



Kingstown Public School Newsletter

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Term 3, Week 8

4 September 2023

Dear Parents and School Community,
I hope everyone is well and taking good care of themselves and each other. Once again time is flying and we are quickly approaching the end of Term 3.

With only six students, we do incredibly well in athletics! Congratulations to our students who participated in the North West PSSA Athletics in Tamworth on Wednesday. Relay, Long Jump and High Jump. It was inspiring to also watch our women high jumpers and pole vaulter in Budapest recently along with our wonderful Matilda's!

Great Aussie Bush Camp

The biggest highlight for Year 6 this term, has been of course, the Great Aussie Bush Camp in Week 3. It was an incredibly busy week and the photos tell it all!! Thanks Angie for compiling the collage!

Tennis Lessons

This term, each Thursday, students have enjoyed tennis lessons with Mitchell Power. Mitchell is a fantastic coach and we greatly appreciate him fitting us into his busy schedule, after the last-minute cancellation of cricket. The Kingstown Community Tennis Court is a great facility and with the weather warming and the days starting to get longer, will soon be put to greater use! I believe the night lights are coming soon, which will be fantastic! We really appreciate being able to access the court. Thank you!



CONGRATULATIONS

Congratulations to our Athletics team who competed in the PSSA District Athletics in Armidale in June and the Zone Athletics in Tamworth last week.

At Zone level Ryan came fourth in the High Jump with a new PB of 1m38!

Jack competed in the Long Jump and our Relay team comprising of Jack, Ryan, Lykien and Benji did very well coming fourth place in the finals. A great effort!



Great Aussie Bush Camp Excursion







Canteen

Wednesday canteen lunches have been going well and it's great to have had the students pitching in and learning to cook! We will be swapping to a summer menu soon! As communicated in Skool Loop, if students don't have the \$4 change on the Wednesday, they can just catch it up at a later date. All students will always be provided with lunch, no one will miss out, so please don't worry! The beauty of a very small school!

School Improvement Works .. What's going on.. and on...? It's fantastic!

The Hamilton Room has had its veranda and surrounding base boards replaced with new boards. Soon the edging logs of the playground will be replaced and the softfall topped up; worn veranda's will be resealed; the weather shed will be provided with a new roof; oil heaters removed in the two classrooms; the basketball goal posts replaced (over the next holidays) and the court repainted!

We should be looking sooo good inside and out!!! What a great little school we have!! So lucky!

Additionally, it's fantastic to now have reverse cycle (thermostatically controlled!) aircons in all the classrooms and the school office and library! This was done last school holidays and financed by our successful grant application. The temperatures are on a timer so the classrooms are warm first thing in the morning and the conditions for teaching and learning vastly improved. The old heaters were so noisy and had to be turned on and off during lessons and the rooms just continually heated up.

Preschool Visit

It was great to have some little dressed up book week characters visit us last week, from Elsa's to dinosaurs to mice! Very cute and we were very happy to be their audience. We are looking forward to our three new kinders, Layne, Archie and Callie commencing school next year..) Our four transition sessions will commence Week 1, next term. A note with further information will be sent home with the pre-schoolers by the end of the term.



Year 6 Check-in-Assessments

Check-in-Assessments will be conducted in Week 8-10 in Reading, Numeracy and Writing.

Parent Assembly

Term 3 Parent Assembly will be held next week, Wednesday 13th September at 10.00 am. Please come along!

Merit Certificates

Merit Certificates will be handed out at the Assembly.

Lake Keepit Excursion Week 4 Term 4 - 30 October to 1 November

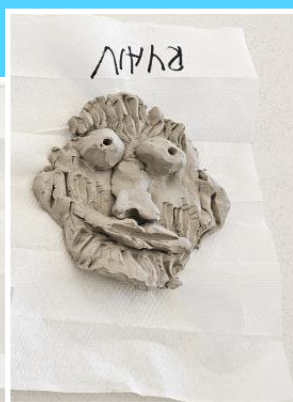
All students will be attending the Lake Keepit Excursion, more information will be sent out shortly.

End of Year Presentation

Our end of Year Presentation Day will be held in Term 4, Week 8 - Friday 1st December at 10.00 am.

Happy
Father's
Day

Students had fun with Miss Burton and Mrs Boyd creating Fathers Day gifts for their dads out of clay moulds.



PARENT ASSEMBLY

**Wednesday 13th
September at 10:00am**

A celebration of our
students' achievements
during Term 3

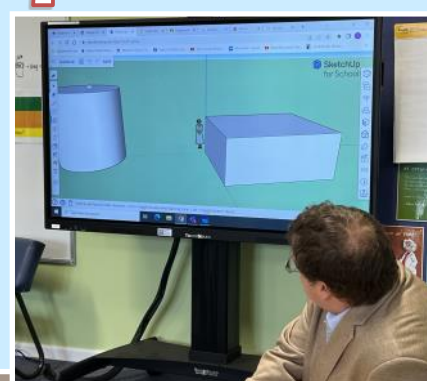
Please come along ...

Mrs Matthew's Class



While Year 4-6 were on the excursion the younger students enjoyed activities at School including cooking with Mrs Boyd and enjoyed bike riding with Mrs Matthews and Miss Burton.

Rural Access Group Visit



Michael West and Craig Merrick from Rural Access Gap (RAG) called into school on the first day of term and helped us with our designing for 3D printing.

Craig visited again today and spent time with the students on their 3D turtle models and developing their QR codes and podcasts.

Sun Infographics

Students have been working in Canva to create these informative Sun Infographics with Mrs Matthews

THE SUN



Plants need

Sun to live.



The Sun gets We need
up to the Sun to
15,000,000 live. If we
celsius. did not

have the
Sun the
trees will
stop
growing
then we
will not
have any
oxygen.

The Sun
is a
medium
star.

The heat from the Sun
is produced when
Carbon, Nitrogen,
Helium and Hydrogen
react in nuclear fusion.

Jack

Ryan Squires Sun Infographic

The Sun

The Sun gives the Earth light
for the plants to grow and
gives us warmth.

The Sun also evaporates water
and gives us rain which provides
nutrients to the plants.

The heat from the Sun is produced when Carbon, Nitrogen, Helium, Hydrogen
react in nuclear fusion.

Why we need the sun

If we didn't have The Sun
we would not survive.
The plants wouldn't
grow, it wouldn't rain
and we couldn't eat. We
need The Sun.

Facts about The Sun

1. The sun is a medium sized star.
2. The temperature of The Sun is 15000000 degrees celsius.
3. The planets orbit around The Sun.
4. The Sun is 1 astronomical unit from the Earth
5. It takes 8 minutes for light to get to The Sun.

Ryan

Sun Infographics



THE SUN

Our Sun is a medium sized star.

It is 93 million miles (149668992km) away from the Earth= 1 astrometric unit.

It takes the Sun 230 million years to orbit the Milky Way.

The Sun is made up of Carbon, Nitrogen, Helium and Hydrogen. Also, the Sun has solar flares and if these solar flare are heading towards us, our magnetic feild will protect us.

Benji

HERE, HAVE SUN FACTS!

The Sun is a medium sized star that is approximately 150 million kilometres (93 million miles) from Earth.

The distance between Earth and the Sun is equivalent to one Aströmetric Unit.

The Sun's heat is created when Carbon, Nitrogen, Helium and Hydrogen react in a nuclear fusion.



The Sun is so large that well over 1 million Earths could fit in it.

The Sun is needed for; plants to grow, keep the Earth at a steady temperature, give light and much more. It takes roughly 8 minutes for light to get to Earth from the Sun.

Henry





Sun Infographics



the sun is 93 million miles away.



the sun is
150,000,000
degrees.



Without the Sun's
energy, life as we know
it could not exist on
our home planet.

The Earth needs the sun to
grow plants.

Charlie

The Sun

The heat from the Sun is produced when carbon, nitrogen, helium and hydrogen react in nuclear fusion.

The Sun is a medium size star

1 million Earths can fit in the Sun.

There would be no life on Earth without the Sun.

The Sun is a heater

Lykien



Upper Division



The Quicksilver Disaster

Benji

The inhospitable sea was endless. The surging waves splashed viciously onto the deck. Captain Ryan held on for dear life.

Bang! Captain Ryan rushed to the bow with his mate, Henry. He had an uncanny feeling that the noise was something dangerous. He peered down into the gloomy, inky sea and spotted a menacing sight. It was the one and only, Giant Octopus! Bright red covered with sparkly white dots. It was monstrously large with great bulbous eyes. They were the size of a basketball. Its long dexterous tentacles splashed the sea like it was trying to destroy it. Ryan and Henry shivered with great fear.



Bang!! The octopus went in for another strike!

"Henry, turn the ship 35 degrees west!" Ryan commanded.

"On it!" Henry quickly replied.

"I'll open the sails," Ryan quickly announced. "Okay!" Henry loudly replied at a far distance.

Moments later enormous tentacles lifted the boat up like it was trying to eat it. Henry and Ryan rushed inside and took cover. Their stomachs clenched.

Bang!!! The octopus went in for another strike!

Tentacles randomly grabbed the crew and tossed them overboard. The scene was pandemonium. They were in desperate need. Screams engulfed the air. The crew grabbed rifles and began to fire desperately. They had to survive.

Suddenly, all went silent. "It has stopped attacking us!"

They carefully manoeuvred to the bow and peered down.

"It's gone!" Ryan announced.

Moments later, Henry found a flare gun.

"Well, don't just sit there, shoot it into the air!" Ryan quickly commanded.

Henry spent hours trying to spot a helicopter. He started to lose hope, and randomly shot a flare into the sky. depressed, he walked back inside and sat next to snoring Ryan.

Hours later, Henry heard the sound of a helicopter. He rushed outside and noticed a small red helicopter. Henry was exhilarated. "Ryan!!! Wake up!!! Were saved!!!"

Seconds later, Ryan rushed outside onto the deck and snatched the flare gun and shot it near the helicopter. The helicopter pilot noticed the flare and slowly descended and dropped a flimsy, rope ladder. They were finally safe. The crew happily climbed the ladder and was quickly sent to a nearby city.

Upper Division



ATTACK OF THE GIANT CEPHALOPOD

By Henry Term 3

It was almost eight o'clock. The usual night mist was creeping in as the moon began to rise. The captain, Terry, or Toast, as his crew called him, owned the 'Red Journey' one of the most well-known adventuring ships. His crew: Cory, Peter, Sammy, Jade, David and Doug, each had their own jobs. Cory scrubbed the wooden deck, Peter scraped the hull from vexing barnacles, Sammy watches through her telescope from the sturdy Crow's Nest, Jade re-paints the parts of the large ship that isn't currently red, David investigates unknown things that is spotted from the Crow's Nest, Doug manned the shiny cannons (only to be used against threats), and Toast steers the valiant vessel.

"Wassat?" announced Sammy, pointing to the bow, still looking through her telescope.

Toast looked out the front.

"David, go check that out," ordered Toast, keeping his eyes on the unusual splashing in the water.

David clambered into a small dingy as Cory began to gently lower it. Soon, David hit the water, he grabbed the oars and started paddling towards the splashing. He had paddled until he was right next to the mysterious splashing, scrutinising it intensely. Nothing happened. He shrugged and started to paddle away. But suddenly, David dropped his oar into the water. And before he could even turn around, a colossal arm shot straight out of the water. It wrapped around David, squeezing him mercilessly, sucking him of life. Almost immediately after, an immense, slimy head emerges from the sea. Two gigantic eyes glared at a helpless David. Shortly after, seven more oily tentacles ascended from the murky water. It was a gigantic octopus.

Its colossal head and limbs were orange with aqua stripes. The tentacles bared two rows of black suction cups the size of cricket balls. Its rectangular pupils focused on David.

The sizeable cephalopod dunked the arm didn't move for another more.

Almost instantly, the turned and faced glared at the Red up one of its into a fist and at the boat.

"Get to the demanded Toast.

But before Doug towards the ancient tentacle shattered the ship in in every direction.

Sammy got thrown out of her Crow's Nest, flinging and sunk her under the water. Doug dashed to the cannons and commenced firing as the ship began to submerge. The large cannon balls clashed with the supersized cephalopod. The octopus wailed with pain, but it continued the rampage. Soon, the evil monster shot another punch at the ship. But, as the tentacle closed in on the Red Journey, Toast launched himself at the arm, sinking his cutlass deep into the slimy tentacle. The cephalopod yelped and jerked its arm away from the ship. It floundered, swinging its arms around uncontrollably. Eventually, the giant flung Toast hard into a cliff on a distant island.

The octopus slowly turned around, blood dripping from its arm. Its pupils shrank as it stared with hatred at the remaining crew. All eight of its disgusting limbs were launched at the Red Journey. The terrifying tentacles penetrated the half-decimated ship.

Jade got thrown high up into the sky. The splenetic cephalopod caught Jade and speared her deep under the surface of the ominous ocean. The punches hurled Doug hundreds of metres from the destroyed Red Journey.

Doug, the only survivor, grabbed a plank from the demolished ship. He floated around for three days. No food and no water. However, on the fourth day, something in the distance appears. A ship. He started flailing until, finally, the ship turned in his direction.



that held David deep under the water. It minute. By then, David was no

large sea monster the ship. Its eyes Journey. It curled greasy tentacles then launched it

cannons, Doug!"

could even run cannons, the dexterous half, sending splinters flying

Upper Division



Attack of the Giant Cephalopod!

Ryan T3 2023

The storm surrounded us. Waves crashed ferociously against the Black Pearl. An ominous feeling shadowed the deck. Something wasn't right. The ship yawed from side to side followed by a sudden jolt. My stomach clenched.

"Pull the sails me heartys!" the captain ordered.

The inhospitable sea swamped the Black Pearl. There was a premonition, an uncanny feeling that something was going to go wrong.

We were sailing in the Norwegian Seas looking for lost treasure. We had been travelling for 6 months now and we were here. We landed in Norway and were digging up the treasure. We finally found it. We hefted it back to the ship and opened it. It was full of gold and silver treasures.

I was steering the ship cautiously back to England, when suddenly giant waves surged over the boat with incredible power. The crew started to be thrown around like puppets.

Seconds later, monstrously large, slimy, black tentacles grabbed at the side of the boat and commenced pulling it down. The crew frantically sped to grab weapons, to attack the octopus. The captain finally had awoken and came out to see what was all the commotion. He gasped at the scene, grabbed his guns and spears, and joined in attacking the huge cephalopod, defending his crew.

The scene was chaos, tentacles propelled the crew members into the air and threw them overboard. Terrifying screams and the stench of dead fish filled the air. Bulgy blue and white eyes, the size of basketballs, stared at him through the floor. He froze with terror, face to face with this monstrous cephalopod.

Suddenly everything went still, and the octopus disappeared from sight. The silence was deafening. The atmosphere was so tense you could cut it with a knife.

I manoeuvred the ship from the octopus's habitat, this was not the place for us. But the octopus came back. He came back with more energy and power. It smashed into the ship and put a giant hole in the bottom. Hundreds of liters rushed in the boat. Crew members dashed down and covered it up.

We were fighting for hours, losing more crew members every minute. I was looking for our options. Our only option was to throw a whale harpoon into its heart.

I volunteered as I was the best shot on the boat. I retrieved a whale harpoon and went to the deck. It was difficult to keep my aim while the boat tossed around.

I waited for the perfect opportunity. This was our only hope. The perfect option was now the octopus came up. I threw it. I looked away. The crew cheered. I had done it, I had hit it in the heart. The octopus plunged down. Tentacles flew around in the air.

We manoeuvred the ship out of the rough seas into the calm pacific oceans. And from that day I was always respected on the ship. The captain even handed over his captainship to me.



Screen free sleep

Did you know that the amount of time your child spends in front of screens can affect how quickly they fall asleep and the duration of their sleep?

It's crucial for your child to have sufficient, high-quality sleep to support their learning, play, and concentration, especially at school.

To minimize the impact of screen time on sleep:

- Avoid using digital screens within an hour before bedtime.
- Encourage your child to engage in activities like reading, drawing, or quiet play.
- Encourage your child to replace screentime with outdoor physical activity or play.



Source: Screen time and digital technology use: how it affects child and teenage sleep (raisingchildren.net.au)



Developed by Hunter New England LHD



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.



What is a serve of fruit and veg?

Fruits and vegetables are a great source of vital nutrients that support the health of your child's growing body.

It is important to eat a variety of different coloured vegetables and fruit everyday, but do you know how much your child should be eating?

How many vegetables?	How much fruit?
4-8 years = 4 ½ serves	4-8 years = 1 ½ serves
9-18 years = 5 serves	9-18 years = 2 serves

1 serve of vegetables is:



1 serve of fruit is:



Source: The five food groups (eatforhealth.gov.au)



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2023 CALENDAR - TERM 3

MONTH	WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Sept	8	4	5	6	7	8	9	10
Sept	9	11	12	13 Parent Assembly 10am	14	15	16	17
Sept	10	18	19	20	21	22 Last Day Term 3	23 School Holidays	24 School Holidays

IMPORTANT TERM 4 DATES

- Kindergarten Transition Sessions - Commencing Week 1
- Lake Keepit Excursion - Week 4 (30 Oct-1 Nov)
- Presentation Day - Friday 1st December at 10.00am (week 8)





Tennis

