

# Weston Public School

Weston Public School

School Purpose - to create a happy, secure and successful school environment through effective teaching and learning.



A newsletter for the community of Weston Public School

Term 1 Week 2

Tuesday February 5, 2013

## Quote for the Week

Whoever is happy will make others happy too. ~ Anne Frank ~

## Important Dates for Term 1 2013

### FEBRUARY

Wednesday 6	Play to Learn begins
Thursday 7	School Banking
Monday 11	P & C Meeting - 7pm
Wednesday 13	Canteen will re-open
Monday 18	Swimming Carnival
Wednesday 20	Meet the Teacher - 4-6pm



### MARCH

Monday 4	School Photos
Thursday 14	School Disco

**\*\*No sun safe hat play under the covered areas\*\***

## Dear Parents, Carers and Community Members

We have had an excellent start to Term 1. Some children have had to change classes due to a change in student numbers.

Most children are playing sensibly in our playground though it has been noticed during morning duty before school commences that there are a large number of children eating snack foods. Children need to have breakfast before they come to school each morning. Health professionals have carried out numerous studies on the benefit of children starting each day with a healthy breakfast. Please ensure your child has breakfast before leaving home or if for extenuating circum-

stances that they need to eat on the run that a healthy substitute is found instead of snack foods.

## Breakfast suggestions:

- A smoothie. Blended fruit, milk (and perhaps a dollop of yoghurt) and ice makes a great breakfast.
- A toasted sandwich. Instead of boring old toast, make a cheese and tomato, or banana, toasted sandwich.
- Offer toppings for cereal. Eating cereal out of the box, day in and day out, can get really boring, so try adding fresh or tinned fruit slices, dried fruit, nuts, honey or golden syrup to spice things up.
- Go the savoury route. Anything can be breakfast - last night's leftover pasta, a toasted bagel with baked beans, toast with roast chicken on top. Don't get locked into offering only cereal, eggs or toast.
- Breakfast on the run. If your child really does have to leave the house four minutes after she's rolled out of bed, be prepared with a cereal bar, a tub of yoghurt, a banana, or a bag of cereal mixed with trail mix. She can eat these while you're on the move and still get the benefit of breakfast.

## School Rules

At Weston Public School we have three school rules:

**S**afety;

**K**indness; and

**R**espect.



Our three school rules **S**, **K** and **R** apply to the treatment of all students, staff, parents, community members and including the animal and plant life at Weston Public School. Children are reminded frequently about the importance of following our school rules and the consequences of



not following these rules. Please discuss our school rules with your children at home to assist their understanding.

### Swimming Carnival

The annual swimming carnival is on Monday, 18<sup>th</sup> February (Week 4) for all children turning 8 years or older this year. Children have received a separate information/permission note from their class teacher. All notes will need to be returned to class teachers.



### Meet the Teacher Information Session and Sausage Sizzle

**When:** Wednesday, 20<sup>th</sup> February

**Where:** School Hall and COLA

**Time:** 4.00 - 6.00pm

*Free sausage sizzle for all families who attend.*

### P&C Meeting

Our first P&C Meeting and AGM will be on Monday, 11<sup>th</sup> February. All new and existing families are welcome. Please come along and meet other parents/community members who work together to raise funds that support your child/children's education. Members meet on the second Monday of each month at 7.00pm in the staffroom to discuss/organise activities and have a cuppa.



*We thank you for your ongoing support of our school.*

*Mrs R. Callinan*

*Acting Principal*

## P & C NEWS

### P & C Meeting

The next P & C meeting will be our Annual General Meeting and will be held in the staffroom on February 11, 2013. All welcome.

### Canteen

The canteen will re-open on Wednesday February 13.

*Mandy Johnson (P & C Secretary)*

## WESTON JUNIOR



## SOCCER CLUB

### REGISTRATION DAYS FOR THE WINTER SEASON

**6<sup>TH</sup> FEB 3.30PM-5PM**

**9<sup>TH</sup> FEB 9AM-12PM**

**13<sup>TH</sup> FEB 3.30PM-5PM**

**16<sup>TH</sup> FEB 9AM-12PM**

**20<sup>TH</sup> FEB 3.30PM-5PM**

**23<sup>RD</sup> FEB 9AM-12PM**

**27<sup>TH</sup> FEB 3.30-5PM**

### **Where?**

Varty Park  
Swanson Street, Weston

### **Who?**

Boys and Girls  
Aged 5 years and up

### **How much?**

6-7 yrs: \$65

8-11 yrs: \$75

12-18 yrs: \$95

All new players welcome (birth certificates required).

Any enquiries please contact Colleen on 0421907536.

Weston Junior Football Club has a proud football history and would love for you to become a part of it.

## WESTON PUBLIC SCHOOL CANTEEN PRICE LIST from 5th Feb 2013

**PLEASE NOTE ... NO CREDIT GIVEN**

Extra teaspoons are 10c each

### **SANDWICHES**

Cheese	\$1.70
Vegemite	\$2.00
Tomato	\$2.10
Egg	\$2.10
Egg & Lettuce	\$2.80
Ham	\$2.70
Ham & Cheese	\$2.90
Ham & Tomato	\$2.90
Salad	\$3.50
Ham Salad	\$4.50
Chicken Salad	\$4.50
Chicken	\$2.70

Add 30c for Roll

Toasted	\$0.30
Pineapple	\$0.40
Egg	\$0.40

### **Salad Packs**

Salad	\$3.50
Ham & Salad	\$4.50
Chicken & Salad	\$4.50
Egg & Salad	\$4.50

Sauce portions

\$0.40

Red Rock Chips

\$1.00

1 Pikelet

\$0.20

Mandarines

\$0.60

All other fruit

\$0.80

### **HOT FOOD**

Lite Party Pie	\$1.80
Lite Large Pie	\$2.70
Lite Sausage Roll	\$2.50
Lite Hot Dog	\$1.90
Lite Hot Dog with Sauce	\$2.00
Pizza	\$2.20
Lasagne	\$3.50
Hamburger	\$3.80
Cheese Burger	\$2.50
Chicken Burger w sauce	\$2.80
Chick burger with lettuce & mayo	\$3.00
Hot Cheese Roll	\$2.00

Buttered Bread (2 slices)

\$0.60

Buttered Roll

\$0.80

### **DRINKS**

Spring Water	\$1.00
Flavoured OAK	\$2.30
Flavoured Moove	\$1.60
Juice	\$1.40

### **Ice Blocks / Other**

Paddle Pops	\$1.40
Calippo Mini's	\$1.00
Icy Bites	\$0.60
Frozen Yogurt	\$2.00

NOTE: Pikelets are subject to availability

Contact Charmaine on 4961 0700

Contact Teineka on 4937 4549

Play 2



Learn

When: Every 2nd

Wednesday

1pm until 2.30pm

Where: Weston Public

School Hall

Who: Families with  
children 0-6 years

Shared afternoon tea  
Meet other families  
Art and Craft activities  
Educational toys,  
books and games  
Have a cuppa and a  
chat with other parents



FamilyInSight



Dates for 2013

Play 2



Learn

- |   |  |
|---|--|
| <input type="checkbox"/> 06.02.13               | <input type="checkbox"/> 24.07.13                |
| <input type="checkbox"/> 20.02.13               | <input type="checkbox"/> 07.08.13                |
| <input type="checkbox"/> 06.03.13               | <input type="checkbox"/> 21.08.13                |
| <input type="checkbox"/> 20.03.13               | <input type="checkbox"/> 04.09.13 [Father's Day] |
| <input type="checkbox"/> 03.04.13 [Easter]      | <input type="checkbox"/> 18.09.13                |
| <input type="checkbox"/> 17.04.13               | <input type="checkbox"/> 02.10.13                |
| <input type="checkbox"/> 01.05.13 [Mothers Day] | <input type="checkbox"/> 16.10.13                |
| <input type="checkbox"/> 15.05.13               | <input type="checkbox"/> 30.10.13                |
| <input type="checkbox"/> 29.05.13               | <input type="checkbox"/> 13.11.13                |
| <input type="checkbox"/> 12.06.13               | <input type="checkbox"/> 27.11.13                |
| <input type="checkbox"/> 26.06.13               | <input type="checkbox"/> 11.12.13 [Christmas]    |
| <input type="checkbox"/> 10.07.13               |  |