

# Blue Haven Public School

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Principal: Paul McDermott

Deputy Principal: Dale Edwards



SAFE

RESPECTFUL

RESPONSIBLE

## Term 4 Week 7 Dates for your diary

K-2 Assembly	Tuesday 26th November	1:45-2:30pm
Storytime	Tuesday 26th November	2pm—Pre-schoolers
Book Club	<b>DUE BY</b> 29th November	All Students
Hunter Valley Zoo	Monday 2nd December	Kindergarten
3-6 Assembly	Tuesday 3rd December	1:30-2:30pm
Storytime	Tuesday 3rd December	2-2:30pm
Drum Corp Makeup Lesson	Wednesday 4th December	1:30-2:30pm
Storytime	Tuesday 10th December	2-2:30pm
Year 6 Farewell	Monday 16th December	
Students' Last Day 2019	Wednesday 18th December	

**Please note: The last day for Student Banking for 2019 will be tomorrow Tuesday 26th November 2019**

### Notes for Parents:

- Volunteer Morning Tea
- [Christmas Concert Note](#)



## School Vision 2018-2020

*To be a high performing school  
with a positive and inclusive school culture that  
promotes the wellbeing and success of all*

Dear Parents and Carers,

### **Canberra Excursion**

Students from our school have recently undertaken an education tour of the national capital. Students participated in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion and was taken into account when excursion costs were generated to families.

### **Emma McBride MP Visit**

Last week our School Student Parliament had a very special sitting. Our Federal Member of Parliament, Miss Emma McBride MP, took some time out of her busy schedule to take our students through the process of debating and passing a bill into law. The students were introduced to all the parliamentary protocols and excitedly debated whether or not to ban homework. This was a fantastic follow up to our Stage 3 trip to Canberra last week where our students visited our Parliament House. Our students were amazing with their arguments and thoroughly enjoyed the experience.

### **Aboriginal Showcase and Presentation**

We would like to extend a thank you to Lauren Goldie and the Northlakes High School staff and students for an amazing Aboriginal Showcase and Presentation assembly. The students watched some fantastic performances and were able to engage with Aboriginal students from other local schools. Awards were handed out to a number of our students in the following three categories.

**Cultural Engagement;** Ryan C, Cody B, Bethany W and Kendris J.

**Attendance** (over 95%); Kaesha A, Khevai H, Tyrone H, Kendris J, Phoenix M, Lexi S, Kiarah C, Cooper M, Isabella M, Tyjah H, Riley S, Cody B, Dharel J and Kyroe P.

**Sport;** Marana H, Breeanna M, Kye R and Kyroe P.

### **Book Packs for 2020**

We have received the book packs for 2020. Packs that have been purchased should have gone home last Friday with your child. If not, please check with your child's teacher. The packs for next years Kinder students are being held until 2020. Please make sure your child's book pack is returned with your child on the first day of 2020 to ensure they can have a successful start to the year.

### **Successful Stepping Stones**

Our Stepping Stones program has come to a close for another year and has been once again extremely positive. The children have engaged in fun activities that support them to know what school is going to be like for 2020. Parents will soon receive their letters to confirm dates and class details. Thank you Mrs Karen Craig and her team of supporting staff for their tireless work in making Stepping Stones such a valuable opportunity for our families.

### **Smoke in the Air**

There have been numerous days where the air is thick with smoke. We understand that students, particularly those with asthma can find these days quite challenging. We take our students health very seriously and provide indoor spaces before school, at recess and lunchtime to support them. Our staff are also trained in supporting students with asthma. While it can be challenging for families of children with asthma, students still need to attend school on these days.

### **Mr McDermott Returns**

After an amazing experience with the Department of Education's Best Principal Scholarship Program, which saw Mr McDermott travel to London to work with school leaders from all around the world, he will be returning this week. We are all looking forward to seeing what new ideas this collaborative leadership program provides for us here at Blue Haven Public School. We would like to congratulate Mr McDermott on another amazing achievement.

Thank you.

Yours in Education,



*Dale Edwards*

Deputy Principal

# CENTRAL COAST



## **FAMILY SUPPORT SERVICES**

**Presenting:**



We are running the Shark Cage Domestic Violence Parenting Program for Women with children aged 0-12 who have experienced DV (expecting parents are welcome)

The Shark Cage Parenting program provides women who have experienced domestic family violence the skills to help them feel empowered and heal, and to help build their understanding the impact domestic family violence has on children and families.

### **Where:**

Dolphin Cottage, Blue Haven SaCC -  
Colorado Drive, Blue Haven  
(alongside Blue Haven Public School)

### **In partnership with:**



### **The details:**

9:30am-11:30am (2 hours)  
12 February to 18 March 2020  
(Six Wednesdays in a row)

Childcare is available at the centre (on site). Please book childcare when you register for the course.

Central Coast Family Support Services (CCFSS) facilitates a variety of parenting courses and support groups, and offers case management support to families living across the Central Coast.

To register, or for more information, please call CCFSS on 4340 1585 or email [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

## **TERM 1 - 2020**

### **Northlakes Schools as Community Centre**

Northlakes Public School Gooramba Ave San Remo

#### **Breakfast Club**



**MONDAY, TUESDAY, WEDNESDAY & THURSDAY**  
7.45am – 8.15am - Jabiru Cottage Northlakes

Join us for breakfast - for children attending Northlakes Public School.  
Bookings essential - Please phone Northlakes Public School 43 992071

#### **Circle Of Security**

**MONDAY 9.30am – 11.30am - Jabiru Cottage Northlakes**

A relationship based parenting program for caregivers. Topics Include: Exploring Your Children's Needs, Understanding How to Help Build a Solid Emotional Foundation With Your Child, How to Create a Secure Attachment With Your Child, How To Be a Bigger Stronger, Wiser and Kind Caregiver, Free Child Care for participants –  
Bookings essential - Please phone: 43 056200

#### **Kindi Start - Transition to School groups**

**MONDAY 12.30pm – 2pm - Jabiru Cottage Northlakes**

Kindi Start is for children enrolled in and preparing to start Kindergarten at Northlakes School in 2021. Please phone Northlakes Public School 43 992071

#### **Women Empowering Women (WEW)**

**TUESDAY 9.30am – 2.30pm - Jabiru Cottage Northlakes**

Would you like to help empower other women? Make connections, learn social skills, gain the knowledge and feel empowered in all areas of your life and share with others as a life coach. Free Child Care for participants –  
Bookings essential - Please phone 0438 100361

#### **Supported Playgroup**

**THURSDAY 9.30am–11.30am - Jabiru Cottage Northlakes**

Families with children 0 to 6 years of age. This is an opportunity to find out more about children's learning and development through play, meet other parents from your local area as well as learning about the local services that support families in the early years. Bookings essential - Please phone 1800 067 967

#### **Happy - Home Interaction Program for Preeds and Youngsters**

**THURSDAY 11.30am – 2pm - Jabiru Cottage Northlakes** A free program which

helps children make a successful transition to school, empowers parents as their child's first teacher. Bookings essential - Please phone Uniting on 1800 067 967

FOR MORE INFORMATION PLEASE PHONE WENDY ON 0409 800 821

EMAIL [wendy.ballard@det.nsw.edu.au](mailto:wendy.ballard@det.nsw.edu.au) OR visit the website [www.ccsacc.com](http://www.ccsacc.com)

## **TERM 1 - 2020**

### **Blue Haven Schools as Community Centre**

Blue Haven Community Centre Colorado Dr Blue Haven

#### **Supported Playgroup**



**MONDAY 9.30am - 11.30am - Dolphin Cottage Blue Haven**

Families with children 0-6 years are given opportunity to find out more about children's learning and development through play, meet other parents from the local area as well as learning about local services that support families in the early years.  
Bookings essential - Please phone Uniting on 1800 067 967

#### **Playing Around The World Playgroup**

**TUESDAY 10.00 am - 12.00pm - Dolphin Cottage Blue Haven**

Families from Culturally and Linguistically Diverse backgrounds with children from birth to 6 years are given opportunity to find out more about children's learning and development through play, meet other parents from the local area as well as learning about the local services that support families in the early years.  
Bookings essential - Please phone 43 343877

#### **Shark Cage**

**WEDNESDAY 9.30am – 11.30am - Dolphin Cottage Blue Haven**

Shark Cage™ is a supportive and informative group for women who have experienced domestic family violence that aims to help women feel empowered and heal, and understanding the impact domestic family violence has on children and families. Click on the group below for the flyer and more information. Free Child Care for participants -  
Bookings essential – Please phone: 43 401585

#### **Tellers - Speech Therapy Playgroup (afternoons)**

**WEDNESDAY 12.30pm till 2pm - Dolphin Cottage Blue Haven**

Bring along your children from babies to 5 year olds for a fun interactive speech therapy playgroup with a fully qualified Speech Pathologist and final year speech pathology students to assist you with your child's speech, sounds, communication, stuttering and feeding issues. Bookings essential - Please phone Mel on 0402 501785

#### **PEARL - Parent Engagement and Learning Program**

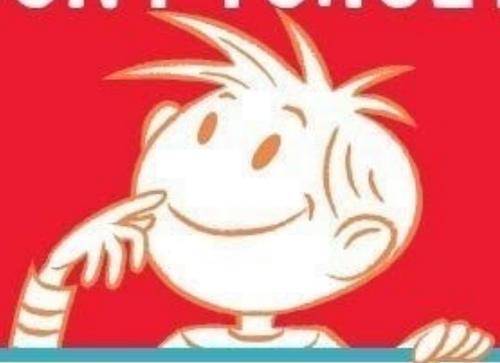
**THURSDAY 9.30pm till 2.30pm - Dolphin Cottage Blue Haven**

PEARL will take participants on a journey in a supportive environment to learn about "Strengthening the wellbeing of families and children" Building strong partnerships in your community "Gaining insight into personal strengths and how to build on these to achieve the goal" Exploring possibilities to gain skills, training and education for entering the workforce Bookings essential – Please phone Uniting on 0439 752210 or 4350 9000

FOR MORE INFORMATION PLEASE PHONE WENDY ON 0409 800 821

EMAIL [wendy.ballard@det.nsw.edu.au](mailto:wendy.ballard@det.nsw.edu.au) OR visit the website [www.ccsacc.com](http://www.ccsacc.com)

# DON'T FORGET!



 SCHOLASTIC

## Book Club

orders are due:

**Friday 29th November 2019**

 **Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

## The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

[healthylunchbox.com.au](http://healthylunchbox.com.au)