

The Old Bonalbo Bulletin

Work at Life



Friday 31st May 2019

Week 5 Term 2

Relieving 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

We are already half way through the school term. Well done to those students who had sat the NAPLAN assessment in the last 2 weeks. There are a lot of permission notes attached to this week's newsletter. Please ensure you have filled them out and send back to school as soon as possible.

Attached to this newsletter are notes for our visit to SUMMIT Sports and Recreation Centre in Goonellabah to be able to put the skills we have been learning in Squash into practise on a court, Life Education Van and "Meet and Greet" Canberra permission notes.

Most students are returning their homework most Fridays. Please encourage them to complete and return. The students receive DOJO reward points which goes towards their DOJO Dollars to be able to spend at the DOJO shop in Week 9.

Our first assembly for the Term was last Tuesday. These assemblies are run by the students and will have work presented by the students. The next assembly is Tuesday 18th June at 2:30pm in the senior classroom. It would be lovely to see you all there supporting the students.

Miss Kandas Petty

Assembly Awards



Canberra Excursion

Canberra excursion is Week 10 of this term. Please look through the packing sheet (attached to this newsletter) and ensure that you have everything that your child requires. If you need assistance with this please come and see Miss Petty.

Thursday 13th June (Week 7) the Year 5/6 students will be attending a "Meet and Greet" day at Eltham Public School. Please see note attached and fill in according.



Kitchen Garden Program – Shared Table

Shoots are starting to show in the planter boxes! Students have been tending to the gardens by fertilising them using the "worm wee" mixture, weeding and watering them. The students enjoyed their shared table yesterday. The menu was:

Egg and Bacon Pie and Vegetable Quiche.

The next shared table will be held on the 20th June. *Please note this is moved forward a week from original date set due to a clash of events.*

The time is 11am and the cost for the Shared Table is \$2. Please contact the school if you wish to attend so we can ensure we are catering for the right amount.





CWA Country of Study – Papua New Guinea

P & C Firework Spectacular

Annual Fireworks Spectacular is on next Saturday 8th June, at the Bonalbo Showgrounds. **We need helpers** for setup Saturday morning from 9am, as well as helpers on the night serving, selling tickets and Sunday morning from 10am to assist with the clean-up. I do expect for all school families and students to be helping in some way at this event as all money raised is put back into the school for the benefit of the students. The money raised assists with the costs of excursions, equipment and resources for the school so that our students can have the same opportunities as those in larger schools.

We also need electrical cords, power boards, t-towels etc clearly marked. If you are able to assist please contact the school or the President, Shannon Whittaker.

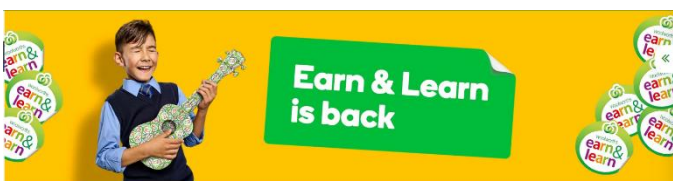
Students have raffle tickets to sell for the night. Could these please be returned to the school by Friday 7th June. The raffle will be drawn on the Firework Spectacular night.

Next P&C Meeting

**Tuesday 4th June, 3:30pm in the school Library
– All welcome.**

Woolworths Earn and Learn

Thank you to everyone who has been collecting the Woolworths Earn and Learn stickers and sending them into the school. It is very much appreciated. These stickers assist the school in purchasing new equipment in the areas of science, technology, maths, arts and more! We would love it if you could collect these stickers and either send to them to the school or place in the Old Bonalbo Public School box at Casino Woolworths.



Wednesday 12th June will be the country of study day where the students will show case their work to the CWA members of Old Bonalbo and Bonalbo branches on Papua New Guinea, as well as enjoy some traditional food. This will be a great opportunity for the students to use their public speaking skills.



Simultaneous Read Day

What an amazing day Wednesday 22nd May was. Thank you to Michelle Malt from Big Sky Alpacas for bringing in Suyuna, a nine-month-old Huacaya Alpaca. Michelle read them this year's book, *Alpacas with Maracas* by Matt Cosgrove. Michelle talked about Alpacas with the students answering questions and telling them information about alpacas and what they are used for and the different things they eat. We also had a reporter from ABC Radio come out and film and record the students. What an experience! Their news article can be viewed on our Facebook page, ABC News website but has also been attached to this newsletter.



What foods can I pack for Crunch&Sip®?

The Crunch&Sip® break is a time to introduce children to raw vegetables and fruit and encourage the water drinking habit. Fresh vegetables and fruit are the best choice. Please only send foods with a tick:

✓ Allowed

Vegetables

✓ All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)

Fruit

✓ All fresh fruit (eg whole fruits, chopped melon etc.)

✓ Fruit canned in water, juice or 'no added sugar' (eg peach slices)

✓ Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay

Water

✓ Only plain water

✗ Not Allowed

Drinks

✗ Any drinks other than plain water including fruit or vegetable juice, fruit juice drink, fruit cordial, mineral waters, carbonated water

All other foods not permitted include:

✗ Dips, including those that are vegetable based

✗ "Fruit" products (eg fruit leather, fruit roll-ups, fruit bars or similar)

✗ Fruit jams, jellies, pies and cakes

✗ Fruit canned in syrup or jelly or with artificial sweeteners

✗ Canned or processed vegetables

✗ Vegetable or potato crisps, hot potato chips

✗ Vegetable pastries (pies, pasties, sausage rolls)

✗ Vegetable cakes, fritters, quiches, breads or similar

✗ Popcorn

Crunch&Sip

Our school is a Crunch&Sip school. What does this mean? It means that the students have a set break during the school day for students to munch on vegetables or fruit brought from home and rehydrate with water.

Why send veg for Crunch&Sip?

- Health – Eating plenty of veg supports growth and development and reduces the risk of developing chronic diseases like type 2 diabetes, heart disease and some cancers.
- Cost – A serve of carrots or celery sticks costs no more than 30 cents.
- Modelling – When children see teachers and their peers eating vegies, they are more likely to eat vegies themselves. This can really help parents struggling with fussy eaters!
- **If this is new for your family, try some of these tips:**
 - Start with vegetables your children are more familiar with
 - Try sweeter vegetables like red capsicum or cherry tomatoes
 - Allow children to choose their Crunch&Sip vegetables
 - Keep vegetables fresh at school by storing in thermos containers
 - Let kids pick out a special Crunch&Sip container from the supermarket
 - Get kids involved in meal preparation at home
 - Children's food preferences are shaped by the diet habits of those around them – make sure you show them how much you enjoy eating vegetables!

Physical Education

Old Bonalbo Public School has been successful in securing funding for Term 2 of the Sporting School Program. We have partnered with Touch Football Australia and Squash NSW to deliver these sports to our students.

Sporting Schools is a \$200 million Government program designed to help schools increase children's participation in physical activity and connect children with community sport.

More than 85% of schools around Australia receive Sporting Schools funding, which supports children to get active and have fun.

Engagement in sport and physical activity can help keep children healthy, happy and socially engaged, all of which can impact on their intellectual capacity and academic achievements.

The program provides children with positive sporting experiences to help develop a lifelong interest in sport and physical activity.

Sporting Schools is in partnership with more than 33 of the country's leading sporting organisations who develop quality, nationally-endorsed resources and activities tailored for primary and secondary school students.

Support from parents and families is also known to have a positive impact on a child's motivation and enjoyment of sport.

To find out more about Sporting Schools or how parents and families can support positive sporting experiences at home, simply visit www.sportingschools.gov.au

Friday 7th June the Students have the opportunity to put the skills they have been learning into practise on a proper squash court at the SUMMIT health and fitness centre in Goonellabah. Could you please fill out the attached note and hand back into the office by Wednesday the 5th June.



Dates to Remember

Date	Event
Tuesday 4 th June	Kindergarten transition 9am-11am
Tuesday 4 th June	P&C Meeting 3:30pm in Library
Wednesday 5 th June	Power outage – school as normal
Friday 7 th June	SUMMIT Squash session - Goonellabah
Saturday 8 th June	P&C Fireworks Spectacular
Tuesday 11 th June	Kindergarten transition 9am-11am
Tuesday 11 th June	Life Education Van
Wednesday 12 th June	CWA country of study day
Thursday 13 th June	“Meet and Greet” for 5/6 Canberra Excursion at Eltham Public School
Tuesday 18 th June	Kindergarten transition 9am-11am
Tuesday 18 th June	Assembly 2:30pm in senior room
Thursday 20 th June	Shared Table – parents/carers and community members invited. 11am Please RSVP to school for catering purposes
Friday 21 st June	Regional Cross Country
Tuesday 25 th June	Kindergarten transition 9am-11am
Wednesday 26 th June	School Counsellor in
Sunday 30 th June-5 th July	Year 5/6 Canberra Excursion
Friday 5 th July	Last of day of school
Monday 22 nd July	Staff return to school
Tuesday 23 rd July	Students return to school
Friday 2 nd August	Jeans for Genes Day – students to wear jeans to school and gold coin donation