

Johns River Public School

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Term 4, Week 7 A proud member of the Camden Haven Community of Schools 24 November 2017

A message from the Principal

Ms Sheree Quinlivan



Dear parents and carers,

I would like to extend my deepest sympathies on behalf of the Johns River Public School community to Mrs Irene Storok and her family at the passing of her husband Mr Bill Storok this week. Bill was the General Assistant at Johns River and Hannam Vale Public Schools for many years, and was a pillar of the local community.

Even after his retirement, Bill continued to support the school. One very memorable and touching example, was when he joined us as a guest of honour in 2010 at the school's Anzac Day service. Bill was a returned serviceman, who served in the Vietnam War.

Bill lived out his retirement in the family home in Stewarts River and will be sorely missed in the local community. He and Irene have a very loving, large family and I know they were all very close. We're sending our love and support to you all during this sad time.

Sheree Quinlivan
Teaching Principal
Johns River Public School



Coming Events

Week 8

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

Week 9

Tuesday 5 Dec	CHHS Orientation Day CHHS parent information evening 5 – 6.30pm
Wednesday 6 Dec	P&C meeting 9am 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

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

Next P&C meeting Wednesday 6 December 9am

Good for Kids good for life

THE BENEFITS OF PHYSICAL ACTIVITY

Being active is very important for children. Not only for their physical health but also for their mental wellbeing.

Some benefits of being active include:

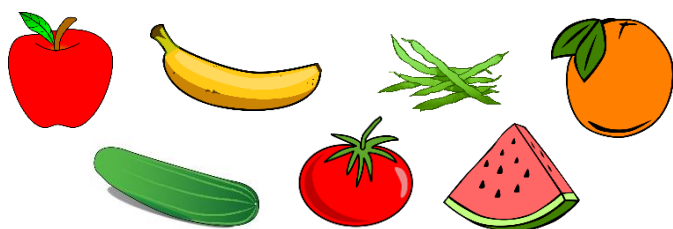
- Promoting healthy growth and development
- Building strong bones and muscles
- Improving cardiovascular fitness
- Improves balance, coordination and strength
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Improving sleep

Children aged 5-12 years should participate in at least 60 minutes of moderate to vigorous intensity (makes you huff and puff) physical activity every day.



PHONE 4924 6499

REMEMBER YOUR CRUNCH & SIP EVERY DAY!



Lunchbox recipes

from...

Pizza fingers

Makes 16 serves

Ingredients:

- 4 round wraps, Lebanese breads or medium pizza bases or 2 large rectangular bases; preferably wholemeal or whole grain (must be wholemeal/whole grain if in NSW)
- 8 tablespoons tinned crushed or diced tomatoes (salt reduced)
- 1 tablespoon mixed herbs (dried or fresh)
- 1 medium red or yellow capsicum, diced
- 1 cup of mushrooms, sliced
- 1 cup (140g) poached or grilled skinless chicken breast, shredded
- 1 cup baby spinach
- 2 cups reduced fat grated cheese

Method:

1. Preheat the oven 180°.
2. In a bowl, mix the tomatoes and herbs together, placing one tablespoon of the mixture on each pizza base.
3. Continue to top the pizzas by sprinkling the remaining ingredients evenly over the bases, finishing with the cheese.
4. Place in the oven and cook for 10 minutes or until cheese is melted.
5. Once out of oven, carefully cut into fingers or wedges.



Tips:

- You can use any bread base you like such as wholemeal Lebanese bread, pita bread, Turkish bread, or whole grain/wholemeal muffins.
- Choose any combination of veg you like, including any baked veggie leftovers, but stick to just once choice of meat per pizza.



Family Challenge

WINNER!



Congratulations to Austin for winning this year's Get Loud for Fruit & Veg Family Challenge. Austin has won a fantastic prize pack which includes a family gardening pack, a three-month subscription to Get Kids Cooking @ Home magazine, a \$100.00 farm market online shopping voucher and a brand new digital camera!



Johns River's getting ready for

Bushfire Season

Thanks to Johns River RFS for coming to the school and teaching us all about fire safety.



VOLCANOES



Choose your own homework produced some amazing efforts from students last week.



A volcanic demonstration from Laynie!

PRESENTATION DAY

TUESDAY 12 DECEMBER

JOHNS RIVER PUBLIC SCHOOL

Official proceedings commencing 11.30am

Annual awards presentation
Kindergarten graduation
Year 6 Farewell
2018 Student Leaders announced

The Gruffalo

A play performed by
Kinder — Year 6



Lunch provided by the P&C
Association...

HOT DOGS

\$2.00 each

or \$2.50 each with a drink

Or bring your own packed lunch

RAFFLE DRAWS

P&C Christmas Raffle

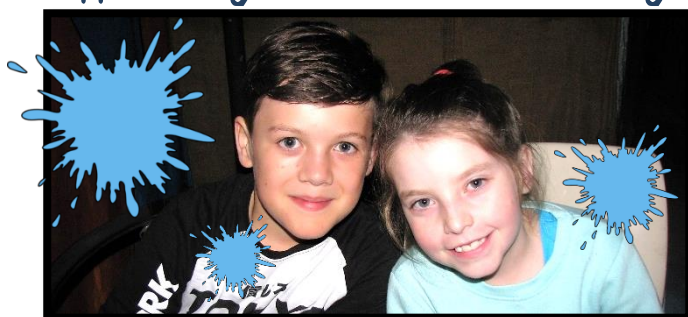
School Quilt Raffle

Tickets on sale now! \$1.00 each

Available in the school office

YEAR 6 FUN AFTERNOON

Our Year 6 students are heading
off to high school with a bang!



Liam and Makybi will be hosting a fun
afternoon of water bomb wars after
lunch on Presentation Day.

Students will put their orienteering skills to
the test as they search the school for
buckets of water balloons.

Then it's time for some REAL fun!

BUY A SHOT AT A MEMBER OF STAFF...



\$1.00 Mr T
per shot

\$1.50 Miss Craig
per shot

\$2.00 Ms Quinlivan
per shot

Or Liam and Makybi for 50c per shot!