A very warm welcome to all parents, students and staff to the 2016 school year and an especially warm welcome to all new members of our school community. We look forward to getting to know you and your children and wish you a happy association with CWPS.

Our priorities for 2016 will include:
Continuing the implementation of the Focus on Reading program to further enhance teaching and learning, particularly in comprehension; Continuing the implementation of the Targeting Early Numeracy (TEN) program; Continuing the implementation of L3 Kindergarten, Year 1 and year 2; and continue supporting students in K-2 through the Early Action for Success strategy and implementing these strategies into Years 3-6.

These priorities among others will be best achieved with the continuing support of parents and families working with teachers in the best interests of children. I look forward to an exciting and successful year for the students of Cessnock West Public School.

**New Staff**
This year we welcome Ms Patricia Tizard to Stage 2, Ms Prue Symonds to Stage 1 and Mrs Lauren Williams to Stage 3.

**Class Placement**
Children were placed into their 2016 classes on Thursday and are settling in well; some with new teachers, some in straight classes and others in composite classes. Students have been placed according to the advice of their teachers, their learning and social needs, and where possible, their friendship choices. We have had many new enrolments and some families have left the area. Our final numbers will be submitted in week 3 and classes may change if we have enough students to form an extra class. Classes and teachers at this stage are as follows:
African Drumming Program
This year the school will be introducing and fully subsidising an African Drumming Program run by Issabella. African drumming is about empowering people of all ages to access a different instrument and participate and learn in a group environment. The Djembe is an instrument that student's can try, and within a short period of time can build rhythm, feel a sense of accomplishment, and self worth. This enables student's to have self awareness of their abilities and an individual connection to music. Years 3-6 will participate in Semester 1 and K-2 in Semester 2.
School Fees
Our school fees are $30.00 per student or $90.00 per family. School fees are used to help purchase equipment and subsidise excursions, buses and activities. Thank you to all the parents and guardians who have already paid the school fees. If you would like to pay your school fees by instalment please see the wonderful staff in the office.

Captains and School Leaders
Congratulations to the Captains and School Leaders who have been elected for 2016. I know they will do their very best in representing the students, assisting the staff and being excellent role models by following the school rules and reflecting the values of respect, responsibility and learning.

Dance2bfit
Dance2bfit is an energetic, innovative and fun way to get fit and funky with the latest dance styles to the hottest music tracks. This is a great program to improve the fitness levels of students while they are having a great time. Dance2bfit has been developed specifically for NSW Primary Schools under the PDHPE syllabus where students have fun learning a new dance each class.

Dance2bfit will again be on this term. A note was sent home last week. All children will be allowed to attend the first session but after that only students who have paid will attend. If you are experiencing financial difficulties please come and speak to Mrs McGlashan.
Ka-u-ma Play 2 Learn
The Ka-u-ma playgroup will be continuing this year at CWPS. It will be operating on a weekly basis every Monday from 9:30 till 11:30am. The first playgroup of the year will be held on Monday 8th February 2016 in the school hall and is open to families with children 0-6yrs who are not enrolled in school. It will be a great opportunity to meet other parents and for children to socialise and participate in activities suitable for their age groups. If you know of families in your neighbourhood who would be interested, please pass on this information. Morning Tea will be provided.
For more information please call Hunter Prelude: 49374549.

Swimming Carnival - Thursday 11 February 2015
Parents and students from Years 3-6 are advised that the annual school swimming carnival will be held on Thursday 11th February at the Cessnock Swimming Pool. Strong swimmers (usually squad trainers) in Year 2 who are turning eight this year are also able to participate with their parent’s permission. All students must have a signed permission note to attend.

Students will travel to and from the venue by bus, departing at 9.30am and leaving the pool at 2.30pm. There will be novelty events for all non-swimmers (supervised by trained teachers and life guards). Students must wear school issued ID bracelets to identify their swimming skills. To ensure children’s safety, there will be no unsupervised swimming permitted.

Children who are not participating in the races are still expected to attend the carnival to support their sporting house. There will be no primary teachers in attendance at school to provide supervision as they will be needed at the pool. We hope many of you will come along and enjoy the day with your children. If you are able to assist on the day please speak to Mr Vogel.

School Safety and Security
Parents/carers are reminded that the gates in Wollombi Rd and Alfred Street will be locked each morning at 9.15am and will be opened again at 2.40pm. We need to do this to keep trespassers out and to ensure the safety of students and staff. If you need to enter the school grounds when the gates are locked please enter through the main building located in Campbell St.

With the safety of your children in mind, please do not send them to school with any glass bottles or metal cans (e.g., cans of tuna) which could cause injury.
Keeping Children Safe Around Schools
To avoid a dangerous environment around our schools, Council Rangers have 5 simple steps to help keep kids safe;

- Teach your kids how to be safe around traffic;
- Observe all parking signs as they are designed to keep everyone safe;
- Take extra care while in school zones, even if no children are around;
- Familiarise yourself with traffic conditions around your school; and
- Choose safety over convenience, even if it means parking further away.

Parking offences in school zones carry heavier fines and loss of demerit points.

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

Thank you for your ongoing support
Ruth McGlashan
Principal

Canteen News
Welcome back everyone to 2016.
A new menu is attached to the newsletter, please check prices before you place your orders as some prices may have changed. Online ordering will be available soon. We will keep you posted.

Please delete funny finger iceblocks, Zombie monsters from your menus as we are no longer able to purchase them from our supplier.

Please remember to use paper bags for your orders no pieces of paper will be accepted as it takes a lot longer at the order window when we are busy.

We all hope you have a great 2016 from all the canteen staff.

Thank you
Linda
Canteen Supervisor
Library News

Library lessons
Every class has a library / technology lesson for an hour each week. These lessons are on a set schedule as listed below, however, sometimes things need to change to accommodate staff needs. If your child does not get a chance to borrow on their library day due to a time change or absence, they are welcome to borrow at lunch time.

Monday - 3/4S, 3/4T, 5/6N, 5/6W
Tuesday - KB, 1S, 1/2W, 2H
Wednesday - 3/4H, 3/4V, 5/6B, 5/6CB
Friday - KM, 1M, 2G

Students in Kindergarten will receive their library bag during their first lesson. All students in Year 1 and 2 must have a bag to borrow and students in Years 3 and 4 can borrow one book without a bag, however, if they have a bag, they may take 4 books.

Tissues
With every child visiting the library at least once each week, we go through a lot of tissues, especially in winter. It would be great if each family could donate a box of tissues to the library to see us through 2016. Last year this worked really well and I had just enough boxes to start the year with. Thank you

Book Club
Book Club brochures have been sent with this newsletter. All orders are due in by 9am on Wednesday February 10th. Any orders after this cannot be accepted. Please see the separate flyer for all information regarding Book Club.

Book Fair - advanced notice
The annual Book Fair this year will be held on Thursday October 20th. The theme will match the CBCA Theme this year Australia: Story Country. I’m telling you this now as many shops have cheap Australian themed items at the moment. So I’ll be asking students to come dressed as their favourite Australian anything (book, character, sports person, icon, food - the ideas are limitless).

Mrs Jae Rolt
Teacher-Librarian

ICAS Competition
Students in Years 3-6 have the opportunity to participate in the competitions run by the International Competitions and Assessments (ICAS) through the University of NSW. The ICAS are independent skills-based assessments with a competition element. ICAS are developed annually in the subject areas of Digital Technologies (previously known as Computer Skills), English, Mathematics, Science, Spelling and Writing. Achievements are awarded at all levels and all competitions are written tests. Students in 3-6 have been given a note to enter these competitions. If you have any questions please see Mrs Rolt.
Pink Stumps Day is back for 2016!
It will be held on February 24th at 11.30pm with our Stage 3 vs parents/teachers game.
Our infants students will be participating in cricket skill activities during this time.
Any parents wishing to join our parent team please contact Marissa Floyd.
All Stage 3 students will be given the opportunity to nominate themselves and will be randomly chosen.
Students are invited to come dressed in pink for a gold coin donation.
A bake sale will also be held. Any donations will be greatly appreciated and can be dropped to the school on February 23rd. Students will be able to purchase these goods on the day - prices will range from 20 cents to $1.
All money raised will go to the McGrath Foundation.

Changes to notes
We have made changes to our notes for 2016.

Notes will now be colour coded depending on the information and/or requirements.
Please see below for details on what each colour represents. It may be worthwhile to keep this section somewhere safe for reference throughout the year.

WEEKLY WHAT’S ON

PERMISSION ONLY
No money required

INFORMATION ONLY
IE CLASS SUPPLY LISTS

PERMISSION AND PAYMENT REQUIRED

SPORTING
IE Swimming carnival
## Cessnock West Public School
### Canteen List – Effective January 2016

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Slice (per slice)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Custard Cup</td>
<td>$0.80</td>
</tr>
<tr>
<td>Jelly Cup (when available)</td>
<td>$0.80</td>
</tr>
<tr>
<td>Chicken Nuggets (each)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Dino Nuggets (each)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Chicken Pops (per scoop)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Hash Browns (each)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.70</td>
</tr>
<tr>
<td>Large Pie</td>
<td>$3.40</td>
</tr>
<tr>
<td>Party Pie</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.70</td>
</tr>
<tr>
<td>Chicken Burger on Bun</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken burger/lettuce/mayo</td>
<td>$3.50</td>
</tr>
<tr>
<td>Hamburger</td>
<td>$4.00</td>
</tr>
<tr>
<td>Pizza –</td>
<td></td>
</tr>
<tr>
<td>Hawaiian or Cheese &amp; Bacon</td>
<td>$2.20</td>
</tr>
<tr>
<td>Mini Party Pie</td>
<td>$1.00</td>
</tr>
<tr>
<td>Mini Sausage Roll</td>
<td>$1.00</td>
</tr>
<tr>
<td>Chicken Nuggets (each)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Dino Nuggets (each)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Chicken Burger with either lettuce or Mayo</td>
<td>$3.30</td>
</tr>
<tr>
<td>Pizza Roundas</td>
<td>$2.50</td>
</tr>
<tr>
<td>Chees and Bacon Buns</td>
<td>$1.50</td>
</tr>
<tr>
<td>Choc Chip Muffins</td>
<td>$1.50</td>
</tr>
<tr>
<td>Mini Sausage Roll</td>
<td>$1.00</td>
</tr>
<tr>
<td>Mini Party Pies</td>
<td>$1.00</td>
</tr>
<tr>
<td>Noodles – Chicken or Beef</td>
<td>$2.10</td>
</tr>
<tr>
<td>Lasagne</td>
<td>$3.10</td>
</tr>
<tr>
<td>Spaghetti Bolognese</td>
<td>$3.10</td>
</tr>
<tr>
<td>Large Pie</td>
<td>$3.40</td>
</tr>
<tr>
<td>Party Pie</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$2.70</td>
</tr>
<tr>
<td>Hotdog/sauce</td>
<td>$2.30</td>
</tr>
<tr>
<td>Chicken Burger on Bun</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken burger/lettuce/mayo</td>
<td>$3.50</td>
</tr>
<tr>
<td>Hamburger</td>
<td>$4.00</td>
</tr>
<tr>
<td>Bread &amp; Butter</td>
<td>$0.70</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$1.20</td>
</tr>
<tr>
<td>Low Fat Cheese</td>
<td>$1.70</td>
</tr>
<tr>
<td>Tomato</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.00</td>
</tr>
<tr>
<td>Egg</td>
<td>$2.00</td>
</tr>
<tr>
<td>Egg &amp; Lettuce</td>
<td>$2.30</td>
</tr>
<tr>
<td>Roast Chicken</td>
<td>$2.50</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.60</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Bread Roll extra</td>
<td>$0.50</td>
</tr>
<tr>
<td>Salad Tub</td>
<td>$4.50</td>
</tr>
<tr>
<td>&quot;&quot; with Chicken</td>
<td>$5.50</td>
</tr>
<tr>
<td>&quot;&quot; with egg</td>
<td>$5.00</td>
</tr>
<tr>
<td>Water</td>
<td>$1.50</td>
</tr>
<tr>
<td>Oak Milk (Lite)</td>
<td>$1.50</td>
</tr>
<tr>
<td>(Chocolate/Strawberry/Vanilla Malt)</td>
<td></td>
</tr>
<tr>
<td>Juice Popper</td>
<td>$1.30</td>
</tr>
<tr>
<td>(Paradise Punch/Orange/Apple Blackcurrant)</td>
<td></td>
</tr>
<tr>
<td>Orchy Pop top</td>
<td>$1.50</td>
</tr>
<tr>
<td>(orange/Apple/Apple Blackcurrant)</td>
<td></td>
</tr>
<tr>
<td>Flavoured Water</td>
<td>$1.60</td>
</tr>
<tr>
<td>Milo Hot (Terms 2/3)</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cold</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

### TREATS

- Lemonade Icy Twist: $1.00
- Yogo Snapz: $0.50
- Large Snapz: $1.00
- OLAF: $2.00
- Life Saver: $2.00
- Dragon Popper: $1.00
- Shakey Shake: $2.00
- Calipo: $1.00
- Fandangles: $1.50
- Ice Cream Buckets: $1.10
- Red Rock Chips: $1.10
- JJ’s Chicken: $1.10
- Jumpy’s Chicken: $0.90

### FRUIT & VEGETABLES

- Apples & Oranges: $1.00
- Bananas: $1.00
- Orange Wedges (each): $0.10
- Carrot Sticks (each): $0.10
- Celery Sticks (each): $0.10

*Items vary due to availability*

### SAUCES

- Tomato: $0.30
- BBQ: $0.30
- Sweet & Sour: $0.30

### WRAPS

#### Kids
- Salad: $3.00
- Chicken and salad: $4.20
- Ham and salad: $4.20

#### Adults
- Salad: $5.00
- Chicken and salad: $6.00
- Ham and salad: $6.00

*Only available at Lunch Time*

### BAGS

- 20 cents each
The canteen is operated by the P&C which approves a committee to manage the day to day operations. The P&C employs a manager and encourages as many parents and grandparents to volunteer for the daily roster of canteen helpers when needed.

- Following the NSW Healthy School Canteen Strategy, the canteen seeks to:
- Provide balanced and nutritious food at a reasonable cost
- Maintain high standards of health care in the preparation, supply and service of food
- Provide an educational resource in food and nutrition
- Operate according to the NSW Department Education & Training financial rules
- Use profits to aid the school through the P&C

Please write all lunch and recess orders on separate paper bags including Name, Class, Items, Prices and Total. No envelopes or scrap paper will be accepted. Please use own lunch bags, canteen bags are now 20 cents per bag.

Orders to be placed by 9.30 am at the latest, any late lunch orders will be adjusted to availability and time. If you know your child will be late please DO NOT ORDER.

DO NOT PLACE any orders in black bin on canteen wall after 9.15am.

Due to Health and Safety Regulations we can’t heat, cook or serve any food brought in from home.

Any reason your child has no lunch they are to get a signed note from their teacher and will be supplied with a sandwich that MUST be paid for by the next day. There is NO CREDIT so please do not ask so you won’t be offended when refused.

Please have correct money when ordering your child’s lunch, large notes will not be accepted due to opening with only small amount of change.
Packing a Healthy Lunchbox

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child’s lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.