



Address: 41 Idlewild Ave, Sanctuary Pt
NSW 2540
Postal Address: PO Box 89 Sanctuary Pt
NSW 2540

Phone: 02 44430546

Fax: 02 44437036

SANCTUARY POINT PS
Email: sancturyp-p.school@det.nsw.edu.au
'Together We Succeed'

Term 1 Week 2

Principal Report



Welcome back to the new school year, Kindergarten students started on Tuesday, so welcome to our new families. I hope that all our students and families had a wonderful holiday. All the teachers have arrived back at school well rested and ready for a busy year ahead. After a very hectic start to the year with lots of new enrollments we have finalised our classes for this year. Due to an Increase in our numbers we had to rearrange classes. Thank you to all our parents and students for your understanding, if your child had to move classes on Monday. We do understand how difficult it can be and we endeavoured to cause as little disruption as possible. For our new parents to the school who may not know who I am, I have included a picture, be sure to say hello when you see me.

SCHOOL TV

In line with our school plan's strategic direction, 'Wellbeing', this year our school has purchased the rights to access 'School TV'. This online resource for parents is available to SPPS families for free. It features Dr Michael Carr-Gregg who is a leading child and adolescent psychologist as well as other leading professionals. School TV is a collection of video snippets, resources and great information designed to empower parents with credible, sound information with realistic and practical strategies, about staying on top of the challenge of parenting kids today. Each term our school will feature topics that are relevant to our school community and its needs. Please take some time to check it out. This term the topics are; "Sleep" and "school Transitions". I have included the link below, but you will also find posts on facebook that include the link as well. 'School TV' - <https://sancturyp-p-schools.nsw.schooltv.me>
(no that is not a spelling error in sanctuary, it is the same as our school email)

SUN SAFETY

During the hot summer months of term 1 and 4 we want to ensure that our students are sun safe. This means that children should be wearing a school hat at recess and lunch time. Please ensure that your child has a **LABELLED** school hat with them every day. Students are required to have a school hat with them if they attend any excursions outside of school, including school camp. School hats can be purchased from the uniform shop or the school's front office. Your assistance in this matter is greatly appreciated.

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SCHOOL CAMP

This year School camps are running a little differently. For years 4 and 5, camp is next week, and it is great to see that lots of students are attending, I'm sure they are going to have a great time. For years 3 and 6, sleep over and camp will be in week 5. So keep an eye out for notes coming home as week 5 is fast approaching, please be aware of the due dates for the return of notes and money, **as they will be strictly adhered to**. If you are experiencing any issues with payment, etc. please talk to your child's class teacher before the due date.

MEET AND GREET

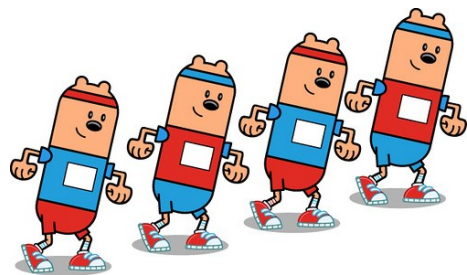
This year our annual teacher/parent meet and greet is going to run a little differently. Each stage will be organising their get together and sending out information to parents. We really want to encourage all parents to take some time to come up to school and get to know the teachers in your child's life. The better the connection between home and school, the better the educational outcomes for students. It will be an informative and entertaining afternoon that I'm sure no-one will want to miss. I look forward to meeting and catching up with as many parents as possible.

Dates to Remember

11th—13th	4/5 Camp
22nd	District Swimming
27th—1st March	Year 6 Camp
27th	Stage 1 Picnic
28th	Year 3 Sleep out

Sports Groups

Babadhal	Geebung
Wandaama	Appleberry
Bidhudhu	Wattle
Galangara	Lilly Pilly



Clothing Pool

We are in need of school uniforms in all sizes but mainly sizes 12—16. It would be greatly appreciated if you can help out.



PaTCH

Parents as Teachers and Classroom Helpers



full course
or
single sessions



Sessions cover
how kids learn:

help your
child
learn

Speaking
Number
Maths
Reading
Writing

or
grow your
work skills by
volunteering in
classes at
SPPS

sessions

WEDNESDAYS 9:30-11:30

come for a cuppa and info on full course:

WEDNESDAY 13TH FEBRUARY 9:15-11:15

enrol in full: includes volunteer experience and gives RPL for ongoing study

or call Vicki or Renee 4443 0546

FOR ALL DADS, MUMS, CARERS & CLASS HELPERS

Avocado, artichoke and kale dip

In this recipe, avocado provides the creaminess and rich flavour that you can expect from your traditional artichoke dip, while also doling out a hearty dose of nutritious fats that promote stronger bones, improved eyesight, glowing skin, and healthy hair!

Servings: 8

Ingredients

2 cups kale, chopped

1/2 tablespoon olive oil

170 – 400g bottle/ can whole artichoke hearts; drained, rinsed and quartered

2 avocados

2 tablespoons lemon juice

2 tablespoons hemp seeds (optional)

1 garlic clove, minced

Salt and pepper to taste

Serve with: tortilla chips, pita chips, rice crackers, or sliced vegetables.

Directions

1. Add kale and olive oil to a skillet over medium -low heat. Cook kale until it wilts and becomes tender, stirring occasionally (5--6 minutes). Remove from heat and place in mixing bowl.

2. Add quartered artichokes to mixing bowl.

3. Remove avocado from skin and place in food processor with the lemon juice, hemp seeds, garlic, salt, and pepper. Process for 2--3 minutes or until completely smooth.

4. Add avocado cream to mixing bowl with kale and artichoke hearts. Gently mix with spoon.

5. Transfer dip to a serving dish.

6. Store in refrigerator, if necessary.

Nutrition Information: 150 Calories, 12g Total Fat (1g Sat Fat), 11g Carbohydrate (2g Fibre, <1g Sugar), 3g Protein

A reminder that School zones are back in force as Term 1 commences

Motorists are reminded 40km/h speed limits will be operating in school zones from Tuesday 29 January for the commencement of Term one.

Most 40km/h School zones in our region operate between 8am to 9.30am and 2.30pm to 4pm on all gazetted school days.

There are a small number of schools that operate non- standard school zone times in NSW, which are identified by red/orange school zones signs showing the times.

The 40km/h school zone speed limit must be observed even on student free days and if school children cannot be seen. Higher fines and demerit points apply if you are caught speeding in a school zone.

For more information on keeping kids safe in school zones please visit
NSW Centre for Road Safety <http://roadsafety.transport.nsw.gov.au/>

So keep our children safe, slow down and obey the road rules in school zones. A message from Shoalhaven City Council Road Safety Officer.

Road safety



Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Lives lost on NSW roads.
Our goal is zero.





Physie fuses dance, ballet and exercise in the one affordable class.
For girls 3 years to ladies 60+ years.
Classes at Vincentia Primary Hall. See website for class times.
www.jervisbayphysie.com.au



COME TO OUR OPEN DAYS TO SIGN UP
FOR CLASSES OR ENQUIRE ABOUT AN

OBLIGATION FREE TRIAL!!

Thursday 7th Feb 4-6pm

Thursday 14th Feb 4-6pm

Vincentia Primary School Hall

CONTACTS:

Jaclyn: 0422 458 485 & Amie: 0405 438 057
jervisbayphysie@gmail.com

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Depression, Anxiety, Cyberbullying, Drugs, Alcohol...
Some of the challenges faced by today's parents.



SchoolTV is a new resource designed to inform and support parents on major issues with contributions from Australia's leading experts.