

**Dates For Diaries**Tuesday August 19
Bookweek ParadeThursday August 21
PBL Badge AssemblyThursday September 4
Assembly 1/2SMonday September 8
Father's Day BreakfastFriday September 19
Stage 1 excursionFriday September 26
Last day of Term 3Tuesday October 14
First Day of Term 4**Principal's Message**

Hello to our wonderful Seaham community and welcome to week four. We hope you have had a positive and rewarding week. We are looking forward to book week next week following an exciting Education Week last week.

Our Book Week Parade will take place on Tuesday, August 19 in our middle session (12.35pm). The theme this year is 'Book an Adventure'. We can't wait to see the amazing costumes. Our students love book week and we appreciate the support from our parents, carers and friends.

Film By The Water (FBTW) - This year schools in the Port Stephens network have participated in a wonderful film making initiative. Mrs Granale has worked hard with an energetic group of stage three students to write, direct, act in and film a short movie. Their movie was submitted on Monday and we now await if we have made it through for the red carpet showing. Thank you to Mrs Granale for her dedication and efforts and to the wonderful students for their engagement in the process.

Uniform - Thank you to our families for supporting our uniform policy. We have noticed more students wearing Seaham school jackets rather than hoodies and other jumpers. Thank you for supporting our high expectations.

Community PBL - This weeks community PBL award recipient is Cooper Grono. Cooper showed great leadership at our recent NAIDOC Day. Well done Cooper.

**Celebrate Book Week with us!****Book Week Parade****Tuesday August 19****12.35 in the Hall****Cooper Grono**

For his outstanding contribution to the Seaham Public School NAIDOC Day. Cooper organised an activity, helped lead the NAIDOC assembly and narrated a dance during the dance workshop and presentation.



Term 3, Week 4

Seaham News

Shining a light on learning

This just in: 1/2S has officially lit up the classroom with their latest investigation into LIGHT!

Not the kind you put on your Christmas tree, but light as a form of energy. This week's big question in science was, 'What materials can light travel through?'

To find out, students grabbed their trusty torches and began testing a whole range of materials.



The Evidence:

Foil - Shiny, crinkly, mysterious. Oscar discovered light can't shine through unless you poke holes in it.

Paper - Lets some light through, depending on the thickness.

Plastic - A mixed bag! Some plastics were clear and cooperative. Others? Shady characters.

Books - Let's just say there was a heated debate between if the whole book counted or just a few pages. The verdict is still out.

Cellophane - The party guest of the experiment. Light shone right through, creating our own disco lights!

It was an afternoon full of "Ooooh!" moments, as William found out, spontaneous shadow puppets, and some unconfirmed sightings of students pretending to be characters from scary movies but Sienna and Luke know nothing about that.

Most importantly, the activity sparked loads of curiosity and maybe a little bit of torch envy. Who knew learning about light could be so... enlightening?

Seaham Serpents in Third Round of Premiers Debating Challenge

Congratulations Team!! The Seaham Serpents won the third round of the Premiers Debating Challenge against Paterson Public School. The topic was "That teachers should have to participate in all school sport and exercise classes just like students," and our team made a compelling case against the topic.

Our talented team members included:

First Speaker: Brylee Dark

Second Speaker: Scarlet Rumph

Third Speaker: Indi Bostock

Fourth Speaker: Maddi Courtney



[Congratulations](#) to all team members for all your hard work and commitment and the win of course. Only one debate remains in the Challenge which takes place this Friday at Seaham against Wirreanda Public School.

Well done,

Mrs Bowman

Debating Co-ordinator

Education Week Awards Night

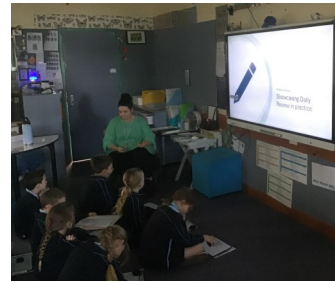
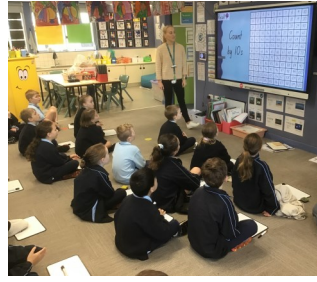
The Education Week Awards Ceremony was held at Hunter River High School on Tuesday evening.

It was a pleasure to see so many individuals recognised for their dedication and hard work.

Congratulations to all the award recipients, and a special well done to Ruby and Zeke for their contributions on the night.



Education Week Open Classrooms



NAIDOC Day Celebrations



For primary school students



Bullying is NEVER OK!



Tips for primary school students who experience bullying

Bullying is when a person, or a group of people, tries to upset or hurt you. Bullying can make you feel very sad, scared or upset. Bullying can happen anywhere — in person or online. When it happens online it is often called cyberbullying.

Bullying in person or online might look or feel like someone is:

- repeatedly saying mean words to your face, teasing you, hurting your body or damaging your things
- hurting your feelings through mean online posts, comments or messages
- spreading lies about you
- leaving you out or ignoring you
- sharing something online that will make you feel bad, like a photo or video that you don't want anyone to see
- threatening to do any of the things on this list.

No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share something about others if they say it's okay.

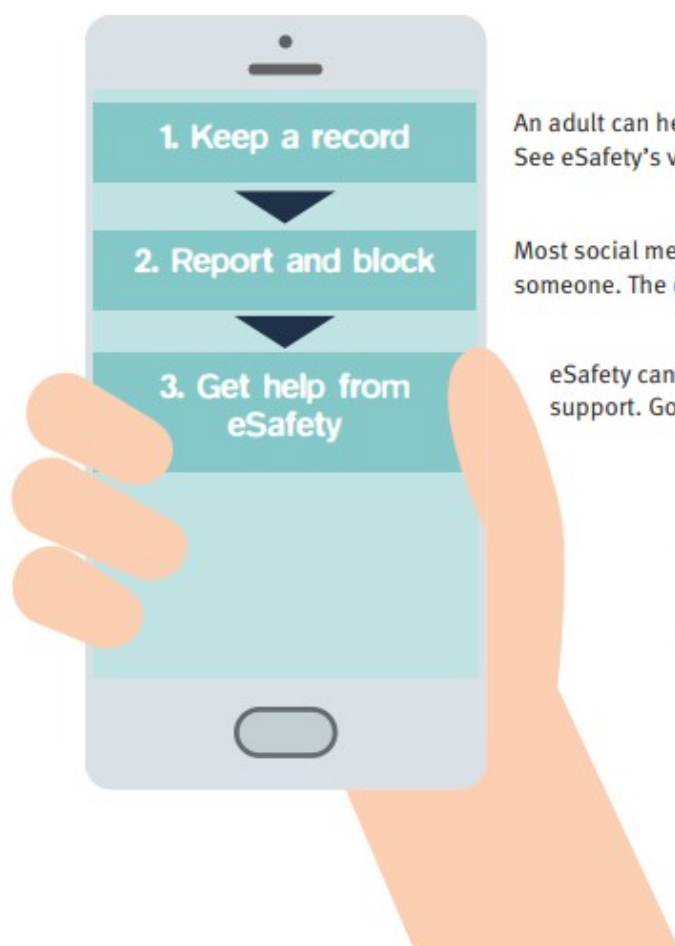
You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- If they are doing it to your face, tell them to stop and then walk away.
- Find somewhere safe and get help from a friend or trusted adult.
- Don't respond if they are doing it to you online.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you are being bullied or see it happening to someone else. You can speak to:

- **a trusted adult** — this could be a parent or carer, an adult friend, or an aunty or uncle who will listen and help you
- **your teacher or principal** — you can talk to your teacher about the bullying and how to stop it
- **your friends** — they can listen to you and help you get support
- **Kids Helpline** — they have counsellors available at any time who will listen and help you work out what to do
- **the police** — if you are in immediate danger, call the police
- **the eSafety team** — you can report serious cyberbullying (see the steps below).

Reporting cyberbullying



An adult can help you take screenshots or keep a record of the cyberbullying. See eSafety's videos on [how to take screen shots](#).

Most social media services, games and apps have a way to report and block someone. The [eSafety Guide](#) shows you how.

eSafety can help to remove serious cyberbullying content and get you support. Go to [eSafety kids](#) to learn more about how eSafety can help.

Important links

Bullying. No Way!	bullyingnoway.gov.au
eSafety kids	esafety.gov.au/kids
eSafety Guide	esafety.gov.au/esafety-guide
eSafety Report	esafety.gov.au/report
Kids Helpline	kidshelpline.com.au

**Be Bold. Be Kind.
Speak Up.**

BULLYING NO WAY WEEK
11TH - 15TH AUGUST 2025



Ideas to add more vegetables

It can be tricky to think of new ways to add vegetables to the lunchbox. Here are some of our favourite tips:

- Pack raw vegetables with a dip or some cheese. Why not try tzatziki or tomato salsa?
- Cook extra vegetables the night before and store them in the fridge ready to be added to the lunchbox. Our favourites include homemade sweet potato wedges or corn cobs.
- Use chickpeas, beans or lentils in your child's lunchbox. Why not try some vegetarian koftas?



CANTEEN

CANTEEN OPENING HOURS

MONDAY, WEDNESDAY & FRIDAY

LUNCH ORDERS - 11:30am - 12:30 pm

SNACKS - 1:30 - 2PM (OPTIONAL)

TUESDAY & THURSDAY

SNACKS ONLY - 1:30 - 2PM

Due to enrolled children's life threatening Anaphylactic Allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts. We appreciate your support in this matter.

Our canteen is always needing volunteers. If you have any spare time and would like to help, please log in to **school 24** and follow the prompts.

SCHOOL24

www.school24.net.au

REGISTRATION

Go to: www.school24.net.au

Press the **blue** registration button to create your account. Enter your unique school ID number to help us match your account with your school.

School Name registration ID:: **25376963**

You will then be asked to complete your personal details. Once completed click **Create Account**.

ORDER YOUR SCHOOL LUNCH ORDERS OR UNIFORMS ON [SCHOOL 24](http://www.school24.net.au)