



Keyneton Primary School

'hand in hand'

Principal: Mrs Catherine Hull

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Newsletter 1

January 30, 2019

We value: respect, responsibility, honesty, integrity and personal excellence
"OK isn't excellent"



Diary Dates

Term 1 Calendar is attached

MONDAY FEBRUARY 11

Governing Council
7.30pm

If you are interested in joining the Governing Council please let us know

FRIDAY FEBRUARY 8

Family & staff BBQ
from 6.00pm

Welcome back to the new school year. I hope you all had a wonderful Christmas and a great break. I am thrilled to be back at Keyneton for the first four weeks of the school term while Cathy is on leave.

A warm welcome to KPS!

Nine new students started reception this week. We welcome Maddie Cameron, Sonny Donohue, Jude Fitzgerald, Ted Gerhardy, Kyla Hansen, Blake Michalanney, Heidi Pittam, Audrey Possnicker and Banjo Rosenzweig who are ready for a year of extraordinary learning.



We also welcome Mark Horner to the teaching staff and Karin Bosomworth as an SSO both here on a Friday.



Staffing and Class Arrangement

This year the class structure will be:

Reception—Year 2 Class: Kate O'Connell on Monday and Lauren Cannizzaro Tuesday - Friday

Year 3-7 Class: Shari Gonzalez-Brown on Monday - Thursday and Mark Horner on Friday

Upper Primary: Bec / Cathy on Tuesday, until recess and Wednesday and Thursday until lunch.

Kate provides Indonesian and The Arts to both classes on either Monday or Tuesday.

Lauren will continue her work in the library on Monday and Leanne will continue in the Front Office. Narelle will provide intervention support and Robyn and Karin will provide individual and small group support.



Government of South Australia
Department for Education and
Child Development

New Polo Tops

More new Polo tops have arrived. Please see Leanne at the front office if you would like to purchase one. The cost is \$21.50



Thank You

A big thank you to the Gerhardy family who looked after our chooks over the holidays. I am sure they enjoyed their holiday.

Important Documents

This week you received lots of important documents, including a bushfire season brochure today. Please read them carefully, then complete and return them as soon as possible. We need to make sure we have up to date information so we can contact you if needed. Materials and services invoices will be sent home early next week.

Road Safety Reminder

Just a reminder about driving up to the side car park gate before doing a U-turn when dropping off or picking up your children. It is much safer for our students if you are turning well away from where they cross the road. Please also park a little way away from the crossing markings so there is clear vision up and down the road.

Tissues

Would you please supply a box of tissues for each of your children. It would be great if you could encourage them to bring a tissue to school each day because we do go through a lot of boxes in each class every year. Please send the boxes of tissues to the office so Leanne can record your donation—the boxes do not need to be named.



Scholastics Book Club

Catalogues went home this week, they are due back on February 7.

Playgroup—Monday mornings

Please note the change of day for Playgroup this year. If you and your babies, toddlers and pre-schoolers would like to join us for some fun, please come to the Middle Primary room on Monday from 9.00—11.00am. If you have any questions, please give us a call.

Keyneton Playgroup



Mondays 9:00am – 11:00am

Keyneton Primary School

Enquiries – Phone 8564 8258

Family and Staff Barbecue

This year the school is hosting a family and staff BBQ on Friday, February 8 from 6pm. A note has been sent home. Please RSVP by Wednesday February 6. This is a great opportunity to meet new staff and families.

Brain Food and Healthy Eating

It is pleasing to see that most of our students do bring healthy Brain Food for a mid-morning snack. Please remember that this snack should be unprocessed food: vegetables and fresh or dried fruit. It's a good idea if it is easy to eat while students continue working, so juicy, messy food is best kept for recess or lunch.

Attached is the Keyneton Primary Healthy Eating Guide. Hopefully you will find the tips helpful when preparing school lunches for your children.



Student Banking

Bank day is Tuesday, see Leanne in the office if you would like an application form for school banking.

Regards,
Bec Jamieson

CALENDAR TERM 1 – 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Cathy away LSL	28/1 PUBLIC HOLIDAY	29/1 School starts	30/1	31/1	1/2
WEEK 2 Cathy away LSL	4/2	5/2	6/2	7/2	8/2 FAMILY STAFF BBQ
WEEK 3 Cathy away LSL	11/2 Governing Council	12/2	13/2	14/2	15/2
WEEK 4 Cathy away LSL	18/2	19/2	20/2	21/2 QuickSmart Maths – Shari, Narelle	22/2 Partnership - Bec
WEEK 5	25/2 Leaders Day - Cathy	26/2	27/2	28/2	1/3
WEEK 6	4/3 Swimming	5/3 Swimming	6/3 Swimming	7/3 Swimming	8/3
WEEK 7	11/3 Adelaide Cup Holiday	12/3 PUPIL FREE DAY	13/3 2:50 Assembly	14/3	15/3
WEEK 8	18/3 Governing Council AGM	19/3	20/3 National Young Leaders Day	21/3	22/3
WEEK 9	25/3	26/3 SunSmart Smiddy Challenge	27/3	28/3	29/3 Partnership - Cathy
WEEK 10	1/4	2/4 3 ways interviews	3/4	4/4	5/4
WEEK 11	8/4	9/4	10/4	11/4	12/4 1.50 Assembly 2.20 Dismissal

Keyneton Primary School

HEALTHY EATING GUIDE – TO BUILD A HEALTHY LUNCH BOX

CHOOSE MOSTLY GREEN

Food and drink in this category are the **best choices** for children to bring to school.

They include:

- Breads, cereals, rice, pasta
- Vegetables
- Fruit
- Dairy foods-reduced or low fat milk, yoghurt and cheese
- Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils)

What types of food could this include?

- Sandwiches - ham, beef, tuna, egg, cheese, salad
- Tin of baked beans
- Piece fruit/vegetable (fresh, frozen, dried, canned (in natural juice))
- Boiled egg
- Wholegrain crackers, rice and corn cakes
- Home made fruit/vegetable muffins
- Nuts (unsalted)
- Air popped popcorn (no sugar/salt)
- Low fat custard/yoghurt
- Water



Aim for wrapper free lunch boxes

SELECT ONLY ONE AMBER

Amber foods are mainly those have had some sugar, salt and/or fat added to them during processing.

Tips:

- Offer some of these foods on certain days of the week or weekends
- Serve amber foods with extra fruit and vegetables

What types of food could this include?

- Muesli bars
- Fruit straps
- Oven baked snack biscuits
- Processed meats – fritz, salami etc
- Full fat dairy (milk, yoghurt, custard, cheese)
- Fruit Juice – 100% (250ml)

LEAVE RED AT HOME

Red foods are those that are not essential for a healthy diet and are not recommended for school.

School will avoid, or limit to providing a maximum of twice per term (special occasions/events)

What types of food could this include?

- Drinks: soft drinks (including artificially sweetened), sports drinks, energy drinks, cordial, fruit boxes, flavoured mineral waters
- Confectionery-all-types
- Rollups, LCM bars etc.
- Deep fried foods – all types
- Snack foods: chips, crisps, biscuits, cake, flavoured popcorn
- Pies, pasties, sausage rolls