



# Condong Public School Newsletter

**Citizenship Perseverance Sincerity**

7 March, 2018

Term 1 ~ Week 6



## Parent Teacher Interviews

Parent Teacher Interviews will be held on **Monday, 19 March** and are a great opportunity to discuss your child's progress and to raise any concerns or future expectations. These are brief **10 minute** interviews but if you have anything major to discuss we are happy to schedule another time following our initial interview. There are still time slots available so if you have not yet returned your interview form please contact the school office to organise a suitable time.

## P&C Easter Raffle Donations

Our P&C are asking for donations of Easter eggs for a massive Easter egg raffle which will be drawn at our Easter Hat Parade on **Thursday, 29 March**. We anticipate that if each family donated one item we would have lots of prizes for lots of winners. Each family will receive a small book of raffle tickets to sell for \$1.00 each or 3 for \$2.00.

## Voluntary School Contributions 2018

Voluntary school contributions allow the school to provide an enhanced level of resourcing for all students at Condong Public School. These key resources are highly important to the daily work of each student.

The level of school contributions set by the Condong Public School P & C Association for 2018 is as follows: **1st child \$48, 2nd child \$33, 3rd child \$25, 4th and subsequent**

## Parking Around The School

Parking in McLeod Street when dropping off and collecting your child/ren can be at a premium as it is often difficult to find a car park close by. As it is a residential street, please ensure that respect to all neighbours is shown by not parking across their driveways. Parking across the driveways of residential houses and leaving your car is illegal and fines could be imposed. The Ranger has been recently seen in the street several times in the last fortnight so ensure that you are vigilant of where you park.

## Helping Children be Organised and Independent

Many children, particularly boys, need extra assistance getting organised. They may have great intentions but they just can't seem to see the fine details of what they should be doing. If this sounds familiar then consider using lists to give your child the organisation map that he or she needs. If you have children who always forget what to do in the morning, list five things they must do before they put a foot out of the door. Be specific and stick to the important stuff. A list may read: Make breakfast, clean teeth, pack bag, etc. Place the list in a prominent place and make it attractive or, at least, easy to read. For younger children, use symbols or simple pictures as well as words. This may not be ground breaking stuff but it works. Ask your children to tick off each activity or just make a mental note when each is done. This type of reward works well with boys, who respond favourably to short-term goals.

If you want children to have a tidy bedroom then place a list of the five jobs they must do to keep it tidy. Let's face it; children have their own version of tidiness so you may have to make it clear what tidiness means. The use of lists helps children to be organised and takes the onus off you to always tell them what to do.

Also encourage your children to carry their own school bag to and from school. This allows for ownership and assists in building their core strength.

## Important Dates!

Fri 9/3	Assembly 9.30am
Tues 13/3	Super Me (Yr 4-6) 10am
Mon 19/3	Parent Teacher Interviews
Tues 20/3	Spaghetti Circus Gymnastics (K-6)
Tues 20/3	Super Me (Yr 4-6) 10am
Fri 23/3	Assembly 9.30am
Tues 27/3	Spaghetti Circus Gymnastics (K-6)
Tues 27/3	Super Me (Yr 4-6) 10am
Thur 29/3	Easter Hat Parade & Picnic 11.30am
Fri 30/3	Good Friday
Mon 2/4	Easter Monday
Tues 3/4	Super Me (Yr 4-6) 10am
Wed 4/4	Quizworx Puppet Show 10.30am
Fri 6/4	Assembly 9.30am
Tues 10/4	Super Me (Yr 4-6) 10am
Fri 13/4	End of Term 1
Tues 1/5	Start of Term 2

## Condong Public School

77 McLeod Street, Condong NSW 2484

Phone: 02 66722390

Principal: Mr Brendan Quinn

Website: [condong-p.schools.nsw.edu.au](http://condong-p.schools.nsw.edu.au)

Email: [condong-p.school@det.nsw.edu.au](mailto:condong-p.school@det.nsw.edu.au)

# Coles Sports for Schools 2018

Condong Public School has registered for the Coles Sports for Schools Program that commenced on 7 February. For every \$10 spent at Coles, customers will receive one voucher. Families can bring vouchers to school and place them in the collection bin at the office. Each voucher received will go towards our tally. The program finishes on 3 April and the school will send all our collected vouchers away then place an order for sports gear. There is also a box for Condong outside Coles in Sunnyside Shopping Centre.

## Parent Online Payments

Parents can access the school's website via computer, mobile phone or tablet. The **\$ Make a payment** link can be found on the ribbon on the school's website. By selecting this link you will be taken to a secure Westpac payment page. You will no longer be in the school's website. The payment process is intuitive and follows the format of many other online payments that are used every day.

How to make a payment - From the initial payment page payers will complete the details, some of which are mandatory (**marked with an \***), before confirming the payment details and completing the payment. A receipt can be printed from the payment page and/or be emailed to the payer. The payment details screen captures students and payment details. This allows for identification of the student that the payment applies to and what the payment is for. *This is critical to ensure that the right student is credited for the right items.* Payment details should come from the school invoice or listing that the school issues. There can be more than one payment line for all items except voluntary school contributions.

IF YOU ARE UNSURE OF WHICH BOX TO CHOOSE PLEASE CONTACT THE OFFICE AND ASK FOR CLARIFICATION.

When any option is chosen by selecting the tick box, a payment description and payment amount must be included. Deselect an option by checking the tick box again.

## Packing a Healthy Lunchbox

With the unpredictable nature of our day to day lives, preparing and packing a healthy lunchbox can be a difficult task. Finding time to shop and prepare interesting and healthy meals for school lunches can be stressful. But the foods we send to school with our kids can contribute up to 1/3 of their daily intake of nutrients. So it's important to pack a balanced lunch to ensure they're getting the nutrients they need.

### What is in a balanced lunchbox?

Pack the core 4 + 1 for active kids

Main Lunch

Core Snack

Piece of fruit (seasonal)

Water with an additional small reduced fat milk drink or 99% fruit juice  
(aim for <200ml serve) for added variety throughout the day

+1 Extra snack for active kids

Add extra core snacks or one small 'extra' pre-packaged snack **once a week.**

Keep "occasional" foods such as snack food bars, sweet biscuits, flavoured or coated popcorn and savoury biscuits and chips (especially Cheezels, Twisties and Burger Rings) out of the lunch box. Although they can offer a practical convenient solution for lunchboxes, they should not replace the core snack and should be kept for special occasions. Avoid including the ones with added confectionery and opt for wholegrain varieties packed full of whole foods you can see with your eyes. Processed foods often contain too many preservatives and are full of sugars and fats and will have an effect on children's ability to concentrate and learn.

For healthy lunchbox recipes, go to <http://healthy-kids.com.au/10-great-lunch-box-ideas/>



Spaghetti Circus  
Gymnastics



# Community News

Your school now has a free app delivering school information, instantly and directly to your smartphone.

Download your free app now



## How to download your Free app

1. From your mobile device go to the **App Store (iPhone/iPad)** OR **Google Play (Android)**, search for **School Stream** and download the app to your phone
2. Make sure you agree to **push notifications**
3. Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school.

For more detailed instructions go to [schoolstream.com.au/download](http://schoolstream.com.au/download)



NSW Department of Education approved Pre-school program

## ENROLLING NOW FOR 2018



**MEEC**  
"Where Learning Is Fun!"

FILLING FAST  
DON'T MISS OUT!

**4**

of the best reasons you'll want your child to be a MEEC child

### 1 Drama & Creative Arts

You'll be pleasantly surprised when you suddenly hear your child singing Frère Jacques, Waltzing Matilda or dancing the Irish Jig.

At MEEC we teach various styles of music, dance & dramatic play.



**3**

### Gross Motor Skills Development

Interesting playground equipment such as our volcano climber, volley ball court, soccer lessons, dry creek bed, veggie garden and sandpit all contribute to keeping MEEC children challenged & engaged.

### 2 Literacy & Learning

Every child enters our Let's Love Literacy program where children's development in literacy becomes a strong focus in the preschool years.

Visit our cosy literacy corners & see children enjoying reading & relating their stories to others.

**4**

### E Technology

During their personal time using the tablets MEEC children have fun discovering science, nature and math. The added benefits gained from the use of the electronic white board ensures your child is E savvy by the time he or she starts school.

Visit our centre today or call us on 6672 5599 to discover for yourself all the reasons you'll want your child to be a MEEC child.

Murwillumbah Early Education Centre (MEEC)  
55 Commercial Rd (Cnr Prince St. - One block from Coles) Murwillumbah, 2484  
E. [meeec@childcaremurwillumbah.com.au](mailto:meeec@childcaremurwillumbah.com.au)

**Family Owned With Family Comforts & Values**



\$10 wristband for unlimited jumping castle and water slide fun!

**LASER TAG (\$10),**

Jumping Castle, Face Painting, Tug-o-war, Cent Auctions, Water Slide, Lucky Dips, BBQ, Fairy Floss, Food, Drinks, Entertainment, Stalls, Showbags, Games, Raffles, Crafts,

AND much more!

**Friday, 9th March 2018**

**3pm - 7pm**

**Uki Public School**

1463 Kyogle Rd, Uki

For further info,  
contact the school  
6679 5128

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## ENROL NOW FOR 2019

Condong Public School currently taking enrolments for Kindergarten in 2019.

If you have or know of an eligible child (who must turn 5 by 30 July 2019) please contact the school office on 0266722390.

# Condong P & C Association

Dear Parents and Carers,

Welcome back to Condong School. We return to a beautiful new canteen even better than before the flood. Our 2018 P&C executive committee are still finalising the canteen requirements and menu. We have decided to change our canteen operating days this year. Canteen will operate on Tuesdays for 'after lunch' snacks and on Fridays for recess and lunch. See below for operating hours.

If you can help out in the school canteen on a Tuesday or Friday please mark your preferences below. If there are certain dates that you can (or can't) do canteen please write them down. Any help that you can give is greatly appreciated. All new volunteers will initially be placed with an experienced canteen helper to provide support and advice.

**Please return this form to the school office as soon as possible** so that the roster for Term 1 and Term 2 can be finalised.

Lauren Oxley is our Canteen Co-ordinator/Purchaser and Lauren will be volunteering for our first full canteen day on **Friday, 16 March**. Spaghetti Bolognese will be available as a 'special' on the menu that day.

A full menu will be sent home early next week.

Regards,  
Rikki-Lee McAndrew,  
President.

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## **CANTEEN ROSTER VOLUNTEER 2018**

I can help on (please circle):

Tuesday (lunch time)	12.25pm to 1.15pm
Friday (full shift)	9.15am to 1.30pm
Friday (morning shift)	9.15am to 11.30am
Friday (afternoon shift)	11.00am to 1.30pm

NAME: .....

CONTACT NO: .....

# Easter Parade and Picnic



Come along and join in our “Easter Parade and Picnic”.

The students will be creating an Easter hat here at school on Wednesday, 28 March (Optional for Years 5/6, or they may wish to create an ‘Egg-o-Rama’) for the parade on Thursday. Thank you to our amazing P & C who are once again supplying resources for the students to use. Although, if any student or family has some Easter supplies or any decorations at home, even a hat that they would like their child to decorate they are welcome to bring them in.

**When:** Thursday, 29 March

**Time:** Parade & Raffle from 11.30 a.m.  
Picnic from 12.00 p.m.

Parents and family members are most welcome to come along. Bring a picnic lunch and rug along and join in the celebrations. Students are welcome to go home with their family after the picnic. We look forward to seeing you here.

Don’t forget to send in your donations for the P&C’s Easter Raffle.

