

"Excellence, opportunity and success in a caring learning environment"

Avoca Drive Kincumber 2251 Ph: 43691544 Fax: 43692963

Email: kincumber-p.school@det.nsw.edu.au

Website: kincumber-p.schools.nsw.edu.au

**President P&C**  
**Kylie Long**

**President School**  
**Council:**  
**Kirsty Walker**

Term 4—Week 5

**P & C meet 2nd Monday of each month, 7.30pm**

Thursday, 19 November 2009

## **TERM CALENDAR:**

### **NOVEMBER**

- **Tuesday 24 November—St 3 Catholic Scripture Excursion**
- **Wednesday 25 November—Kinder Orientation Evening 6.00—7.00pm**
- **Friday 27 November—K-2 Assembly—parents welcome—10.15am—10.50am**

### **DECEMBER**

- **Thursday 3 December—High School Orientation Day—9.00am—3.00pm**
- **Monday 7 December—Helpers' Morning Tea—10.45 school hall**
- **Monday 7 December—Guitar Group performance for parents in AV room 1.30pm**
- **Wednesday 9 December—Canteen meeting—9.00am**
- **Wednesday 9 December—K-2 Picnic Day**
- **Wednesday 9 December—Year 6 Farewell**
- **Monday 14 December—6.00-9.00pm—KPS Presentation Night at Kincumber High School**
- **Tuesday 15 December—Stage 2 Movie Day**
- **Wednesday 16 December—last day of school for students**

### **JANUARY 2010**

- **Wednesday 27 January—Staff return to school**
- **Thursday 28 January—Years 1 to 6 return to school**
- **Wednesday 3 February—Kindergarten start school**



## **PRINCIPAL'S REPORT:**

### **This week:**

- **Premier's Spelling Bee News**
- **Canteen celebrations**
- **Sporting Leaders**
- **Chickenpox is about**

### **Amy – Our Queen (Spelling) Bee**

Amy Wright from 3T contested the Senior State Final of the Premier's Spelling Bee last night. Eighty seven thousand students took part in the spelling bee and Amy was one of thirty five finalists. What a spelling supergirl she is! She confidently spelled her way into the third round and we are so proud of her. The final four spellers competed live on ABC radio. The whole event was a nail biter and tension was high to see who would end up the last one left spelling. Amy is a credit to herself, her family and her school for achieving to this level. She received a medal and the biggest Macquarie dictionary I've ever seen. Well done Amy!

### **Canteen Celebrations**

Our canteen is undertaking the Healthy Canteens accreditation process and is on track to achieve this. The NSW Healthy School Canteen Strategy categorises food into three groupings:

#### **RED 'Occasional'**

Do not sell these foods on more than two occasions per term

#### **AMBER 'Select carefully'**

Do not let these foods dominate the menu and avoid large serving sizes

#### **GREEN 'Fill the Menu'**

Encourage and promote these foods in the canteen.

Tuesday's *smoothie day* was a green day to promote healthy foods. It was very successful and we thank you all for your support. There will be a red day coming up later this term on 8 December – watch out for more details; minisubs will be on the menu.

### **Sporting Leaders**

An initiative of the Premier's Sporting Challenge is the Sporting Leadership Program. Kincumber High School students, along with twelve year 5 and 6 students from each of the partner primary schools in the Kincumba Learning Community, are participating in a day of fun and work tomorrow at the high school. They will be learning some fundamental sport and leadership skills which they will then use to train other students in 2010 as part of our transition to Kincumber High School program. Thanks Mr Jarmaine for helping to organise this great experience.

### **Chickenpox is about**

We have had several parents advise us that their children have chickenpox. For information please see:

<http://www.health.nsw.gov.au/factsheets/infectious/chickenpox.html>

Hope you had a great week at our great school.

Trish Peters  
Principal

## **Students of Week 4 Term 4 2009**

KP Kasey Wilson  
KM Caitlin Waite  
KLH Daniel Slade  
1R Tyla Williams

1G Isabella Matthews  
1D Tanya Lavis  
1/2C Kate McQuade  
1S Jackson Ralph  
1K Ashlee Singleton

2A Solomon Hogan  
2N Abbie Scott  
2J James West  
2H Harrison Kent  
3E Chloe Chant

3G Thomas Mahler  
3M Gareth Kent  
3T Declan McDonell  
3J Sara Jackson  
3W/L Lauren Marshall  
Library: Lara Dye





### **2009** **STAGE 3 CANBERRA EXCURSION**

We recently recouped the cost of part of the Canberra excursion. The amount of \$15 can be applied to the cost of the farewell for Year 6 students and as a pre-payment for next year's Stage 3 major excursion for Year 5, unless a request for a refund is received in writing.

### **DIABETES SUPPORT**

Extra information about student diabetes has been included on the student health section of the Department of Education and Training's website. The material has been developed in consultation with Diabetes Australia-NSW and draws together expert advice and information on actions that schools can take to support the health of a student with diabetes working on information that parents provide the school about their child's health.

For more information contact Kate Lovelace, coordinator student health on **9244 5425** or email [kate.lovelace@det.nsw.edu.au](mailto:kate.lovelace@det.nsw.edu.au) or visit: [www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/diabetes/index.php](http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/diabetes/index.php)

### **FETE SPONSORS** **THANK YOU!**

The P & C would like to thank the following sponsors for their generous donation to our school Fete.

**Bakehouse 2000**  
**Anthony's Seafood**  
**The Supreme Pizza**  
**Top Book Shop**

Please support the businesses who support our school.

### **CLASS ITEM BY KLH**

**Mrs Lowe, Kinder Sport Parent Helpers and KLH were so excited last Wednesday to see a huge pile of sand that had arrived on the play area asphalt.....and even more so as we watched Graham, our GA, barrow it across to the sand pit....WOW.....**

I love the sand pit. **By Sam.**

I like the sand pit because I dig in it and I play in it. **By Noah.**

I play in the sand pit. I make lots of castles. **By Koby.**

I like to build a sand castle. I dig a hole and my friend does too. **By Dray.**

In the sand pit I like to dig down to the bottom. I ruined the sand castle. It was fun. **By Daniel.**

I like digging a hole. **By Cameron.**

I like playing in the sand pit. I like digging holes in the sand pit.

It is great. I love it. You can make castles in the sand pit. I used to have one at home. My mum doesn't like it. **By Ella.**

In the sand pit it is fun. I try to sink. **By Tyler.**

I love the sand pit. **By Kaitlyn.**

I like digging in the sand pit and it is funny. I like the huge pile. **By Holly.**

The sand is funny when it is neat. **By Zalia.**

I like digging in the sand. I like making big sand castles. The new sand is great. It's good sand. **By Megan.**

I love the new sand pit. I like digging and putting my head on the sand. **By Tara.**

In the sand pit I like smashing the big sand castle down. **By Flynn.**

In the sand pit I like building a sand castle. **By Ezekiel.**

I play in the sand pit. I try to make myself sink. I love the sand. **By Taylor.**

In the sand pit I can go down to the bottom. **By James.**

Today I filled a bottle with sand. I don't go there much.

**By Mason.**

I like the sand. **By Layla.**



### **ALLERGY INFO**

Allergies are on the rise, particularly in the preschool age group. If you have a child who is allergic, particularly if they suffer anaphylaxis, check out the vodcast in the latest School Parents ezine: [www.schools.nsw.edu.au/ezine](http://www.schools.nsw.edu.au/ezine). There's also a link to more information and fact sheets about living with allergies at: [www.allergy.org.au](http://www.allergy.org.au).





**GUITAR LESSONS**

Positions available for Term 1, 2010. Please phone Steve on: 0410 039 556

**YMCA KINCUMBER OOSH**

2010 Enrolment Forms available now. Vacation Care planning is well under way.

**A sample of activities:** Putt Putt Golf, roller skating, ice skating, art and craft, in house movies, Messy Mayhem, Mad Scientist Day, Alien invasion from Planet N, to name a few. Also planned is junk construction - donations of cereal boxes, egg cartons, nuts, bolt, buttons, wire coat hangers, any other materials would be greatly appreciated. Pop into the hall to see staff or phone **0408 658 187**.

Have a great day. **Jenene**



**B.E.A.R. HELPERS**



BEAR reading will stop for the year at the end of this week **Friday 20 November**. Thank you very much everyone for your help—it has been most appreciated by students and teachers. As a thank you we would love you to come to our **Helpers' Morning Tea on Monday 7 December at 10.45am in the hall**. Thanks again from KPS students and teachers.

**TERM DATES**



Parents are reminded that the last day of the 2009 school year for students will be **Wednesday 16 December**. School development days will be held on the last two days of term 4, 2009 (Thursday 17 December and Friday 18 December). School development days at the start and end of semesters allow teachers to undergo further professional training.

**Thursday 28 January** is the first day back in 2010 for most NSW students and **Thursday 4 February** is when students return in the western division of NSW.

**CANTEEN NEWS TERM 4 WEEK 6**

[www.fleximeals.com.au](http://www.fleximeals.com.au)

DAY	HELPER
Monday 23 November	Help Needed
Tuesday 24 November	Help Needed
Wednesday 25 November	All Good
Thursday 26 November	All Good
Friday 27 November	Got to be good it's Friday

*Between meal snacks*

Try to make between meal snacks at about the same time everyday to avoid children 'grazing' or becoming so hungry they overeat.

Think about the size of the snack. Snacks don't need to be too big. Give children just enough food to keep them going until the next meal.



Nutrition News Snippet 2009  
provided by Central Coast  
Health Promotion Unit

NORTHERN SYDNEY  
CENTRAL COAST  
NSW HEALTH

**Amy—our queen spelling bee**



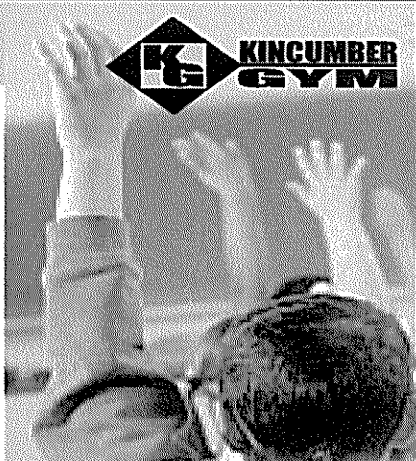


## Not enough time?

**Kincumber Gym - less than  
5 minutes from  
Kincumber Public School.**

Call Us ph: **4368 1215** for a  
**FREE Complimentary Visit**

**Unit 3/1 Kerta Road Kincumber NSW 2251**  
*Limit one complimentary visit per person.*



Qualified, experienced teachers  
K-12  
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Build confidence



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Progress reports  
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*"Professional tuition in a motivating and friendly environment allowing  
children to develop their skills and correct gaps in their learning".*

**Maths • English • Reading • Writing • Spelling**  
To talk to one of our teachers contact peak potential on  
**4363 2660** or drop into 88 Avoca Drive Kincumber after school  
hours.

## Raine & Horne Kincumber

**Selling homes in Kincumber &  
Surrounding Areas!**

**PAUL KEMP & CHAD KNIGHT  
DIRECTORS/L.R.E.As**

**4363 1800 or 0410 450 444**

For every home Exclusively Listed and Sold with  
Raine & Horne Kincumber from this advert,  
we will proudly donate \$300 to  
Kincumber Public School.  
(Terms & Conditions Apply)

## Buy a McCafe bakery item

(excluding mini muffins)



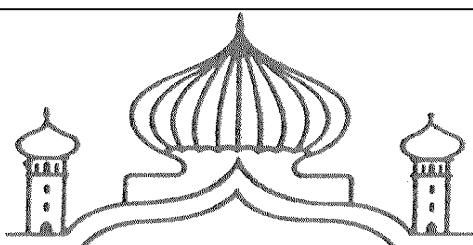
**Kincumber**

**And receive a FREE standard coffee**

*Locally owned & operated by Shannon & Peta Fell*

## Rajdhani Indian Restaurant

**Anil & Rina Lamba**



*Winner 1996-2006  
NSW Winner 1998  
NSW Finalist 1999-2000  
National 2002 and 2005  
Regional Award 2009*

Shop 9, 37/41 Avoca Drive  
KINCUMBER 2251  
(Next to Australia Post)  
Phone: 4369 1277



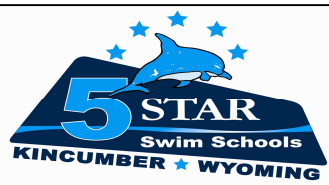
## ERINA FAIR

**4365 4616**

## WE FIT SCHOOL SHOES

**Full range of girls & boys in store**

**NEW STYLES AVAILABLE**



## CAN YOUR CHILD SWIM?

- |                    |                       |                        |
|--------------------|-----------------------|------------------------|
| ★ Babies Programs  | ★ Learn to Swim       | ★ Squads               |
| ★ Surf Training    | ★ Adult Learn to Swim | ★ Adult Squads         |
| ★ General Swimming | ★ Birthday Parties    | ★ Aquarobics           |
| Heated Pools       | *Heated Air           | *Summer all year round |

**Kincumber Swim Centres 102 Avoca Drive 4369 1321**  
**Kerta Road 4368 2422**

*Leaders in Aquatic Education on the Coast*



Kincumber Village Pharmacy

*The Convenient Chemist  
on the Coast*

- Fast prescription service
- Revlon stockists
- Diabetes Australia Agents
- Free prescription pickup and delivery

**Open 7 days  
8am - 8pm**



## Robyn Judd

B.App.Sc.(Phty) M.A.P.A.  
PHYSIOTHERAPIST

## Pamela Guy

B.App.Sc.(Phty) Dip M.D.T. M.A.P.A.  
PHYSIOTHERAPIST, MCKENZIE PRACTITIONER

**North Kincumber Physiotherapy Centre**  
7/34 Avoca Drive, Kincumber 2251. Phone: (02) 4369 2922



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***Parking at the door***

**4 Wells Street, East Gosford**  
(from Erina turn right at Henry Parry next left)

## Classique Dance!

**WEST GOSFORD & KINCUMBER**

*Ballet*

*Spanish*

*Modern*

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**&**

**Tap**

**4328 2325 OR 0412 201 726**

Kerrie Smith ARAD RAD RTS  
Pilates Classes for Mums and Dads

## PIANO LESSONS

- Professional teaching in a relaxed, safe and friendly environment.
- The additional use of computer software, games and activities and lots of incentives all add up to fun productive lessons.
- A thorough knowledge of the variety of music books available to cater to the individual talent ensures that all students succeed.
- Studio designed homework books mean that students are never sent home to practice alone.
- A separate waiting room for parents and siblings.

**For more information why not visit the website at:**  
**www.wendylove.pianotuition.com or contact**

**Wendy Love on 4365 2275**

