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**Singleton Junior Rugby Union**

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**Nutrition Snippet**

**Take the Fruit & Veg Challenge!**

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Here is an example:

- **Breakfast:** 2 slices toast with marg and honey; 2 cups of tea
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**Tips:**
- 1 serve of fruit = 1 medium piece or 2 small pieces or small glass OJ (you can only count OJ once though).
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**Answers:**
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To find out if you are really eating enough, write down everything you ate and drank yesterday and add up how many serves of fruit and veg you had. Here is an example:

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Tip: 1 serve of fruit = 1 medium piece or 2 small pieces or small glass OJ (you can only count OJ once though).
1 serve of vegetables = ½ cup cooked vegetables/legumes or 1 medium potato or 1 cup salad vegetables.

Answers: Fruit = 3 serves (1 apple, 1 banana & 125mL juice).
Veg = 2 serves (1 medium potato and ½ cup peas).

Now it’s your turn! Take the Fruit and Vegetable challenge! Remember to be as accurate and honest as possible. Did you meet the target? If not, what could you have done differently?

This challenge was brought to you by Eat It To Beat It, helping Hunter families eat more fruit & veg. For more information visit www.cancercouncil.com.au/ eatittobeati or phone 49230710.
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**School & Community News**  
**Week 2  4/2/2013**

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**Singleton Junior Rugby Union**

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**Please don’t forget!**

**This Wednesday 6th February 2013 at 3.10pm**

I would like to extend an invitation to parents/carers/grandparents etc. and to anyone in the community in general who would like to come and meet myself and my wonderful staff at Jerrys Plains PS. If each family could bring a plate to this informal get-together, we will supply liquid refreshments (as it will be on school premises, there will be no alcohol).

This will be a great opportunity for our new parents to meet our old parents and their children, as well as for community members to get to know the teaching staff and experience what our small school has to offer.
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Nutrition Snippet
Take the Fruit & Veg Challenge!

To find out if you are really eating enough, write down everything you ate and drank yesterday and add up how many serves of fruit and veg you had. Here is an example:

Breakfast: 2 slices toast with marg and honey; 2 cups of tea
Morning Snack: 1 yoghurt; 1 small glass OJ (125mls)
Lunch: 1 medium potato with tuna & cheese; 1 apple; water
Afternoon Snack: 1 banana, 2 cups of water
Evening Meal: macaroni cheese, ½ cup peas; 2 slices of garlic bread; 1 small glass OJ (125mls)
Evening Snack: 2 plain biscuits; water

Tip: 1 serve of fruit = 1 medium piece or 2 small pieces or small glass OJ (you can only count OJ once though).
1 serve of vegetables = ½ cup cooked vegetables/legumes or 1 medium potato or 1 cup salad vegetables.

Answers: Fruit = 3 serves (1 apple, 1 banana & 125mL juice).
Veg = 2 serves (1 medium potato and ½ cup peas).

Now it’s your turn! Take the fruit and vegetable challenge! Remember to be as accurate and honest as possible. Did you meet the target? If not, what could you have done differently?

This challenge was brought to you by Eat It To Beat It, helping Hunter families eat more fruit & veg. For more information visit www.cancercouncil.com.au/ eatitbeatit or phone 49230710.
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School & Community News Week 2 4/2/2013
Singleton Junior Rugby Union
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Registration Details

All Ages

**Date:** Friday 8th Feb 2013 from 5pm – 8pm @ Singleton Rugby Club

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Friday nights under lights at the Singleton Rugby Club

**Cost:** $60 per player (includes a rugby ball)

Family discount available - $20 discount on 3rd and subsequent child’s registration.

Registration Time - SINGLETON NETBALL ASSOCIATION

Team nominations will be taken on Wednesday evening 6th March at the clubrooms between 5 and 7pm for teams wanting to play in the 2013 winter netball competition. Team packs and general information can be found on the association website. Girls and boys turning 7 in 2013 will be able to play in the netta competition. Players 8 years and over will be eligible to play in our open age divisions. Team packs for registration will be available on the club website at www.singletonnetball.com from 10th February. We will also take names of anyone wishing to join a team via email from this week. Email us at singletonnetball@com and we will put your name on our list.

Registrations will also be taken for girls and boys 5, 6 or 7, interested in participating in our net set go program. The net set go program is designed to teach ball and co-ordination skills. Net set go will commence after the April school holidays. Our website will provide you with information on all of our competitions and activities programmes so please take five minutes to check it out. If you have further questions please email us at singletonnetball@hotmail.com and will answer them for you.

Please don’t forget!

This Wednesday 6th February 2013 at 3.10pm

I would like to extend an invitation to parents/carers/grandparents etc. and to anyone in the community in general who would like to come and meet myself and my wonderful staff at Jerrys Plains PS. If each family could bring a plate to this informal get-together, we will supply liquid refreshments (as it will be on school premises, there will be no alcohol).

This will be a great opportunity for our new parents to meet our old parents and their children, as well as for community members to get to know the teaching staff and experience what our small school has to offer.

Nutrition Snippet
Take the Fruit & Veg Challenge!

To find out if you are really eating enough, write down everything you ate and drank yesterday and add up how many serves of fruit and veg you had. Here is an example:

**Breakfast:** 2 slices toast with marg and honey; 2 cups of tea
**Morning Snack:** 1 yoghurt; 1 small glass OJ (125mls)
**Lunch:** 1 medium potato with tuna & cheese; 1 apple; water
**Afternoon Snack:** 1 banana, 2 cups of water
**Evening Meal:** macaroni cheese, ½ cup peas; 2 slices of garlic bread; 1 small glass OJ (125mls)
**Evening Snack:** 2 plain biscuits; water

Tip: 1 serve of fruit = 1 medium piece or 2 small pieces or small glass OJ (you can only count OJ once though). 1 serve of vegetables = ½ cup cooked vegetables/legumes or 1 medium potato or 1 cup salad vegetables.

**Answers:** Fruit = 3 serves (1 apple, 1 banana & 125mL juice).
Veg = 2 serves (1 medium potato and ½ cup peas).

Now it’s your turn! Take the fruit and vegetable challenge! Remember to be as accurate and honest as possible. Did you meet the target? If not, what could you have done differently?

This challenge was brought to you by Eat It To Beat It, helping Hunter families eat more fruit & veg. For more information visit www.cancercouncil.com.au/ eatittobeatit or phone 49230710.
WELCOME

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**School & Community News**  
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School & Community News Week 2 4/2/2013 Page 1
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**School & Community News**

**Week 2 4/2/2013**

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**Nutrition Snippet**

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Please don’t forget!
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Pencil cases with pencils, textas or crayons are fine and very welcome in the classroom. However, I ask that they not be too big as they need to fit under desks when not in use. If your child does not have a pencil case, that’s just fine! In the classroom we have pencils, textas, crayons and oil pastels. We also have scissors, glue sticks and rulers, so you’re child will not go without!

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Have a wonderful week!

Mrs Cant

**LIBRARY NEWS**

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**Book Club**

Book Club brochures have been sent home and all orders and money are due to the office by **Wednesday 13th February**. Thank you.
Singleton Junior Rugby Union
2013 Registration Information

Registration Details
All Ages

Date: Friday 8th Feb 2013 from 5pm – 8pm @ Singleton Rugby Club

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Nutrition Snippet
Take the Fruit & Veg Challenge!

To find out if you are really eating enough, write down everything you ate and drank yesterday and add up how many serves of fruit and veg you had.
Here is an example:

Breakfast: 2 slices toast with marg and honey; 2 cups of tea
Morning Snack: 1 yoghurt; 1 small glass OJ (125mls)
Lunch: 1 medium potato with tuna & cheese; 1 apple; water
Afternoon Snack: 1 banana, 2 cups of water
Evening Meal: macaroni cheese, ½ cup peas; 2 slices of garlic bread; 1 small glass OJ (125mls)
Evening Snack: 2 plain biscuits; water
Tip: 1 serve of fruit = 1 medium piece or 2 small pieces or small glass OJ (you can only count OJ once though).
1 serve of vegetables = ½ cup cooked vegetables/legumes or 1 medium potato or 1 cup salad vegetables.

Answers: Fruit = 3 serves (1 apple, 1 banana & 125mL juice).
Veg = 2 serves (1 medium potato and ½ cup peas).

Now it’s your turn! Take the fruit and vegetable challenge! Remember to be as accurate and honest as possible. Did you meet the target? If not, what could you have done differently?

This challenge was brought to you by Eat It To Beat It, helping Hunter families eat more fruit & veg. For more information visit www.cancercouncil.com.au/eatittobeatt or phone 49230710.
WELCOME

WOW, week 2 already! I hope everyone had a great first week of term 1. I know I certainly did. I’d like to thank everyone for the lovely welcome to our great school.

And a huge welcome to our new Kinder students - welcome to Heath, Clayton, Jayda and Lilly-Jane, all of whom bounded into school like they’d been doing it forever. Not a single tear, from the children at least.

Term 1 is going to be a busy term. Next week’s newsletter will include a calendar for the term. Upcoming events and new dates can be added to your calendar as outlined in each newsletter and in notes sent home.

The Singleton Argus is coming to school on Tuesday to take photos of our new Kinder students as part of their feature on the district’s new Kindergarten students. I’m sure our kids will be the best looking kids in the entire feature.

I’d like to welcome both parents and community members to our afternoon tea this Wednesday afternoon. It’s “an old fashioned bring a plate style” with the school providing soft refreshments. This will be an opportunity to meet other parents and community members in an informal get together. Come along, have a chat and have a look at our great school!

Welcome to Week 2

Last Friday, all students were given information cards to be completed. It’s important that these are completed and returned ASAP, to ensure information regarding contact details and medical information is current. One must be done for each child at school.

It is important that your child attends school regularly if he/she is to benefit from the educational experiences and programs provided. Please note that it is a departmental requirement that all absences (for whatever reason) are explained - either by a note or in person to the class teacher or the office - when your child returns to school.

At the start of each year every school in NSW must supply the Department with their student numbers. The number of students in a school determine the number of staff - this includes teaching staff and office staff. To retain two full time teachers (funded by the Department) in our school we must have 26 students enrolled in the school by a given ‘census date’. Numbers are to be submitted during the third week back at school. Until final student numbers are confirmed we will stay as a two full time” teacher school. If the numbers do not reach 26 by the ‘census date’, there will be some changes made to the afternoon session of the day.

Please feel free to contact myself at school if you have any questions, worries or issues to discuss. Please remember the door to our classrooms and my office is always open - you are more than welcome to drop in for a visit!

Mrs Donna Stackman

JERRYS ROCKS!
- Respect, Organisation, Commitment, Kindness, Safety -

School & Community News Week 2 4/2/2013
Assemblies
As part of our whole school focus, we are revisiting our school’s PBL core values: Respect, Organisation, Kindness, Commitment and Security. As such our school’s assemblies will change a little. Whole school assemblies will now be on a fortnightly basis, allowing classroom certificates to be awarded in class on those weeks without a whole school assembly. This also allows parents to attend whole school assemblies on a more regular basis, allowing for the various work commitments of our parent community.
Our class certificates will focus on recognising our core values. Students will be recognised within the classroom on a regular basis, to encourage and acknowledge positive behaviours.

P&C News
Our P&C Annual General Meeting will be held on Monday 18 February 2013 at 6pm. At the AGM all positions will be declared vacant. Our first P&C meeting for 2013 will follow the AGM. Our meetings are held in the school office building. All parents and caregivers and interested family and community members are more than welcome to attend our P&C meetings. We look forward to seeing you there!

Small Schools Swimming Carnival
Our annual Swimming Carnival will be held next Friday 15th February 2013 at Singleton Gym & Swim. The whole school will be included in the carnival this year and parents /caregivers are invited along to watch our students compete and support our school. Jerrys Plains will also be responsible for time keeping duty between 1.30pm & 2.20pm so parent volunteers would be much appreciated.

Times:    Arrive 9.15am
          Conclude 2.30pm

Cost:     $2.60 (per student competitor)
          $1.95 (per spectator) Please pay at the gate…..

Please complete the enclosed permission note and return it to the school office as soon as possible.

WHAT’S ON THIS WEEK
Tuesday - Kinder Photo for Argus
Wednesday - Afternoon Tea 3.10pm

WHAT’S COMING UP
Friday 15/2/13 - Small Schools Swimming Carnival

Facts about the Dairy Industry
Throughout life, bones are constantly changing in both size and shape.
Sponsored by the Gee Partnership. Local family proudly producing quality milk.
**News from the Primary Classroom**

This term our class will be investigating our local community, it’s history and it’s makeup, as we work on our HSIE unit, Our Local Community. Our class is taking this opportunity to teach me about the area in which they live.

Our class will be involved in video conferences with the Opportunity Class at Rutherford Public School and will be showcasing our class, our school and our community. This week they will start to plan their digital presentation and use media to produce their production.

Homework starts this week, with a homework sheet given today (Monday). We also start our committee jobs, Natalie, Chelsea and Daltyn are committee leaders and all have a mixture of grade levels in their groups. I’m sure they’ll do a great job as leaders.

Last week our class discovered they could add huge numbers, just by following a simple process. Addition and subtraction will be our number focus for this week, along with shape.

We have written some interesting stories, made some learning goals for the term and cartooned our faces.

Our first week was busy and creative and a good start to the year.

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**Singleton Netball Association**

Team nominations will be taken on Wednesday evening 6th March at the clubrooms between 5 and 7pm for teams wanting to play in the 2013 winter netball competition. Team packs and general information can be found on the association website. Girls and boys turning 7 in 2013 will be able to play in the netball competition. Players 8 years and over will be eligible to play in our open age divisions. Team packs for registration will be available on the club website at www.singletonnetball.com from 10th February. We will also take names of anyone wishing to join a team via email from this week. Email us at singletonnetball@com and we will put your name on our list. Registrations will also be taken for girls and boys 5, 6 or 7, interested in participating in our net set go program. The net set go program is designed to teach ball and coordination skills. Net set go will commence after the April school holidays. Our website will provide you with information on all of our competitions and activities programmes so please take five minutes to check it out. If you have further questions please email us at singletonnetball@hotmail.com and will answer them for you.

**Please don’t forget!**

**This Wednesday 6th February 2013 at 3.10pm**

I would like to extend an invitation to parents/carers/grandparents etc. and to anyone in the community in general who would like to come and meet myself and my wonderful staff at Jerrys Plains PS. If each family could bring a plate to this informal get-together, we will supply liquid refreshments (as it will be on school premises, there will be no alcohol).

This will be a great opportunity for our new parents to meet our old parents and their children, as well as for community members to get to know the teaching staff and experience what our small school has to offer.