



Principal's Message

2019 is an exciting new year full of opportunities and wonder for our students. Firstly I would like to invite you all to our Welcome Back BBQ on Tuesday 12 February, 4:30pm - 6:00pm where you can meet your child/children's teacher. This is a great opportunity to meet fellow students and their parents. The P & C meeting will commence at the conclusion of the BBQ and everyone is welcome.

I would like to introduce our newest staff members Mrs Lauren Dean who will be teaching Kindergarten and Mr Jake Gelfius who is teaching Year 3 and 4. Both Lauren and Jake were identified as targeted graduates by the Department of Education as a result of their outstanding results throughout their university studies. We are very fortunate to have them join our team. Our returning staff are very excited about the new year and have already planned and prepared engaging lessons.

We are also trialing a new online newsletter to reduce waste and to help the environment. This newsletter will be accessible through our Website, the School Stream App and our Facebook Page. If you would still prefer a hard copy, we have included a form for you to complete and we will provide this for you.

We have purchased a new school app 'School Stream' which is available to download on your device. Once you have downloaded the app, select Aldavilla Primary School. You will be asked a few short questions to customize the app to suit your child/children. The app will provide you with the latest school information and events. Some of the features include submitting your child's absences with a digital signature, by Term 2 you will be able to order from the canteen online and you can make payments online all from the app. In Term 4 2018, we conducted a trial of our new School App with our P & C and we received 100% positive feedback. We are consistently developing this app and more functions will become available throughout the year.



Aldavilla Public School

(Phone/iPad and Android) | Web App for Windows Phone and other mobile device.

A School Stream Mobile App

Kindergarten

Kindergarten enjoyed the first day of their 7 year journey. Students were all smiles as they arrived this morning and delighted in the day's activities. They explored the school and developed new friendships.



Uniforms


Our school shirts and hats continue to be available through the school office.

If you have Aldavilla school shirts that no longer fit you are able to donate them back to the school to help families in need. Please drop them in at the school office. Your donations are kindly appreciated.



Road Safety

A general reminder to all parents to take extra care dropping off and picking up children after school. The front of the school has increased traffic especially as Kindergarten commence this week. Please follow the 40 kph speed limit, observe the parking signage and check thoroughly when reversing. We all want to keep our students safe.



Invites Parents
of children 0-12 years to attend

Group Triple P

Positive Parenting Program



Triple P can help you:

- Develop your own approach to parenting
- **Become confident as a parent**
- **Encourage the behaviours you like**
- Deal with problem behaviour
- **Be realistic about parenting**
- **Take care of yourself as a parent**

Contact
Donna
6563 1588
To reserve your place

A 8-week program
At
Kempsey Families Inc.
Specialist Support Services
21 Verge St Kempsey
On Wednesdays
From 13 February 2019
Until 3 April 2019
9:30am – 12:00
Morning Tea provided

Come and learn how the
17 Triple P strategies
can help you with your parenting





Kitchen Garden

Our Kitchen Garden Program kicks off this week and as in previous years we welcome volunteers. Last year alone we had over 160 helpers. Thank you for your contributions.

The Kitchen Garden Program start with students revisiting their knife/kitchen rules, vegetable & utensil identification, kitchen/washing up procedures and enjoy a yummy fresh fruit salad & yogurt . Throughout this term classes will prepare a Healthy Breakfast, a Nude Food Lunchbox and finish the term with some Easter delights.

In the garden classes, students will work towards attaining their wheelbarrow & tool licences and plant some much needed seedlings in the gardens.

Volunteers are vital for this program to be a success. Just a reminder that the DOE 100 point check will need to be completed if you haven't already done so.

Remember you are required to wear covered shoes for the kitchen and garden classes. Please bring a hat and pop on sunscreen if helping in the garden.

APS Swimming Carnival 2019

Students participated in our 2019 School Carnival. As always the competition was fierce but the sportsmanship was plentiful. Congratulations to all of our students who participated. A huge thank you to our parents and Kempsey High School students who acted as officials on the day. We wish all of our students progressing to the the Macleay Carnival the best of luck on Wednesday 13 February.



Canteen

Our canteen will be open 5 days per week again this year. Our canteen was one of the first canteens to embrace the healthy canteen standards and has a 5 star rating. Again this year Madonna and Elly will be preparing a nutritious menu that reflects our healthy values.

Every week the students munch their way through Fruit Salads, Slices, Pumpkin Scones, Muffins, Cookies, Mini Pizzas, Quiche, Spring Rolls, Trifles, Dip & Vege Sticks and more. That is just for Morning Recess and it is all freshly made on site.



We will again need volunteers to support our canteen. You can volunteer as little or as much as you like every little bit helps. Fridays are our busiest day with the majority of our orders occurring on this day. Recess is also a very busy time. If you prefer a slower pace, food preparation between 9am -10am is very appreciated also. Please contact Madonna in the office on 65631141.

The profits from the Canteen go directly to the School for resources for classrooms and students.

Good nutrition is the key to healthy minds.

Calling for Crafty People

Are you free to help out at lunchtimes 1pm to 2pm? Do you love working with kids? We would like to establish lunchtime craft/art groups to be involved in creating garden artwork, mosaics work, painting, paper making, pottery, beading, etc. Please contact Gaye Dufty on 0427 625156 or gaye.dufty@det.nsw.edu.au or leave a message at the office if you are interested.

Community News

Kempsey Rep Academy SAP program needs female soccer players born 2007 & 2008. We still have a few spots left for the Kempsey Rep team. If you're interested contact Martin

0432 071 093. Please leave a message with the player's details if there isn't an answer.

SENSE RUGBY

Does your child need help to be part of a team or a group?

Sense Rugby is a rugby based Occupational Therapy program and we are teaming up with All Together Therapy to launch at Port Macquarie!

We use modified rugby drills to help kids:

- Process sensory information
- Focus on activities
- Work on their coordination
- Manage their emotions
- Have fun with other kids!

Come and try it at our launch day! Not only will it be free and fun, but it will be run by Australian Rugby Sevens Olympian – Jesse Parahi.

When: Sunday 17th February 2019

Time: 9am - 2 pm (NB: hour time-slots allocated on sign-up)

Where: Oxley Oval, Port Macquarie, NSW 2444



Sign up on our website at

<http://www.senserugby.com.au/sign-up-for-free-launch-dates-here/> or contact on Hello@senserugby.com.au.

Our Founders

Jesse Parahi

Jesse has been a regular fixture in the Rugby Sevens World Series for the past 8 years. He won a bronze medal at the Glasgow Commonwealth Games in 2014, participated in the Sevens Rugby World Cup in Moscow and was awarded the 2012 RUSA Rugby Sevens Excellence Award. In 2015, he helped the team qualify for the Olympics in Rio and became an Australian Olympian in 2016.



Carlee Parahi

Carlee is an experienced Registered Occupational Therapist who spends her days helping children and their families to get to the bottom of learning, developmental and social-emotional delays. She has specialised experience in helping parents to understand more about and help children to overcome or engage with: Processing, Dyspraxia/Dyscalculia, delays in gross motor or fine motor skill development, Autism Spectrum Disorder, Social-emotional difficulties, ADHD, and more. Carlee has a special interest in sport and its therapeutic use. Her empathetic nature and knowledge in child development has helped hundreds of children become more successful at their daily activities.

GET IN TOUCH

WWW.SENSERUGBY.COM.AU
HELLO@SENSERUGBY.COM.AU
PH: 0421 229 069


FACEBOOK: SENSERUGBY
INSTAGRAM: @SENSERUGBY

KEMPSEY CARPET COURT

FLOORING CENTRE


PH: (02) 6562 5173 | 38 FORTH ST, KEMPSEY

free measure & quotes



Zen Chi Ryu Martial Arts

If you would like to learn self defense; gain confidence; increase your fitness and health in a family friendly environment come and have a look at the Zen Chi Ryu Martial Arts Centre.
2/1 John Street, Kempsey M: 0402 233 531



www.zenchiryu.com



T & C PLUMBING PTY LTD

TIM SPURGIN

ABN 59 620 383 075
ACN 620 383 075
Lic 222767c

Email Tim.carley7@bigpond.com
Mobile **0438 626 413**



River Street Early Learning centre

Education with Inspiration

Childcare for ages 0-5
269 River Street .Greenhill
0265 625772

TRIAL BAY
TRIATHLON
CLUB



27th Annual Nestle Mini Tri

Saturday 9th February 2019, Trial Bay Gaol
From 10.00 am



Race 1: 10.00 am 13-15 year olds
Race 2: 11.15 am 10-12 year olds
Race 3: 12.30 pm 8-9 year olds
Race 4: 1.15 pm 5 year olds
Race 5: 1.35 pm 6-7 year olds
Presentation at approximately 2.30 pm



30th Annual Trial Bay Triathlon

Sunday 10th February 2019

500m swim, 23 km cycle, 6km run

Entries for junior events can be made on the day up to one hour prior to each race

Entries open online from 1 November, 2018

Online entries close February 5, 2019

More details at: www.trialbaytri.com.au and

www.coastline.com.au

Find us on Facebook: Trial Bay Triathlon Inc



TENPIN BOWLING

Want to play a new sport?
Join a **social competition / league** today.
Junior and Adult competitions now open for registration.

Exciting Fun
Coaching Available Make friends

PHONE **6562 8689**



www.galactictenpin.com.au

Kel Wright B. Bus.

Certified Practicing Accountants
Shop 5, 44 Forth
(PO Box 223) Street
Kempsey NSW 2440
Telephone: 6562 8699
Fax: 6563 1200

Hermitage Dental



Kempsey

We provide bulk billing under the new Child Dental Benefit Schedule which your child may be eligible for. We have experienced staff who can offer dental health education and advice to suit your Childs individual needs

Dr. Bruce Coleman
Dr. Damian McIlroy
Dr. Euan Brown
Dr. Lara Stuttard
Suelle Coy
Lindi Gill

10 Kemp Street
West Kempsey
65623252