



# ABERDEEN PUBLIC SCHOOL NEWSLETTER



22<sup>nd</sup> May 2018, Week 4 Term 2

Website <http://www.aberdeen-p.schools.nsw.edu.au>

## FORTHCOMING DATES

### May

Tuesday 22 <sup>nd</sup>	Brain Cancer Beanie Day
Thursday 24 <sup>th</sup>	Athletics Carnival
Friday 25 <sup>th</sup>	Quirindi Horse Sports

**BANKING DAY IS THURSDAY**

## A MESSAGE FROM THE PRINCIPAL

Thank you to all our students who walked to school safely with some of our teachers last Friday for Walk Safely to School Day. Special thanks to Sprinkles the Fairy (aka Miss Lewis) for making a guest appearance!

Beanie for Brain Cancer was well supported today. We had colourful beanies, goofy beanies, supporters' beanies and holiday beanies at our morning assembly. APS is one of several school across the Upper Hunter who participated in this fundraising activity. The Chronicle will report on the success of this initiative, organised by Mrs Lauren Cartwright of Muswellbrook South PS. Your donation will benefit the Mark Hughes Foundation.

I would like to also thank Mr Brian Drewe, Principal of Scone HS for talking to parents last Wednesday night at the P&C meeting. Brian spoke about the programs on offer to students and is very eager to have prospective families visit his school for a chat and tour. Contact Scone HS on 6545 1455 if you are interested.

Best of luck to our boys' soccer team who will play in the first round of the PSSA Knockout today. Next Thursday our boys' touch team will take on Scone PS at Scone. May both teams enjoy a fair game and remember to be a good sport!

## Be a good sport!

1. Have fun
2. Encourage others
3. Be respectful to the other team
4. Follow the rules
5. Be kind when you lose
6. Don't argue with the teachers



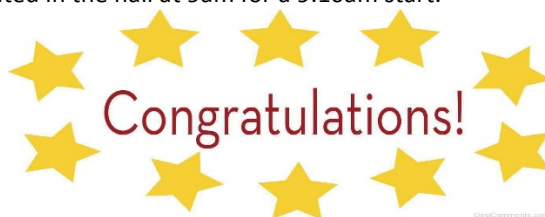
Good luck to our horse riders who are competing on Friday at the Quirindi Horse Sports Day.

I'd like to wish all students who will participate in the Athletics Carnival the best of luck. If you are unable to compete please come along and support your peers.

Regards,  
*Mrs Kerrigan*

## ASSEMBLY

Come along and join us for our K-6 Assembly this Friday. Class 3/4 Orange will perform an item. Guests are to be seated in the hall at 9am for a 9.10am start.



**MERIT BADGE** Noah Lonergan

## PRINCIPAL'S AWARDS

<b>K BLUE</b>	Bailey L. - his thoughtful contributions during literacy talking circles.
<b>K PURPLE</b>	Deacon B. - demonstrating fantastic team work skills.
<b>1/2 YELLOW</b>	Isaac G. - independently applying learnt knowledge to new situations.
<b>1/2 LIME</b>	Riley B. - always trying his best.
<b>2/3 RED</b>	Jai Dee A. - becoming a more active class member by participating in class discussions and including others in games.
<b>3/4 ORANGE</b>	Nikau M. - a persistent effort when completing coding activities.
<b>3/4 BLACK</b>	Tamika R. - excellent effort during writing time.
<b>5 GREEN</b>	Jordon H. - improved focus in all class work.
<b>6 MAGENTA</b>	Seth F. - outstanding contributions to his leadership role by always following our PBL values.
<b>6 AQUA</b>	Camden O. - persevering with challenges and not giving up on getting out of the learning pit.

## MERIT AWARDS

<b>K BLUE</b>	Nixon U.
<b>K PURPLE</b>	Rubi B.
<b>1/2 YELLOW</b>	Scott L.
<b>1/2 LIME</b>	Memphis H.
<b>2/3 RED</b>	Rhys C.
<b>3/4 ORANGE</b>	Ava R.
<b>3/4 BLACK</b>	Lucas D.
<b>5 GREEN</b>	Ethan G.
<b>6 MAGENTA</b>	Noni D.

## PBL AWARDS is for Responsibility

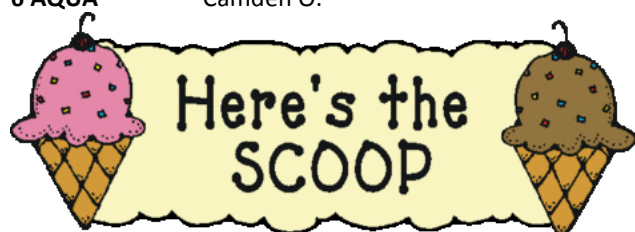
<b>K BLUE</b>	Sienna L.
<b>K PURPLE</b>	Imogen D.
<b>1/2 YELLOW</b>	Oliana L.
<b>1/2 LIME</b>	Elli C.

<b>2/3 RED</b>	Harper H.
<b>3/4 ORANGE</b>	Ruby T.
<b>3/4 BLACK</b>	Ethan H.
<b>5 GREEN</b>	Angus S.
<b>6 MAGENTA</b>	Madison R.

#### PBL @ ASSEMBLY

This week's award is a Croft treat!

<b>K BLUE</b>	Lawson A.
<b>K PURPLE</b>	Beau D.
<b>1/2 YELLOW</b>	Dominic S.
<b>1/2 LIME</b>	Lily R.
<b>2/3 RED</b>	Noah L.
<b>3/4 ORANGE</b>	Alice D.
<b>3/4 BLACK</b>	Lucas D.
<b>5 GREEN</b>	Summer D.
<b>6 MAGENTA</b>	Lucy McC.
<b>6 AQUA</b>	Camden O.



#### K PURPLE – Miss Lewis

In Maths, we have been looking at three-dimensional shapes. We are learning about cubes, spheres, cones and cylinders. On Monday, we used pipe cleaners to construct some of these shapes. We can't wait to try it with marshmallows and toothpicks.



Just a reminder that homework is due back to school on Thursdays.

#### 1/2 YELLOW – Mrs Loveridge

Homework has commenced this term. There are no changes to the homework routine and students will continue with the same grid as last term. If your child still has a home reading book from last term, could you please return it to school as soon as possible as the students' home reading boxes have changed.

We will be using 'Seesaw' this term to share our work with you. Notes went home last term with instructions to download the application. If you did not receive this or are having trouble please contact me.

As the weather is getting colder, please ensure your child's winter clothing is clearly labelled. If your child has lost/misplaced any clothing recently, please contact me as we have a few unlabelled items of clothing in our room.



*How many students can you fit into a police car?*

#### 3/4 ORANGE – Mrs Edwards

Throughout Week 3 our Year 3 students were working hard in NAPLAN, whilst the Year 4 students joined Mrs Edwards and other Year 4 students in the computer room to work on their touch typing skills and coding activities. The children have been busy making video diary entries and providing each other with feedback about strategies and practices to achieve the best results. Our Science unit this term is focussed on Night and Day and we will be providing students with many opportunities for hands on activities. In this week's photo the students were investigating the comparative sizes and distances between the Earth, Sun and Moon.



#### 5 GREEN – Miss Lenton

Last week in 5 Green after much hard work and preparation, we completed our NAPLAN exams. We can now focus on our new topics for this term and get back to a normal routine. Homework will be starting this week.

#### 6 AQUA – Mr Stuart

Aqua are continuing our growth mindset and will be becoming superheroes to highlight our own strengths. We are constantly adding colour to our world and making the most of new challenges by acknowledging that it is OK to ask for help when we need it.

## P&C NEWS

### Canteen

The canteen has had a great first week. Thank you to all our volunteers who have put their hand up to help. If anyone still wants to help out, even just once a term, we would love to hear from you.

### Carpark


We are looking at forming a carpark committee and need some interested people to put their hand up to help. Please leave your name at the office or contact Jodie.

### Fundraising

We are always looking for more people to help with our fundraising committee. If this is something you are interested in, please let us know.

This term we have a disco and another meal deal day to organise.

**Have you downloaded our latest communication tools?**

**Skoolbag**   
Smartphone school to parent communication

Install the Aberdeen Public School App for FREE in the App Store and Play Store.

Like our Facebook page and keep up to date with what's happening at A.P.S.



## ABERDEEN PUBLIC SCHOOL

2019



### KINDERGARTEN ENROLMENTS

Kindergarten enrolments are now being taken by Aberdeen Public School for 2019. If your child will be five by 31<sup>st</sup> July 2019 and you wish to enrol at Aberdeen Public School, please return the slip below or contact the office on 6543 7271. We will send out an enrolment package with information about our Early Birds Orientation Program later in the term.

#### Kindergarten Enrolment 2019:

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Parents' Names: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone No: \_\_\_\_\_

Siblings already at APS: \_\_\_\_\_

 **Nutrition Snippet**

## The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.



Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.

**Eat It To Beat It** 

 **Nutrition Snippet**

## The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

**Eat It To Beat It** 





# Aberdeen Public School Winter Canteen Menu



## **Snacks Available at Recess Only:**

- Raisin Toast with Butter \$0.50
- Pikelets – 3 per serve \$1.00

## **Snacks Available at Recess & Lunch:**

- Fresh Fruit – Apple/Banana/Orange \$0.50
- Fresh Fruit Salad Cup \$1.00
- Fruit muffins – Raspberry/Blueberry/Banana \$1.00
- Calci Yum Yogurt Pouch \$1.50
- Layered Fruit and Low Fat Yoghurt Crumble Cup \$2.00
- Vegetable Sticks with Dip \$1.50
- Dried Fruit Snack Bag \$1.00
- Natural Jelly Cup \$0.50
- Berri Quelch Fruit Stick Frozen \$0.50
- Fresh Popcorn \$0.50

## **Lunch:**

- Crumbed Chicken Burger with Lettuce, Cheese & Mayonnaise \$4.00
- Chicken Tender Strip \$1.50
- Chicken Crackle \$0.50
- Mini Party Pie \$1.00
- Lite Sausage Roll \$2.50
- Sauce Sachet – Tomato/BBQ \$0.30

## **Sandwich & Wrap Fillings**

- Chicken/Ham with Cheese \$3.00
- Chicken/Ham with Cheese & Tomato \$3.20
- Chicken/Ham with Salad \$4.00  
(Lettuce, Tomato, Beetroot, Cucumber, Carrot, Onion, Mayonnaise)
- Vegemite/Strawberry Jam/Honey \$1.00
- Vegemite with Cheese \$1.50

## **Toasted Sandwich Fillings**

- Ham, Cheese & Tomato \$3.00
- Chicken, Cheese and Mayonnaise \$3.00
- Cheese & Tomato \$2.00
- Cheese \$1.50

## **Drinks:**

- Bottled Water 600mls \$1.00
- Flavoured Milk 250mls – Chocolate/Strawberry \$2.50
- Juice Poppers (No Added Sugar) – Apple/Orange \$1.00

**\*\*A limited amount of hot food will be available to purchase at lunchtime so we encourage you to place a lunch order by 9am to the canteen\*\***