

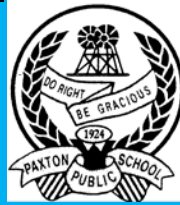
# Paxton Public School

Member of the Cessnock Community of Great Public Schools

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***“Safety, Teamwork, Achievement, Respect”***

Term 2 - Week 8

Thursday, 11 June 2015

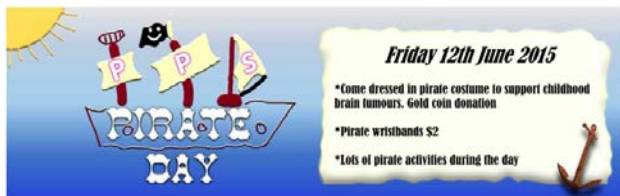
## Principal's Report

### Lockdown drill

On Tuesday of this week the school had a lockdown drill as part of our school emergency practices. After the drill we evaluated the school's current procedures and this information will determine actions that we need to do to ensure all staff and students are aware of correct lockdown procedures.

### Pirate Day

Tomorrow is Pirate Day and we would appreciate your support in raising funds for childhood brain tumours. Wristbands will be on sale for \$2 and the students will engage in pirate based activities during the day. The normal school assembly at 2:30pm will still be on.



### Semester 1 reports

Your child will receive their semester 1 report tomorrow along with a note regarding parent teacher meetings. If your child doesn't receive either of these please contact the office.

### Healthy Harold

The Healthy Harold notes went out this week. The cost per child is \$10 and we have capped the amount at \$25 per family. So if you have 3 or more children attending our school you will only pay \$25 for all your children to attend.

*Michelle Murphie*

### Upcoming Events

Fri, 12 <sup>th</sup> June	Pirate Day
Mon, 22 <sup>nd</sup> June	Healthy Harold
Tues, 23 <sup>rd</sup> June	Healthy Harold
Thurs, 25 <sup>th</sup> June	Public Speaking Finals
Fri, 26 <sup>th</sup> June	Brainstorm Performance
	Last Day Term 2
Mon, 13 <sup>th</sup> July	Staff Development Day
Tues, 14 <sup>th</sup> July	Term 3 begins

## **Sports News with Mr Wilson**

### Touch football vs Kearsley.

A mixed team played against Kearsley Public School in Touch Football on Tuesday. Both the boys and girls showed great fighting spirit but unfortunately found Kearsley a little too strong on the day. I was especially proud of the girls in the team as some of them were playing touch football for the first time and Kearsley had a whole team of boys. A special mention to Aidan Harris for scoring a great try as well. Well done Paxton, this was a great learning experience.

*Yesterday at touch football we versed Kearsley. The score was 1 to 8 and Kearsley beat us. We still had lots of fun playing though. Tyler, Lily, Makayla and the rest of the team all gave it a go and we never gave up at all. From doing this we scored a try. With leadership, belief and trust in everyone we had a great time. By Paige and Amy-Sky.*

## **Small Schools Soccer vs Iona**

On Wednesday 17th June the boys and girls will combine in soccer for their match against Iona Public School. This will be a great opportunity for the boys and girls to work together as a team and proudly represent Paxton. The enthusiasm during the trials and at training suggests that both the boys and girls are ready to do Paxton Public School proud.

## **2015 Coalfields Cup**

On Friday 19th June the boys and girls basketball teams will be participating in the Coalfields Cup at Cessnock Indoor Centre. Both teams will get the opportunity to play against several teams in what will be an enjoyable day for the kids.



[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

### **How much activity?**

Kids and teens should get at least 60 minutes of physical activity every day, including vigorous activities that make them 'huff and puff'. They can get even more health benefits from doing a couple of hours of physical activity every day.

To help kids and teens be active every day, they need opportunities for sport, play and exercise at school, after school and on weekends.

Physical activity doesn't all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being involved in activities at school, active play at home or taking part in organised sport after school and on weekends.

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### **How to help kids and teens be more active**

- Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to participate.
- Encourage them to play in the backyard, dance to music, ride a bike or get involved in vigorous activities like running, swimming or playing sports like soccer, netball or basketball.
- Make time to be active as a family – walk to the local park, go bike riding or take the dog for a stroll.
- Encourage 'active play' by buying gifts that get kids and teens up and moving, such as balls, bats, skipping ropes and other equipment. It also helps them develop and practice new skills.

- Park some distance away from your destination – school, sport or the shops – and walk the rest of the way.
- Make sure kids and teens have an opportunity to be active after school, either through active play or organised sport.
- Encourage kids and teens to try different sports or activities so they can find one or more that they really enjoy.
- Start slowly and build up the amount of physical activity that your children do, particularly if they haven't previously been very active.
- Limit the amount of time that kids and teens spend on 'small screen' entertainment – such as watching TV, going online or playing computer games – to no more than 2 hours a day.
- Kids and teens should wear hats, appropriate footwear and 30+ sunscreen when they're being active outdoors.
- Make sure they drink plenty of water when they are physically active or playing sports.
- An active lifestyle is fuelled by healthy foods – make sure your children make healthy food and drink choices and limit foods that are high in added sugar, salt and saturated fat.



### **-P&C General Meeting-**

The next general meeting will be held on Wednesday July 22<sup>nd</sup> at 9.15am in the school library.

We will be discussing upcoming events and planning the rest of the year's activities so if you would enjoy to come and have your say or just find out more of what's going on, please join us...

### **-Cadbury Chocolate Drive-**

We've had a wonderful response so far with many boxes already sold.

We will be ordering more boxes, but due to storage restrictions and security over the holidays, we will wait until school resumes.

A P&C representative will be available on request for your convenience.

It is preferred that the boxes be distributed to adult family members only.

2 types of fundraising boxes are available including assorted Freddos for \$1 and assorted Dairy Milk and Marvellous Creations bars for \$2.

This fundraiser will run for several weeks including the June/July holidays so we'll have heaps of time to make the most of this opportunity.

Extra boxes will be available once payment for the previous box has been returned to the school office. Thank you ☺



### **-Dates to remember-**

#### **September 2<sup>nd</sup> – Fathers' Day Stall**

The Fathers' Day stall will be held in the school library from 2pm on Wednesday September 2<sup>nd</sup>.

A wonderful assortment of \$2 and \$5 gifts will be available to choose from.

If you would enjoy to donate items toward the stall or assist on the day, your time would be greatly appreciated.

#### **September 4<sup>th</sup>–Fathers' Day 'Thank You' Lunch**

We will be hosting a 'Thank You' lunch to celebrate Fathers' Day or what we like to call 'Thank You Day'.

This year's Thank You lunch will be held on Friday September 4<sup>th</sup> from 1:15pm. A \$5 meal deal will be available, with an order form sent home prior to the event.

#### **September 4<sup>th</sup> – Fathers' Day Raffle**

The Fathers' Day Raffle will be drawn at approximately 2.00pm on Friday September 4<sup>th</sup> at the conclusion of our annual 'Thank You' lunch.

#### **September 5<sup>th</sup>- The Swamp Queen Ball is back!**

Preparations are in full swing for the Swamp Queen Ball at Paxton Bowling Club on Saturday September 5<sup>th</sup>.

We can promise an excellent night of fun including great food and entertainment all for just \$25 per person.

There'll be a raffle, lucky door prizes and 100's clubs as well as the much sought after Swamp Queen Crown.

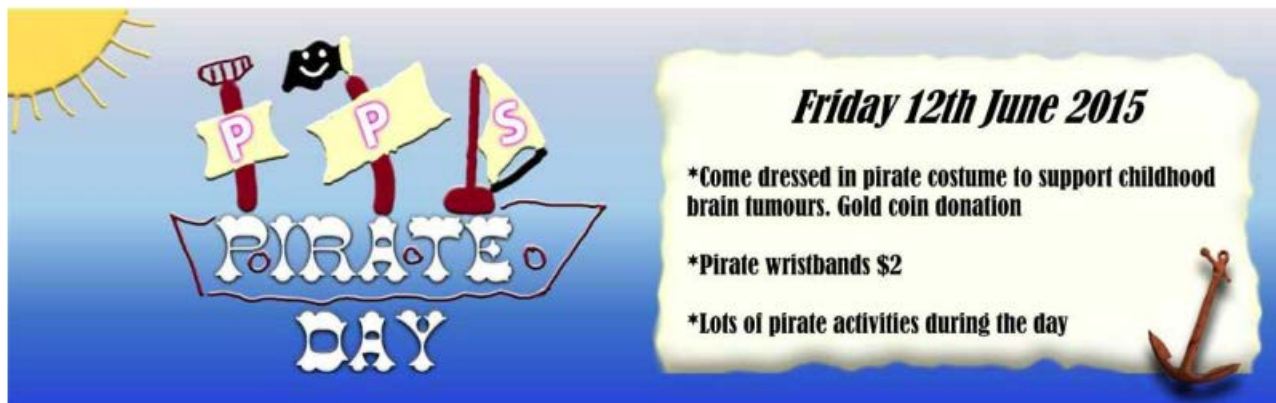
It's never too early to start planning your wardrobe for the evening, the competition is set to be fierce! Book a table of 10 with friends or come on your own, either way you just have to be there!!! Bookings can be made at the School Office.




*Thank you for supporting Paxton Public School P&C*

*~ Together we can make a difference ~*







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