Dear Parents and Carers

Yesterday, it was my absolute pleasure to accompany our 2016 Leadership Team to Sydney for the National Young Leaders Day forum held at Allphones Arena with 600 other primary aged leaders from across the state. We heard inspirational messages from Police Commissioner Andrew Scipione, Ben Austin- Gold Medal winning Paralympian Nathan Want (Author, Speaker, Educator) and Melanie Lee (Children’s Author) just to name a few. The topics centred around the theme ‘MASTER THE LITTLE’. This connected deeply with me, with regard to all learners. We must practise and work hard at perfecting the little things we do each day, so that when it comes to the big things, we are ready. Paying attention to the small steps such as participation in school life and culture, practicing small skills until you get good at them and even more simply being here every day, shows that you are invested in learning. These are easy things that we can do to ‘Master the Little’. The website for more information about this event is at www.halogenfoundation.org

This Friday our school will be participating in the ‘Schools Clean Up Australia Day’ campaign, along with 48,000 other schools who join in this significant national event. Our Environmental Ministers have put a report in this newsletter for you. Please send your child with a set of gloves. We will discuss with children safe practises for picking up items and what to do with them. We will only be on our school grounds. Keep an eye on our school website Gallery page for photos of the day.

At our school assemblies each Friday, I am going to be exploring ways in which we can all build on our social and emotional learning by using our 5 Keys to Happiness: Confidence, Persistence, Resilience, Getting Along and Organisation. Our focus for this week is: GETTING ALONG. Each week I will put a section in the newsletter that you can talk about with your child.

Looking forward to seeing you in school. Have a great week learning.

You Can Do It—Getting Along

Habits of Mind that Build Getting Along

Playing by the rules

Means thinking that by following school rules, school will be a better and a safer place to learn

#kspsisagreatplacetobe

MRS MAXWORTHY - Principal
Week 5
KC
Callum
Reed
Nina
KF
Flynn
Alexander
Orla
K/1P
Hugo
Leila
Xavier
Hannah
1V
Mathew
Lucas
Jessica
1/2G
Sienna
Linnea
Tom
2/GT
Jeremiah
Tegan
Jessica
Week 5
2/3E
Oliver
Sophia
Arabella
3P
Cameron
Laila
Chloe
4W
Hugo
Oliver
Holly
4/5E
Nate
Olivia
Amelia
5/6W
Samantha
Melati
Callum
HSU-B
Aissata
Week 5
5/6J
Will
Ben
Mia
MS SQUIRE
Xavier
Lucy

ASSEMBLY AWARDS

CLEAN UP SCHOOL’S DAY
On Friday 4 March it is “Clean up School’s Day” at KSPS. Classes will be spending a small portion of their time cleaning the school grounds and removing rubbish. Please ensure all children have gloves for our Friday clean up.

Kate & Jacob
Environment Ministers

2016 ICAS COMPETITIONS
This year the school has elected to participate in three ICAS competitions. This year students will have the opportunity to participate in Writing, Spelling and Mathematics. All three competitions relate to school objectives in 2016. Payment for participation in these competitions is due on Thursday 7th April. No late payments can be accepted. Information notes will go home on Wednesday 2 March. For further information about these competitions please go to https://www.eaa.unsw.edu.au/ or speak to your child's teacher.

Lee Englefield
ASSISTANT PRINCIPAL

Upcoming Events for your calendar 2016
4 March: Clean Up School’s Day
9 March: P&C AGM Meeting 7pm
13 March: Grounds and Gardens Volunteer Day
24 March: Easter Hat Parade (information to follow)
25 March: Good Friday
28 March: Easter Monday
8 April: School Athletic Carnival (information to follow)
Hello from the Canteen for another awesome week. I would like to say a huge thank you for all your help. The canteen is handing over $1000.00 to our hardworking P&C. We truly rock at KSPS!

Can I say what an amazing effort, on how much fresh produce eg; our Eat Fresh Deals are. Everyday I have FRESH BAKER’S DELIGHT BREAD and rolls from JOSLIN STREET. Wholegrain/wholemeal/white available and mission wraps in white and wholemeal are available. Parents and carers can pre-order now at the canteen.

This week’s Specials- This week’s special includes bonus milk & juice cup- JUMP ON IT!

**Jumpn’ chip $3.00**
- 6 chicken chippies
- 1 pkt jumpys
- 1 FREE milk or juice cup

**Eat Fresh Deal $1.50**
- 1 chicken, ham, red salmon, egg sandwich/wrap/roll.

WOW what an extraordinary deal…..it’s cheap to EAT Fresh @KSPS

**Now in stock**
- Raspberry & lemonade icypoles $1.00

Please note: Mineral waters are “Quench” low sugar and low carbonated - they come in lemonade, orange, apple raspberry, lemon lime $1.80

**Burger Blitz $3.20**
- 1 chicken or fish burger with lettuce & mayo
- 1 pkt cookies
- 1 FREE milk or juice cup

**FIONA BEST**
Canteen Supervisor

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**AN INVITATION TO CARERS**

Do you provide care and support to another person?
You are invited to Carer Connections
Take the Opportunity to Connect with other Carers and listen to our Guest Speaker!

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

**GUEST SPEAKER:** June Morris - Service Manager
Newcastle/Lake Macquarie Dementia Advisory Service

**TOPIC:** “Dementia and why you need to know about it”

**VENUE:** Wallsend Diggers, 5 Tyrrell Street, Wallsend

**TIME:** 10.00am – 12.00pm

**COST:** Free - includes Morning Tea

**WHEN:** Thursday 31 March 2016

**RSVP:** Thursday 24 March 2016

**For more information or to Register Contact:** HNE Carer Education & Support Program – Hunter on: 4924 6146 or 1300 887 776
or Email: Edsource.hunter@health.nsw.gov.au
(We ask that you RSVP for catering purposes)

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**COMMUNITY NEWS**
NEWS FROM THE P&C

P&C MEETING

The next P&C meeting will be held on Wednesday 9 March 2016 at 7.00pm in the school library. This meeting is our AGM, everyone is welcome to attend. If anyone is interested in becoming a member of the KSPS P&C Association and/or taking on a position, please download and complete the form from the school website www.kotarasth-p.schools.nsw.edu.au. Membership fee is $2.00. Please leave completed forms and money at the office or bring it on the night of the meeting.

EASTER RAFFLE

The Easter Raffle will be drawn at the Easter Hat Parade on Thursday 24th March 2016. We will be sending home raffle tickets next week. Tickets are $1 each, with 10 tickets in each book. If you do not plan to purchase or sell any tickets, we would appreciate if you could return the unused tickets to the office. If you require additional tickets they will be available from the office. We will again be asking for donations of Easter Eggs to make the prizes spectacular. Please bring any donations to the office from 15th March onwards. Check out the photos from last year raffle prizes on the P&C Facebook page.

ATHLETES FOOT ‘BACK TO SCHOOL’ PROGRAM

Any member of your family need new shoes? The Athlete’s Foot will donate $5 back to our school for each pair of shoes you purchase. All you need to do is put a sticker on the chart next to Kotara South Public School P&C when you make a purchase at any of the local stores. We had 18 stickers at the Kotara Store last week, which equates to $90 coming back to our school. Well done KSPS.

UNIFORM SHOP

The uniform shop will be opened Thursday 3 March & Monday 7 March from 8.30am to 9.00am. Please check the Facebook page as there may be some mornings due to work commitments that the uniform shop may not be opened and an alternative date will be advised. If you are unable to attend the uniform shop when it is open, please leave your order and money at the office and it will be given to your child to take home.

KSPS P&C FACEBOOK PAGE

P&C DATES TO REMEMBER

P&C AGM Meeting – 9 March @ 7pm
KSPS Garden and Grounds Group Volunteers Day - 13 March 9am to 11am
Disco – 16th March
Easter Raffle – 24th March
Bunnings BBQ at Kotara - 14 May 2016 and 3 December 2016

Good for Kids good for life

SCREEN FREE QUIET TIME

Some families have a daily quiet time where everyone takes a break. Do your children watch movies during their quiet time?

Why not try some of these activities instead to reduce the amount of screen time they are exposed to during the day and to keep their minds active?

- Reading books
- Arts and crafts
- Puzzles
- Card games
- Listening to some relaxing music
- Spending time in the garden

Nutrition Snippet

...to use leftovers

Need a dinner meal that is also great for lunch boxes? Try our potato fritata recipe. This family favourite can be eaten hot or cold the next day as leftovers.

Ingredients

- 250g sweet potato, sliced
- 250g potato, sliced
- 1 tsp olive oil
- 1 onion, thinly sliced
- 1 bunch baby spinach, washed and drained
- 2 eggs, lightly beaten
- 2 tsp grated Parmesan cheese
- ½ tsp nutmeg

Method

Preheat grill, Grill potato and sweet potato for 45 minutes until tender, or microwave on HIGH (100%) in a covered dish with 1 tablespoon water for 5 minutes, stirring after 3 minutes. Drain well. Heat oil in a non-stick frypan, add onion and cook for 2 minutes until golden. Add potato and sweet potato, toss to combine and brown. Stir in spinach and stir-fry until wilted and moisture has evaporated. Melt eggs, cheese and nutmeg in a small bowl and pour into pan. Cook over low heat until set. Place under hot grill for 2 minutes to brown the top. Enjoy!

For more information visit www.eatittobeatitude.com.au or join us at facebook.com/eatittobeatitude