4th February 2016
Term 1 Week 2
Issue No 2

Uniform Shop
Hours:
Tuesday mornings
8.45 – 9.15 am
Thursday afternoons
2.30 – 3.15 pm

TERM DATES
Term 1  28 Jan – 8 Apr 2016
Term 2  27 Apr – 1 Jul 2016
Term 3  19 Jul – 23 Sep 2016
Term 4  10 Oct – 16 Dec 2016

CONTACT US
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VISION: North Haven Public School, in partnership with our community, promotes and provides a dynamic, future-focused learning environment fostering equity and excellence. Our school will deliver opportunities for every student to become a successful learner and a caring, confident, creative individual.
2016 School Swimming Carnival

PARENTS - BRING A CHAIR!

The North Haven Public School Swimming Carnival will be held next Tuesday, 9th February, 9.45 am - 2.00 pm at Wauchope Pool.

There is plenty of shade and any parents coming to the carnival will need to bring a folding chair or a picnic blanket to sit on the hill. Students will be able to sit on their towel and the school will also be taking some large tarpaulins.

Notes need to be returned to school by TOMORROW, Friday, 5th February.

Primary Assembly

The first primary assembly for 2016 will be held on Monday 15th February at 2.20 pm in the hall. The Year 6 student councillors will co-ordinate the assembly and class 4E will present an item. All families are invited to attend.

Kinder Photos

Kindergarten photos were taken by our school photographer yesterday. Packages will be sent home with Kindergarten children over the coming week with details of how to order photos.

BAND NEWS

WEEK 4

Junior Band Introduction Day
will be held
Friday, 19th February

Junior band members will meet at 9.30 am in the hall

WEEK 5

Junior & Senior Bands
commence on
Friday, 26th February and
will continue every Friday in 2016

Senior band rehearsal at 9.05 am (go straight to the hall)
Junior band rehearsal at 10.05 am in the hall

UPCOMING EVENTS AT A GLANCE

8th February School Banking commences
9th February Swimming Carnival for Years 3-6
10th February Pancake Day at the canteen
11th February Scripture commences
12th February Kinder Red Day
15th February Primary Assembly
16th February P&C Meeting 6.30 pm

SPORTS NEWS

PSSA Change of Date

Please note that the district PSA rugby league trials (11 years & Opens) have been changed from Monday 7th March to Wednesday 2nd March. The venue will still be Lake Cathie Sports Fields.

AFL Super Clinic

Free AFL clinic for 5-16 year olds. Meet and greet Swans players. Fun for all of the family. Autographs available.

When Tuesday 9 February
Time 3.30 – 4.15 pm
Venue Laurieton Oval

Any enquiries to 0401 487 480.

Kinder Red Day

Friday, 12th February is Red Day for Kindergarten. Kindergarten students may come to school out of uniform, wearing red coloured clothing. If students do not have anything red to wear, they may still come out of uniform and bring a ‘red’ item to school.

Family Online Payments

As well as being able to make payments via our school website, provision has now been made for families to make a payment using their smart phone. All you need to do is access the school's website on your device and hit the $Make a Payment button as usual. The screen is much more mobile user friendly and is easier to read.

North Haven Public School
Student Absence Note

My child __________________________ of class ____ was absent from school on the following date _______________________

for the following reason ____________________________________________________

Parent’s Signature : ____________________________ Date : ______________________
CANTEEN NEWS

PANCAKE DAY
Wednesday, 10th February

2 pancakes
with ice cream & flavoured topping
$1.00
At recess only
(no orders necessary)

Crunch & Sip Program

Crunch & Sip is a primary school program that gets children eating fruit and vegetables and drinking water in the classroom. It encourages children to choose fruit and vegetables as the first choice for a snack and water as a thirst quencher.

As well as providing vital nutrition for students, ‘refuelling’ with these healthy options assists children’s physical and mental performance and concentration in the classroom.

Our school and canteen promote the Crunch & Sip program in several ways including –

- Fruit at 10 am
- Water sipper bottles in classrooms
- Healthy fruit and vegetable choices at the canteen
- Fresh vegetables grown in our school vegie patch used in the canteen
- Support from local businesses supplying fresh produce

6 Tips to increase fruit & vegetables at home

1. Be a role model
   Let your kids see you enjoying fruit, vegetables and water

2. Get the kids involved
   Grow, shop and cook with your kids. They’re more likely to eat something they’ve helped prepare.

3. Make it accessible
   At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped vegie sticks at kids’ eye level in the fridge

4. Try Crunch & Sip at home
   Make time on weekends or during school holidays for a quick snack of fruit or veggies.

5. Keep trying!
   Kids might need to be offered new foods up to ten times before they try them, so don’t give up if a new food is rejected first time!

6. Include it in every meal
   Think about how you can add vegetables to all your meals. For instance, add grated veggies such as carrot and zucchini to bolognaise, shepherds pie, pasta sauce and burger patties.

We would like to thank Woolworths at Lakewood for their support of our Crunch and Sip Program during 2015 with the provision of fresh fruit to our school.

Unfortunately they are unable to continue this support in 2016 so we are looking for any other local businesses or families who could provide fruit to the canteen to continue this valuable program. Families who may have a glut of seasonal produce from their garden may like to consider sending it to school to be distributed to children who have no fruit to eat. Thank you for your support.

Canteen Volunteers

Our canteen will again be open 5 days per week this year and is staffed by volunteers from our parent body. Helpers are rostered on each day from 9.00 am to 2.00 pm to make lunches and serve at the counter.

Work at the canteen is voluntary and we rely on parental support to keep the canteen running. All volunteers are provided with morning tea and lunch.

If you would like to volunteer at the canteen please complete the form below and return it to the school.

If you have any questions about the canteen or the canteen roster, please ring Trish on 6559 9261.

Thank you for your support.

North Haven Public School
Canteen Volunteer

I can work at the canteen on the days circled below:

MONDAY  TUESDAY  WEDNESDAY  THURSDAY  FRIDAY

I can work on the day/s shown above _____ times during the term. (please indicate how many times).

Name: ________________________  Phone No: ___________________
**Camden Haven Eagles Junior Rugby League**
Registrations for 2016 now open. All registrations can be done online at [www.playnrl.com](http://www.playnrl.com). There will be an info day on 6 Feb at the Sports Bar, LUSC at 2-4 pm. Socks and shorts will be handed out to registered players. For more information please contact Aquila on 0405 327 976 or Marie on 0419 231 868 or go to their Facebook page for more information.

**Lake Cathie Bonny Hills Junior Rugby League Club**

**Camden Haven Redbacks**
Registrations now open. Register online at [www.myfootballclub.com.au](http://www.myfootballclub.com.au). Registration days to be held at the LUSC on 13th & 20th February. Contact us at [www.redbacksfc@outlook.com](mailto:www.redbacksfc@outlook.com) or on Facebook.

**Camden Haven Netball Club**
This year you can register online and just print the form and bring it down on rego day Thursday 4 February 4-7 pm and 6 February 10 am-1pm. Go to the Camden Haven Netball Club website to start your registration.

**Port City Hockey Club**
2016 Registration Day on Saturday 6th February 3-5 pm. Fees can be paid on the day via credit or Visa debit card (no cash). BBQ & light refreshments provided. New under 7, 9 & 11 players will receive a voucher at Sportspower to purchase a starter pack. Next rego days will be 13 Feb 9 am – 12 pm and 16 & 23 Feb 5-7 pm. For more information contact info@portcityhockey.com.au [www.portcityhockey.com](http://www.portcityhockey.com) or on Facebook.

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**Mid North Coast Karate**
Martial Arts for the Whole Family

**Camden Haven Sea Scouts**
Calling all Adventurous Fun Loving Boys & Girls

Come along and Join the Camden Haven Sea Scouts

**Cubs (8-10yrs) / Scouts (11-15yrs)**

Meetings:
Cubs: Wednesday 5:20 – 7:00
Scouts: Mondays 5:20 – 7:30

First term is free of charge so come along and give it a go!!!!

For more information call
Sarah – 0478 599 921

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**AFL Super Clinic**
TUESDAY 9 FEBRUARY, 3:30PM - 4:15PM
LAURIETON OVAL

FREE AFL CLINIC FOR 5-16YR OLDS
MEET & GREET SWANS PLAYERS
FUN FOR ALL THE FAMILY
AUTOGRAPHS

For any enquiries prior to the day, please call 0401 487 480