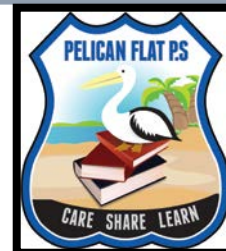


Pelican Flat Public School

Email: pelicanflt-p.school@det.nsw.edu.au
Website: www.pelicanflt-p.schools.nsw.edu.au
Karog St
PELICAN
Telephone (02) 49711543
Fax (02) 49721380
Principal: Mrs Louise Dunn



IMPORTANT DATES

Term 3 Week 6

Event	Class	Activity Date	Cost	Note Home	Due Date
School Assembly	All Students	Monday 25 August	No Cost		
Canberra Excursion	Year 5 & 6	Wednesday 27 August to Friday 29 August	\$320	✓	Last payment due today.
Australian Reptile Park Excursion	Kindergarten to Year 4	Tuesday 2 September	\$30	✓	Please pay as soon as possible.
Touch Football Gala Day	Year 2 to Year 6	Wednesday 10 September		A note will be sent home when details are finalised.	
JOG-A-THON	All Students	Thursday 11 September	No Cost	✓	Sponsorship money due 18 September.
Bahtabah Aboriginal Excursion	All Students	Friday 12 September	No Cost	A note will be sent home when details are finalised.	



Don't forget to download our Skoolbag app to keep up to date with all of the latest news. **Skoolbag is now available on your ANDROID device.**



You can find us now on facebook. Just look for Pelican Flat Public School.

School Excursions

Canberra

We are all very excited about our excursion to Canberra next week. If you haven't handed in your medical information forms can you please do by Monday, I cannot take students away overnight on an excursion without this information. If you need another copy of the note you can find it at the 'Parent Notes' tab on the school website.

Don't forget that you need to pack extra snacks to eat. You also need to bring \$10 in an envelope for me by Tuesday for our afternoon stop over on the way home. I'd like to remind students and parents that if valuable items such as iPods, cameras etc. come on camp that it is the responsibility of the student to look after it. The school will not replace any lost money or any valuable items. If you are unsure if students are responsible enough to bring something of value my advice is that it is probably best left at home. I will have the school camera and will ensure all students get a copy of the photos.

I can't stress enough how cold Canberra can be at times. When packing please ensure all students have adequate clothing to ensure they are warm. I advise that you pack extra just to be on the safe side.

If there is anything you are unsure or concerned about please contact the school as soon as possible to arrange a time to discuss it with me.

Australian Reptile Park

Our Kindergarten to Year 4 students will be travelling to the Australian Reptile Park on Tuesday 2 September. This excursion has been organised to complement the work being taught in both classes on animal species and animal families. Students will be travelling by bus, leaving school at 9.00 am and returning before 3.00 pm. Students will need to be in full school uniform including a school hat. Children will be accompanied by Mrs Heath, Mrs Macdonald and Mrs Marshall. Please return notes and money as soon as possible.

K/1 Class News

Last week our class made hairy caterpillars with Mrs Dunn. The caterpillars are beginning to live up to their name and will need haircuts very soon.

We are also very good at identifying mammals, reptiles, amphibians, birds and fish. You might like to test your knowledge by visiting this website

http://www.sheppardsoftware.com/content/animals/kidscorner/classification/kc_classification_main.htm

Not long now to our Reptile Park Excursion.

Mrs. Heath

Year 3, 4 Class News

Wow! It's week 6 already. Time has really flown by and we are now more than halfway through the term. From our brave public speakers presenting their speeches in front of large unfamiliar audiences, to our fit and fast athletes competing at the Zone athletics, many members of our class have done an outstanding job representing the school over the last two weeks. What better way to finish off such a jam-packed fortnight than with our book fair and parade. I can't wait to see all of the outfits that the students have been excitedly discussing.

Mrs. McDonald

Year 5,6 Class News

We are all really excited about our upcoming excursion to Canberra. In class we have been participating in a range of activities to build understanding of how Australia is governed, how laws are made, Australian identity, heritage and so much more. There will be much excitement as the bus is loaded and leaves very early on Wednesday morning. Congratulations to Chelsea who is going to represent PFPS at the Regional Athletics Carnival next week. We all are really proud of you and wish you luck!

Macquarie Cup Netball.

Very sadly Maquarie cup netball has come to an end for the term.

The PFPS netball teams have consisted of a group of delightful students who have played netball in the true spirit of the game. They consistently showed sportsmanship, teamwork, resilience, courage and skill.

Thank you to the supportive parents, who provided transport, umpired games and braved the cold to cheer the teams on.

It has been a delight to be a part of this experience.

Well done guys! I am extremely proud of you all.

Mrs. Bugbird

Certificate of Excellence Week 3

At our last assembly Kirra Mottley received the prestigious Certificate of Excellence for consistently putting in 100% effort into improving her learning. Kirra tries very hard in everything she does and this is recognised by all staff. Kirra always has beautiful manners in and out of the classroom. Well done Kirra!



Club Grants

Last week Simone Foster and I went to the Clubs Grant Presentation at Club Macquarie.

We were thrilled to receive \$3000 from the Belmont 16s and are yet to receive money from our local RSL Club, the Pelican RSL. Thank you to our local clubs, we really appreciate the ongoing support you show our school. Please remember to support the clubs that support our school.

Book Week

Today we celebrated Book Week at school with a Book Week Parade and Book Fair. Students always amaze me with how creative they can be. I thought all of the costumes were fantastic! Thank you to all of our visitors for coming along and watching the parade and supporting our school.

It was wonderful to see so many people supporting the school by purchasing books from the Book Fair. Thank you to Mrs Hoogwerf for all the extra work that is put in to make sure our Book Fair runs smoothly. Mrs Hoogwerf is always looking out for extra things that the students would like, some of which we wouldn't have if she hadn't actively sought it out. A special thank you to everyone who donated a book to the school today, you will have your name placed in the front of the book so everyone who borrows it in future will know it was donated by you.

Boat Education

On Wednesday we had NSW Maritime visit the school to teach our students about Boat Safety. All students learnt a great deal, learning the importance of being safe in and around water.



Canteen News

Our P&C have put many hours into ensuring that our canteen is offering more and more healthy options. What we have learnt is that a part of ensuring students learn and grow into adults who have the capacity to make healthy choices is that we need to be aware of students perceptions of the foods that they are consuming. This is an interesting topic that we all have our personal opinions on however it is important that consider that when stocking and selling canteen items. We have been and will continue to try new things in the canteen, this will mean that slight adjustments will be made. We have had a number of parents cooking up our delicious healthy lunch items such as curry puffs and lasagnas and appreciate the time you've given up to do this. Thank you to Bec Harvey, Megan Mottley, Rickie Wilson and Brittany Fisher for cooking up a storm in our canteen this week stocking up the freezer and thank you to Rickie Wilson and Lorraine Gibson for organising and cooking our sensational special lunch on Wednesday. Students thoroughly enjoyed the lunch, so much so they were requesting it again.

Lake Macquarie Cup

As this week is the last week students participated in Lake Macquarie Cup I just wanted to say thank you to the people who have supported us over the past two terms. Thank you to the Pelican RSL for lending us the courtesy bus every Friday for the past two terms. We would have had to rely on many more parents if we hadn't have received this support so I'm sure you all join me thanking the Pelican RSL Club. Thank you to Jo Duffin for collecting, driving and returning the Pelican RSL bus every Friday. Our transport wouldn't have been so smooth with out the consistent support of some of our wonderful parents. Thank you to Simone Foster, Tracey Ferguson, Sam Xerrie and Katrina Wyld for transporting students over the past term. Thank you to Jo Duffin for refereeing our netball games throughout the term.

Term 4 Sports

Next term we are offering some new and exciting sporting options; skateboarding at school with Playgrounds Park, Spring Loaded Trampolining, beach walking and beach games. Students will be split into 3 groups and each teacher will supervise a group. Spring Loaded will be the only activity that we cost money and the cost will be \$80 for the term. Sport will run on Friday morning from 10am to 11.30am. Lunch times will be altered to accommodate sport in Term 4.

Zone Public Speaking 2014

Congratulations to Ella, Kirra, Mia, Harriet, Cassie, Dyllan, Sara and Brodiee for representing the school in the Zone Public Speaking Competition last week. A special congratulations to Ella for being awarded a Highly Commended Certificate for her speech on 'Holidays', a huge achievement for her first year of public speaking. Well done!

Notes

All notes can be found on the school website in the school notes tab. If you need a copy of any notes you are able to download and print them.

Entertainment Books

The P&C still have some Entertainment Books left if you would like to purchase them. Our school receives a percentage of the \$60 book cost so the money is going back into the school. The costs of the books are \$60 and from my experience they are well worth the \$60. If you would like to purchase a book please see Kelli in the office.

School Assemblies

Due to our timetable changes and our commitment to Lake Macquarie Cup on Fridays a decision has been made to change our school assembly time to Monday afternoon at 2.30pm every second week (odd weeks). Our next assembly will be held next Monday 11 August at 2.30pm. I encourage our parents to attend our assemblies.

Aerobics to be fit with Miss Nicole

All students will be participating in Aerobics every Wednesday this term with Miss Nicole. Please ensure all students are reminded to wear joggers every Wednesday.



Crunch&Sip®

We all know that eating vegetables and fruits is good for our health but getting kids to eat their vegies and fruit has always been a challenge. Research shows that in NSW only one in four children are eating enough vegetables and less than three in four children are eating enough fruit each day. Drinking water is also good for health but research shows that children only drink water when reminded to.

Eating vegetables and fruit and drinking water is a great recipe for learning because it can improve energy levels, alertness and concentration. Seeing classmates and teachers eating vegetables and fruit and drinking water can tempt even the most reluctant child to give it a go.

Our school is committed to providing a healthy environment for your child. As part of the NSW Health Good for Kids, Good for Life Project we run Crunch&Sip®. Crunch&Sip® involves a time each day when children can eat a piece of vegetable or fruit in the classroom, while class continues. Please remember that this is not a meal, it is an opportunity where students can eat a small piece of fruit while continuing to learn. We don't stop for Crunch&Sip®, we eat while we continue to go on with our work. I ask that when sending fruit or vegetables to school that it is a small size and already peeled or cut where necessary. Students can also have a clear water bottle on their desk to sip from throughout the day.

**EASTLAKES
ATHLETICS CENTRE INC**
**REGISTRATION
DAYS**



WHERE: BELMONT CITI CENTRE
WHEN: THURSDAY AUGUST 28th 2014 between 5pm & 7pm.
OR
WHERE: BAXTER FIELD - Findon Street, Marks Point
WHEN: SATURDAY AUGUST 30th between 8am-3pm
OR
WHERE: BAXTER FIELD-Findon Street Marks Point
WHEN: Each Saturday morning when competition begins
SATURDAY SEPTEMBER 6th between 8am-3pm

AGES: U5 Tiny Tots (Play Training)
U6 to U17 - Little Athletics
U18 - Senior / Masters - Amateurs
(Birth Certificate required for new registration)

ALL LEVELS OF ABILITY WELCOME WITH
EMPHASIS ON FUN AND SELF IMPROVEMENT

ENQUIRIES - 0439 590 088/ 0402 544 200

 Find us at **EASTLAKES ATHLETICS CENTRE**

**'FUN RUNNING AND SPORT FOR THE ENTIRE FAMILY'
COMPETITION COMMENCES
SATURDAY 6TH SEPTEMBER at 8.30AM**

**TAKING
YOUR
FIRST
WICKET**



Find out how you can create
your own cricket moment at
PLAYCRICKET.COM.AU



Summer in Australia means cricket.
And cricket is a fun way for kids to develop fundamental movement skills,
learn about teamwork and get involved in the local community.



rebel



SIGN UP WITH
SWANSEA-CAVES CRICKET CLUB
SATURDAY 23RD & 30TH AUGUST 2014
12.00PM to 2.00PM
SWANSEA MEMORIAL HALL (across from RSL)
CONTACT: 02 4972 0462

CANTEEN MENU

Snacks for lunch & recess

Items need to be ordered

#Carrot sticks	.50c
#Corn Cob	.50c
#English muffin	.80c
(Vegemite, honey or jam)	
*#Hawaiian pizza muffin	2.00
*#Mini Quiche	1.00
Frozen fruit, seasonal	.50c
Mini muffins	1.00
#Pikelets -2 for	.60c
Chips- variety	1.00
Popcorn	.80c
Pretzels	.80c
Jelly cups	.20c
Fruity feet	.10c

Frozen snacks

Juices	1.00
Vanilla cup	1.00
Ice monx	.60c
Berri Quelch	.40c
*Frozen berry yoghurt cup	.60c
* Frozen 100% juice cup	.60c

Thirst Quenchers

Water	1.00
Flavoured Milks	2.00
100% Juice	1.00
Up & Go (choc & vanilla)	2.00

Green items are the healthier options

Open 5 days

Super Sandwiches

(White or wholemeal bread)

Extra toppings or toasted	.50c
Vegemite, honey, jam	1.20
Cheese	1.40
Ham	2.00
Ham & cheese	2.50
Tomato & cheese	2.50
Curried egg	2.50
Egg & lettuce	2.50
Mini munch sandwich	3.50
Mini munch with ham/egg	4.50

Lunch time HOT food 11am

*items are handmade NOT pre packaged.

*Chicken carbonara pasta bake	3.50
*Lasagne	3.50
*Meat & veggie puffs	2.00
Small pie	2.00
Sausage rolls	2.00
Chicken wedges	.60 ea
Chicken Goujons (6)	2.50
Chicken burger –with salad	4.00

All sauces are free

Salad Boxes

Mini munch box - Tomato, lettuce, beetroot, carrot & cheese	2.00
Mega box – large serving of mini munch box	4.50
Super salad- mega salad box with ham/e	5.00