



# Lake Munmorah Public School

## Term 4 Week 6

Carters Road, Lake Munmorah 2259

Principal- Narelle Baldwin

### Upcoming Events

Wed 27th November

11:00am Thank You Morning Tea

11:45am Election Speeches for 2020 School eaders

Friday 29th November

12:20pm 1C Parent Assembly

### Principal's Report

Another busy week has flown by. I had the wonderful opportunity to see two of our students receive the **Rotary Citizenship Award** on Wednesday night. Congratulations to **Kiara and Cate**, who both received the award for their outstanding citizenship in the school. Their commitment to making the school a better place through their actions is excellent.



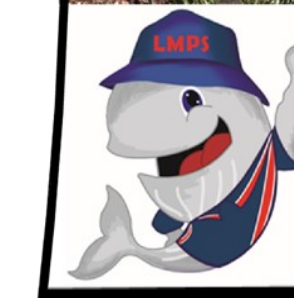
### Green Team News

The Green Team have entered a sunflower competition at the 2020 Morisset Show. They will compete in the categories of:

- The biggest sunflower
- The best small bunch of sunflowers



They have also entered the category of the "best basket of produce". They will be putting their green thumbs into over drive in the coming weeks.



## **P&C Meeting**

The P&C meeting was held on Tuesday this week. Thank you to the P&C team for their commitment to fundraising this year. I am looking forward to the final event of the year—the Family Fun Night—on the 4th December, from 5pm-7pm. Please come along for a great get together on that afternoon.

The P&C are always looking for new members. Meetings are advertised in the newsletter and on the P&C Facebook page. Anyone who can come along to meetings in the coming year would be most welcome.

We are also continuing to seek for volunteers for the Breakfast Club, which runs each morning from 8.30.

## **Updating information**

Please call into the office if you know you have information to update, such as a phone number change or you have recently moved house. Also, if your child is in Year K-5 and you are not returning after the holidays, please notify the school.

Narelle Baldwin

Principal

5C have been creating their own versions of fairy tales with wicked twists. Sophia wowed us all with her version of Jack and Jill.

## **Jack and Jill**

I guess you think you know this story.

You don't.

The real one is much more gory.

The phoney one (the one you know)

Was cooked up years and years ago,

And made to sound all soft and sappy.

All to make the children happy.

Mind you they got it all wrong.

Many lies in just one song.

Jack and Jill went up the hill to play a little game,

Jack fell down (far, far down),

And nothing was the same.

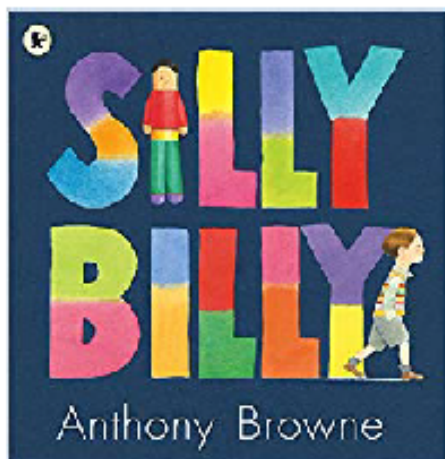
She carried him home,

With a big, big groan.

He wouldn't listen to what she said.

Years and years have past and he's still lying in bed.

By Sophia L 5C



KL read the book Silly Billy.  
They then wrote letters to Billy  
telling him things that they worry  
about.

Here is some of their first ever

Dear Billy

I am worried about a fire hurting hunter.

From Ivy

Dear billy

I am worried that my bed will come to life. I think my bed has a  
mouth From Isaac

Dear Billy

I worry when it is dark and when my mum dies and when I have  
nightmares. From Donald.

Dear Billy

I worry about sharks and I worry about fire.

FROM COOPER

Dear Billy

I am worried that dogs will bite me.

From Charlie





This year, on behalf of the Southlake Marketplace in Lake Munmorah, we are collecting non-perishable grocery items, and toys or gifts that will go towards making hampers for families in our community that need our help this Christmas.

Your kind donation is greatly appreciated and truly demonstrates the Christmas spirit with the gift of giving.



**OPEN**

Monday 25<sup>th</sup> November – 8.30am-9.00am

Monday 9<sup>th</sup> December – 8.30am-9.00am

**D&C Family  
Fun Night  
Save the Date  
Wednesday  
4th December  
5 – 7pm**



To all our wonderful parent  
helpers, volunteers and Scripture Teachers at  
Lake Munmorah Public School

We would like to say thank you for all the  
wonderful help you have given our school over  
the past year.

Please come along and let us show our  
appreciation, for all you do, at our annual  
**Thank You Morning Tea**

When: Wednesday 27<sup>th</sup> November 2019

Time: 11:00am

Place: Lake Munmorah Public School Library

Please come along, we look forward to seeing you



## Canteen News Term 4

### Week 7

#### Slushies

\$2.00

#### Hash Browns Breakfast Only

\$1.00



#### Lunch 1 & 2

#### Caesar Salad Bowl

\$4.00

#### Chicken Caesar Salad Bowl

\$5.00

#### Salad Bowl

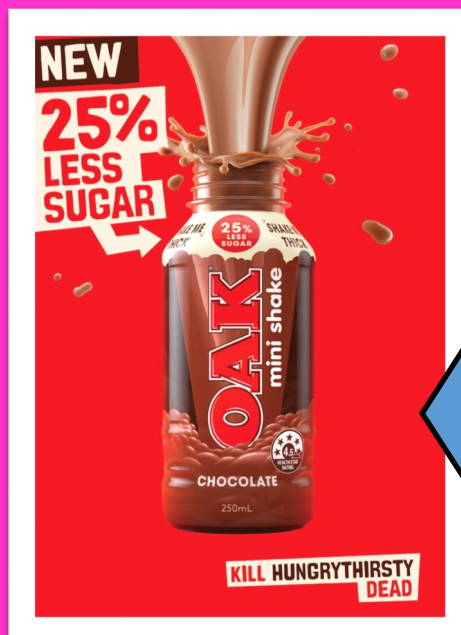
\$4.00

#### Add Ham ,Tuna, Chicken or Egg

\$5.00

#### Fruit Salad Bowl

\$4.50



\$2:50



## The simplest way

... to pack a picnic.

Summer is a great time to enjoy picnics with friends and family. We find it easiest to pack some different kinds of breads and crackers such as baguettes, wholemeal rolls, Lebanese bread, rice cakes and corn thins in the picnic basket and then a range of fillings in an esky for everyone to create their own lunch. Try these delicious fillings:



- [Hummus](#)
- [Kale and basil pesto](#)
- [Guacamole](#)
- Different types of cheese (cheddar, labneh, cream cheese)
- Sliced veg (e.g. tomato, capsicum, beetroot, lettuce)
- BBQ chicken

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## The simplest way

... to pack a Christmas lunch box.

This bright and colourful Christmas themed lunch box is delicious and ticks off all 5 food groups. It includes:



- [Chicken and couscous salad](#)
- A yoghurt tub
- Diced watermelon
- Cucumber and cherry tomatoes
- [No bake cookies](#)
- Water

For more recipes, ideas and lunch box inspiration visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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# CENTRAL COAST RUGBY LEAGUE

## GIRLS 9S COMPETITION

### 12S

### 14S 16S

## GUMBUYAH OVAL

## SATURDAY

## 30TH NOVEMBER



WE ARE COAST!!



**Westfield**



**GLENCORE**

## Star Struck Christmas Showcase 2019

Bring the kids and come and support local  
singers perform!

**THURSDAY 28TH NOVEMBER |  
FROM 5 - 6 & 7 - 8 P.M.  
WESTFIELD KOTARA ROOFTOP**

JOIN US FOR A NIGHT OF FREE ENTERTAINMENT, FEATURING OUR  
BEST PERFORMERS AS THEY DAZZLE US WITH THEIR TALENT



### Supporting Healthy Relationships

Free workshops for domestic and family violence awareness

Domestic and family violence (DFV) is a major issue with current statistics showing that the Central Coast has some of the highest rates of DFV in NSW.

DFV does not discriminate. It occurs within all age ranges, ethnic backgrounds and economic levels and can have lifelong impacts for victims, perpetrators and their families.

Presented by Danielle Habib, Catholic Care's Violence Prevention Educator, our free workshops will help you:

- understand DFV and healthy relationships
- discover how to support a friend or family member
- learn safe actions and responses to DFV.

#### Workshop dates and details

- **26 November** – The Erina Centre (meeting room 3), 9.30am-11.30am
- **27 November** – Peninsula Theatre Woy Woy, 9.30am-11.30am
- **3 December** – San Remo Neighbourhood Centre, 9.30am-11.30am
- **10 December** – The Art House Meeting Room, 9.30am-11.30am

For further information, contact Sara Blanchfield  
on 02 43505377 or visit  
[centralcoast.nsw.gov.au/events](http://centralcoast.nsw.gov.au/events)

