

# Johns River Public School

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Term 4, Week 5 A proud member of the Camden Haven Community of Schools 10 November 2017

A message from the Principal

## Ms Sheree Quinlivan



Dear parents and carers,

We're halfway through the term already! Things are getting busy around here. Teaching staff have commenced Semester 2 student reports, which will be distributed to parents in the final week of term.

The School Swimming and Water Safety Program commences in Week 8 at Kendall Pool. The school will be applying for a Sporting Schools grant to cover the cost of bus charter, which will bring the cost to families down to \$35.00 per child to cover pool admission. A permission note is included in this newsletter for all families. This must be completed and returned to the school with full payment by Thursday 23 November. All students will be participating in the program, as supervision will not be available at the school throughout our scheduled pool sessions.

The end of year Presentation Day has been set for Tuesday 12 December. I hope you can all make it for the official proceedings at 11.30am, followed by lunch. The P&C Association will be hosting a special lunch for all guests – one final get together before Christmas. Further details will be available at a later date. The school's Quilt Raffle and the P&C's Christmas Raffle will also be drawn on this day. Remember to keep selling tickets in the lead-up! It will be a lovely day and we hope the extended school community can join us.

**Sheree Quinlivan**  
Teaching Principal  
Johns River Public School

## Coming Events

### Week 6

Monday 13 Nov	Ms Q & Miss C – eFPT training
Tuesday 14 Nov	Year 6 resilience program – MPS 10-11am Sewing with Wendy

### Week 7

Tuesday 21 Nov	Sewing with Wendy
Wednesday 22 Nov	Community Craft/Library
Thursday 23 Nov	Ms Q – 3MAPS principals meeting 9.30am – 3.30pm Ms Q, Mr T & Miss C – 3MAPS CPR & Anaphylaxis training 4 – 6.30pm

### Week 8

Monday 27 Nov	School Swimming & Water Safety Program commences
Wednesday 29 Nov	Ms Q – 3MAPS Principals meeting

### Week 9

Wednesday 6 Dec	Year 6 Farewell Dinner
Thursday 7 Dec	Ms Q – 3MAPS Principals meeting
Friday 8 Dec	School Swimming & Water Safety Program concludes

### Week 10

Tuesday 12 Dec	Presentation Day
Wednesday 13 Dec	Community Craft/Library
Friday 15 Dec	Final day for students

## Next P&C meeting Wednesday 6 December 9am

### Good for Kids good for life

#### THE IMPORTANCE OF HEALTHY EATING

Healthy eating is not just important for healthy body weight but also for brain development, behaviour and concentration which can help kids in the classroom.

What does healthy eating mean?

- Eating plenty of vegetables, legumes and fruits
- Eating plenty of cereals (preferably wholegrain), including bread, rice, pasta, and noodles
- Including lean meat, fish, poultry and/or alternatives
- Including reduced fat milk, yoghurt and cheese
- Drinking plenty of water

Save occasional foods such as cakes, pastries, chocolate, lollies, chips, fast food and soft drinks for sometimes and in small amounts.



PHONE 4924 6499

**PRESENTATION DAY**  
**TUESDAY 12 DECEMBER**  
**JOHNS RIVER PUBLIC SCHOOL**  
**Official proceedings commencing 11.30am**

## Lunchbox recipes from...

### Mac and cheese muffins

Makes 12 muffins

### Ingredients:

- ½ cup red capsicum, diced
- ½ cup zucchini, grated
- ½ cup sweet potato, grated
- 1 cup (100g) reduced fat cheese, grated and firmly packed into the cup
- 2 tablespoons fresh parsley, chopped
- 2 cups (290g) of cooked pasta (made from 125g dry pasta)
- 6 medium eggs
- 1 cup reduced fat milk
- A pinch of cracked pepper
- Canola oil spray

### Method:

1. In a large bowl add capsicum, zucchini, sweet potato, cheese, parsley and pasta and mix well.
2. In a separate bowl, add the eggs, milk and pepper and whisk well, then add to the dry ingredients.
3. Place into lightly sprayed muffin tins and cook on 180°C for 15-20 minutes.
4. Allow to cool for 5 minutes before removing from muffin pan.

