**Term 1 Week 4**

**Monday**

**15th February 2016**

Phone: 4943 5827

Email: charlestop.sCHOOL@DET.NSW.EDU.AU

www.charlestop.sCHOOLS.NSW.EDU.AU

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**The Weeks In View**

**Week 4**

Tuesday – Premier’s Debating Challenge Workshops – Adamstown PS

Wednesday – Rd 1 Boys PSSA Cricket Knockout, Gymnastics

Friday – Concert Band

**Week 5**

Monday – Eastlakes Zone Swimming Carnival Day 1

Wednesday - Eastlakes Zone Swimming Carnival Day 2, Gymnastics

Thursday – School Photos

Friday – Concert Band

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**Leading By Example**

Our Leader’s Induction Assembly is always a highlight of Term 1 and very much sets the tone for the many and varied leadership programs that we run throughout the year at CSPS. The Assembly was run by our School Captains and Vice Captains Imogen Dunn, Louis Selkirk, Charlotte Smyth and Lachlan Brien who were inducted at our Presentation Day in 2015. Congratulations to 2016 inductees. Our wonderfully capable Year 6 leaders are:

- House Captains – Quinn Pomroy & Cameron Howard (Lawson), Zoey Alley & Bailey Bridge (Blaxland), Emily Ford & Cooper Watson (Wentworth)
- Computer & Technology Monitors – Jack Barnes, Ashwin Bandy, Van Osgood, Cooper Plain, Marcos Rich, Jack Bruce, Jack Curtin & Taran O’Hara
- Library Monitors – Abigail Stephens, Isaiah Thomas & Hunter Loades
- Environmental Monitors – Bayley Carpenter, Jed Kruger & Kody Sutton

Our Yr 2 to Yr 5 class representatives for our School Council for Semester 1 are – Michael Rogers & Jayda Haenga, Sunny Rutford & Ben Curtin, Jaxxon Blackwell & Tiana Beaumont, Ebony Hanshaw & Adnan Rahman, Riley Watson & Harmony-Phoenix Black, Mik Osgood & Madeline Howard, Caitlin Beer & Blake Silvester. This group of students have been elected by their classmates to represent their class at the Student Representative Council (SRC) Meetings and present suggestions for improvement, have input into school themed days and events, discuss fund raising opportunities, identify particular charities worthy of support and as a result, present back to their class a report from the SRC Meetings. Congratulations to these students who have been entrusted by their peers with this responsibility.

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**School Photos**

Order forms are being sent home today. If you would like a Family Order form, please collect one from the Office. **Photo envelopes are to brought in on the day, Thursday 25 February.** Please have the correct money as no change will be available. School photos can **NOT** be paid using POP but can be paid directly to the photographer online - refer to order envelope for details.
CSPS Laps It Up!
An Olympic style Aussie cheer to all students, parents and staff who helped make our 2016 school swimming carnival the best one ever. With a vast ocean of green, blue and red before them, which was accompanied by deafening team house chants, our super swimmers hit the water in droves as we surpassed all participation records reflecting the CSPS spirit of ‘having a go, having fun’. The final event of the carnival, the senior boys relay, typified the carnival as students and supporters alike, lined the pool edge in full voice urging their teams on as the heavens suddenly opened signifying, and possibly ushering in a new reign as the three last leg swimmers almost touched the wall in unison. The 2015 House Champions Blaxland, despite pumping their fists in victory in the final event, could not hold off the tidal wave of Lawson victories that had banked up during the day’s events. Could Lawson House, which has not troubled the engravers on the Swimming or Athletics Carnival House trophies since 2003, finally break the drought?? YES! The sea of Blue was far from blue at Friday’s assembly when the final tallies were announced – 2016 winners .... Lawson House! Word has it they were all back at the pool over the weekend training a year out from the 2017 carnival trying to make it back to back victories. Only time will tell as there is a little water to pass under the bridge until that day rolls around once more.

Individual champions and runners up for 2016 were:

Swimming Champions 2016

Boys

<table>
<thead>
<tr>
<th>Age</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jnr</td>
<td>Mik Osgood</td>
<td>Beau Boettcher</td>
<td>Tumai Royal</td>
</tr>
<tr>
<td>11</td>
<td>Lachlan Elder</td>
<td>Blake Silvester</td>
<td>Louis Selkirk</td>
</tr>
<tr>
<td>12</td>
<td>Cameron Howard</td>
<td>Hunter Loades</td>
<td>Van Osgood</td>
</tr>
</tbody>
</table>

Girls

<table>
<thead>
<tr>
<th>Age</th>
<th>1st</th>
<th>2nd</th>
<th>2nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jnr</td>
<td>Ayva Lawrence</td>
<td>Blaire Davidson</td>
<td>Ebony Hanshaw</td>
</tr>
<tr>
<td>11</td>
<td>Madeline Howard</td>
<td>Kyauna Grieves</td>
<td>Caitlin Beer</td>
</tr>
<tr>
<td>12</td>
<td>Quinn Pomroy</td>
<td>Abigail Stephens</td>
<td>Charlotte Smyth/Imogen Dunn</td>
</tr>
</tbody>
</table>

The names of our 2016 Swimming Champions will now be engraved and immortalised on our Perpetual Trophies in our School Hall. The final House results in order of finish – Lawson, Blaxland, Wentworth. A massive pat on the back to all of our wonderful parents who assisted with timekeeping and judging! Their efforts once more helped make our carnival a huge success.

It’s Time For T25 Big Bash
The CSPS XI are all padded up and set for a ‘big show’ in this week’s Round 1 clash of the NSW PSSA State Knockout against our good buddies at Charlestown East PS. Over the past few years we have a 2-1 win record against our friendly neighbours but we are looking to extend the lead in 2016 as we open this year’s cricketing innings at Reay Park, Dudley on Wednesday.
Leader’s Induction Assembly
Smile! It’s School Photos Time 😊

It is that time of the year CSPS’ers where we ensure the very last remnant of vegemite has been cleared from faces, hair is licked down (do Grannies still do this?), teeth are polished so as they reflect every beam of light and smiles are stretched to breaking point as we ready ourselves for our 2016 School Photos. Photographer, Peter Field, will perform a one man humour packed stage show as he entices the largest grins from all students and staff on Thursday February 25. Notes with all the info required re individual and family photos and packages will accompany today’s Newsletter.

You Can’t Argue With That!

Our ‘In Training’ Debating teams head off to Adamstown PS tomorrow to join with over 100 other regional debaters as they go through an intensive day of ‘arguing the point’. Parents, a small tip ... best leave any contentious issues off the agenda for a while as their debating and rebuttal instincts will be at their peak for a few days!

A Silky Smooth Start

Last Newsletter’s tip was about starting well. Take a leaf out of Mrs Lewis’, Mrs Hodson’s and Mrs Jackson’s playbook as we all stand back and applaud the incredibly smooth start they have facilitated for our new 38 Kinder students. If you have a burning desire to see what patience, care and love looks like up close, come and take a seat in our kinder rooms for just a short while and you will see that and more. Thank you Jill, Tracy and Felicity in making CSPS such a safe, happy and contented place for our kinder kids and their parents and grandparents.

Rollin’ Rollin’ Rollin’

Due to the expertise of our coaches and gymnastic students, no hide is raw! Every student from Kinders to Year 6 are having a swingin’ old time at our Wednesday Gymnastics Program. The amazing equipment that the team brings with them is far beyond what is usually found in the sports shed of your local primary school. Teachers are doing backflips and cartwheels as a result of what their classes have mastered already. Mrs Hodson got so excited she was captured on film doing a double spinning forward flip …. with pike!

Always a Nice Way to End Our Week

In 2016 we will continue to finish our week with our student only Friday afternoon assembly. This is a key time in our week where we come together to celebrate and share achievements both individual and corporate as well as to communicate and reinforce our school vision and ethos in some fun and inspirational ways. During this time classes also have the opportunity to showcase some things that they may have been doing in class such as artworks, songs, poetry etc. Class awards are distributed during our Friday assembly as well as our Principal’s Award for the week.

Principal’s Award

Term 1 Week 3

Hayley 3-4B

School Banking this Tuesday 16 February.

Please make sure the deposit slip is filled in and your child places their bank book in the red basket at the office by 9.00am each Tuesday.

Thank you to Mrs Kassie Hunter for being our Volunteer School Banking Co-Ordinator again this year.
We Have a Range Rover

Parents, please beware of the fact we now have over 200 students being picked up each afternoon and the surrounding roads resemble Pitt Street rather than Gari Street at the 3pm timeslot. There have been police and rangers passing our area of late and they do treat fairly harshly those who park in ‘No Standing’ zones and those who exceed 40km. Please drive and park patiently, slowly and with great care. Some of our parents have taken to picking their children up at 3.10pm to avoid the masses and find an easy park right at the gate. Worth considering if you have older children.

Fashion Accessorising – Please Consider

Parents, please help us out in enforcing our school policy in regard to jewellery, nail polish and the like. What’s OK? - earrings which are either studs or sleepers and watches. On the “not okay” list are bangles, necklaces, anklets, nail polish etc. These items can cause safety issues for the students as well as taking their focus off their work and onto their fashion items. It is a rarity at CSPS for this to be an issue but we do appreciate your assistance in partnering with us in maintaining the high standards set at CSPS. Just a reminder that in Term 1 sports uniforms are to be worn Wednesdays and Fridays.

Parenting Tip

When one peruses the media and various publications focusing on children and teenagers, there is a common theme song that seems to be sung .... "the youth of today need to develop more resilience!" The fact that all teachers in a Newcastle based High School have been requested to include elements of resilience building in all subjects echoes the anthem sung. So here are 10 little goals and phrases to accompany them that are easy to apply as a parent should you spot this lack in a child.

Goal 1 ► Humour – “Come on, laugh it off”
Goal 2 ► Contain thinking, anxiety and perfection – “Don’t let this spoil everything”
Goal 3 ► Distraction – “Let’s take a break”
Goal 4 ► Handling worry and asking for help – “Who have you spoken to about this?”
Goal 5 ► Offering hope – “I know it looks bad now, but you will get through this”
Goal 6 ► Positive reframing – “What can you learn from this so it doesn’t happen next time?”
Goal 7 ► Acceptance – “Don’t worry; relax and see what happens!”
Goal 8 ► Perspective – “This isn’t the end of the world”
Goal 9 ► Flexible thinking – You could be right. But have you thought about …”
Goal 10 ► Taking action – “What can we do about this?”

‘Thank You!’ Sloboda

Happy Retirement
Dr Robert Dalby would like to introduce you to
Dr Carmen Mansie

Dr Carmen Mansie has been practicing
dentistry for over 7 years and has joined our family friendly practice last year. Carmen really enjoys looking after all family members from toddlers to grandparents.

DALBY DENTAL
Suite 10, Westlakes Arcade
108 The Boulevarde
Toronto NSW 2283
(02) 4989 9067

CARDIFF HAWKS
AFL CLUB

Hillsborough Oval, Percy St Hillsborough

Come & Try Days
Tues 16th & 23rd Feb 5.30pm-7.00pm

Registration Day
Sun 28th Feb 10.00am-1.00pm

NAB Auskick - 5 Years to 8 Years
$75 (includes 2016 Auskick Pack)

Juniors – U9s, U11s, U13s, U15s & U17s
$120 (no weekly fees)

Youth Girls - 13 Years to 16 Years
$90 (no weekly fees)

For further information please contact Neil Barton on 0431 519 375
Or visit our website http://www.cardiffhawks.com.au
Community Notices

StrikeLive for iOS.

Free download. Daily practice quizzes for Selective High School, Opportunity Class (OC) and NAPLAN with detailed answers, explanations and personalised statistics.

RANGERS at Charlestown Public School

Friday nights 6:45 - 8:15

Kindergarten - Year 12

Leadership development
Build confidence • Life skills • Make friends
New experiences with trained leaders

games - crafts - cooking - awards - camping and more!

An activity of vivid life church

Enquiries 0413 886 796
DUDLEY - REDHEAD J.R.L.F.C.
The Mighty Magpies

Come and play Rugby League for the Mighty Magpies in 2016.

Registration days and times are

Every Sunday in February between 2pm-4pm

at the oval Gardner St Dudley

OR

Online at

www.playnrl.com.au

Fees for 2016

Mini 6,7,8 FREE

Mod 9,10,11 $80

Mod 12 $100

International 13,14,15,16 $110

For more information please call Lisa 0414 614 666

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Coastal Valleys Region Girl Guides invite you to
Come and Try Guides!

At your local Girl Guide District

16 Mulbinga Street, Charlestown

For girls aged 7-10 and 10-14 years

Guides enjoy a challenging and fun program of indoor and outdoor activities: games, leadership, life skills, craft, badges, cooking, camping, canoeing & community events

For information on your FREE visit and available units

Please contact Charlestown District Manager, Julie on 0414 423 417

Or Region Membership Advisor hetenEG2@live.com.au

Or visit our website www.girlguides-nswact.org.au to find out more about Guides

HAVING FUN TODAY - LEADING THE WORLD TOMORROW
Charlestown South Public School Canteen Menu Price List 2016

Our school canteen is open on Monday and Friday each week - and we always welcome new volunteers.

<table>
<thead>
<tr>
<th>Sandwiches</th>
<th>Salad Bowl with ham, chicken or tuna</th>
<th>$4.50</th>
<th>Ice Blocks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite, Jam</td>
<td>Cheese, tomato, carrot, beetroot, lettuce, cucumber</td>
<td>$1.00</td>
<td>Moosies Chocolate or strawberry $1.00</td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
<td>$1.50</td>
<td>Icy Pole $1.00</td>
</tr>
<tr>
<td>Cheese &amp; Vegemite</td>
<td></td>
<td>$1.60</td>
<td>Juiceys wildberry, orange lemonade $1.00</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td></td>
<td>$1.70</td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td></td>
<td>$1.50</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Ham</td>
<td></td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>Salad</td>
<td></td>
<td>$2.00</td>
<td></td>
</tr>
<tr>
<td>tomato, carrot, beetroot, lettuce, cucumber</td>
<td>$2.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken or Ham Salad</td>
<td></td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td>Toasted Sandwiches extra</td>
<td></td>
<td>$0.20</td>
<td></td>
</tr>
</tbody>
</table>

| Wraps                             |                                      |       |                                            |
| Chicken tender                    |                                      |       |                                            |
| w. tomato, carrot, lettuce, cheese & mayo | $4.00 |     |                                            |
| Ham/tuna or diced chicken breast  |                                      |       |                                            |
| w. tomato, carrot, lettuce, cheese & mayo | $4.00 |     |                                            |

| Extras                             |                                      |       |                                            |
| Tomato or BBQ sauce               |                                      |       |                                            |

| Drinks                             |                                      |       |                                            |
| Water                              |                                      |       |                                            |
| Juice                              |                                      |       |                                            |

| Extra Fillings                    |                                      |       |                                            |
| Cheese and tomato each            |                                      | $0.20 |                                            |

| Hot Food                           |                                      |       |                                            |
| Hot chicken chippies              |                                      |       |                                            |
| Dino Snacks                       |                                      |       |                                            |
| Lean beef Party pie               |                                      |       |                                            |
| Lean beef large Pie               |                                      |       |                                            |
| Lean beef sausage roll            |                                      |       |                                            |
| Pizza - cheese & bacon            |                                      |       |                                            |
| Pizza - Ham & Pineapple           |                                      |       |                                            |
| Cheese & Bacon Roll               |                                      |       |                                            |

$4.50 | Ice Blocks                                  |

| Extras                             |                                      |       |                                            |
| Tomato or BBQ sauce               |                                      |       |                                            |

| Drinks                             |                                      |       |                                            |
| Water                              |                                      |       |                                            |
| Juice                              |                                      |       |                                            |

| Extra Fillings                    |                                      |       |                                            |
| Cheese and tomato each            |                                      | $0.20 |                                            |

| Extra Fillings                    |                                      |       |                                            |

| Fruit Frogs maximum 10 per day    |                                      | $0.05 |                                            |