

## **Thursday 12th November 2015**

### **Principals Report**

#### **Remembrance Day 11 November**

##### **Gold Coin Donation to Rebuild a School in France**

Can I sincerely thank everyone for the enormous generosity that was shown in donating a gold coin to support the rebuilding of a dilapidated school in the village of Pozieres in France, where thousands of Australian troops died in fierce fighting in 1916. In total the school raised \$345:00 which has been sent through to the Camp Gallipoli Foundation. The fundraising campaign mirrors one conducted in the 1920s when Victorian school children collected pennies to rebuild the shattered school in the village of Villers Bretonneux, which Australian soldiers had liberated in 1918.

Our school will be acknowledged on a special website and on a plaque at the school in Pozieres. Building work is scheduled to begin in July next year and be completed around the same time in 2017. The campaign proposes building seven classrooms, a teachers' common room, a small library, toilets, an assembly hall and some accommodation. Thank you so much for the support of this initiative.

#### **ANZAC Centenary Medallions**

Your child would have returned home yesterday with a commemorative medallion to mark the ANZAC landings at Gallipoli 100 years ago. The medallions were provided by the Pelican Flat RSL Sub Branch and I thank them sincerely for distributing them to our students. In particular Mr Hall, the President of the sub branch has asked that we highlight four words which embody the spirit and tradition of all of the ANZACs and how these values are still so relevant to today's society.

They are:

**Courage**  
**Mateship**  
**Endurance**  
**Sacrifice**

A conversation about these values while your child is showing you the medallion and how they are still so relevant in our contemporary society would be more than appropriate.

#### **Senior Boys Softball**

Our senior boys' softball team played off yesterday afternoon against Marks Point PS for the title of Hunter Central Coast champions. Unfortunately they did not win against a very polished and accomplished side but by all accounts did themselves and our school extremely proud in the manner and spirit in which they played the game and for their very gracious acceptance of losing to a better side. Thank you boys and Ms Caban for your efforts and congratulations on getting to this level of this competition.

#### **Classes for 2016**

This year we are endeavouring to establish our 2016 classes prior to the end of this term and have these classes come together for one day in the last week and meet with the teacher they will be having for next year. The purpose of this is to ensure that our staff are well aware of the learning needs of students they will be teaching in 2016 assisting them in their planning prior to commencing with them next year. For the students they can have their holidays knowing who is

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teaching them and in their own way prepare for the year ahead.

A great deal of planning and consideration goes into the development of classes each year, with many conferences occurring between the current teachers, next year's teachers and the executive staff. This is a very lengthy and thoughtful process which considers the social, emotional and academic level of each student and the dynamics that exist between students. The aim at all times is to place students according to what is believed to be the best learning environment for them so that they can maximize their learning potentials and success. As our teachers know your children very well, they are extremely capable in making these judgements in establishing next year's classes, and therefore parents should be confident that the staff will place your child in the best class and learning environment for him or her to excel. We are very keen to work with families at all times and will make every effort to accommodate any request for class placement that is deemed to be of an exceptional circumstance. To request a class placement for your child in 2016 it must be demonstrated that a significant circumstance exists which directly relates to the impact on a child's learning progress. This would not include requests for placement on the basis of wanting or not wanting a particular teacher. Any request received will be reviewed by the school executive and a decision made on the basis of the best educational interests of the child concerned.

### Primary Ethics

We are still looking for volunteers to become teachers and there is a non-teaching coordinator position. If you might be interested in being involved in our ethics program. I ask you to contact Ms Julie Bell, Regional Manager, Wyong LGA Primary Ethics Ltd M: 0415 697 109. Alternatively enter your details onto the Primary Ethics website under the becoming a teacher tab and that will be sent through to Julie. Full free training will be provided.

### Quality Workers/High Achievers This Week

Student/s	Class	Work Sample/s
Caprice Lockhart	5/6G	Continuously answering questions and contributing to class learning.
Gracie-May Rayner	3/4B	Outstanding fact finding and writing on Volcanoes
Senior Boys Softball Team		Reach the final and being runner up of the Hunter Central Coast Competition

Mr Graham Holmes  
Principal  
M.Ed. Admin., B. Ed.,  
Grad. Cert. Public Sector Management

## Softball

Our school has a fantastic softball team! The team - Seth, Dalton, Kailem, Dylan, Brandon, Kale, Connor, Tallon, Mitchell and Ben are an asset to our school. They have not only won the Central Coast Championship, they have also stepped up, trained hard and gave their "Lake Munmorah best" in a game against Marks Point P S. at Stephenson Park yesterday. Unfortunately they were defeated, however, I am sure all present will agree, they fought hard and



were proud of their efforts.

As a coach, I can say that they were the most enthusiastic (and unique) team I have ever coached. And I am sorry that most of the boys are off to high school so I won't get the pleasure of coaching them next year.

Mrs Tracey Caban



## Fresh Food Friday

Thanks so much to all of the families who have supported our Fresh Food Friday. Not only has this initiative allowed your children to plant and grow a variety of fresh fruits and vegetables, given senior students the chance to pick, pack and sell fresh produce but has allowed families to purchase fresh produce at a bargain price.

So come along each Friday afternoon at 2:45, under the COLA to snap up a bargain. All money raised will be used to purchase seeds etc so classes can grow new plants.

This week - strawberries, mint, shallots, silver beet, rosemary, lettuce, carrots, rocket, marjoram and fresh flowers - all at the bargain price of \$1:00



## Take a Hike Cervical Cancer

Mrs Bennett from LMPS has decided to embark on a 1,300km long hike across the entire South Island of New Zealand to raise funds and awareness for cervical cancer in honour of her sister. Mrs Bennett has suffered the loss of her much loved sister, Tonya, due to cervical cancer. Ten students from Mr Sanday's class have taken the initiative to help raise money and awareness by holding a fundraiser for the Australian Cervical Cancer Foundation (ALLF).

On the 24th of November, the students of 5/6S will be hosting a cake stall and an interactive science show. This day will also be a mufti day. Students can show their support by wearing teal and white and donating a gold coin.

The students of 5/6S will also be selling homemade merchandise at the community fun night on 26th November to raise further funds for the ACCF.

Please show your support for the students in 5/6S, Mrs Bennett and the ACCF by participating in the day!

Tuesday 24th of November:

- Cake stall            50c – \$2
- Science show       50c entry 50c to make and launch a rocket
- Mufti Day            \$1 to wear teal and white

From the students of 5/6S



## Lone Pine

School Leaders Zac Dowdell & Jessi Bailey with the help of prefects, planted a Lone Pine tree in our playground to mark the ANZAC centenary. Three RSL grevilleas were added to form a memorial garden that will eventually be fenced & marked with a plaque.



## Remembrance Day

Thank you to families for their gold coin donations for the Gallipoli Project. A total of \$340 was raised by passing around the slouch hat at our Remembrance Day assembly. Schools around NSW were asked to contribute to the fund to rebuild a school in Pozieres furthering our friendship connection with villages in France. Lake Munmorah Public School will be listed on a plaque at the school.





## LAKE MUNMORAH PUBLIC SCHOOL

# Community Market and Fun Night

Well - Lake Munmorah bring your friends, bring your family and bring all your neighbours because Lake Munmorah Public School are hosting a family friendly Community Market and Fun Night on Thursday 26<sup>th</sup> November. We have already secured over **40** stalls and activities for all the family. We are also having a Chocolate Wheel run by the Lion's Club. So kids start saving your pocket money and parents you can start your Christmas shopping as there is something for **EVERYONE**.

### SOME OF THE STALLS AND ACTIVITIES INCLUDE -

Ice Cream Van	Fairy Floss	Beachwear Clothing
Scentsy Candles	Hand Knitted Items	Kids Clothing
Giant Zorb Ball	Floor Rugs	Jewellery
Beach Art & Candles	Herbs & Spices	Chocolates
Cupcakes	Lollies & Treats	Hair Accessories
Traditional Lemonade & Popcorn	Handmade Tutu's	Lead Light
Sponge throwing	Jumping Castle	BBQ
Coffee Van	Art	Novelties & Show Bags
Nutrimetics	Slushies	Homewares
Lions Club Chocolate Wheel	Pizza Van	Baby Clothes
Lorraine Lee Linen	Novelty Heat Bags	

*Plus so much more ...*

So, save the date and make it a fun filled night with family and friends. It is open to the wider Lake Munmorah Community however all children must be accompanied by an adult.



The Fun starts from 5pm and finishes at 8pm.

**It will be a gold coin donation to enter.**

Hope to see you all there !!!



### Are you looking for something different for your Christmas Photo's this year ?

Well, you will be able to get a stunning Christmas themed photo taken at our market night by fabulous local photographers who are having a stall. So start thinking about what you are going to wear !!!





# SILLY SOCKS 4 SICK KIDS<sup>®</sup>

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Event: Silly Socks Day  
Date: FRIDAY 20TH NOVEMBER  
Time: 9am - 3pm  
Location: Lake Munmorah Public School



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## Australian Government Assistance for National Capital Excursion

Students from our school will soon be undertaking an educational tour of the national capital. While on this tour they participate in a variety of educational programmes focused on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit their National Capital as part of their civics and citizenship education. To assist in meeting the cost of the excursion, the Australian Government is contributing funding under the Parliament and Civics Education Rebate (PACER) programme toward the travel expenses incurred. This contribution will be paid directly to the school upon completion of the excursion.

We would like to thank the Australian Government for their support of this program.

We hope that the excursion is a rewarding experience for all students.

Mr McFarland  
Assistant Principal Stage 3

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**LAKE MUNMORAH PUBLIC SCHOOL**  
**3 DAY CANBERRA EXCURSION**  
**MONDAY 16<sup>TH</sup> TO WEDNESDAY 18<sup>TH</sup> NOVEMBER, 2015**

**EXCURSION SUMMARY FOR PACER APPLICATION**

<b><u>MONDAY 16<sup>TH</sup> NOVEMBER, 2015</u></b>	
6.15 a.m. DEPART SCHOOL ( <i>Coaches Arrive 6.00 a.m. to Load</i> )	
<b><u>GROUP 1</u></b>	<b><u>GROUP 2</u></b>
12.00 p.m. Parliament House - Tour x 2 & Education Program x 1	1.00 p.m. Parliament House - Education Program x 2 & Tour x 1
2.00 p.m. Parliament House - Hospitality	
3.00 p.m. War Memorial - Discovery Zone & Closing Ceremony	
Mt Ainslie	
<b><u>TUESDAY 17<sup>TH</sup> NOVEMBER, 2015</u></b>	
9.00 a.m. Museum of Australian Democracy	9.00 & 9.30 a.m. Electoral Education
10.00 & 10.30 a.m. Electoral Education	11.30 a.m. Museum of Australian Democracy
1.30 p.m. National Film & Sound	
3.30 p.m. National Museum	
7.00-9.00 p.m. Questacon	
<b><u>WEDNESDAY 18<sup>TH</sup> NOVEMBER, 2015</u></b>	
8.30 a.m. Australian Institute of Sport - Tour/Sportex	
10.30 a.m. Telstra Tower	10.30 a.m. Royal Australian Mint
12.00 p.m. Royal Australian Mint	12.00 p.m. Telstra Tower
Approx. 1.30 p.m. RETURN FOR SCHOOL	
ETA approx. 7.00/7.30 p.m. ( <i>depending on departure times, traffic, stops etc</i> )	



# Playing With Colour Workshop

*We will explore:*  
*Colour in our Daily Lives*  
*Aura and Chakra Colour Meanings*  
*Colour Meditations*  
*Healing with Colour - Chakra Balancing*  
*Art Therapy - Colouring in for Adults*

**When:** Sunday, 22nd November 2015 and Sunday, 29th November 2015  
**Where:** Community Hall, Valhalla Village, 25 Mulloway Road, Chain Valley Bay 2259  
**Time:** 10am to 4pm  
**Cost:** \$50.00 - Includes Morning and Afternoon Tea, Mandala Colouring Book and Coloured Pencils, Course Notes. Please bring your lunch. Tea, Coffee and refreshments will be provided.  
**To Register:** Call Robyn on 0408214378 or Email: [robystorrier@bigpond.com](mailto:robystorrier@bigpond.com)  
**Register By:** Friday, 20th November, 2015 by 6pm or Friday, 27th November, 2015 by 6pm



Nutrition Snippet

## The simplest way

...to add veg to a barbecue.

The weather is warming up and so are the backyard barbecues. But it need not be an entirely meat affair. Here are some ideas for adding healthy veg to the barbie:

**Kebabs** - capsicum, zucchini, eggplant and mushrooms work well. Add to pork, chicken or lamb.

**Chips** - slice potato or sweet potato, and grill on the hotplate.

**Salad** - grab some green leaves and toss in tomato, cucumber, carrot, beans, capsicum or whatever takes your fancy!

**Veggie sticks and dip** - chop up carrot, cucumber, and celery sticks to dip in yummy hummus, or an eggplant or beetroot dip.



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Eat It To Beat It



Nutrition Snippet

## The simplest way

...to make tasty summer rolls.

Go for something different in the lunch box and swap a sandwich for a summer roll. These little morsels also make great after school snacks.

### Ingredients

The options are endless! A combination containing a few veg (grated carrot, finely sliced cucumber, avocado, snow peas) + noodles (vermicelli, rice stick) + meat (prawns, chicken, pork) + herbs (coriander, mint) works well, wrapped up in rice paper.

### Method

Prepare filling.  
 Soak the rice paper in warm water until just softened. Remove from the bowl and place on a plate.  
 Divide filling and add each portion of rice paper.  
 Fold over rice paper and roll up, pressing edge to seal.  
 Repeat with remaining ingredients.  
 Cut rolls in half and serve with sweet chilli sauce.



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Eat It To Beat It

# School Diary

*Please stick me on your 'fridge'*

2015						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**TERM 4**

**November**

- 13 12:45pm K-6R Parent Assembly
- 16 - 18 Stage 3 Canberra Excursion
- 17 Rockpool Adventures Incursion  
6:30pm P&C Meeting
- 18 Rockpool Adventures Incursion
- 19 9:15 - 11:00am 2016 Kindergarten Orientation - Session 3
- 20 Silly Socks 4 Sick Kids Day - Gold Coin Donation
- 25 11:00am Thank You Morning Tea
- 26 5:00 - 8:00pm MARKET & FUN NIGHT

**December**

- 01 Stage 1 Alison Homestead Excursion
- 03 9:30am - End of Year Presentation @ LMHS  
12:00pm - Year 6 Graduation
- 04 Year 6 Luna Park Excursion
- 07 Kinder - Year 5 Class Parties
- 08 Year 5 SURF FUN DAY
- 16 Last Day for Students



**Remember to check out our school website for more disco photos, grandparent day photos and lots more.....**



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