

# SAWTELL PUBLIC SCHOOL NEWSLETTER

**"A member of the Bongil Bongil Learning Community"**

**21 September 2018 — TERM 3 WEEK 8**

## PRINCIPAL'S REPORT

Dear Parents and Carers,

Over the last 25 years, rates of obesity have risen in many countries around the world. In the ten-year period from 1985 to 1995, national surveys showed that the combined number of Australian children who were overweight or obese more than doubled. Obese children have a 25-50% per cent chance of being obese adults, however, this possibility can be as high as 78% for older obese adolescents. Research suggests once a child is overweight or obese, it is unlikely that he or she will return to a healthy weight without some deliberate, remedial action. If overweight or obese children do not attain a healthy weight, they are more likely to develop weight-related health problems when they become older. At Sawtell Public School we encourage children to eat healthy food. This is evident in the teaching and learning activities centred on 'health', the PE/Sport programs at Sawtell PS as well as the most amazing school canteen menu.

Too often many students come into school eating non-nutritional valued foods including chips, lollies and fruit drinks loaded with sugar. A healthy diet is linked to improved behaviours, more engaged learning and better student outcomes. Please be reminded that our school canteen also serves free weet-bix in the mornings for students who miss their breakfast.



## **CANTEEN**

Due to unforeseen circumstances the canteen was closed last Thursday and Friday. The P&C tried to cover the replacement of personnel, but, unfortunately they were unsuccessful. However, the P&C purchased bread and spreads for those students who were prepared for lunch orders. Thank you Helen. A BIG THANK YOU TO MRS BELLCHAMBERS FOR PREPARING THE LUNCHES FOR OUR STUDENTS.

## **MORE STUDENT SUCCESS**

Congratulations Kaitlyn and Lily White-Gregor who have been selected to represent Sawtell PS at the state equestrian event being held in Grafton on 26-27 October. Best of luck girls!

Enjoy a warmer weekend!

Michael Hepi – Principal

## UPCOMING EVENTS

**12 September:** Yr 6 Cake Staff fundraiser (Morning Tea and lunch); Bees Wax Wrap workshop for Smart Food family participants - 3:15-5:15pm

**13 September:** 9:30-10:30am Yarn-up

**13/14 September:** NC Principals Conference

**19 September:** Sawtell Public Speaking Finals - estimated times are Early Stage 1 and Stage 1 - 9:15am, Stage 2 - 10am, Stage 3 - 11:15am. Parents are welcome to attend.

**21 September:** 2/3G assembly; NC athletics - Lismore

## ASSEMBLY:

This week's assembly 1/2CF.

## BOOKCLUB:

Bookclub orders are due in a day early this week. **Please hand your order form into the office by this Thursday 13 September.**

## P&C NEWS

### **BUSHDANCE NEW DATE**

Friday 19th October 2018 is the new date for our school Bush Dance...that's the first Friday in Term 4 after we return from school holidays. More details to come.

### **BUNNINGS BBQ**

The P&C have secured a Bunnings BBQ for Saturday 6 October. Volunteers are needed to man the BBQ from 8am to 4pm. If you have a few hours to spare to "twirl a set of tongs", please contact Tanya on 0437 522 070 or sawtellpandc@gmail. Every dollar raised supports our school.

### **COFFS CYCLE CHALLENGE**

The Coffs Cycle Challenge is on Sunday 28 October. The P&C will be supporting the 10km ride again this year by providing up to 20 volunteers to direct riders on the day. The 10km ride is aimed at families, less experienced or older riders, and disabled riders with hand cycles. This route follows the Jordan Esplanade and south along the south breakwall.

If you can help out for a few hours on the morning of the 28 October and attend a briefing on 17 October at the CEX, please contact Tim on 0424 743 033 or sawtellpandc@gmail.

### **CANTEEN CORNER**

#### **Canteen Closure Last Week**

Unfortunately due to illness, the Canteen was closed on Thursday and Friday last week. Sorry for any inconvenience this may have caused. Several notifications were sent out via the *Skoolbag App*. However, some families may not have received this. Please ensure you have the latest version of the *Skoolbag App* and have signed into the App to receive future notifications. Sandwiches and fruit were provided by the P&C and school free of charge to any student that arrived with a lunch order on the day.



### **Volunteers Needed**

We urgently need more volunteers to help in the Canteen. If you can spare an hour or two, even once a month, please see Amelia in the canteen or text or call Helen on 0431 693 976 for more information. Volunteering in our Canteen is a great way to:

- \* Meet new friends
- \* Be an active member of our school community
- \* Learn new recipes and share your own
- \* Have input into menu changes and specials
- \* See the huge smile on your child's face when they visit you at recess or lunch
- \* Volunteers receive a free ice cup for their child!

### **Breakfast**

Did you know, the Canteen supplies FREE Weetbix for breakfast?!

### UNIFORM SHOP

Uniform Shop is open every Wednesday at 8:30am. Please note the Uniform shop **will be closed next Wednesday 19 September**. Orders can be left at the office.

### COMMUNITY NEWS:

**BOAMBEE CREEK**

**KIOSK**

**OPEN 7 DAYS**  
From 7am

Hot Food • Coffee  
Ice Creams • Cold Drinks

**Special Offer**

Burger night at Boambee Creek Reserve Friday 28th September. Gates open for free entry from 4.30pm.

Contact Kiosk for details,  
Andrew & Kim on 6653 1096.

**Thinking of buying or selling real estate?**

For all your real estate needs, contact your local professional today on **0431 011 913**

**Howard Nicholson – Sales Agent**



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We're on the Web!

See us at: [www.sawtell-p.schools.nsw.edu.au](http://www.sawtell-p.schools.nsw.edu.au)