COMING EVENTS FOR TERM 1

**Friday 5 February**  
Chinese Lunch Special

**8-10 February**  
SRC Elections

**Tuesday 9 February**  
School Swimming Carnival

**Wednesday 10 February**  
Parent Information Night  
Disco Night

**Monday 15 February**  
Kinder students finish at 3.15pm

**Wednesday 17 February**  
Macleay Swimming Carnival  
P&C Meeting 5.30pm

**Friday 19 February**  
SRC Badge Presentation

(Calendar items are subject to change)

PRINCIPALS NEWS

**Classes and Teachers**

We will have nine classes again this year. Today, students in Years 1-6 were placed into classes. Kindergarten will be given their class on Friday afternoon ready to commence on Monday 8th. Kindergarten - Miss Vicary and Mrs Mangan, 1D Miss Dixon, 1/2A Mrs Ashton, 2/3T Miss Tonkin, 3/4T Mr Trotter, 3/4V Mrs Vial, 5P Mrs Pickett and 6K Mr Kelly.

**Getting up to Date Messages**

Please download the Skoolbag app (Kempsey East) so that you can be kept up to date with school and class messages and reminders. You can also read the newsletter on this app and submit explanations for absences (once you have signed a form available from the front office). Office staff will be updating the app with the new classes today so please go and join the groups that you wish to receive messages for.

**Going Digital**

From term 2 the newsletter will only be available on Skoolbag and our website. If your family has no access to a computer or smart phone, please see the office to make arrangements to collect a hard copy.

**ClassDojo**

During this week teachers will be sending home a note to every student in their class. This will provide an individual family code which parents need to sign into Class Dojo. We will be using this app to send messages when students receive a weekly award, or a CoRR card. It will also be used to inform parents if a child has been given a timeout (formerly a red card) or receives a behavior incident notification (formerly a detention contract or a support desk). These will be photographed and sent. There will be no hard copies this year.

URGENT REMINDERS

**SWIMMING CARNIVAL NOTE**

Students in years 3-6 and year 2 students turning 8 this year need to return their permission note for the swimming carnival which is on next week.

**GENERAL PERMISSION NOTE & OTHER FORMS**

Please ensure that you have returned the forms that were sent home with last week’s newsletter for each student.

**CHINESE NEW YEAR $5 LUNCH SPECIAL**

Lunch orders for Friday’s $5 lunch special are required back by Wednesday 3 February.

ACTIVE AFTER SCHOOL ACTIVITIES STARTS THIS WEEK

This program is free to students from Kempsey East Public School. It will be run on a Wednesday and Thursday this term from 3.30-4.30pm. Students need to return a new permission note in order to attend this year – please see Mr Henry for these.
Celebrating the Start of a New Year
We will be having the first student disco on 10\textsuperscript{th} February. This will also be a meet the teacher night and a time where we explain the new award and consequence system being implemented this year. Parents will be shown how to sign on to the ClassDojo app. Kindergarten to Year 2, 5-6pm, Year 3-6, 6-7pm. Please come along if you can. It is an important night.

Knowing how your child’s class operates
These will be issued with next week’s newsletter and they will provide parents with information and processes for each class.

Sporting Schools
Mr Henry will again be running these after school activity sessions for students from K-6. More information is on the first page of the newsletter.

Before School Dance Classes
As these were very popular last year we will be running them again starting next week. We are hoping to have a K-2 class and 3-6 class and we would like to establish a boys’ dance group- hip hop or breakdance. More information and a permission note is later in the newsletter.

Healthy Food
Please do not send junk food to school for your children to eat. We have a focus on healthy food and expect that children eat only fruit before school not fill up on chips, cordial and prepacked sugar bars. All classes allow students to have a water bottle in class (water only!) and have a time each day where the children can eat fruit and vegetables (not messy ones).

Morning Dance Classes
Breanna Maghazey-Hayes from Coastal Dance Academy is again happy to run dance classes before school on a Monday (K-2) and Thursday (Yr 3-6) from 8.30-9.15am, this will start on Monday 8 February. This gives students the opportunity to learn dance without parents having to run around after school. The cost will be $5 per week for 8 weeks totalling $40 - no refunds given for missed days. We would especially like to see a boys’ breakdance group formed this year. Please return the below permission note with full term payment.

<table>
<thead>
<tr>
<th>Morning Dance Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>I give permission for my child/ren to attend the morning dance classes.</td>
</tr>
<tr>
<td>Student Name</td>
</tr>
<tr>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Amount Enclosed ($40 per student, cash only)</td>
</tr>
<tr>
<td>Parent/Carer Signature:</td>
</tr>
<tr>
<td>Parent/Carer Name:</td>
</tr>
<tr>
<td>Date:</td>
</tr>
</tbody>
</table>
Meet the Teachers and Disco Night

On the 10th February (next week) there will be a ‘Back To School Disco’ – 5pm-6pm Yrs K- 2, and 6pm-7pm Yrs 3-6. The theme will be ‘Footy Colours’ this means students come dressed in the colours of their favourite footy team. Entry will be a gold coin donation per student.

There will be a parent session on at the same time as the discos. This will be the opportunity for parents to meet their children's new teachers. Information will also be given on how our new discipline and award system will operate this year. We will demonstrate ClassDojo and parents can download and set it up at the time. This is the method we will use to inform you of awards your children receive, if they have had a classroom warning or have been issued with a behaviour notification (old contracts and support desks). We hope to see you there.

Library User Agreement

I understand that borrowing books from our school library is a privilege. I give permission for ................................................................. class ........................................... to borrow books from the school library. The book borrowing capacity for each student is as follows:

<table>
<thead>
<tr>
<th>Class</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder/Year 1 classes</td>
<td>1 for home</td>
</tr>
<tr>
<td>Year 2</td>
<td>1 for home + 1 for class</td>
</tr>
<tr>
<td>Year 3 - Year 6</td>
<td>2 for home + 1 for class</td>
</tr>
</tbody>
</table>

☐ if a student has not returned outstanding loans they will not be able to borrow until those overdue books are returned.

☐ if a book is missing for an extended period of time (1 term) the student will be issued with a notice listing the cost of the book(s).

☐ if a book is lost I agree to pay the replacement cost so the school can order another copy for other students to use. If missing books are found, the replacement cost will be refunded.

☐ if books are damaged beyond repair I agree to pay the replacement cost so that other students are not disadvantaged through unavailability.

Signed:...........................................................................................................
Name:............................................................................................................. Date:....../....../......
(Parent/Guardian)
Dear parent,

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it’s absolutely FREE.

WHEN DOES GO4FUN RUN?
Go4Fun runs for 10 weeks after school or on weekends during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

WHAT DO WE DO AT GO4FUN?
Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you’ve learnt into practise.

START UP PACK
Your child will receive a start-up pack including a:
- Go4Fun backpack
- Go4Fun t-shirt
- Go4Fun water bottle

Your child will also earn up to 3 bonus attendance rewards over the ten Go4Fun sessions.

Parents receive a $15 fresh fruit and vegetable voucher for each session you attend, plus a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child’s progress and health improvements following Go4Fun.

WHAT RESULTS ARE WE LIKELY TO SEE?
Since Go4Fun began in July 2011, we have helped more than 200 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4Fun children now:

- have a reduced waist circumference
- eat more fruit and vegetables each day
- drink less soft drink
- are more active and meet the physical activity guidelines
- spend less time in sedentary activities
- have improved self-esteem

WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?
“I think by far the reason Chloe did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents.”

“Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives.” Sue, Port Macquarie

“Even though we knew the nutrition and exercise information before we started, it’s helped us so much. Matilda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group.” Tracey, Coffs Harbour

ENROL TODAY!
Registrations for Term 1, 2016 programs are now open with limited places available in our Port Macquarie, Wauchope, Kempsey, Macksville and Coffs Harbour programs. We’d love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

Kempsey Term 1 program will run:
- Mondays, 3.30pm to 5.30pm starting February 1st
- Venue: Kempsey McElhone Pool

Register at Freecall 1800 780 900 or online www.go4fun.com.au
Whole School Requirements 2016
In addition to the year requirements below, each student needs to bring:
- A Box of Tissues
- Liquid Soap
These items will be shared around each class.

Kindergarten Requirements for 2016
Kindergarten packs available for purchase from the front office for $48. Alternatively, if you would like to purchase your own supplies, students will require:
- 4 2B Pencils
- 1 Pack of 12 Twist Crayons
- 6 Glue Sticks
- 4 Black Whiteboard Markers
- 1 Headphones
- 2 A4 Size Scrapbooks
- 1 Art Smock (to cover clothes when painting)
- 1 A4 Size Whiteboard
- 1 Pencil Case

The Kindergarten pack available at the school also contains the Home Reader. This will be available for separate purchase from the school at the start of 2016 if you choose not to purchase the Kindergarten pack.
Kindergarten children should also carry spare underwear in their bags each day.
All items must be labelled with child’s name please.

Year 1 & 2 Requirements for 2016
5 HB Lead Pencils
5 Glue Sticks
3 Whiteboard Markers
1 Set of Coloured Twist Crayons
1 Headphones

These items need not be new, items left from last year are quite acceptable and may be replaced later in the year as needed.
All items must be labelled with child’s name please.

Year 3 – 6 Requirements for 2016
1 30cm ruler (not metal)
1 Art shirt
1 Liquid soap
1 Library bag
1 Pair safety scissors
1 USB stick
1 Box of Whiteboard Markers
1 Earphones

Each Term:
1 Small pencil case containing:
6 HB pencils – to be replenished if required
2 Blue biros
2 Red biros
1 Eraser
1 Pencil sharpener
1 Basic set of coloured pencils
1 Glue stick (not liquid glue)
1 Set coloured crayons– Texta zoom twist crayons are very good
1 Felt Tip Fine Black Artline Pen

These items need not be new, items left from last year are quite acceptable and may be replaced later in the year as needed.
All items must be labelled with child’s name please.

Thanks to our Sponsors –

Matts Windscreens
6562 3900

Macleay Valley Mower Centre
6562 8822

Macleay Valley Nursery
6562 4934

George McKeon Earthmoving
0407 417 563
Dear parents and care givers,

On Tuesday the 9th of February we will be holding our annual School Swimming Carnival at Kempsey Pool. All students in years 3-6 should attend on the day, together with any children in year 2 who are turning 8 in 2016 and can confidently swim at least 50m in any stroke. Students will travel to and from the Kempsey pool by bus, at a cost of $2.50. All students attending on the day will also require $4.00 for pool entry. Students should come to school dressed in their swimmers and house colours (yellow for Bissett, red for Verge). The canteen will be operating at the pool on the day, though students are encouraged to bring their own food and drink.

IMPORTANT INFORMATION

Venue: Kempsey Swimming Pool

Transport: Bus - $2.50 (paid on the day to the driver)

Cost: $4.00 to be paid at the pool

Equipment: swimmers, towel, dry clothing, hat, goggles (optional) – all items to have child’s name on.

Other: Students will be instructed to use adequate sun protection eg. 30+ sunscreen and a hat.

Please detach and return permission note to class teacher by Monday the 8th of February

I give permission for my child _______________ of class ______ to participate the school swimming carnival to be held on Tuesday the 9th of February at the Kempsey Swimming Pool. I understand that students will be travelling to and from the Kempsey pool via bus and that they will require a total of $6.50 ($2.50 for bus and $4.00 for pool entry).

Any students who intent to meet directly at the pool should inform their teacher when returning their note.

Medical – Please list any medical conditions or medications which your child is taking which may affect their swimming eg asthma.

Swimming ability:

* PARENTS - my child is a/an: (please circle)

  non-swimmer  weak swimmer  average swimmer  strong swimmer

  (less than 25m)  (25-50m)  (over 50m)

* CHILD – I think I am a/an (child to complete)

  non-swimmer  weak swimmer  average swimmer  strong swimmer

IN THE EVENT OF AN EMERGENCY, I GIVE PERMISSION FOR SUPERVISING TEACHERS OR POOL STAFF TO PROVIDE ANY FIRST AID AND MEDICAL TREATMENT WHICH IS DEEMED NECESSARY.

Parent Name: ___________________________ Signed: ___________________________ Date: __________________