



JESMOND JOURNAL

Diversity Opportunity Success

16 Ralph Street Jesmond NSW 2299
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TERM 1 WEEK 3 2020

www.facebook.com/JesmondPS
www.jesmond-p.schools.nsw.edu.au

DATES TO REMEMBER

Term 1

Week 3

Tue 11 Feb P&C Meeting at 6:00pm in 5/6HK Classroom

Thu 13 Feb Stage 2 & 3 Safe Internet Workshop

Week 4

Wed 19 Feb Zone Swimming Carnival

Week 5

Wed 26 Feb Welcome BBQ & Parent Information Night 5:30pm-7:30pm

Thu 27 Feb Year 6 Transition Day at Callaghan College Waratah Technology Campus

Week 6

Wed 4 Mar Jesmond Goes Pink 2:00pm-2:50pm

Week 7

Tue 10 Mar Whole School Photos

Principal's Message

Good afternoon Jesmond Public School,

Welcome to Week 3.

Classes 2020

The executive and classroom teachers have worked together to place your child into a class for 2020. This process takes countless hours and each student was considered for class placement in regards to their work habits, educational needs, peers and positive friendship groups. At Jesmond Public School, we have committed teachers who are supporting each student to be challenged, take opportunities and succeed.

Sports Captains

Congratulations to our 2020 Sports captains. It is with great pleasure I introduce you to:

Hunter Captains
Munira
Tunan

Hunter Vice Captains
Bibi Zohra
Faraidun

Paterson Captains
Zainab A
Lili H

Paterson Vice Captains
Shazia
Sajedah

SCHOOL HOURS

Supervision from: 8:30am
School starts: 9:00am
School finishes: 3:00pm

UNIFORM SHOP

Mondays: 8:45 – 9:15am

CANTEEN

Term 1:
Wednesday, Thursday and Friday

BREAKFAST CLUB

Term 1:
Monday, Wednesday and Friday



Swimming Carnival

The students and staff had a wonderful day at our swimming carnival last Tuesday. Thank you to the parents who supported our school. A special thank you to Ms Sandberg for organising the day and all the staff for their supervision and encouragement. I was very proud to see our students consistently displaying sportspersonship and encouragement to their peers. The winning house will be announced at Friday's Assembly this week.



- Fun filled program
- Child Care Subsidies available (as low as \$5.00 a session)
- Transport to and from school
- Breakfast & afternoon snack provided
- Services at:
 - Charlestown East Public School
 - Charlestown South Public School
 - Dudley Public School
 - Kahibah Public School
 - Jesmond Public School

Servicing the Newcastle area for over 20 years

0400 722 582
oosh@c3victory.org.au
www.victoryoosh.org.au

Victory OOSH is connected with C3 Church Victory



Parent Engagement

Ongoing research shows that improved parental engagement in schools can reduce absenteeism, improve student achievement and strengthen parents' confidence in their children's education. Please be part of our school and continue those discussions with our staff in regards to your child's education.

Joining the P&C is a valuable way to have a voice in your child's learning and school opportunities. Our P&C meeting is tonight at 6:00pm in Ms Herdegen's room. We look forward to seeing you.

Welcome BBQ & Parent Information Night

I would love to see all of you at our parent information sessions and welcome BBQ on Wednesday 26th February from 5:30pm - 7:30pm. Please see attached invitation.

Swimming Carnival 2020



Sewing for Charity



Last week we received a very generous donation from Katrina at Sewing for Charity! We have been given beautiful hand-sewn library bags, pencil holders and clip purses for toiletries. Thank you! We love them!

Have a great week.
Deborah Kelly

Jesmond Goes Pink – McGrath Foundation Fundraising Wednesday 4th March 2020

On Wednesday 4th March, all students can come out of uniform by wearing pink for a gold coin donation. Children will participate in some cricket related activities between 2 – 2:50 pm. Some Stage 3 students will be assisting teachers with these activities. There will be two rotations K-2 and 3-6.

More information to come closer to the event.

A gofundraise page has been set up for teachers/parents and anyone who would like to donate and get a tax deduction receipt emailed directly to them. All money donated on the gofundraise page will be added to the Jesmond Public School Goes Pink total.

This link will take you to our page.

<https://fundraise.mcgrathfoundation.com.au/fundraisers/karenmorante/pink-stumps-day>





Swimming Carnival Ribbon Presentation



Book Club

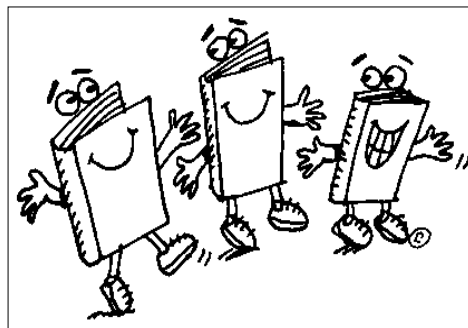
Welcome back. The Issue 1 Book Club order form has now been sent home. Cash payments are still our preference, order however you can order using your credit card by using the LOOP system. There is information about how to use LOOP on the Book Club order forms. If ordering on LOOP please remember to select Mrs Mitchell when you are asked the name of your child's teacher. If you need assistance please see Mrs Mitchell or Mrs Beatty. Issue 1 Book Club orders must be completed or sent to the school by Wednesday 19th February. Thank you.

Library News

Dear Parents,

Just a quick note to let you know about Library Borrowing this year. We will begin ; will have their own library lesson.

5/6HK : Wednesday
 5/6W : Thursday
 3/4D : Thursday
 3/4R : Thursday
 1/2C : Tuesday
 1/2Y : Tuesday
 KD : Tuesday
 KBM : Thursday
 K/6O : Wednesday



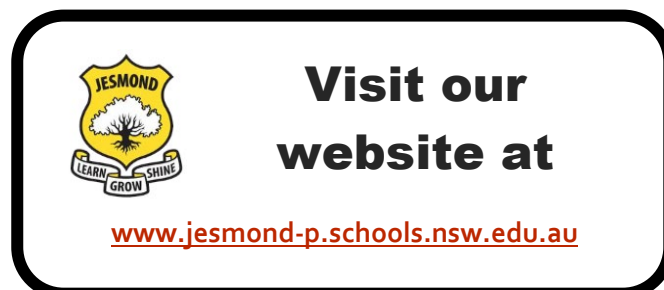
Students will need to bring a library bag to their library lesson if they would like to borrow a book. Library bags help to protect our books.

Swimming Carnival 2020



Assembly Awards

Class	Merit
K-60	Jack
KBM	Utsho, Hana, Connor
KD	Isobel, Mujtaba, Audrey
1/2C	Aleena, Simrah, Stevie
1/2Y	Sharoz, Ruby N, James
3/4D	Sandy, Nepomuscene, Zoya
3/4R	Scarlett, Saly, William
5/6HK	Bailey, Noah, Kiara
5/6W	Izaan, Zainab M, Zainab Z



Community News

Cancer Council NSW is here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy. Developed by dietitians healthylunchbox.com.au is a one-stop shop for everything families need to know about packing a healthy lunch box.

Here's what you will find:

- an [interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- The ability to filter [recipes](#) based on diets, easy to freeze and prep time
- Lots of [quick and easy](#) recipes and [snack ideas](#)
- Regular [healthy eating blogs](#)

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.

See recipe attached to newsletter for great ideas on what to put in childrens lunch boxes.

Chicken fajita roll-ups

0.5 serves of vegetables in each serve

Preparation time: 30 minutes

Serves: 4

0.5 serves of vegetables per tortilla 

Diet and Allergies:

Nut Free (<https://healthylunchbox.com.au/diet/nut-free/>)

Ingredients

½ avocado, mashed
100g cooked chicken, finely chopped
2 tsp our Healthy Taco Seasoning Mix (see recipe)
4 wholemeal tortillas
½ cup reduced-fat cheddar cheese, grated
1 cups lettuce, finely shredded
½ carrot, peeled, finely grated
¼ green capsicum, finely sliced
½ tbsp spring onion, finely chopped

Healthy Taco Seasoning Mix:

1 tsp garlic powder
1 tsp onion powder
1 tsp dried oregano
2 tsp paprika
6 tsp ground cumin
2 tsp salt
½ tsp ground pepper

Method

To make the Healthy Taco Seasoning, mix everything together in a small bowl. This recipe makes bulk seasoning, store in an airtight container until required.

Combine the avocado and 1 teaspoon taco seasoning in a bowl. Combine the chicken and another teaspoon of the taco seasoning in a separate bowl.

Working with 2 tortillas at a time, place in the microwave for 20 seconds on high to soften.

Evenly spread the tortillas with the avocado mix, sprinkle with cheese, chicken, lettuce, carrot, sprouts and chives. Roll up tightly. Place seam side down on a tray and repeat with remaining tortillas.



Are you interested in playing



Waratah Netball Club

Is looking for girls turning 8, 10, or 14 in 2020 to complete our junior and intermediate teams

Training is generally Tuesday afternoons

Games are Saturday's at Newcastle Netball Courts with the first game of the season on 28th March

Don't forget you can use the Government Active Kids Rebate to subsidise registration cost

More information about the club and registration (including details of Government Active Kids Rebate) can be found at www.waratahnetball.asn.au or by contacting Nick or David at registrar@waratahnetball.asn.au

Enrol now

Vacancies available



Jesmond Community Preschool is a not-for-profit centre that caters for the local community. We welcome forty children aged 3-6 each day.

Our programs are play-based, giving children the opportunity to freely engage with the world around them, pursuing their own passions and curiosities in a nature play environment and making friends along the way.



www.jesmondcommunitypreschool.com.au



www.jesmondcommunitypreschool.com.au



Jesmond Community Preschool
Monday–Friday 8am–3.30pm

Government funded preschool with reduced fees and low income ABTSI fees available

We are closed Public Holidays and NSW public school holidays.

Janet St, Jesmond NSW 2299

Enter via Callaghan College

PO Box 132, Jesmond NSW 2299

Phone: 02 4952 5652

Fax: 02 4952 2071

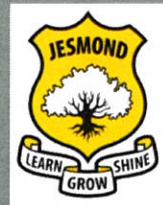
admin@jesmondcommunitypreschool.com.au

Jesmond Public School

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Welcome BBQ &

Parent Information Night

Wednesday 26th February 2020

The staff would like to invite parent/carers and students to a Welcome BBQ and Parent Information session.

When: Wednesday 26th February 5:30-7:30pm

Where: Jesmond Public School, Ralph Street, Jesmond

5:30 – 6:00pm Welcome BBQ (BBQ will be provided but please bring your own water, juice or soft drink)

6:00 – 6:45pm Early Stage 1 (Kindergarten) / **Stage 1** (Year 1 & 2)

6:45 – 7:30pm Stage 2 (Year 3 & 4) / **Stage 3** (Year 5 & 6)

All sessions will take place in classrooms.

Classroom teachers will discuss class routines, teaching and learning, expectations and answer any questions that are applicable to all students.

Looking forward to seeing you all there!

Deborah Kelly and Staff

Please return the slip below to your class teacher by Friday 21st February 2020

Student name: _____ Class: _____

Number of people attending: _____