

DATES TO REMEMBER

Wednesday 26 October	Stage 1—Fingal Heads
Friday 28 October	Stage 3 Stand-up Paddleboarding
Friday 4 November	Colour Run (Robert Dixon Park)
Friday 11 November	Stage 3 Learn to Surf
Wednesday 16 November	Intermediate Band Workshop—Currumbin S.S
Tuesday 22-25 November	School Spectacular—Sydney
Tuesday 29 November	Yr7 Orientation day KHS
Wednesday 7 December	KIMP Dreamworld

PRINCIPAL NEWS

Kindergarten Orientation commenced last week and it has been a pleasure to meet our new students and families for 2023. There are many "first timers", in this group, with their first child coming to school. The next few months will be exciting times for every family. Similarly, transition will begin very soon for Year 6, as they, and their families, prepare for High School.

I would like to congratulate the students who attended the State Athletics Championships last week. There were some amazing results: Snr girls relay consisting of Pepper, Kiara, Asher and Tilly made finals and were so close to a podium finish. Snr Boys consisting of Benson, Jesse, Charlie and Koby also raced incredibly well, as did the Jnr Boys with Lincoln, Leo, Joey and Lewis.

In the field events: Tilly was 3rd in long jump - off to Nationals - wow!; Jett 5th in discus and Kiara 7th in discus. A special shout out to super coach Mr Nicholls who has helped Jett and Kiara refine their technique. They have made a



<https://www.facebook.com/KingscliffPublicSchool>



https://www.instagram.com/kingscliff_ps/

Incredible results all round. A massive shout out to John Lingwood who prepared the relay teams so well for this event. His commitment and willingness to pass on his wealth of knowledge has been amazing - thank you John!! Well done also to Mr Prichard who was our North Coast Manager at State Athletics.



It is never too late to contribute to Voluntary School Contributions (aka school fees) and to pay off your child's textbook fee. The textbooks are always purchased for resale, before the start of the school year. We are now well into term 4, and still many texts, that have been used by students, are yet to be paid for. If you are in the position to pay for these books, please do so as soon as possible. Check with the office for cost details (approx. \$15 - \$35 depending on stage).

Similarly, the voluntary contributions are only \$40 annually. This fee contributes to all the consumable items students use throughout the year, as well as some of the learning subscriptions used in class. Please contribute if you can.

Diana Foley
PRINCIPAL

CANTEEN CORNER

School Canteen operates four days each week - Tuesday, Wednesday, Thursday & Friday



PLEASE HAVE ORDERS IN BY 9:00 AM

VOLUNTEER ROSTER

<u>Thursday 27 October</u>	<u>Thursday 3 November</u>
Katherine	Katherine
<u>Friday 28 October</u>	<u>Friday 4 November</u>
Jean	Jean

Volunteers Required

*If you are interested in helping ,
please contact the office on 02 6674 1467.
New volunteers will require Working With Children Checks.
Please see the office for the paperwork.*

PAYMENT OPTIONS

EFTPOS - at the school office only.

Online - via the school website 'Make A Payment' tab.

Please include online payment receipt number on the paper bag.

Cash - correct money in the bag is appreciated.

Hardship/Flood Fund - Only pre-arranged canteen credit is available. Please contact office to arrange. Minimum \$20, maximum \$100.

All orders require a paper bag with the students name, class and order details.

REMINDER - CANTEEN CLOSED MONDAYS



CONGRATULATIONS



PBL WINNERS Week



Oakie—K-Seahorses

Alby—K-Seahorses

Xavier—1-Fishies

Van—1 Malibu

Flynn—3/4Clownfish

Zali—3/4Clownfish

Emma—5-Curlews

Zach—5-Curlews

UPDATE



Office News

Stage 3 Stand-up Paddleboarding

Stage 3 will be going to the beach on Friday 28th October to attend their previously postponed Stand-up Paddleboarding excursion. Please return updated note (green) and payment to the office by this Wednesday if not already done so.

Stage 3 Learn2Surf

Notes went home at the end of last week for the Stage 3 Learn2Surf program that will commence in week 5 (11th November) and run for 5 weeks as part of their sports program. The cost of this program is \$75, this can be taken from your Flood Relief Payments (if available).

Icy Pole Orders through Canteen

As of today (Tuesday 25 October) ice blocks and frozen items can be purchased over the counter **ONLY**. These items cannot be purchased as part of your lunch or recess order.

OFFICE HOURS 8.30am to 3.15pm



Thank You!



Calling all early risers: walk 5km this November for people affected by cancer -

Sunday 6 November

Website: www.sunrisewalk.org.au

Kingscliff and Tweed Shire early risers are encouraged to gather their family and friends and register for a Sunrise Walk.

Sunrise Walk will take place on Sunday, November 6 this year and raise vital funds for Cancer Council's life-saving cancer research, prevention programs and support services like Transport to Treatment. Help Cancer Council ensure no isolated cancer patient ever has to miss their treatment.

Join your local community in a Sunrise Walk and make a difference for those impacted by cancer.



K-Pippies chose to wear mufti for their prize of having the most profiles created for the Colour Run



Mr Charles — 2023 Pop-Up Shop Dates



CREATING THE
MAGIC

Please use the link below to purchase tickets for this years School Spectacular

<https://premier.ticketek.com.au/shows/show.aspx?sh=SCHOOLSP22>

**COOLOON KIDS FEST
IS BACK!!**



A **FREE** event for children and families

**10am - 2pm NSW Time :
Saturday 29th October 2022.**

Live music, Trackless Train, Koori Kids,
Arts & Crafts, Rock climbing,
Silent Disco, Farm Animals,
Face painting, Hair coloring, Jumping slide,
Balloons,
Drumming-Sound Synergy, Hoopla Circus.

2 Park Street, Tweed Heads adj to Recreation St Oval
Raffles and BBQ on all day

KIMP News



Intermediate Band Workshop with Currumbin State School! We are super excited to have a band workshop planned with Currumbin's band. On Wednesday 16th November our Intermediate Band musicians will be heading up to Currumbin for a 2 hour workshop. I will send a letter home shortly with all the details.

Our other big date for the term is of course the return of our Dreamworld performance for Senior Band. There has been a date change for this day to fit around the various Year 6 Orientation Days—the new date is Wednesday 7th December. Apologies for the change, I am hoping that parents will still be able to come as helpers on this new date. A Dreamworld letter will come home in the coming weeks.

KIMP 2023—it's also that exciting time of year when our Kingy Year 2 students are treated to demonstrations of all the instruments and then given Expression of Interest forms to take home and see if they would like to learn an instrument with KIMP next year. This will be happening in the next couple of weeks. If you have any questions in the meantime please feel free to email me on my email address as below.

Thank you

Nicky Cooper
Kingscliff Instrumental Music Program
Kingscliff Public School

Live Life Well @ School
LET'S GET ACTIVE AT HOME

GetActive@Home

NSW Department of Education has a range of fun video episodes, linked to the PDHPE syllabus, called **GetActive@Home**. Support your child be active at home and give these action packed sessions a go.

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important!

Search 'GetActive@Home' at: www.education.nsw.gov.au

NSW

Lunchbox Filler
Veggies

Did you know that less than 5% of children (and adults) eat the recommended amount of vegetables each day?

Veggies can make a great lunchbox filler! Some of our favourite ideas are:

NSW

Recipe
Veggie Pasta Pancakes


Ingredients
100 grams angel hair pasta
1 cob fresh corn, kernels cut off
1 310 gram tin creamed corn
1 cup sliced mushrooms
3 spring onions, sliced
1 red capsicum, diced
6 eggs
Oil for cooking

Method
Cook pasta according to packet directions, drain and run the knife through to chop up into pieces.
Mix all the ingredients together in a bowl.
Spoon tablespoons of mixture and cook for 3-5 minutes on each side in a lightly oiled frying pan or on a bbq plate until each side is browned.

NSW

Kingscliff Public School State Athletics—Sydney




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