FROM THE PRINCIPAL

**Road Safety**
Unfortunately I need to put this message in again as a child was almost hit by a car on Wollombi Rd as she crossed the road with her mother last week. Sadly they were not crossing at either of the traffic light crossings. Please take the time to remind and model to your children about road safety rules and where and how to cross roads. When waiting for the lights to change on Wollombi Rd please stand back near the fence and parents please hold the hands of younger children when crossing the road. I’m sure you would all agree that the few extra minutes that it takes to cross at the lights or the Alfred Street crossing is nothing compared to the safety of your children.

**Assembly**
Last week 1S did a fantastic job of running the assembly telling us lots of interesting facts about wombats and performing a wombat song. This week KB will be running the assembly. Parents are welcome to join us at assembly time.

**Shake a Leg Program**
Last Thursday students in Year 2 participated in the “Shake a Leg” program offered by Hunter New England Health. This is a five week program that addresses hygiene and health issues. There are lots of opportunities for students to participate and practise different hygiene and health routines. Please talk to your child about what they learn each Thursday in this program and encourage them to practise at home.

**Loom Bands**
After discussion with staff and reviewing data it has been decided that loom bands are no longer to be worn or brought to school. There have been many incidents where loom bands have been

**Upcoming Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursdays</td>
<td>School Banking</td>
</tr>
<tr>
<td>Wednesday 4th June</td>
<td>ICAS Science Test</td>
</tr>
<tr>
<td>Monday 9th June</td>
<td>Queen’s B’day long weekend</td>
</tr>
<tr>
<td>Tuesday 10th June</td>
<td>1W Lunch Date</td>
</tr>
<tr>
<td>Monday 16th June</td>
<td>ICAS Writing Test</td>
</tr>
<tr>
<td>Tuesday 17th June</td>
<td>ICAS Spelling Test</td>
</tr>
<tr>
<td>Thursday 19th June</td>
<td>Barber of Seville performance</td>
</tr>
</tbody>
</table>

**Permission Notes & Payments Due**

<table>
<thead>
<tr>
<th>Year</th>
<th>Excursion/Performance</th>
<th>Payment Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yr 6</td>
<td>Canberra Excursion $295</td>
<td>Friday 8th August</td>
</tr>
<tr>
<td>All Students</td>
<td>School Fees $30</td>
<td>End of Term 3</td>
</tr>
</tbody>
</table>

EFTPOS is available at the office for payments of school excursions and performances.

[www.facebook.com/CessnockWestPS](http://www.facebook.com/CessnockWestPS)  [http://twitter.com/CessnockWestPS](http://twitter.com/CessnockWestPS)
stolen or become the cause of arguments amongst students. If your child does bring them to school they will be kept by the class teacher and returned at the end of the day. If this becomes a regular occurrence parents will be notified. The only jewellery to be worn at school are watches or stud or sleeper earrings.

Livelifewell
Heart smart
Here are some healthy heart food tips:

- use margarine spreads instead of butter
- choose reduced-fat milk (2% fat or less) for children two years and over
- have fish at least twice a week
- snack on fresh fruit
- don’t add salt to cooking or at the table
- enjoy a variety of foods especially fruits, vegetables, breads and cereals.

Keeping a Safe and Happy Playground
Safety and security in the playground is very important to us all. Other than when picking up or dropping off children at the beginning and end of the school day, please ensure that you sign in at the office if visiting the school. A teacher is always on duty at recess and lunch, assisting students in having a happy and safe time and to reinforce our school rules.

If you require a toilet, please ask to use the adult toilets in the Administration block, as the toilets in the playground are for student’s use only. This way we can ensure we all follow child protection guidelines.

Stage 2 Excursion
A $5.00 deposit is required be Friday 6 June to ensure your child’s attendance for the Power House Museum Excursion which is taking place in July.

Parenting Ideas
Please take the time to read the parenting ideas brochure which is included in each newsletter. They are written by Michael Grose who worked for over 20 years as a parenting educator supporting parents with all aspects of child-rearing. He has also authored 8 books for parents.

Many thanks for your support.
Mrs Ruth McGlashan

Library News
Overdue Notes
Overdue notes have been sent home with the newsletter this week. Thank you to all the families who found the overdue books after the holidays, it was really appreciated.
If you think the books listed on the overdue note have already been returned, please let me know. Thank you.

Book Club
Book Club brochures will go home this week. All orders are due in by Wednesday June 11th at 9am. No orders will be accepted after this time.

Thank you
Mrs J Rolt
Teacher-Librarian

PLAYGROUND RADIO
The following students will be presenting their Radio Show on the School’s Playground Radio Activity during this week and Monday and Tuesday of next week.

<table>
<thead>
<tr>
<th>WEDNESDAY 4 JUNE</th>
<th>THURSDAY 5 JUNE</th>
<th>FRIDAY 6 JUNE</th>
<th>MONDAY 9 JUNE</th>
<th>TUESDAY 10 JUNE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABBEY M</td>
<td>DANIEL S</td>
<td>FREYA H</td>
<td>PUBLIC</td>
<td>YASSMIN L</td>
</tr>
<tr>
<td>TAMISYN C</td>
<td>LARA S</td>
<td>MIKAYLA R</td>
<td>RILEY H</td>
<td>ABRIGAL G</td>
</tr>
<tr>
<td>RILEY W</td>
<td>JACOB S</td>
<td>JESSE H</td>
<td>BERRY H</td>
<td>CHELSEY F</td>
</tr>
<tr>
<td>GRACE B</td>
<td>CALB F</td>
<td>JACK W</td>
<td>CLAIRE M</td>
<td>GYPSY H</td>
</tr>
<tr>
<td>TANEISHA S</td>
<td>BRIANNA M</td>
<td>VAUGHAN J</td>
<td>SUMMA O</td>
<td>SUMMA O</td>
</tr>
<tr>
<td>SYLVIA C</td>
<td>JACK K</td>
<td></td>
<td>LOUIS P</td>
<td></td>
</tr>
</tbody>
</table>

To listen to their Radio Show Podcasts and check out what’s happening on Playground Radio go to our Website:

http://cwps-playground-radio.wikispaces.com/
2014 Premier's Sporting Challenge

Once again, students at Cessnock West are participating in the Premier’s Sporting Challenge. The Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

The Premier’s Primary Sporting Challenge involves primary school classes participating in a 10 week sport and physical activity challenge. At Cessnock West, this will be between Weeks 4 & 8 in Term 2, and between Weeks 2 & 6 in Term 3.

Students contribute individual totals of time spent on physical activity to their class total. Each student records their physical activity time in the Premier's Primary School Sport Challenge log book which is kept at school.

To achieve a Premier's Bronze, Silver, Gold or Diamond Award, classes and individual members must accrue the following time spent in sport and physical activity:

<table>
<thead>
<tr>
<th>Awards</th>
<th>Daily average activity time per student</th>
<th>Average time in minutes per week per student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze</td>
<td>30 minutes per day</td>
<td>210</td>
</tr>
<tr>
<td>Silver</td>
<td>45 minutes per day</td>
<td>315</td>
</tr>
<tr>
<td>Gold</td>
<td>60 minutes per day</td>
<td>420</td>
</tr>
<tr>
<td>Diamond</td>
<td>80 minutes per day</td>
<td>560</td>
</tr>
</tbody>
</table>

Classes accumulating this average amount of time in physical activity over the 10 week Challenge are awarded the Premier's Primary School Sport Challenge Gold Award.

It's not hard! Any daily physical activity of moderate to vigorous intensity can be used to accrue time.

Moderate activities could be as simple as brisk walking, bike riding with friends, skateboarding, lawn bowls, playground games, yoga and dancing.

Vigorous activities are associated with such activities as Australian Football, netball, aerobics, soccer, running, fitness circuits, dance, swimming laps and training for sport.

Opportunities for moderate to vigorous activity are also provided by:
• incidental activity.
• playground games.
• organised school sport competitions and physical education activities.
• school based programs such as Active After School Care.
• outdoor adventure and physical recreation programs.
• dance associated with the Performing Arts.

Students are encouraged to contribute to the class activity targets and goals by engaging in activities that reflect their interests and abilities. It is recognised that not all team members are in a position to contribute the same amount of time to class activity goals.

Students are encouraged to work towards the recommended national daily activity standard of one hour per day.

Anne McDonald
1-2-3 Magic & Emotion Coaching

3 Workshops for Dads

Venue: Cessnock East Public School
When: 3 Wednesday Evenings
      11th, 18th & 25 June 2014
Time: 5.45pm for 6pm start – 8pm

Benefits of 1-2-3 Magic
Build great relationships with your children
Use effective and positive ways to discipline your children.
Parenting solutions that are easy-to-learn and that WORK!

Delivered by Supportive and Accredited Facilitators

Bookings and Information
Please Contact:
Lesley on 4921 5758

COST: $5 per workbook

Please note the program is not confirmed until a minimum quota of participants have registered.
We will notify you 2 weeks before the program starts.
Looking for some free school holiday fun??
Discover the research that lies behind the HMRI Building’s doors.

Take part in some kids science experiments, make edible ‘DNA’ models, touch’n’feel the live expo displays and enjoy a healthy kids training session!

For mums and dads there’s also research information sessions on kids’ health and nutrition, asthma and much more...

4 JULY 2014
HMRI Building
www.hmri.com.au

Sunday 8th June 2014
10am - 2pm
Railway Hotel
Newcastle Foreshore

Sunday and kids red nose day
Hunter Region
An event to raise funds and awareness for SIDS and Kids Hunter Region.

Entertainment by Ruby the Clown
Face Painting
Craft Corner
Sausage Sizzle

For More Info Call 02 4969 3171
Free Entry