



JESMOND JOURNAL

Diversity Opportunity Success

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TERM 1 WEEK 4 2020

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www.jesmond-p.schools.nsw.edu.au

DATES TO REMEMBER

Term 1

Week 4

Wed 19 Feb Zone Swimming Carnival

Week 5

Mon 24 Feb Kindergarten Photos

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

Thu 5 Mar Big Vege Crunch

Week 7

Tue 10 Mar Whole School Photos
P&C Meeting at 6:15pm

Week 10

Tue 7 Apr ANZAC Service at Civic Theatre for School Leaders
P&C Meeting at 6:15pm

Thu 9 Apr Last Day of Term 1

Fri 10 Apr Good Friday

Principal's Message

Dear parents/carers & students of Jesmond Public school,

Welcome to Week 4.

In 2020 our whole school planning and initiatives will be focusing on our three school targets; literacy, numeracy and wellbeing, especially attendance. Developing a strong framework in explicit teaching, current programs, high expectations and increased student and staff wellbeing will result in continuous improvement in social and emotional wellbeing and academic achievement.

Attendance

Thank you to all the students who arrive at school before the bell rings at 9:00am. Being at school between 8:30-9:00am enables your child to socialise and continue to develop friendships. This sets a positive time for the day ahead. At our morning assembly the staff and I share important messages about a range of opportunities offered at our school. In the first session teachers relay important information about daily teaching and learning.

If any student is late to school they need to go to the Administration office and collect a late note. The roll is marked before 9:15am and SMS messages for those children who are absent are sent out between 9:15-9:30am. This is a child protection procedure to ensure all our students are safe. All absent days need to be explained by parents and carers.

Debating

A group of Stage 3 students participated in a debating workshop last week at New Lambton South Public School. They had a fun day building their skills to be successful debaters.

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



Welcome BBQ & Parent Information session

All families are welcome to attend our meet and greet BBQ and parent teacher information sessions. This event is a wonderful opportunity to meet your class teacher and other families in our school.



VICTORY OOSH
BEFORE, AFTER SCHOOL & VACATION CARE
EST. 1992

- 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:

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Charlestown South Public School
Dudley Public School
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Jesmond Public School

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Debating



P&C meeting

Thank you to the parents/carers, grandparents and community members that attended our P&C meeting last Tuesday. The P&C Executive was elected.

The positions are as follows:

President	Melody Coutman
Vice President	Unfilled
Secretary	Fiona Shiner
Treasurer	Megan Gleeson
Uniform shop	Julie Moore
Canteen manager	Deb Adams

Our school and the P&C need your support. Events such as Mother's/Father's Day stalls, BBQs, Christmas carols, Easter Egg raffles do not happen without the community and staff organising them. This year Melody and the P&C are asking that parents volunteer to join a fund raising committee where groups of people help (whenever they can) to assist with events.

All the staff are here to support our families. Please see your child's class teacher if you have any questions or concerns. At times, teachers need to be on playground duty or attend professional learning or communication meetings. If this is the case please contact the Administration office via email, telephone or in person and Carolyn, Tracy or Kylie will pass the message onto the teacher that you need to speak with them.

Enjoy your week.
Deborah Kelly

Book Club

Issue 1 Book Club order is due back tomorrow Wednesday 19th February.

Photos

Kindergarten Photos

MSP Photography will be at school photos on Monday 24th February to take individual photos of all our Kindergarten students. There is no charge for this service.

School Photos

Full school photos, K-6, will be taken on Tuesday 10th March. Envelopes and more information on packages available, pricing etc. will be coming soon.

P&C News

At our AGM on Tuesday 11th February, all positions were declared open and voted upon. The results are listed in Mrs Kelly's report.

We are looking at forming a fundraising sub-committee. Please consider volunteering. Your help would be very warmly received.

We would like to take this opportunity to thank Megan Gleeson for her tireless P&C leadership over a number of years and welcome Melody Coutman to the role of President.

Kindergarten



Please mark these 2020 P&C meeting dates on your calendar. We need and value your input and support!!

TUESDAY 10TH MARCH 6.15PM

TUESDAY 7TH APRIL 6.15PM

TUESDAY 5TH MAY 6.15PM

TUESDAY 2ND JUNE 6.15PM

TUESDAY 30TH JUNE 6.15PM

TUESDAY 28TH JULY 6.15PM

TUESDAY 25TH AUGUST 6.15PM

TUESDAY 22ND SEPTEMBER 6.15PM

TUESDAY 20TH OCTOBER 6.15PM

TUESDAY 17TH NOVEMBER 6.15PM –FINAL MEETING FOR 2020

TUESDAY 9TH FEBRUARY 2021 6.15PM AGM

Fiona Shiner
Secretary
Jesmond PS P&C



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Visit our
website at

www.jesmond-p.schools.nsw.edu.au

Good for Kids Good for Life

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life



Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase vegie intake for Crunch&Sip® include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

Source: Crunch&Sip® www.crunchandsip.com.au



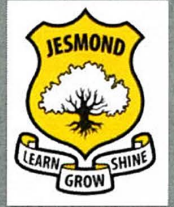
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Welcome BBQ &

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: _____