



ASHTONFIELD PUBLIC SCHOOL

Phone: 4934 3584

Email: ashtonfiel-p.school@det.nsw.edu.au



GUMNUT NEWS

Week 1, Term 4

Monday, 15th October, 2018

PRINCIPAL
Melissa Scully

WEBSITE:
www.ashtonfield-p.schools.nsw.edu.au

FACEBOOK:
www.facebook.com/ashtonfieldpublicschool

SCHOOL HOURS:
Supervision from: 8.25am
Classes begin: 8.55am
Classes finish: 2.55pm

NOTES SENT HOME:

- Kindergarten Excursion
Oakvale Farm
- PBL Launch
- Year 2 Intensive Swimming
Scheme

DATES TO REMEMBER:

- Kinder 2019 Parent
Information Night, Tuesday,
16th October.
- Kindergarten Grandparents
Day, Thursday, 18th October.
- K-Yr 2 Sports Fun Day,
Thursday, 18th October.
- Band Fest, Tuesday, 23rd
October.
- Band Fest, Wednesday, 24th
October.
- PBL Launch, Thursday 25th
October.
- Bookclub due by *Thursday,*
1st November.

SPORT—TERM 2:
Every Friday
for Kinder—Year 6

WEEKLY ASSEMBLIES:
Fridays
Odd weeks—Infants: 2.10pm
Even weeks—Primary: 2.10pm

NEXT P&C MEETING:
Tuesday,
16th October, 7pm in Library

CANTEEN OPEN:
Will re-open on
Wednesday,
17th October

UNIFORM SHOP OPEN:
Tuesdays,
8.30am—9am, 2.30pm—3pm
Thursdays,
8.30am—9am

EFTPos facilities available
at the Uniform Shop.

Dear Parents

Welcome back to Term 4. We hope you have enjoyed the break with your children. We have lots of activities in Term 4 and it is important to keep focused on the calendar and newsletter to stay informed.

A big thank you to staff, students and parents/carers for supporting our successful concerts at the end of last term. A special thank you to Mrs Meynell, and the concert committee and to all of our staff who gave up their own family time to support our students.

This term we have an exciting new event to help students enjoy their friendships more successfully. Staff, parents and children can learn about friendship issues at our workshops on Wednesday, 7th November.

UR STRONG is a program running around Australia and Canada. Please see the attached flyer for info and to register. Our amazing P&C are subsidising the workshop, so that we can provide this opportunity to as many parents as possible. Thank you to the P&C.

The P&C have also graciously approved the payment of all students to attend the Life Education van on our site from Monday, 3rd December to Friday, 7th December. All classes will participate with topics about Cyberbullying, Healthy Relationships, Friendships and Healthy Bodies.

KINDER 2019 PARENT MEETING

We look forward to meeting our Kinder 2019 parents tomorrow night in the hall. We will have a walk around the school at 5.45pm and the meeting will follow from 6pm—7pm.

The P&C meeting will follow the parent meeting at 7pm in the Library. New parents are very welcome. It is a good opportunity to meet parents. Some of our P&C executive will be concluding their time with us as their child moves to high school. If you are interested in becoming a P&C member, \$1 is the joining fee to vote.

Bandfest is on in Week 2. Good luck to Mr Thornton and band members.

Mrs Scully returns next Monday from leave.

KINDERGARTEN GRANDPARENTS' DAY

Kindergarten would like to invite their grandparents to a morning visit this **THURSDAY 18th October**. The visit will begin at 10.00am under the cola for grandparents to join children in some daily reading. This will be followed by a short presentation in the hall, 'A day in the life of Kindergarten'. Morning tea will be provided for grandparents, after the presentation. The morning will conclude at 11.20am. Our K-2 Sports Day will then begin at 11.30 after lunch. Please send to school, your child's RSVP if you haven't done so already. We look forward to a fantastic day!

CANTEEN will re-open this Wednesday, 17th October. Further details and a canteen price list are included in this newsletter.

URSTRONG

☆ ☆ THE LANGUAGE OF FRIENDSHIP ☆ ☆

Internationally-recognized friendship program that empowers tweens with the skills, language, and self-confidence to be better friends and develop healthier relationships.

Through interactive parent and child activities, parents will learn strategies to help their child put out Friendship Fires®, how to put a voice to their feelings, and the best ways to support their child through unhealthy friendships.

☆ ☆ Wednesday, November 7th, 2018 ☆ ☆

LANGUAGE OF FRIENDSHIP JR.

For students and parents of Years 1 & 2

4:00 pm to 5:30 pm

[REGISTER HERE](#)

Location

Ashtonfield Public School,
Norfolk Street, Ashtonfield, NSW

Registration Required!

Tickets to the workshops are \$27.50 and include a handout and an opportunity to ask questions one-on-one.

To register please visit:
www.urstrong.com/events

To learn more about URSTRONG programs please visit
www.urstrong.com or email info@urstrong.com.

 Dana Kerford *
Founder of URSTRONG and Friendship Expert

LANGUAGE OF FRIENDSHIP

For students and parents of Years 3 to 6

6:00 pm to 7:30 pm

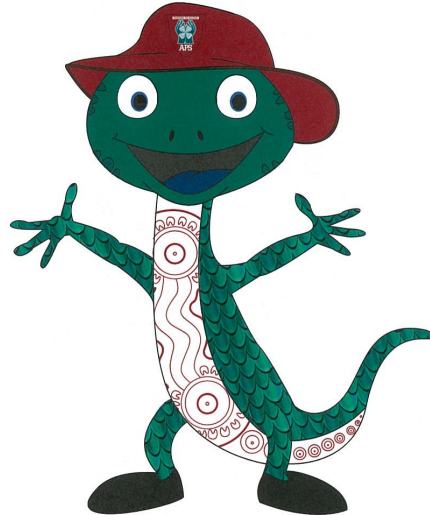
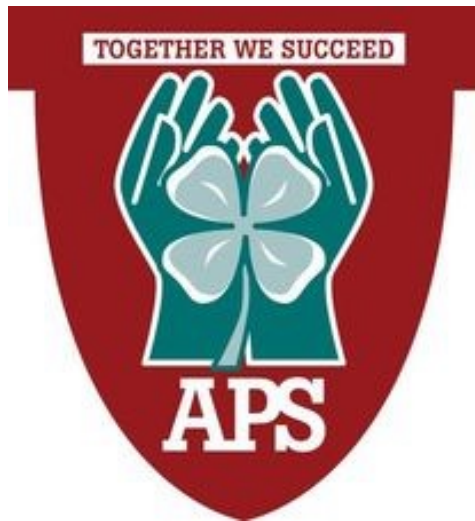
[REGISTER HERE](#)

Ashtonfield Parents:
Please use the promo code
ASHTONFIELD to receive
\$12.50 off per ticket!
Thanks to the generosity of
the APS P&C!!



Ashtonfield Public School

PBL Launch 2018



During 2018, the PBL committee have been in consultation with staff, students and families about a revamp of the school values, awards and mascot. On Thursday, 25th October, the school will be holding a PBL launch day where these positive changes will be revealed.

Students will have the opportunity to order a Subway lunch for the day, order forms will be sent out this week and will need to be returned by Friday, 19th October.

Students are naming our new mascot this week and the new mascot and new awards will start in Term 4. Students who have previous Shamrock awards will be able to trade them for our new awards.

We look forward to seeing parents and carers on Thursday, 25th October, as we share our PBL launch with our community.

Further details of the whole day will be sent home in Term 4, Week 1.

PBL Committee

P&C News

Dates to Remember

16 October	P&C Meeting
20 November	P&C Meeting

Uniform Shop News

The Uniform Shop is open every Tuesday, 8.30am—9am and 2.30pm—3pm and every Thursday, 8.30am—9am. EFTPos facilities are available at the Uniform Shop.

CARRIE'S PLACE DOMESTIC VIOLENCE AND HOMLESSNESS SERVICES INC.

Winter is a tough time for anyone, so we are asking the Ashtonfield community please dig deep and help out those most in need.

The pantry at Carrie's Place is running low and are in need of:

- Pastas and pasta sauce
- Cereal and UHT (Long Life) milk
- Rice and sauces
- Juice
- Canned soup
- Cup of soup
- Two minute noodles
- Canned meats
- Peanut butter, vegemite and jam
- Canned vegetables
- Canned fruit
- Tea, coffee and hot chocolate
- Baby food
- Toiletries—shampoo and conditioner, deodorant.

If you are able to donate an "Essential Gift Card" from Woolworths or Coles, these are also fantastic for families. There is a box in our office foyer marked "Carrie's Place" if you wish to contribute to this wonderful service. If you have any further questions regarding donations please speak to Mrs Bower, Mrs Anderson or Mrs Galluzzo.



Term 4 2018 Calendar

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Oct	15 Staff and students return Term 4	16 Kinder 2019 Parent Information Night	17	18 K-Yr 2 Athletics Fun Day Kinder Grandparents Day	19 Creative Critters 9.15am—10.45am
2	22	23 Kinder Orientation 9.15am—10.45am Bandfest "Concert Band"	24 Bandfest "Advanced Band"	25 PBL Launch	26 Creative Critters 9.15am—10.45am
3 Oct/Nov	29	30	31	1	2 Creative Critters 9.15am—10.45am
4 Nov	5	6	7 Kinder Orientation 9.15am—10.45am UR Strong Workshop	8	9 Creative Critters 9.15am—10.45am Kinder Oakvale Farm excursion
5	12 Yr 2 Swimming Scheme starts	13	14	15	16 Creative Critters 9.15am—10.45am
6	19	20	21	22 Kinder Orientation 9.15am—10.45am	23 Creative Critters 9.15am—10.45am Yr 2 Swimming Scheme finishes
7	26 MGHS Parent Information Night	27	28	29	30 P&C Family Xmas Night
8 Dec	3 Life Education	4 Life Education MGHS Orientation	5 Life Education Yr 6 Surf Fun Safe	6 Life Education	7 Life Education
9	10	11 Presentation Day Venue: HVGS	12	13 Year 6 Farewell	14
10	17	18	19 Last day Term 4	20	21

Advertisements

eye examinations
by a **Behavioural**
OPTOMETRIST
specialising in children

5/71 Maitland Street
BRANXTON
4938 1117

Bulk Billed

Lake & Valley
OPTICAL
eyecare and eyewear



MINI MINORS EARLY LEARNING

IS

CURRENTLY TAKING ENROLMENTS

If you are looking for quality care provided by loving, caring and experienced educators then Mini Minors Early Learning is the place to be. Our fees are competitive and we include breakfast, morning tea, lunch and afternoon tea all fresh prepared on site, nappies and wipes, bed linen for all rooms and all incursions and special days are free of charge for families.

If you would like to take a tour of our modern facilities and meet our wonderful educators please give us a call on 49331532

Email: info@miniminors.com.au

Website: www.miniminors.com.au

OCTOBER SCHOOL HOLIDAY CUPCAKE DECORATING CLASSES...

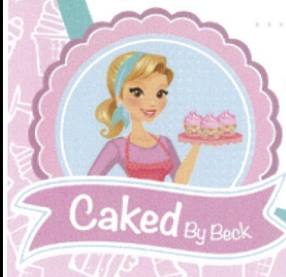
Themes include:

- Lego + Ninja Turtle
- Mermaid/Unicorn/Rainbow
- Flamingo Cupcakes
 - Halloween
 - Dinosaurs

Cost is \$60 per child or \$115 for 2

Location: Tenambit Community Hall

Head to
Caked By Beck's
Facebook Page
for more info





Australian Air League



NSW GIRLS GROUP

Established 1944

**NEW SQUADRONS STARTING IN YOUR AREA
RECRUITING NOW**

Get in on the ground floor for...

- Excitement and Fun • Achievement and Recognition
- Friendship and Team Spirit • Plenty of Challenge

FREE TO JOIN WITH ACTIVE KIDS \$100 VOUCHER



FOR GIRLS AGED 8 TO 18 YEARS

- Free to join with Active Kids \$100 Voucher
- Meet new friends
- Have lots of fun
- Develop your confidence and self esteem
- Train to be a Junior Leader
- Be part of a team
- Take part in sporting, flying and camping activities
- Get involved in your Community
- Interstate competition trips
- Theory & practical classes in aviation, general interest and life skills
- Recognition for all achievements

ADULTS 18 YEARS & OVER

- All prospective members 3 week trial period at no charge
- Distinctive Leaders uniform
- Join a friendly Parent Support Group
- Full training program to become a Leader (Ladies)
- Become a volunteer Instructor/Supervisor
- Social family events
- Savings plan for camps and excursions
- Regular information updates in newsletters
- Annual Awards Ceremony
- All volunteers are NSW Working with Children Check compliant

If you'd like to learn more, visit an operational Squadron or call us today!



FOR MORE INFORMATION PLEASE CONTACT

Mrs Robyn McKenzie: 0409 391 084 Email: gexc.nswgg@airleague.com.au

Girls Squadrons also located at Albion Park, Beverly Hills, Blacktown, Doyalson, Mudgee, Penrith, Southern Highlands

www.airleague.com.au

Facebook: [aal.nsw.girls](https://www.facebook.com/aal.nsw.girls)



**Beresfield Barracudas Swimming Club
Welcomes New and Existing Members to the
2018/19 season!**

**Friday Nights at 6pm
From Friday 19th October – March 2019
Come along for a try before signing up!**

Online registrations are now open – see website below
\$100 per swimmer

7 Y/O + under are FREE, thanks to the Optus Junior Dolphin Program

Costs include National, State and Local affiliation fees

All new swimmers must bring their birth certificate to the 1st club night

To register:

WEBSITE www.beresfield@nswswimming.com.au / or via club lane: nsw.swimming.org.au
Or on a club night: try before you buy!

For more information:

COMMITTEE available @ 1st club night: Fri 19/10 Beresfield Pool
EMAIL barracudas@optusnet.com.au
PHONE **0438 581 087** to speak with our Registrar, Jacqui / Alternate PHONE **0413 337 184**
FACEBOOK For all updates **LIKE the Facebook page!**

About Beresfield Swimming Club Inc

We are a family oriented swimming club which encourages members to develop their skills at their own pace. Our Club Meets are based on improving on your best times in each stroke. We have races suitable for beginners over 15m through to competent swimmers over 50m, 100m and 200m. Competency is assessed by times and proficiency, with swimmers being graded for each stroke from beginners in E-grade through to A-grade for the fully proficient swimmers.

Over the Rainbow



Sensory play time

We provide the equipment for you and your child to enjoy sensory experiences over six sessions

Touch, Sound, Sight, Smell, Taste and Movement

We set up and clean up you enjoy the experience with your child and without dealing with mess.

For further information please contact

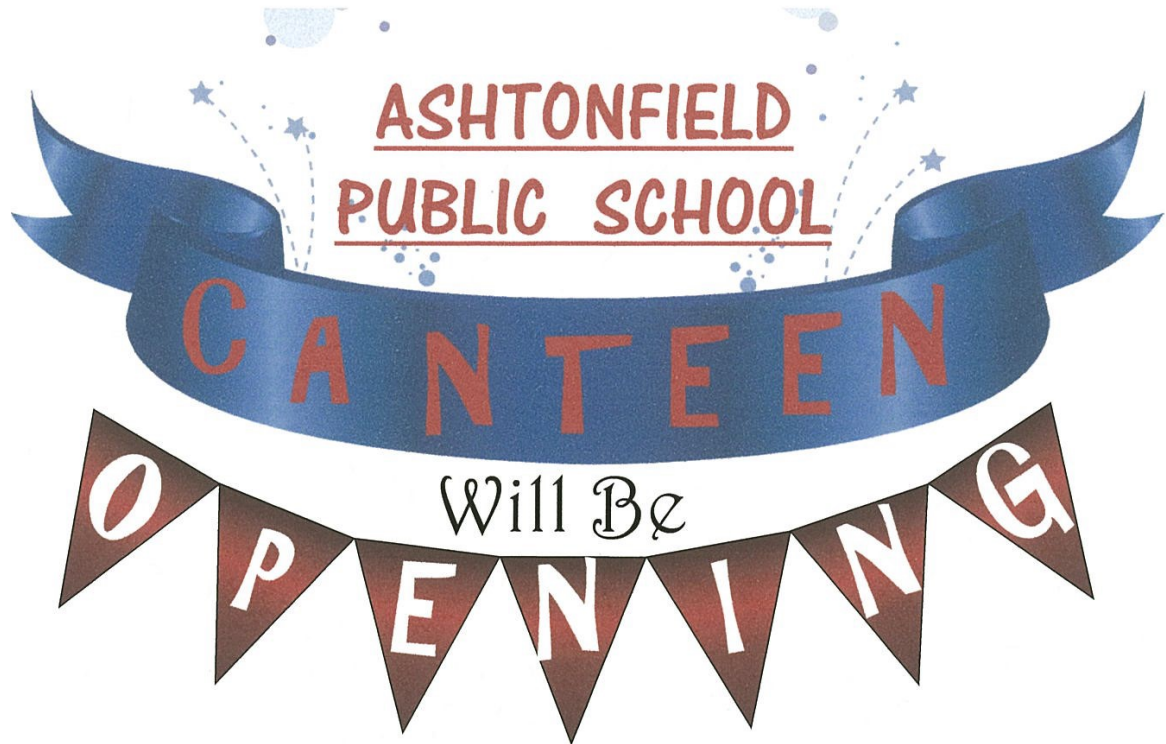
Lorri or Liv

0459215199

Or find us on facebook

We operation during school terms at

Thornton Scout Hall



WEDNESDAY

17th October 2018

We are looking for
VOLUNTEERS

To help our Canteen Manager keep our canteen open

 **5** Days A Week in Term 4

This is your opportunity to get involved and nothing beats
the look on your little cherubs face when they see
Mummy or Daddy, or Nanny or Poppy
Right there helping out in the CANTEEN

Please contact our Canteen Manager Renah Nelson
on 0429 772 174, renahnelson@hotmail.com or
come on in to our canteen to discuss how you can become involved.

**ASHTONFIELD PUBLIC SCHOOL
CANTEEN ROSTER 2018
REGISTRATION FORM**

Volunteers (Dads, Mums, Grandparents, Carers, friends - over 16 years of age)

Name: _____

Phone No: _____

Email: _____

Days of the week available: Monday Tuesday Wednesday Thursday Friday
(PLEASE CIRCLE)

	<u>Session 1</u>	OR	<u>Session 2</u>
Time Available:	8.30am - 12.00pm (Aim = 3 - 4 Volunteers)		1.15pm - 2.15pm (Aim = 1 - 2 Volunteers)

Please Specify Hours Available: _____

Availability: Once a Once a Once a Once a Once a
 Day Week Fortnight Month Term
(PLEASE CIRCLE)

 On Call Other _____

Relationship: Parent Grandparent Carer Friend

Do you have a Working With Children Check? Yes No
(Visit www.service.nsw.gov.au)

Number: _____
Expiry Date: _____
DOB: _____

Signature: _____

Date: _____

Please return to the school office



ASHTONFIELD PUBLIC SCHOOL

CANTEEN MENU PRICE LIST

Prices effective from 8th February 2018

☺ Means I'm a Healthy Choice Meal
 GF Means I'm Gluten Free



Fruit

- GF ☺ Red Apple \$1.00
- GF ☺ Orange \$1.00



Salad

All Salads are ☺ & GF

- Salad \$ 3.50
- Ham & Salad \$ 4.00
- Chicken & Salad \$ 4.50
- Tuna and Salad \$ 4.50

Salad consists of
 (lettuce, carrot, cucumber, tomato, beetroot,
 cheese, pineapple, capsicum & egg)

Sandwiches



All Sandwiches are ☺

- Vegetemite \$ 1.00
- Cheese \$ 1.30
- Cheese & Vegetemite \$ 1.50
- Cheese & Tomato \$ 1.80
- Egg \$ 1.80
- Egg & Lettuce \$ 2.00
- Salad \$ 3.00
- Ham \$ 2.00
- Ham & Cheese \$ 2.50
- Ham & Salad \$ 3.00
- Chicken \$ 3.00
- Chicken & Salad \$ 4.00
- Tuna \$ 2.80
- Tuna & Salad \$ 3.80

For **Toasted** add 20c

Extra's add 50c each

All sandwiches made on Wholemeal Bread

~ Please indicate for White Bread

Salad consists of

(lettuce, carrot, cucumber, tomato, beetroot & Cheese)

Gluten Free Bread add \$1.50



Hot Food

- ☺ Beef Burger (beef pattie, lettuce, - Tomato or BBQ sauce) \$ 3.50
- ☺ Vegeburger (Vege pattie, lettuce, - Tomato, BBQ, or Mayonnaise sauce) \$ 3.50
- ☺ Cheeseburger (beef pattie, lettuce, cheese, - Tomato or BBQ sauce) \$ 4.00
- ☺ Works Hamburger (as above plus tomato, cucumber, carrot & beetroot) \$ 4.50
- ☺ Chicken Burger (chicken pattie, lettuce and mayonnaise) \$ 4.00
- ☺ Ham or Chicken Toasted Pocket (Ham or Chicken, cheese and BBQ sauce) \$ 3.20

- Pizza Pocket \$ 3.00
- GF ☺ Fried Rice \$ 4.00
- ☺ Lasagne \$ 4.00
- ☺ Macaroni and Cheese \$ 4.00
- Snack Pie \$ 2.00
- Large Pie \$ 3.00
- Sausage Roll \$ 3.00

- GF ☺ Tomato Squeezy Sauce \$ 0.30
- BBQ Squeezy Sauce \$ 0.30

WARNING: BBQ Squeezy may contain nut traces





ASHTONFIELD PUBLIC SCHOOL

CANTEEN MENU PRICE LIST

Prices effective from 8th February 2018

😊 Means I'm a Healthy Choice Meal
GF Means I'm Gluten Free



Meal Deals

Three choice meal deal ~ Please advise which meat & sauce for **choice 1**.
Which item for **choice 2**. and Which drink for **choice 3**.

- 😊 { 1. **Morgan's Wrap** (Ham or Chicken wrap with lettuce, cheese and your choice of mayonnaise tomato or BBQ sauce),
2. Piece of Fruit **or** Fresh Fruit Cup **or** Carrot Sticks & Popcorn \$ 6.50
3. Milk or Juice
- 😊 { 1. **Blackett Beef Burger** (beef pattie, lettuce, cheese. - tomato or BBQ sauce)
2. Piece of Fruit **or** Fresh Fruit Cup **or** Carrot Sticks & Popcorn \$ 6.50
3. Milk or Juice
- { 1. **Chisholm Chicken Burger** (chicken pattie, lettuce and mayonnaise) \$ 6.50
2. Piece of Fruit **or** Fresh Fruit Cup **or** Carrot Sticks & Popcorn
3. Milk or Juice

Darcy Daily Dollar Deals available form canteen counter only.

Snacks

- Muffin Apple & Cinnamon \$ 1.50
 - Muffin Blueberry \$ 1.50
 - JJ'S (salt and vinegar & chicken) \$ 1.50
 - GF 😊 Red Rock Deli (plain) \$ 1.50
 - Red Rock Deli (honey soy chicken) \$ 1.50
 - GF 😊 Messy Monkey (pizza, burger) \$ 1.00
 - 😊 Yoghurt (mixed flavours) \$ 1.00
 - GF 😊 Fresh Fruit Cups \$ 1.00
 - GF 😊 Carrot Sticks \$ 0.50
 - GF 😊 Popcorn \$ 0.20
- 

Drinks

All Drinks are 😊

- GF 300ml Plain Milk \$ 2.00
- 300ml Chocolate Milk \$ 2.40
- 300ml Strawberry Milk \$ 2.40
- GF 600ml Water \$ 1.00
- GF 200ml Apple Juice \$ 1.50
- GF 200ml Orange Juice \$ 1.50
- 250ml Up & Go \$ 2.00
(chocolate or vanilla)

Frozen Treats

All Frozen Treats are 😊 & GF

- Frozen Pineapple Ring \$ 0.50
- Juicy Tubes (Wildberry, Orange, Tropical, Lemonade) \$ 1.00
- Moosies (chocolate, blue moon) \$ 1.50
- Slushies (fruit flavoured ice cups) \$ 1.50
(2 flavours available)
- Bulla Vanilla Ice~cream Cups \$ 1.50