

# Johns River Public School

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Term 4, Week 10 A proud member of the Camden Haven Community of Schools 15 Dec 2017

## A message from the Principal

### Ms Sheree Quinlivan



Dear parents and carers,

Another year has come to a close. I would like to extend my sincere thanks to you all for your continued support of our small school throughout 2017.

Congratulations to all students on a fantastic end of year presentation this week. I'm so disappointed that I had to miss it due to a chest infection, but by all reports it was terrific day. Those of you who took home awards should be very proud of your achievements throughout the year. And you should all be extremely proud of your performance in The Gruffalo – I heard it was a real hit with the audience. Thank you to those family members and friends of the school who came along to celebrate with the students.

Congratulations to the P&C Association for yet another successful Christmas raffle.

Students have also done a great job selling tickets for the quilt raffle this term, which was drawn after Community Craft on Wednesday. Sincere thanks are extended to Wendy Galvin once again for her kind donation.

Parents and carers have now received their child's Semester 2 Student Report. Please read through your child's report carefully and make an appointment to speak with Mr T and/or myself if required. We have requested an interview with some of you, but please be aware that even if we haven't, you're very welcome to make an appointment to sit down with us and discuss your child's progress.

We say goodbye to Liam and Makybi today as they prepare for high school in 2018. We wish them both the very best of luck and will miss them dearly at Johns River Public School. Laynie and Ruby were announced as the 2018 school leaders this week, and will have big shoes to fill as we farewell Liam. Congratulations to Laynie and Ruby – I look forward to watching you both step into the senior role next year and lead your fellow students through 2018.

Have a wonderful holiday season everyone. Keep safe on the roads and make the most of this time with your family, friends and loved ones. See you in 2018!

**Sheree Quinlivan**

**Teaching Principal**

**Johns River Public School**

# Seasons greetings

## Coming Events

### Week 10

Friday 15 Dec	Final day for students
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### 2018 Term 1, Week 1

Monday 29 Jan	School Development Day (staff only)
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Tuesday 30 Jan	School resumes for students
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Education  
Public Schools

# PRESENTATION DAY 2017



## THE GRUFFALO





# YEAR 6 WATER FIGHT





**NEXT P&C MEETING  
TO BE ADVISED!**

## Good for Kids good for life

### LIMITING SCREEN TIME

Do you need some ideas for distracting your child from 'technology' or watching television?

Try some of these ideas:

- Go screen free on weekdays (except for educational purposes)
- Tech free Saturdays
- Simple restrictions on when your child has access, such as 'no screen time before dinner or bed'
- Try 'Imagination Wednesdays' where you and your child do things together that don't involve a screen
- Provide seven 30 minutes vouchers on a Friday afternoon to last for the following week. When your child watches the TV or plays on the computer they hand the vouchers back for every 30 minutes they're looking at a small screen. This limits your child to 3.5 hours of screen time over a week.



Adapted from: Murrumbidgee Local Health District



PHONE 4924 6499



**Remember your  
Crunch&Sip®  
every day!**

## Lunchbox recipes

from...

**San Choy Bow**

Makes 8 serves

(2 lettuce cups per serve)



### Ingredients:

- 1 tablespoon olive oil
- 1kg lean pork, minced
- 6 spring onions (approximately 1 bunch), sliced
- 2 cloves garlic, crushed
- 1 small piece of ginger, peeled and chopped
- 2 sticks celery, diced
- 1 red capsicum, diced
- 100g mushrooms, diced
- 2 cups cooked rice
- 4 tablespoons reduced salt soy sauce
- 16 large iceberg lettuce leaves

### Method:

1. Heat oil in wok or fry pan over a high heat.
2. Cook pork through, stirring frequently.
3. Place pork in a heatproof bowl and set aside, leaving oil in pan.
4. Place the remainder of the ingredients (except for the lettuce leaves) into the hot pan, stir and cook on a low to medium heat until softened.
5. Add the cooked pork back to the pan and mix well.
6. Spoon the pork filling into each lettuce leaf.
7. Serve immediately.



### Variations:

Top with extra veggies of your choice such as grated carrot or bean sprouts.

### Tips:

Have your lettuce leaves ready to go in takeaway containers (two per container) and spoon in the pork filling just before serving.