

The Old Bonalbo Bulletin

Work at Life



Friday 20th March 2020

Week 8 Term 1

Principal: Miss Kandas Petty

Phone: 6665 3124

Fax: 6665 3153

Email: oldbonalbo-p.school@det.nsw.edu.au

Website: <http://www.oldbonalbo-p.schools.nsw.edu.au>

Be Safe - Be Respectful - Be a Learner

Principals' Message

COVID-19

Our concern is always for the wellbeing of our students, staff and greater community and we are working on many preventative measures within our school during this unprecedented time. Students have been given reminder lessons in best hand washing and hygiene practices. In addition to normal daily professional cleaning of rooms and office spaces, staff are regularly disinfecting door handles and high use surfaces to minimise the spread of germs during the school day. Classes already have hand sanitiser and/or soap in their classrooms. We thank you for your understanding and support. Obviously, we will keep our school community informed as we receive any updated information and directives.

Events that have been postponed:

- Year 6 transition Wednesday - 18th March
- K-6 Charlie and Chocolate Factory - April 1st
- Centenary Celebrations – 11th April
- P&C Meeting – 30th March

Events that will go ahead but with no parents/carers or community members attending:

- Easter Fun Day – Wednesday 8th April - Children to wear full school uniform
- Last day of school Rewards Day – students to wear casual and bring a food item to share

P & C News

The P&C will be **still running the Easter Raffle.**



Thank you to the generous donation of Easter eggs and yummy goodies that have already been donated. We are still asking all school families and friends to donate something yummy to add to our basket of goodies. All money raised is being donated to the school to be used to help cover costs for future excursions. Each family has a book of 20 tickets to sell. If you would like some more, please see Miss Clarke in the front office. Tickets are \$1.00 each. All tickets must be returned by Wednesday 8th April. The raffle will be drawn on Wednesday 8th April and winners will be notified.

P&C Meetings for the remainder of the term will be cancelled.

Centenary Celebrations

Unfortunately, we have needed to postpone our school's Centenary Celebration Celebrations due to a directive from the department of Education in relation to COVID-19. At this point in time we do not have a new date. More information to come.

We will continue to take orders for the "Commemorative Pavers". An order form is attached for those wanting to place an order. If you require another order form or would like assistance please contact the front office.



Tell them from me

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 8 May. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by 23 March 2020. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.



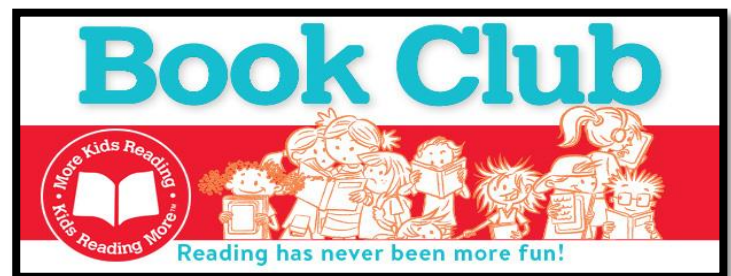
School Uniform

We have a full stock of uniforms in all sizes. This includes a new stock of hats. We are a sun safe school and that means students are required to wear a wide brim school hat. If you require additional uniforms please see Miss Clarke in the front office on Monday through to Thursday mornings.



Book Club

Students are welcome to add any books, from the book club catalogue, they would like for the library to the list on the library door. When you purchase a book from book club the school receives a reward that we can use to purchase books.

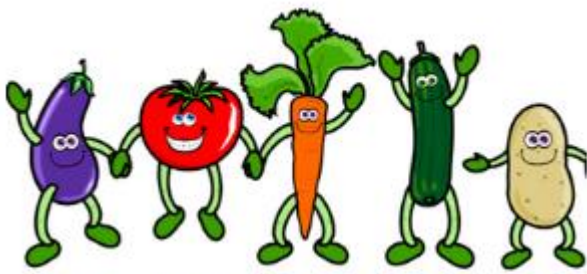


School Banking

Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from **20 March 2020** until the start of **Term 2**. Please don't bring your deposit book with your weekly banking into school and we will notify you when banking will recommence.





Breakfast and Crunch&Sip Programs
Sponsored by Bonalbo

FOODWORKS
Supermarket

Why Bother with Breakfast?

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.

Breakfast also can help keep [kids' weight](#) in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

Also, people who don't eat breakfast often consume more calories throughout the day and are more likely to be [overweight](#). That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

Breakfast Brain Power

It's important for kids to have breakfast every day, but *what* they eat in the morning is crucial too. Choosing breakfast foods that are rich in whole grains, [fiber](#), and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

Kids who eat breakfast are more likely to get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Here are some ideas for healthy breakfasts to try:

- whole-grain cereal with low-fat milk topped with fruit
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs
- hot cereal topped with nuts or fruit sprinkled with cinnamon, nutmeg, allspice, or cloves
- breakfast smoothie (low-fat milk or yogurt, fruit, and teaspoon of bran, whirled in a blender)
- vegetable omelet with whole-wheat toast
- bran muffin and berries
- sliced cucumbers and hummus in a whole-wheat pita
- heated leftover rice with chopped apples, nuts, and cinnamon
- low-fat cream cheese and fresh fruit, such as sliced strawberries, on whole-grain bread or half a whole-grain bagel
- shredded cheese on a whole-wheat tortilla, folded in half and microwaved for 20 seconds and topped with salsa

[Instant Noodle facts for kids](#)
[Kids Encyclopedia Facts](#)

Origin

Region or state Originally [South Asia](#) and [East Asia](#), now found in most parts of the world.

Creator(s) [Momofuku Ando](#) of [Japan](#)

Instant noodles are sold in a precooked and dried [noodle](#) block, with flavoring powder and/or seasoning oil. The flavoring is usually in a separate packet, although in the case of cup noodles the flavoring is often loose in the cup. Some instant noodle products are seal packed; these can be reheated or eaten straight from the packet/container. Dried noodle blocks are cooked or soaked in boiling water before eating.

The main ingredients used in dried noodles are usually wheat flour, [palm oil](#), and salt. Common ingredients in the flavoring powder are [salt](#), [monosodium glutamate](#), seasoning, and [sugar](#). The dried noodle block was originally created by flash frying cooked noodles, and this is still the main method used in Asian countries, but air-dried noodle blocks are favored in Western countries.

When consuming noodles on a regular basis it can very harmful to your health. Some ways large consumption of noodles may affect you include:

Obesity – a complex disease involving an excessive amount of body fat. A close look at the nutritional information of the instant noodles' packs will reveal that a 100 g serving of instant noodles has an average of 400 calories. Several studies have shown a link between excessive consumption of carbohydrates and obesity, especially in growing children.

Diabetes – Diabetes is a disease that occurs when your blood glucose (Blood sugar) is too high. Blood glucose if your main source of energy and comes from the food you eat.

Indigestion – Many Moms have noticed that their children don't feel too good after eating a bowl of instant noodles. This is mainly due to all the maida in it, which causes a strain on the digestive system. It can cause gassiness, constipation and discomfort, along with nausea.

Heart Disease – Most packs of instant noodles are very high in unhealthy fats, such as trans fats and saturated fats. A single serving of instant noodles can contain high amounts of fat, as shown in the nutritional information section. Excessive consumption of unhealthy fats can affect the heart and cause chronic cardiac disorders.

Kidney Disease – Instant noodles packs are notorious for containing high amounts of sodium. The sodium is not just from salt, but from all the added preservatives and flavors as well. Continuous consumption of sodium can affect the kidneys, causing irreparable damage.

Besides these, each pack of instant noodles contains many chemicals under the names of flavor enhancers, thickeners and other additives and preservatives. Many of these are suspected to cause cancer, or disrupt normal hormone action especially in growing children. Cup noodles have the added disadvantage of their containers.

Fooled by Instant Noodles

- 1 It does not contain any nutrition, but it DOES contain close to 2,700 mg of sodium in just one package.
- 2 It contains the toxic preservative TBHQ, common in all kinds of processed foods, which is a byproduct of the petroleum industry. Exposure to just one gram of TBHQ can cause nausea and vomiting, ringing in the ears (tinnitus), delirium or a sense of suffocation.
- 3 It contains monosodium glutamate (MSG), an excitotoxin, which can overexcite your nerve cells to the point of damage or death, causing brain dysfunction and damage to varying degrees -- and potentially even triggering or worsening learning disabilities, Alzheimer's disease, Parkinson's disease and more.
- 4 Women who ate instant noodles more than twice a week were 68 percent more likely to have metabolic syndrome.

Mercola.com
Take Control of Your Health

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Sport – Gymnastics

This term students have been practicing their Gymnastics skills with Miss Ryan and Josh. They have the fortunate pleasure of being able to extend their skills as Miss Ryan has done training above the school level which means they were able to complete extra skills not normally taught at a school level. All students have participated and enjoyed the sessions.



What's On this Term

Date	Event
Saturday 21 st March	Centenary Meeting 10am in School Library. All Welcome! CANCELLED
Wednesday 1 st April	Charlie and The Chocolate Factory Excursion – K-6 CANCELLED
Wednesday 8 th April	Easter Fun Day – students only
Thursday 9 th April	LAST Day of School
Friday 10 th April	Good Friday
Saturday 11 th April	School Centenary Celebrations POSTPONED
Monday 27 th April	Staff return
Tuesday 28 th April	Students return
Tuesday 28 th April	School ANZAC Ceremony – students only
Monday 1 st to Friday 5 th June	5/6 Brisbane Camp – West of the range schools - POSTPONED
Wednesday 17 th June	Life Education Van

Kindergarten Transition

I would like to start our kindergarten transition program next term.

Pre-kindergarten students are welcome to attend school on a Tuesday morning for session 1. We will move onto a longer day once students have settled in and are confident with our school environment. Miss Raylee Ryan will be the transition teacher. We look forward to your children attending. Please see the front office staff or teachers to enrol your child.



Easter Guessing Competition

The school is running a guessing competition to help raise money for future excursions

Each guess is **20 cents**. The winner will be announced on the Easter Fun Day. If you are wishing to enter, please see the staff at school.



Old Bonalbo Public School Easter Raffle

Tickets: \$1.00 each

Drawn: Wednesday 8th April 2020





1st prize: Hamper
2nd prize: box of chocolates
3rd prize: chocolate Bunny



Thank you for your support!

COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Common
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit health.gov.au



Australian Government

PROTECT YOURSELF & THOSE AROUND YOU



STAY AT HOME IF YOU'RE UNWELL



AVOID TOUCHING YOUR FACE, NOSE AND MOUTH



STAY 1.5 METRES AWAY FROM PEOPLE WHO ARE COUGHING OR SNEEZING



COVER COUGHS AND SNEEZES



WASH HANDS REGULARLY

MANAGING CORONA VIRUS (COVID-19) ANXIETY

 **For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques