



STOKERS SIDING SCHOOL NEWSLETTER

Email address: stokerssid-p.school@det.nsw.edu.au

Web Page: <http://www.stokerssid-p.schools.nsw.edu.au/Index.html>

Term 3 Weeks 3 & 4

Wednesday 6 August 2014

DATE	DAY	EVENT	WHO	ACTION
7.8.14	Thurs	Book Garden Visit	K-6	Info sent home last week
8.8.14	Fri	Tree Day	K-6	Interested families
14.8.14	Thurs	5/6 Careers Day	5/6	Private Transport
25.8.14 - 5.9.14	10 days	School Swimming Scheme	K-6	Permission notes please
17.10.14	Fri	Brisbane Excursion	K-6	Permission notes please

Dear Parents,

We have an **exciting term** ahead with lots of educational, environmental and health events in store.

Tomorrow we welcome our visiting author Andrew King who will be working with K-6 telling them all about Engibear's Dream. Come to school on Thursday morning to join in the fun. Looking forward to seeing you.

Friday is our schools Tree Day! Join Mr. Hollis and the children as they mulch and weed our gardens.



Author Visit!
TOMORROW! Andrew King!
John from the **BOOK GARDEN** is visiting too
Come along to meet the author, browse the books for sale,
Purchase a book for your child or for the school library!



**Chinderah Recycling
Centre,
Sustainable Living Centre
& Resource Centre**



Merit Awards

Congratulations to our merit award winners for **Week 3 Term 3** - Jude Jamieson, Finn Glaser, Lenny Flanagan, Sharleah Parry, Gypsy Metcalfe, Aydan Kay, Bhatha Harrison, Murayah Kay, Brair Ansey, Django Baartz-Hague, Lani Ansey and Lilly McKay.



Special Congratulations to our Student of the Week Lilly McKay

Congratulations to our merit award winners for **Week 4 Term3** - Sharleah Parry, Isaiah Parry, Siena Whitman, Lulu Warlow, Caitlyn Noble, Calum Campbell, Joe Williams and Justin Metcalfe



Special Congratulations to our Student of the Week Isaiah Parry

Stokers School's Athletics Carnival

We all had a wonderful time at our school Athletics Carnival last Thursday. Thank you to Mr. Hollis and Mrs. Shimizu for their coordination of the event.

Our winners are listed below:

Overall Team Winner: MAGPIES!



Age Winners:

Girls

5 years	-
6 years	Lani
7 years	Mia A.
8 years	Caitlyn
9 years	Gypsy
10 years	Jude
11 years	Poppy
12 years	Aurin



Boys

5 years	Ezra
6 years	Justin
7 years	Briar
8 years	Aaron
9 years	Jiye
10 years	-
11 years	Meikaii
12 years	Connor

Thank you to all our mums and dads for their support on the day. Thank you also to all our hard-working staff for all the lead-up preparation and on the day.

Congratulations to all students for their enthusiasm and sportsmanship on the day!

Regards Mr. Hollis.

Re-Ordering school photos

The following photos will be on display in the office foyer, and may be re-ordered by completing a Re-Order envelope from the school office. Please place either **cash** or a **cheque** in the envelope provided. Credit card payments can be made online through www.theschoolphotographer.com.au, please enter your order number on the envelope and return to school.

All re-orders are to be received by **18th August**.

Please note that if payments are not received before photos are sent to the school, a late fee of \$5 will be incurred

Photos Prices

- Whole School (maxi size—A3) \$20
- Captains and Vice Captains \$14
- Year 6 and SRC \$14
- Group/Class Photo \$14



Captains and Vice Captains



Year 6 and SRC



Whole School

REMINDER

CHOCOLATE MONEY IS NEEDED ASAP AS THIS FUNRAISER IS FINISHED AND WE NEED TO PAY THE BILL!

Canteen volunteers are needed for Term 3. Many hands make light work! Contact Sue or Nicole.

School Swimming Scheme - 25.8.14 to 5.9.14 (10 days)

Spaces are left for our Swimming Scheme but are dwindling fast! Let us know if you would like to participate. Perhaps a payment plan would be helpful. See Marg, Gloria or Stacey.

2/3 Class Film

The children in our 2/3 class have made a film! They have entered it in the Crabbes Fest Film Festival. Their film is getting rave reviews at Stokers School!



Congratulations to Mr. Dignan and the children in 2/3 for their amazing production! "Behind the Scenes" photos for 2/3's film.





Water

- About two thirds of our body is water
- It carries food around our body
- It carries away waste
- It keeps our temperature steady

Drink plenty of clean, plain water:
It is THE thirst quencher!

Oral Health Matters



Did you know: On average, over 50% of Australian children aged 5-12 years have teeth affected by dental caries.¹

Oral health is a vital part of overall health and wellbeing. It is important to start dental visits early and attend these regularly as directed by your dentist, rather than waiting for painful and often costly problems to occur.² Children who have regular check-ups and are comfortable with visiting the dentist tend to have fewer dental problems, and are less likely to be afraid of dental treatments.²

All children aged between 0-18 are eligible to receive FREE general dental treatment through the Mid North Coast Local Health District. Parents do not need to hold a pension card or health care card for their child to be eligible.

Please call the Oral Health Contact Centre on **1300 651 625** if you would like your child to have a check-up. If they are having problems or pain they will be prioritised - just ring 1300 651 625 to be triaged.

If you have received a letter indicating you are eligible for the Child Dental Benefit Scheme you can use this at any of our clinics

1. Chrisopoulos S, Harford J. Oral health and dental care in Australia: key facts and figures. The University of Adelaide: 2012
2. Australian Dental Association. Dental Health Week. [website] Available from: <http://www.dentalhealthweek.com.au/>. Accessed 23 May



Tree Day 8th August

We will have a Tree Day at school on Friday 8th August. All families welcome!
We are mainly mulching and weeding.
If you can help, please bring a wheelbarrow and shovel if possible.
Regards Rod Hollis.

**Brisbane Excursion to the Qld Art Gallery,
Qld Museum and Sciencentre
Friday 17th October.
See Gloria or Stacey if you wish to set up
a payment plan.**



Community News

- Art After School 7/8/14 5.00—7.00. RSVP by 6.8.14 66 702790
- Family Centre programs; Phone 0755248711 for more info

Marg Eaton
Principal



Nutrition Snippet

The simplest way

...to increase your fruit and veg intake

Myth:

Frozen and canned fruit and vegetables don't count towards your daily intake of fruit and vegetables.



Fact:

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt.)

For more information visit
www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

