

Ashmont Public School

Bulletin

To Dream. To Inspire.

To Succeed.

Yindyamarra







Term 3, Week 3-4



A Message from our Principal

Marketplace Performance

I was extremely proud of our students as they performed at the Marketplace last Tuesday. They sang and danced beautifully and impressed all who were able to attend the performance. Kindergarten certainly dialled the cuteness level up to 15!! Thank you to all who came along. It is lovely to see the students faces light up when they spot a parent, carer or friend in the audience who have come to see them on stage.

Australian Ballet

We were extremely lucky to have members of the Australian Ballet come to the school last Wednesday to run workshops with our Year 3-6 classes and then perform a show for the whole school. The students were mesmerised by the dancing. A fabulous experience for everyone.

Book Parade

Thursday's Book Character Parade was once again a highlight of the year with some amazing costumes. Thank you to all the parents who worked hard to organise costumes for their children and those who came along to share the day. The students had so much fun and our staff, all in Harry Potter themed costumes, had a ball as well!

Kinderstart

We are now taking enrolments for Kindergarten 2020. If your child is starting kindergarten next year they are eligible for our Kinderstart Program in Term 4. Kinderstart allows the children to become familiar with the school environment and routines, and to know Ashmont Public School is a happy, safe place to be. Kinderstart offers programs in social skills, talking and listening and addresses pre-literacy and pre-numeracy areas. Please see our office ladies to enrol your child in this very beneficial program.

Diana McGregor Principal



Important Dates

Oasis Swimming CentreTerm 3, every Friday for 8 weeks - Permission note and payment to the front office.Intensive Learn to Swim Program-1 Lime, 1 Yellow, 1 Gold, 2 Pink, 2 AquaMonday 9th-Friday 20th September, permission note and payment to the front office pleaseStage 3 Annual Camp- Canberra27th-29th November, 2019, permission note and non-refundable deposit to the front office. Limited spaces.Gymnastics Program- KR, KB, K/1GTerm 3, every Tuesday for 8 weeks, permission note and payment to the front office.Trent Barrett Shield-Year 3 & 4Tuesday 3rd September, permission note returned to the front office please.Musica Viva- Makukuhan22nd August, payment and permission note to the front office please.

Week 8- Life Education Van

The mobile Life Education Van will be held at the school from Monday 9th September through to Thursday 12th September, 2019. All students from K-6 are expected to attend as this is part of PD/H/PE curriculum. The proposed programs are:

- Early Stage 1- My Body Matters- Healthy food choices, importance of physical activity, safety.
- Year 1- Ready, Steady, Go- Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety and decision making.
- Year 2- Safety Rules- Problem solving, personal safety, seeking help, how to care for others and behaviours that maintain friendships.
- **Stage 2- bCyberwise-** Explores cyber safety through animation, vox pops of children, relevant scenarios, discussion and problem solving.
- **Stage 3-Relate, Respect, Connect-** Teaches the knowledge, skills and attitudes that children need to develop and maintain respectful relationships both on and offline, including effective communication skills, development of empathy and conflict resolution skills.

Cost is \$5.00 per person

Students will have the opportunity to purchase Life Education merchandise during the visit. Further information will be forthcoming closer to the date.

Principal's Awards

Week 2-Cheyanne Chattaway & Katie Putland

Attendance Award: Alex Moran

Week 3- Attendance Award: Alexander Ramos

Principal Award: Liam Griffiths & Tyler Jackson





Merit Award Winners- Week 3

Kinder Blue- Ariarna Rintoul-Murphy, Aaleyah Parkes
Kinder Red- Noah Pike, Jeremiah Halovic
K/1 Gold- Lilly Jackson, Hillary Adams
1 Lime- Maleah Black, Abdulbaaqi Salam
1 Yellow- Alexander Ramos, Joziah Jackson
2 Pink- Declan Hartley, Summah-Lea Moore
2 Aqua- Declan Boland, Julius Kinder

Merit Award Winners- Week 3

3/4 Ochre- Marley Little, Taylor Tyrrell
3/4 Sapphire- Naquwon Leleca, Taio Mescia
3/4 Magenta-Aaliyah McDonald-Knight, Kristy-Lea
Anderson

5/6 Scarlett-Laken Paewai, Preston McKenzie5/6 Indigo- Martin McKenzie, Macey Clark5/6 Lilac- Jakiera Jones, Tysin Besley

Merit Award Winners- Week 4

Kinder Blue- Emily Thomas, Andrew Metz
Kinder Red- Simone Harland, Deminika Ballinger
K/1 Gold- Bethanie Darling, Samuel Fogarty
1 Lime- Enith Brown, Janaya Ballinger-Niki
1 Yellow- Darcey Putland, Anastasia Pike
2 Aqua- Bailey McKenzie, Amarli Grovenor

Merit Award Winners- Week 4

3/4 Ochre- Isabella Pike, Jaylem Honeysett
3/4 Sapphire- Liam Lang, Wil Neilsen
¾ Magenta- Te Naera Harbour, Shanylah Jackson
5/6 Scarlett-Caius Mescia, Bella Knight
5/6 Indigo- Mia Reid, Louie Jimenez
5/6 Lilac- Shakyla Ede, Kayla Van-Beers

Education Week- Monday 5th & Tuesday 6th August, 2019



Book Parade- Thursday 8th August, 2019





















Nutrition Snippet

The simplest way

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.

Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes suck as <u>poppletana</u>.
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezerfriendly lunch box items such as fruit or <u>veoie</u> muffins.
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.

healthylunchbox.com.au



Intensive Learn to Swim Program Weeks 8 & 9

An intensive 10 day "Learn to Swim" Program for Stage 1 students will commence Monday 9th September and conclude on Friday 20th September. Students will travel via bus to the Oasis Regional Aquatic Centre.

Cost: \$50.00 (\$5.00 per day) This includes bus travel and entry.

All Stage 1 students are expected to attend and early return of permission notes would be appreciated.



Jump Rope for Heart

Don't forget to sign up for Jump Rope for Heart @ <u>www.jumprope.org.au/parents</u>. Sponsorship information was sent home this week with each child. Register your child, start raising money and have fun skipping!



Kaiden and Cynthia dressed up for the parade.

