

Achieving Today for Tomorrow... Unlocking the Potential Within

# Jewells Primary School Newsletter

## Principals' message

I would like to warmly welcome you all back to what will be an exciting and very productive year. As highlighted through our School Information Booklet, circulated last week, we are planning to drive some outstanding things across the realms of teaching, learning and leadership, underpinned by a firm focus on high expectation relationships.



I am extremely pleased by just how quickly everyone has settled back into the rhythm of their new classes and in understanding the expectations across the school. The children and staff have embraced their class totem and commenced PBL lessons.

Teachers will be holding meet and greet information sessions over the course of the next weeks. This is an ideal time to meet your child's teacher and put a kind, caring face to the name. It will also be an opportunity to develop an insight as to what is planned for this term.

This week teachers are engaging in Learning Support transition meetings. This window of opportunity means that your child's new teacher has a chance to discuss with last year's teacher, the academic/social and emotional needs of your child and the strategies that worked well. For some students this will start the process of the development of Individualised Education Plans.

## Sport

Please note that sports uniform is only to be worn on your child's dedicated sport day. For term 1:

## Kindergarten – Wednesdays

### Stage 1 (Years 1 & 2) – Thursdays

### Stage 2 & 3 (Years 3-6) - Fridays

## Swimming Carnival

The school swimming carnival (students 3-6) will be held next Friday 14<sup>th</sup> February. This is always a great day full of fun. I would like to remind all attendees to be prepared for the weather conditions and ensure application of sunscreen. All children will be expected to participate in a brief swim test prior to the event commencing. This is a Department risk management process. Your understanding and patience with that component is appreciated. The school will look to run a parent race – so parents bring your swimmers along!



Achieving Today for Tomorrow... Unlocking the Potential Within

# Jewells Primary School Newsletter

## Parent/Tradie Assistance Needed

Late last term the P&C purchased a number of wonderful Aluminium picnic table seating for students and visitors to use. Unfortunately we have limited time to put them together. The school is seeking any available and interested parent and/or tradie who could donate some time to assist. Please contact the school – 49487300.



## Recycling – cash for bottle and cans

Blue bins have been placed in the school to encourage students to recycle their drinking cans and bottles. The money raised from recycling each term will then be advertised to the students, who will use the school parliament to decide on the best use of funds. This is an excellent initiative that I encourage everyone to get behind.

## Social Media

It's important to be aware of what your kids do online. The key is to stay involved in a way that makes your kids understand that you respect their privacy but want to make sure they're safe.

Remind your child that it's important to:

- Be nice. Mean behaviour is not OK. Make it clear that you expect your kids to treat others with respect, and to never post hurtful or embarrassing messages. And ask them to always tell you about any harassing or bullying messages that others post.
- Think twice before hitting "enter." Remind your child that what they post can be used against them. For example, letting the world know that you're off on vacation or posting your home address gives would-be robbers a chance to strike.
- Use privacy settings. Privacy settings are important. Go through them together to make sure your kids understand each one. Also, explain that passwords are there to protect them against things like identity theft. They should never share them with anyone, even a best friend.
- Don't "friend" strangers. "If you don't know them, don't friend them." This is a plain, simple — and safe — rule of thumb.

Enjoy your week ahead.

Barry Croft  
**Principal**

## IMPORTANT DATES

Event	Year	Activity Date
Whole School Assembly	All Stages	Week 2 - Friday 7th December at 9:30am All Welcome !
School Swimming Carnival	Year 3 - 6	Week 3 - Friday 14th February Swansea Swimming Centre Cost \$12.00 (Pool entry and bus travel)



## Good for Kids good for life

### PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

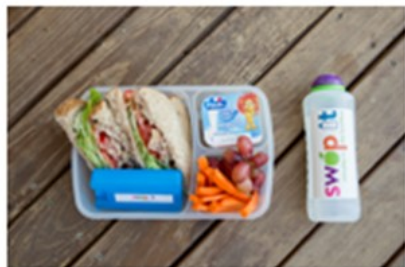
See our everyday lunchboxes below for ideas.



**Crunch & Sip®:** Capsicum sticks  
**Recess:** Mini rice cakes, banana  
**Lunch:** Multigrain wrap with chicken, cheese, carrot and lettuce  
**Drink:** Water



**Crunch & Sip®:** Cherry tomatoes  
**Recess:** Rice crackers, cucumber sticks and hummus  
**Lunch:** Raisin bread sandwich with banana  
**Drink:** Water, reduced fat plain milk



**Crunch & Sip®:** Carrot sticks  
**Recess:** Yoghurt, grapes  
**Lunch:** Whole meal sandwich with tuna, tomato and lettuce  
**Drink:** Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



**Health**  
Hunter New England  
Local Health District

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>

# COMMUNITY NEWS



Proudly Supporting  
Prostate Cancer  
Foundation of Australia

## INTRODUCING YOUR LOCAL HANDYMAN



Hi I'm Paul, your local handyman for Belmont. Give me a call on 0437 231 387 for a FREE QUOTE.

Do you have a "to do" list of jobs you need done but never have the time?  
As I am often working at homes and businesses in this area, you can find me literally just a stone's throw away!  
If you see me in the Hubby vehicle, say 'Hi!' or call me on 0437 231 387.

**BOOK A FREE QUOTE TODAY**

**PAUL MINORDS**  
Hire A Hubby Belmont

☎ 0437 231 387  
✉ belmont.nsw@hireahubby.com.au  
🌐 hireahubby.com.au/nsw/belmont

## OUR SERVICES...



✓ LICENSED  
✓ FULLY INSURED  
✓ WORK NEAT & SAFETY CHECKED



AUSTRALIA'S LEADING HANDYMAN FRANCHISE

Proudly Supporting  
Prostate Cancer  
Foundation of Australia



**1800 803 339**



**www.hireahubby.com.au**

## GET FITTED BY THE EXPERTS TODAY

The Athlete's Foot

In Partnership with

**JEWELLS PRIMARY SCHOOL**



**APEX**  
Junior \$114\*\*

**SUSTAIN JNR**  
Junior \$89\*\*

**\$5 DONATED  
BACK TO YOUR SCHOOL**

Every time you buy a pair of shoes.

KEY: 50% OFF available in brown available in black available in white

**School Rewards**

Charlestown ☎ 4942 1048  
Kotara ☎ 495 62477  
© len dale ☎ 4954 4020  
Maitland ☎ 49 33 1588

Support our fundraising!

**PRE-ORDER NOW!**

Just **\$65**

Hurry! Bonus Early Bird Offers. Limited Time Only.

Jewells Primary School is fundraising with Entertainment!

Your support really helps, so we're thrilled to let you know about special bonus Early Bird Entertainment Membership Offers for loyal supporters.  
Pre-order the NEW 2019 | 2020 Entertainment Membership before April 4 2019 and receive bonus offers you can use right away!

Order online at [www.entbook.com.au/3463u8](http://www.entbook.com.au/3463u8)

Pre-order to enjoy these bonus offers

**PREVIEW THE VALUE**

Early Bird Vouchers

\$20\* VOUCHER

\$50\* VOUCHER

woolworths

CELLARMASTERS

New to Entertainment 2019 | 2020

virginia australia

CELLARMASTERS

entertainment traveller

LORNA JANE

FUNDRAISING WITH entertainment

THANK YOU FOR YOUR SUPPORT!  
Jewells Primary School  
Cheree West  
cheree.west@hotmail.com



# JEWELLS PRIMARY SCHOOL ~ UNIFORM ORDER FORM

As from 1st March 2018

Please use one order sheet per student

Name: \_\_\_\_\_ Class/Room: \_\_\_\_\_

ITEM	SIZE	QUANTITY	PRICE	TOTAL
<b>Blue Everyday Polo Shirt</b> 4, 6, 8, 10, 12, 14 & 16			\$ 40.00	
<b>Red Sport Polo Shirt</b> 4, 6, 8, 10, 12, 14 & 16			\$ 30.00	
<b>Tracksuit Jacket</b> 6, 8, 10, 12, 14 & 16			\$ 60.00	
<b>Microfibre Sport Long Pants</b> 4, 6, 8, 10, 12, 14 & 16			\$ 35.00	
<b>Microfibre Sport Shorts</b> 4,6, 8, 10, 12, 14, 16, S & M			\$ 28.00	
<b>Boys Cargo Elastic Shorts</b> 6, 8, 10, 12, 14 & 16			\$ 25.00	
<b>Boys Long Cargo Elastic Pants</b> 4, 6, 8, 10, 12, 14 & 16			\$ 30.00	
<b>Boys Button Waist Shorts</b> 4, 6,8,10,12,14 & 16			\$ 10.00	
<b>Boys Long Button Waist Pants</b> 4, 6,8,10,12, 14 & 16			\$ 10.00	
<b>Girls Tunic</b> 4, 6, 8, 10, 12, 14 & 16			\$ 45.00	
<b>Girls Navy Box Pleat Shorts</b> 4, 6, 8, 10, 12, 14 & 16			\$ 30.00	
<b>Girls Quality Long Tailored Pant</b> 6, 8, 10, 12, 14 & 16			\$ 25.00	
<b>Home Reader Bag</b>			\$ 6.00	
<b>Library Bag</b>			\$ 6.00	
<b>Chair Bag</b>			\$ 15.00	
<b>Communications Bag</b>			\$ 15.00	
<b>Value Starter Pack</b> Chairbag, Library Bag, Communication Bag, Display Pocket, Home Reader Bag and Hat			\$ 50.00	
<b>Hats – Unisex – S,M,L</b>			\$ 12.00	
<b>2<sup>nd</sup> Hand Uniform – Per item</b>			\$5.00	
<b>2<sup>nd</sup> Hand Tracksuit Jackets</b>			\$10.00	
<b>PAYMENTS FOR UNIFORMS ARE TO BE PAID AT OFFICE or ONLINE</b>				
<b>DATE OF ORDER:</b> ____/____/____		<b>TOTAL AMOUNT PAID \$</b>		
<input type="checkbox"/> Please send home with student <input type="checkbox"/> Parent to collect from Office				
<input type="checkbox"/> POPS	<input type="checkbox"/> CREDIT CARD	<input type="checkbox"/> CHEQUE	<input type="checkbox"/> CASH	

CREDIT CARD / EFT & POP PAYMENTS ARE PREFERRED METHOD OF PAYMENT

Cash or Cheque - CHEQUES PAYABLE TO: JEWELLS PRIMARY SCHOOL

*Prepaid orders can be sent to the Administration Office every day and will be filled and delivered to your child on Uniform Day. Orders will be filled with stock on hand and amount owing will be adjusted accordingly.*

# UNIFORM SHOP NEWS

## Jewells Uniform Shop

The Uniform Shop will be  
OPEN 8:45am TO 9:45am on:

Tues 11 January 2020

**FREE - SELECTED 2ND HAND ITEM'S WILL BE  
AVAILABLE ON TUESDAY.**

Paid orders can be left at the office anytime.

Payment by POPS, Eftpos or Correct Cash

**Volunteers are appreciated !**

**Thank you !**

**\*NEW LOCATION IN ADMIN BUILDING\***





# Jewells primary school canteen menu 2020

## Sandwiches & Toasties

Please indicate an order if normal or toasted sandwich

● Vegemite.....	\$1.00
● Cheese.....	\$1.50
● Cheese & Vegemite.....	\$2.00
● Cheese & tomato.....	\$2.00
● Ham.....	\$1.50
● Ham & cheese.....	\$2.00
● Ham, cheese & tomato.....	\$2.50
● Ham, cheese & pineapple.....	\$2.50
● Ham & salad.....	\$1.50
● Chicken.....	\$2.00
● Chicken & cheese.....	\$2.50
● Chicken cheese tomato.....	\$2.50
● Chicken & salad.....	\$3.50
● Tuna.....	\$2.00
● Tuna & cheese.....	\$2.50
● Tuna & lettuce.....	\$2.50
● Tuna & salad.....	\$3.50
● Egg.....	\$2.00
● Egg & lettuce.....	\$2.50

Extra fillings 20c each

All made on wholemeal bread, no seeds, Gluten free bread now available at extra cost of \$1.00 per

- everyday choice
- occasional choice



## Salad tubs & Wraps

● Salad wrap.....	\$3.50
● Ham salad wrap.....	\$4.00
● Tuna salad wrap.....	\$4.00
● Chicken salad wrap.....	\$4.00
● Salad tub.....	\$3.50
● Ham & salad tub.....	\$4.00
● Tuna & salad tub.....	\$4.00
● Chicken & Salad tub.....	\$4.00

Baked egg can be added at the extra cost of \$1.00 per egg

## Snacks

● Fresh Phelets.....	20c
● Fresh muffin srl.....	20c
● Fresh muffin lge.....	50c
● Popcorn.....	50c
● Fresh fruit cup.....	20c
● Fresh veg cup.....	20c
● Piece of fresh seasonal fruit.....	50c
● Pretzels.....	80c
● Sea salt or Honey soy chips.....	\$1.20
● Grahams.....	\$1.20
● Finger bun.....	\$1.50
● Spring water Tuna can.....	\$2.00

## Hot Food

● Lean beef pie.....	\$3.50
● Party pie.....	\$2.50
● Sausage roll.....	\$3.50
● Chicken goujons & salad.....	\$4.00
● Grilled Chicken burger.....	\$4.50
● Spaghetti bolognese.....	\$4.00
● Nachos.....	\$4.00
● Garlic bread.....	\$1.00
● Plain Pasta & grated cheese.....	\$1.50
● Hash brown (Available Mon & Wed only) (Gluten free also available).....	\$2.00
● Pizza Subs (Available Mon & Wed at day Friday Review only).....	\$1.00

## From the freezer

● Quench tubes.....	50c
● Raspberry/Apple/strawberry & Blackcurrant.....	20c
● Mini icy juice cups.....	20c
● Apple & Blackcurrant Tropical.....	50c
● Large icy milk cups.....	50c
● Strawberry/Caramel/Chocolate Ice Mummy.....	80c
● Chocolate/strawberry.....	80c
● Frozen Juicy.....	\$1.00
● Orange/Tropical.....	\$2.00
● Twisted Frozen yogurt tubes.....	\$2.00
● Watermelon & Mango.....	\$2.00
● choc & Vanilla bean.....	\$2.00

## Drinks

● Milk Tripp.....	\$2.00
● Plain / Strawberry / Chocolate Juice 100%.....	\$2.00
● Orange / Apple.....	\$1.00
● Water 600ml.....	50c
● Water 250ml.....	50c
● Sparkling water 600ml.....	\$2.00
● Sport Drink 100% carbonated juice.....	\$2.00
● Lemonade / Apple Raspberry / Kiwi / Orange.....	\$2.00
● Chocolate Up & Go.....	\$2.00
● Vanilla / Chocolate.....	\$2.00
● For over the counter drinks only:	
● Plain milk in cup.....	50c
● Malt cord (Spring/Summer).....	\$1.00
● Malt warm (Autumn/Winter).....	\$1.00
● Malt water.....	\$1.00
● Chocolate/Strawberry/Caramel.....	\$1.00

WE'RE A GREAT HEALTHY SCHOOL CANTEEN

HealthySchoolCanteen.org.nz

canteen open  
Monday, Wednesday  
& Friday