


# Pacific Brook Christian School

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## Newsletter Friday 4<sup>th</sup> May 2018

### Upcoming Events:

#### **Wednesday 9<sup>th</sup> May**

2:45pm P&F Meeting at School

#### **Friday 11<sup>th</sup> May**

Mother's Day Stall at school

#### **15<sup>th</sup> to 17<sup>th</sup> May**

NAPLAN tests for Year 3 and 5 students

#### **Tuesday 22<sup>nd</sup> May**

Dr Michael Carr-Gregg speaking at Muswellbrook High School

#### **Friday May 25<sup>th</sup>**

Tennis for Primary Class

#### **Tuesday 5<sup>th</sup> June**

Pacific Brook Christian School Open Evening

#### **Friday 15<sup>th</sup> June**

Tennis for Primary Class

#### **Friday 6<sup>th</sup> July**

Tennis for Primary class  
Last Day of Term 2

Perhaps one of the less well known people in the Bible is Nehemiah. Nehemiah lived towards the end of the Old Testament times, around 450 years before the time of Jesus. He had been taken into captivity, and served the King of Persia.

After many years in Persia, he received bad news from his homeland. The people of Jerusalem were in great trouble, the city walls had been destroyed and parts of the city had been burnt, and many people had deserted the city.

Nehemiah's first response is interesting. He didn't immediately leap into action, but he leapt into prayer. He sought God's guidance and blessing. Only then did he return to Jerusalem to begin the rebuilding of that city.

Nehemiah's actions make me think how often do I pray as a last resort, when really it should be a first resort?

David O'Hara  
Principal

### P&F News

There will be a P&F meeting at 2:45pm next Wednesday at the school. It shouldn't be a long meeting, so please come along if possible (and have your say in what is happening in the school).

There will be a Mother's Day Stall at the school next Friday (May 11<sup>th</sup>), with gifts for sale from \$2.

We are still looking for volunteers for the canteen. If you can spare a few hours on Friday mornings we would appreciate your help. With enough volunteers you may only be rostered on 2 or 3 times a term. You will need to have a current Working With Children Check. If you are interested please contact Canteen Manager, Paula Sinton, on 0427 454 820 or email [pfsinton@gmail.com](mailto:pfsinton@gmail.com) You can come along any Friday morning at 9am to find out how the canteen works.

### Dr Michael Carr-Gregg

Dr Michael Carr-Gregg, a well known and respected child psychologist, will be speaking at Muswellbrook High School on Tuesday May 22<sup>nd</sup>. He will be speaking on "The 5 Great Parenting Challenges – Millennial Parenting Must Knows".

This session will begin at 7pm on May 22<sup>nd</sup>, and entry is free. This event is sponsored by Where There's a Will Charity.

I have heard Dr Carr-Gregg speak at different events in the past. He is informative, practical and engaging, and if you are able to attend, I would encourage you to do so.

## **Painting and Signs**



Over the holidays a lot of work was done at the school. The Office / Library building was painted on the inside and out. It is much fresher and brighter!

New school signs were put up on both Hill St and Sowerby St.

## **Interest Groups**

Each Tuesday afternoon all students take part in an interest group. Students are able to choose which Interest Group they will join for the term. The Interest Groups this term are Dance, Drama and Gardening.

It is great to see students of different ages working together developing skills in an area of shared enjoyment.

This photo shows the carrots, which were planted last term, growing healthily in one of the garden beds.



## **Primary Excursion**

Towards the end of last term the students in the Primary class were given a note about an overnight excursion at the end of the year. If you would like your child to attend this excursion can you please return the note and pay the \$50 deposit. For more information please contact David O'Hara.

## **Tennis**

Today the Primary class had their first tennis session for sport. The tennis lessons are taken by Brad Westgate, who is a qualified advanced tennis coach through Tennis Australia. We play at the RSL tennis court (next to the school), and Brad supplies all the equipment needed.

The students all thoroughly enjoyed their tennis experience, and are developing new skills.

We will have three more tennis lessons throughout this term.

If you or your child would like further tennis coaching or lessons, you can contact Brad on 0403 195 100 or [bradwestgatetennisacademy@yahoo.com.au](mailto:bradwestgatetennisacademy@yahoo.com.au)



## Japanese

During Japanese this week both classes have learnt about Sakura. Sakura are the cherry blossoms that appear on trees in the Japanese Spring (usually around April). Japanese people like to have picnics under the beautiful blossoming trees at this time of the year.

## Merit Certificates

The following students have earned a merit award this week:

Holly	A wonderful start to our school and great enthusiasm in Science.
Lachlan M.	Fantastic area work in Maths.
Zanel	Working hard in class.
Declan	Great commitment in Drama.
Bella	Completing Level 5 on Typing Tournament
Lachlan S.	Excellent and detailed drawings in PDH.
Mitchell	Great work on number patterns; Fantastic acting in Drama



## Please do not bring egg, nut or seafood products into Pacific Brook Christian School



Anaphylaxis is a potentially life threatening condition where sufferers are susceptible to severe allergic reaction to certain foods and other things in the environment. Since the safety of the children in our care is of the utmost importance, Pacific Brook Christian School aims to be an egg, nut and seafood free school. As such, please do not send any foods to school containing these items. Please see the website for more information about alternatives to popular foods and recipes.

Thank you for your assistance in helping keep all our students healthy and safe.

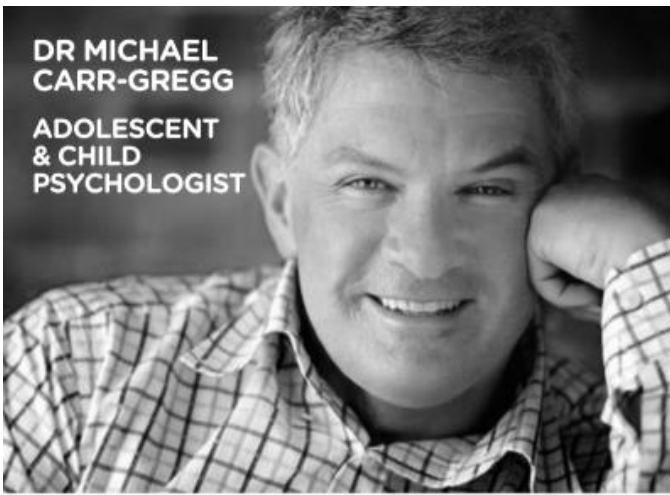
## Community Events

**YOU ARE INVITED TO OUR OPEN DAY**  
**10-2PM SAT 19TH MAY**

**FIRE + RESCUE**

**DR MICHAEL  
CARR-GREGG**

**ADOLESCENT  
& CHILD  
PSYCHOLOGIST**



7pm, Tuesday 22 May 2018  
Muswellbrook High School  
Multipurpose Centre King Street, Muswellbrook

**FREE  
ENTRY**

**THE 5 GREAT PARENTING CHALLENGES**  
**MILLENNIAL PARENTING MUST KNOWS**  
Alcohol - online safety - sleep - other key issues

[www.uhwheretheresawill.com.au](http://www.uhwheretheresawill.com.au)



## **Good for Kids** good for life

### 7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.



Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



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