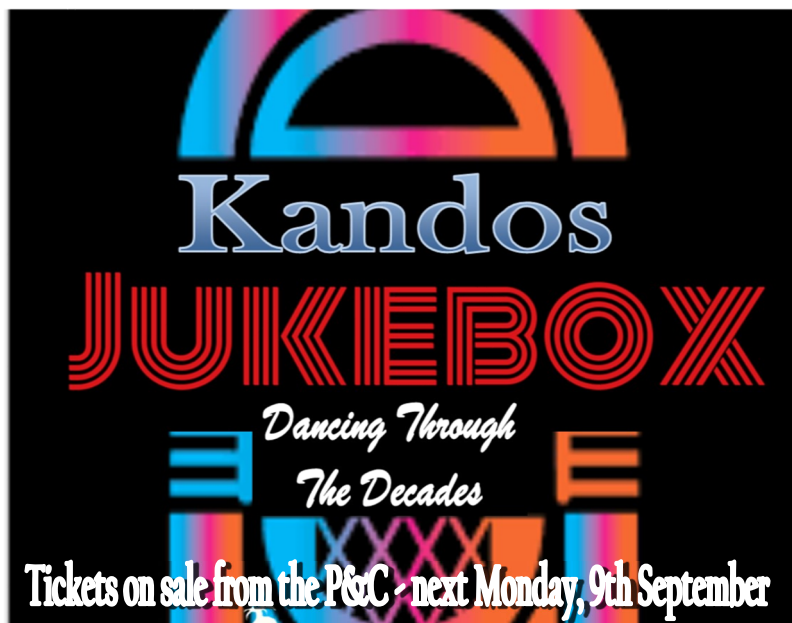
On Task

Term 3, Week 7 – 4th September, 2019



Inside this edition:

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- **Attendances & Absences**
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NEWSLETTER

P rincipal's Report

First Silver Badges Awarded

Congratulations to 5/6 Quolls students - Willow Connellan, Emily Large and Mia Reddish, on being the first students for 2019 to be awarded a Silver Privilege Badge. Silver badges were presented to Willow, Emily and Mia at last Friday's assembly. Silver Privilege badges are presented after students have been awarded 15 Key Cards.

Green Day - 5/9

Students from Years 5 and 6 will join in Landcare Week celebrations by attending Green Day at the Mudgee showground tomorrow, 5th September. Students will be participating in a number of environmental and sustainability activities. A reminder that the bus to Mudgee will be departing from Kandos Public School at 8.45am.

Regional Finals - Premier's Spelling Bee - 9/9

Next Monday, 9th September, Blayney Public School will host the Regional Final of the Premier's Spelling Bee.



Kandos Public School will be sending their Spelling champions to this event. Our best wishes go with Jarod Beckingham and Jocelyn Cafe who will be competing in the Junior Section and to Willow Connellan and Emily Large, our Senior Section contestants.

Kandos Jukebox - Dancing Through The Decades

Preparations and rehearsals for our upcoming Whole School Performance of 'Kandos Jukebox - Dancing Through The Decades' are going really well. Students are smiling, enthusiastic, participating and embracing a range of

music genres! A big well done to all!

Tickets on Sale - 9/9

Tickets for 'Kandos Jukebox - Dancing Through The Decades' go on sale at Kandos Public School next Monday, 9th September. Tickets can be purchased from the P&C in the school playground next week. From Week 9 onwards, tickets will be sold in the front office.

P&C Meeting - 9/9

The September meeting of the P&C will take place next Monday, 9th September in the school library at 3.30pm. All are welcome.

Reminder

A reminder to all parents that students are not to bring mobile devices to school. This includes mobile phones, iPads, iPods and all other electronic/gaming equipment.

Tod Morley
Principal

ATTENDANCE & ABSENCES

Parents of children from Kindergarten to Year 12 must ensure their children attend school every day. On occasions, your child may need to be absent from school. Justified reasons for absences may include:

- Being sick or having an infectious disease
- Having an unavoidable medical appointment
- Being required to attend a recognised religious holiday
- Exceptional or urgent family circumstances - eg attending a funeral

Parents **MUST** provide an **explanation for absence** within **7 days** from the **first day** of any period of absence. Where an explanation has not been received within the **7 day timeframe**, the school will record the absence as **UNJUSTIFIED** on the student's record.

CANTEEN NEWS

Canteen Manager, Mrs Tracey Nolan wishes to advise parents and students that the School Canteen will be closed (all day) on **Tuesday, 17th September**.

BOOK CLUB

Issue 6 Book Club brochures went home with students this week. Book Club orders and money are due back at school by Monday, 9th September.

STUDENT AWARDS - Week 6

'Key Student' Awards

Congratulations to the following students on being awarded **'Key Student'** at the Week 6 Assembly:-

- **K Koalas** - Cherity Bron & Rosie Weekes
- **K/1 Possums** - Ashleigh Beckingham & Monique Spier
- **Emus** - Brad Murphy
- **1/2 Bilbies** - Abigail Bisley & Brysen Banner
- **2/3 Wombats** - Krystal Thorn & Hailey Ashford
- **4/5 Lyrebirds** - Amia Jupp & Emily Gallaher
- **5/6 Quolls** - Aimee Beckingham & Alex Grimshaw
- **Kangaroos** - Shania Norris
- **Goannas** - Connor Pendlebury

PBL Encouragement Awards

Congratulations to the following students on being awarded the **PBL Encouragement awards** at the Week 6 Assembly:-

- **K Koalas** - Braithe Lilley & Logan Spier
- **K/1 Possums** - Tenneysee Docherty & Grace Bonney
- **Emus** - Lewis Semple
- **1/2 Bilbies** - Lexi Smith & Akyah Wilkinson
- **2/3 Wombats** - Riley Hood & Issak Monaghan
- **4/5 Lyrebirds** - David Taylor & Tahlia Sutton
- **5/6 Quolls** - Chelsea Ford & Chloe Robertson
- **Kangaroos** - Khyllarni Docherty
- **Goannas** - Brendan Hogansen



STUDENT AWARDS - Week 6

Bronze Privilege Badges

Congratulations to the following students who have reached Bronze level after being awarded 10 Key Cards and received their badge at the Week 6 Assembly:-

Ryley Sack, Rubyrose Siskovic, Kaysi Munday, Tahlia Sutton, Jeremy Schneider, Andy He, David Taylor, Mia Waterton, Elexis Potts, Ryan Gallaher, Rosie Weekes, Loghan Spier, Sheniqua Kennedy, Isabella Rovella - Hoyer, Jorja Griffiths, Issak Monaghan, Nyah Watmuff, Krystal Thorn, Caleb Welch, Bailey Kuchta, Akyah Wilkinson, Abbygail Healey, Lexi Smith, Sophie Godwin and Makenzie Martin.

JUMP ROPE FOR HEART - 17/9

We're skipping through the term!

Jump Rope for Heart is well underway and it's great to see so many children out in the playground skipping with smiles on their faces. Kandos Public School has already got their fundraising well underway. Well done to these students.

It's not long until our Jump Off Day, which will be on Tuesday 17th September, so keep on practicing those tricks!

And, don't forget to share *your* online fundraising page with friends and family to raise money for a great cause!

Still need to sign up online?

It's easy, just follow this link and enter your details.

www.jumprope.org.au/parents

P&C NEWS

Kandos Jukebox - Dancing Through The Decades

The P&C will have a canteen operating with snacks and drinks that can be purchased at the show. We will also be selling raffle tickets and 100 club tickets.

Kylie Pendlebury - President

TICKET PRICES

- Matinee Show** - 11.30am (doors open at 11am) - Adults \$4.00, Non-Participating Child \$3.00
- Evening Show** - 6.00pm (doors open at 5.30pm) - Adults \$6.00, Non-participating child \$3.00, High School students - \$4.00



Mark Your Calendar

>> UPCOMING EVENTS

DATE	EVENT
WEEK 7	
Thursday, 5th September	Green Day, Mudgee (Years 5 & 6)
Friday, 6th September	SRE



DATE	EVENT
WEEK 8	
Monday, 9th September	Regional Finals - Premier's Spelling Bee - Blayney Public School
	Tickets for 'Kandos Jukebox - Dancing Through The Decades' go on sale - P&C, Playground
	Issue 6 Book Club orders due
	P&C Meeting, Library, 3.30pm
Tuesday, 10th September	-
Wednesday, 11th September	EARLY START
	Student Banking
Thursday, 12th September	-
Friday, 13th September	SRE
	Assembly, M.P Hall, 12.30pm



Jump Rope for Heart - 17/9

PHOTO ON FRONT PAGE

- Shayde Wilkinson



Nutrition Snippet

The simplest way

... to get enough calcium.

The biggest opportunity to build strong bones is in childhood, when children are still growing.

This is why it is extremely important that children eat enough calcium rich foods such as milk or calcium fortified dairy alternatives (e.g. soy milk), cheese and yoghurt. Visit the dairy section of our [lunch box builder](#) to see how many dairy serves your child needs and to get calcium rich lunch box ideas.

Visit healthylunchbox.com.au and try these calcium rich recipes:

- [Minty yoghurt dip](#)
- [Berrylicious smoothie](#)
- [Turkish, avocado, ricotta & tomatoes](#)
- [Easy Pizza](#)

healthylunchbox.com.au



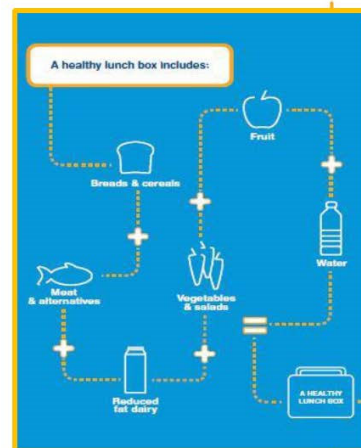
Nutrition Snippet

The simplest way

... to build a healthy lunch box.

A healthy lunch box contains something from each of the 5 food groups plus water.

Our chicken and veg [fried rice recipe](#) ticks off 3 of the 5 food groups. Pack it with yoghurt, some fruit and a bottle of water for a complete lunch.



For more examples and to build your own visit healthylunchbox.com.au

healthylunchbox.com.au



LIVING WELL PHOTOGRAPHY COMPETITION

2019

1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Health
Sydney
Local Health District

Submission By
30.09.2019