



# Karanggi News

p: 6653 8284 e: [karangi-p.school@det.nsw.edu.au](mailto:karangi-p.school@det.nsw.edu.au) web: [www.karanggi-p.schools.nsw.edu.au](http://www.karanggi-p.schools.nsw.edu.au)

*A proud member of the Orara Valley Learning Community*

Another great week! A highlight of the week being the P&C Halloween dress up and our Stephanie Alexander taster day today. Miss Mulrooney, Mrs Willman and the staff worked really hard to reward the students for all their responsible, respectful and safe behaviour this term as part of our PBL program.

Learning a growth mindset means facing challenges. We don't want everything to come easily for our students. We try hard to ensure that obstacles are something that they are able to face, and it gives them the practice they need to build a growth mindset of "This is going to be hard, but I will try and follow the steps I know to tackle it"

## Swimming Scheme

Students from Karangi Public, along with other Orara Valley schools, will be participating in the annual School Swim Scheme Program. The program will take place Monday to Friday in Week 8. This program is coordinated by Austswim trained teachers and school teaching staff.

The cost of this program is \$30.00 per student, this includes 10 lessons (2 per day) and bus cost, equating to just \$6.00 per day.

All students from K-2 are expected to participate in the program, regardless of ability level, as it is a skill, water awareness and safety program at this age level.

*Students from 3-6 who are not proficient at swimming 50m using a recognisable stroke are also able to attend. If your child is in this category and has not received a note, please contact the office.*

## Eat fewer snacks and select healthier alternatives

- Healthy snacks help children and young people meet their daily nutritional needs.
- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.
- Avoid snacks that are high in sugar or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight.

## This week's Financial Literacy Tip

A lot of parents forget to explain to their kids what they're supposed to do with money once it's earned. With an allowance comes the idea of budgeting and saving. One idea is using four clear jars (the visual aspect is important for kids), and sitting down on allowance day with the jars to divvy up the money into 10% for charity, 30% cash, 30% for savings to be used in the next couple of years and 30% for long-term savings.

Nicki Chaffey  
Principal (Relieving)

## Kindergarten Orientation

Yesterday we had our second kindergarten orientation. Some of our year 5 students were very excited to spend the time with the new students where they participated in story time and art and craft. We look forward to seeing them again on Tuesday 13<sup>th</sup> November.

CALENDAR OF EVENTS	
Fri 9/11	Remembrance Day Assembly 2.30pm
Tues 13/11	Kindergarten Orientation DAY 3
Thur 15/11	Maths Enrichment Day
Fri 30/11	Kindergarten Orientation DAY 4
3/12 – 7/12	Intensive Swim Scheme
Fri 7/12	Year 6 OVLC Big Day Out
Wed 12/12	Presentation Day 9.30am School Performance 6.00pm
Wed 19/12	Last day of term
<b>Assembly Presentation Week 4: Class 3/4</b>	





Montana 3/4	Layla K/1	Willow 1/2
Ethan 3/4	Jayden K/1	Spence 4/5/6

Congratulations to our PBL award winners last week. We hope you enjoy your nice cold reward on Friday!

### Week 4 Positive Behaviour for Learning Focus:

**Pillar:** Responsible

**Focus Area:** Being responsible by finishing games at the bell and moving to assembly area to line up and wait quietly.

## Congratulations!

Congratulations to each and every student at Karangi Public School. Over the past few weeks the students have been working hard on being **Safe**, **Respectful** and **Responsible** learners. Today was our first Pop-Up day to celebrate the wonderful students at Karangi. They were treated to a surprise morning of cooking with the whole school, using the produce from our amazing Stephanie Alexander garden. We harvested kale, rainbow silverbeet, potatoes, beetroot, salad greens and herbs to create some very yummy dishes. Upside down potato and tomato tart, parmesan crispy kale chips, ricotta and silverbeet cannelloni, beetroot, mint and yoghurt dip, flatbreads and garden green salad were all on the menu today. After lunch the whole school enjoyed a taster plate of all the yummy goods made. It was a fantastic way to come together and enjoy a fun filled day together celebrating the amazing achievements of all our students.

A pop-up day is earned by the whole school collecting Karangi Kookies as part of positive behaviour for learning. When the mystery target is met a surprise pop-up day is planned by the amazing staff to acknowledge and celebrate all students in being **Safe**, **Respectful** and **Responsible** learners.





## Remembrance Day



*On Friday 9th November Karangi Public School will be holding our Remembrance Day Assembly outside the office in front of the flags. The assembly will commence at **2:30pm**.*

*Parents and carers are more than welcome to attend.*

## 4/5/6 News



**ART:** During the term our class have been creating art around blending primary colours to create different shades colours. The students used a picture of a bicycle to create images portraying the different parts of the bicycle. The students were shown how to use water colours at varying shades to create depth within each frame.

**Writing :** In class the students have been using a writing stimulus to practise descriptive writing. They are using learning intentions that highlight the importance of language features which can be used to form more interesting sentences. The students have access to an online thesaurus to find alternative words to the ones they would generally use in their writing. Students in class have also learned how to change the structure of their sentences to create more interest for the reader. Below

are some examples written by students from the students in my class. The stories written represent story starters and not the complete narrative.

### The Piano, by Olly Angus-Brown



As I strolled through the blood stained forest, I could see my fallen comrades spread across the forest floor. I finally realised the horrific effects of war.

The German artillery barrage went on for hours on end. When there was a silence in the explosions we fixed our freshly sharpened bayonets and we prepared to charge in an attempt to push back the relentless German offence.

The lieutenant blew his deafening whistle and we began to climb out of the trench. We could see the terrifying German machine guns. We knew that we would soon join our fallen mates.

After the attack we had taken the German frontline. I felt a little distraught after the horrific images that were now planted in my brain.

In the distance, my eye was drawn to a black object sitting as still as a rock. I decided to

investigate this strange figure.

"A piano", I say in a puzzled tone. It's a liberation piano. How on earth did it get here?

"Mason, come back!" I heard my fellow comrades scream out. I turned back to the piano but it wasn't there. Suddenly I am surrounded by the treacherous German Army...

### The Tallest Tree, by Angus Webster

The pin-like tree towered over the ant-like girl. She had never noticed the colossal tree. She was terrified of how fast it ascended. It started storming and the wind picked up. She was too scared to move.

The Faraway Place, by Curtis Bull



They had travelled so far to see this place. Their journey had not been easy; they hoped it had been worth it. The journey felt like a lifetime. Their treacherous voyage had brought them together and they learnt a lot about each other. As they trudged through the majestic gate that seemed to be rusted ajar, their footsteps echoed throughout the crisp snow-covered gorge. The pint-sized town looked like somewhere from a Disney movie. There were funnel-shaped huts that sat upon what looked like a glistening snowy plain. They had foggy clouds rising above the futuristic-looking structures. The snowy shadows engulfed the village and the mood became dark. There was a storm rising over the ridge.

**Y-PEP visit**



On Monday 12<sup>th</sup> and 19<sup>th</sup> November Karangi Public school will have a visit from the Y-PEP team and participate in a range of child protection lessons.

***Y-PEP- Overview***

The Y-PEP program is a child protection education program for students from Kindergarten to year 10. The program is aligned to the NES (formerly BOSTES) PDHPE Syllabus focusing on the three key themes: Recognising Abuse, Power in Relationships and Protective Strategies. This program is funded & supported by the Department of Education.

***What are the aims?***

The aim of the Y-PEP program is to strengthen the existing child protection education curriculum outcomes delivered by teachers so that children and young people are able to identify and respond to risk within relationships.

***What are the outcomes?***

Students will have:

- An increased awareness of what makes safe and respectful relationships
- An increased knowledge and understanding of rights and responsibilities in relationships
- Improved skills to recognise and assess risk and respond to unsafe situations

**Congratulations to the following students who received their awards at assembly: Week 3**

Class	Students of the Week	Class	Students of the Week
Kinder/1	Layla August	Year 1/2	Jonty Oliver
Year 3/4	Zane Grace	Year 4/5/6	Angus Finn
<b>Principal Award: Mosey</b>			

**KARANGI WILD DUCK CANTEEN ROSTER TERM 4 2018**

We are in need of canteen volunteers for next **Friday 9<sup>th</sup> November from 9.00-2.30** and **Friday 16<sup>th</sup> November from 9.00-12.00**. **Unfortunately if these time slots cannot be filled the canteen will be closed for the next 2 weeks.**

If you or someone you know can fill in on any of the times for the next 2 weeks or fill any of the time slots below please email Bec at [tarn.bec@bigpond.net.au](mailto:tarn.bec@bigpond.net.au)

Dates	All day 9am – 2:30	9am – 12pm	12pm – 2:30pm
Week 4 9 <sup>th</sup> Nov	Suzanne Webster	Volunteer needed	Volunteer needed
Week 5 16 <sup>th</sup> Nov	Gentilla Trewartha	Volunteer needed	Angela Chapman
Week 6 23 <sup>rd</sup> Nov	Sheree Lyons	Volunteer needed	Christine Goulstone
Week 7 30 <sup>th</sup> Nov	Gentilla Trewartha	Volunteer needed	Volunteer needed
Week 8 7 <sup>th</sup> Dec	Volunteer needed	Volunteer needed	Volunteer needed
Week 9 14 <sup>th</sup> Dec	Volunteer needed	Volunteer needed	Volunteer needed

## Voluntary School Contributions

Karanggi School would greatly appreciate all families paying our Voluntary School Contribution for 2018. These contributions are used in a number of ways across our school including: subsidised buses for school activities, workbooks, stationery used in classes each day, Spelling Rules textbook provided for each student, art and craft supplies and many other essential items for the use of your child in our school. Contributions are set at \$15 per term (\$60 for the year) capped at 3 children in a family. Remember all school payments can be via cash or cheque sent into the school classroom, the front office or utilising the *\$Make a Payment* online payment system available on our school website.

## Community News

The Orara Valley Anglican Churches invite you to mark the 100<sup>th</sup> Anniversary of Remembrance Day



**Remembrance Day**  
**Glenreagh Hall 8.00 am**  
**Nana Glen Hall 9.30 am**  
**Goramba Hall 9.30 am**  
**11<sup>th</sup> November 2018**

Come together for Remembrance Day with your community to honour and remember our fallen and returned service men and women.


## DOING IT FOR OUR FARMERS

Let's all help to make this Christmas a happy time for our farmer's children.

You can do this by buying a gift for a child, then wrap and label it with the child's age and sex.

These can be handed in to the school office or classroom teacher. The closing date will be Friday 30<sup>th</sup> November.

Thank you in advance for your support from  
**“Doing it for our Farmers”**


 Nutrition Snippet

### The simplest way

...to make one ingredient ice cream.

Treat your kids to some homemade ice cream, minus the sugar and additives. Just 100% fruity goodness. Delicious!


**Ingredients:**  
4 – 5 ripe bananas




**Method:**  
\*Slice the bananas into small pieces (about 1.5cm thick is ideal).  
\*Put the slices in a Ziploc bag and freeze them overnight.  
\*Place the frozen banana slices into a food processor. You may need to break up the slices a bit if they've frozen together in clumps.  
\*Blend until the mixture becomes smooth and creamy.  
\*Spoon the blended mixture into a shallow dish and pop in the freezer for about two hours.  
\*Scoop it out and serve immediately.

Watch the video: [eatittobeatit.com.au](http://eatittobeatit.com.au) (recipes section).


For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



 Nutrition Snippet

### The simplest way

...to protect your skin.




Almost all skin cancers are preventable by reducing exposure of skin to ultraviolet (UV) radiation.

**Did you know?**  
UV radiation causes damage when the level reaches 3 or above. Even though we cannot feel UV radiation it can still be damaging on cooler or cloudy days.

**Stay protected!**  
Protect your skin from damage when UV levels reach 3 and above by:

- Downloading the SunSmart app or check the online widget ([www.sunsmart.com.au/uv-sun-protection/uv/uv-widget](http://www.sunsmart.com.au/uv-sun-protection/uv/uv-widget)) to discover the daily UV rating.
- If the UV rating is 3 or above, use sun protection.

**Slip Slop Slap Seek Slide**



Protect yourself in five ways from skin cancer

Minimise your time outside from 11am – 3pm (DST) from October through to March.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

