

Wednesday, 12 June, 2019  
Term 2 Week 7



# Newsletter

## Principal's Message

The school athletics carnival will be held this Friday, 14 June at the oval. A canteen will be in operation with hot food, tea and coffee, juice, ice blocks and snacks. Donations of home cooking would also be appreciated. All parents are invited to come along and support the students. Kath is on leave this week and Ali Elliott is relieving as principal.

Last Thursday the Barkers Vale soccer team represented our school at Nimbin, playing two matches. The first match was a loss to Coffee Camp 9-5, while the second match was a win over Rosebank 7-0. Well done to all the students, they showed great team spirit. They have reached the end of their competitive games, however some friendly games may be organised next term. Enjoy the photos below.

Last Friday, Mrs Elliott and Ms Behrend attended professional learning on the topic Positive Behaviour Management. This builds on our implementation of PBL in the school. Other staff members will also be engaging in this training in future to promote consistency across the school.

At times there is conflict between students while at school. Please remember that it is school policy that parents speak to teachers about any issues that arise, and allow teachers to follow up on these issues. In no circumstance should parents approach another student directly.

## IMPORTANT DATES

### Term 2

#### Week 7

**Thursday 13 June:** Canberra Excursion *Get to Know You Day* at Eltham PS

**Friday 14 June:** BVPS Athletics

#### Week 9

**Friday 28 June:** COLOURSS Athletics

**Thursday 25 June:** NAIDOC Day (permission slip at back of newsletter)

#### Week 10

**30 June - 6 July:** Yr 5/6 Canberra Excursion

### Term 3

**Friday 26 July:** District Athletics

**Friday 23 Aug:** COLOURSS Cultural Day

**Thursday 29 August:** Science Day



## RECYCLING ROSTER – TERM 2

Week	Who
Week 8: Thursday 20th June	Ali Elliott
Week 10: Thursday 4th July	Kath Johnston

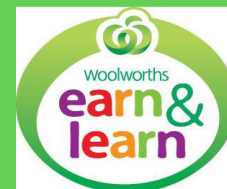
## TERM 2 - CANTEEN ROSTER

Below is our 2019 Term 2 home cooking and parent volunteer roster. Please fill in any days that you are able to contribute cooking or your time helping in the canteen (it's a really easy job, supporting Wren) and return it to the office ASAP so that we can finalise the Term 2 roster.

Week	Date	Home Cooking	Canteen Helper
(Friday)	14th June	<u>Please donate if able</u>	Sequoia
Week 8	17th June	Help needed	Sequoia
Week 9	24th June	Help needed	Sequoia
Week 10	1st July	Help needed	Sequoia

## WOOLWORTHS EARN & LEARN

- When: Return by 25 June
- Where: Collection box at school.
- Why: BVPS will redeem stickers for educational equipment.



# PBL

## Positive Behaviour for Learning

**Safe Responsible Connected**

### WEEK 7

In Week 7 at Barkers Vale PS, our PBL focus is on showing respect for other students, the staff and our environment.

**Safe:** Students are respectful and keep our hands, feet and objects to themselves. We respect that everyone deserves a safe learning environment.

**Responsible:** Students learn responsibly and show respect by following instructions and engaging in learning activities to the best of their ability.

**Connected:** Students are connected to their environment and show respect by ensuring their rubbish goes into the bin, and all equipment is put away safely after use.

# SCHOOL LUNCH BOX IDEAS

Snacks are important - they keep up our energy and concentration levels, but we need to choose the right ones. **GREEN** snacks are low in fat, added sugar and salt plus they're rich in nutrients such as fibre and vitamins.

**Snack** small tub reduced fat yoghurt (plain or fruit)

**Lunch** tuna, lettuce and avocado in a wholegrain roll, with fruit in season and water



## RECIPE

### Tuna Felafel and Tabouleh Salad

400g can chick peas, rinse and drained  
1 clove garlic, crushed  
1 tsp ground cumin  
1 tsp ground coriander  
2 green shallots, thinly sliced  
185g can light tuna in springwater, drained

2 tbs plain flour  
2tbs chopped fresh coriander or parsley  
Freshly ground black pepper to season (optional)  
1½ tbs sunflower oil  
300g tub prepared tabouleh salad  
1 lemon, cut into wedges

#### Method

1. Process chick peas, garlic, cumin and coriander in a food processor to form a paste.
2. Transfer mixture to a bowl, stir in shallots, tuna, flour and coriander. Season with pepper if desired.
3. Press level tablespoons of mixture into small patties.
4. Heat half the oil in a large, non-stick frypan. Add half the falafel patties. Cook over a medium-high heat for about 2 minutes on each side or until golden. Drain on paper towel. Repeat step with remaining oil and falafel patties.
5. Divide tabouleh, tuna falafel and lemon wedges between 4 containers. Serve with tzatziki. Tuna falafel patties can be cooked a day ahead. Keep refrigerated in a container.

## FREE DENTAL FOR ALL CHILDREN AGED UNDER 18

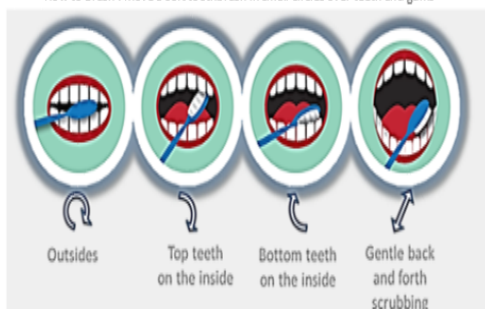
Available at NSW Health public dental clinics in Tweed Heads, Pottsville, Byron Bay, Ballina, Goonellabah (Lismore), Casino, Nimbin, Coraki, Yamba and Grafton

Call 1300 651 625 to book a visit for your child

Children aged under 8 need help to clean teeth twice a day

- Use a soft child sized toothbrush and a pea sized amount of fluoride toothpaste
- Stand behind the child and allow them to hold the toothbrush too
- Move the brush in small circles using bristles to gently massage teeth and gums
- When cleaning is complete do spit out toothpaste, but don't rinse

How to Brush : Move a soft toothbrush in small circles over teeth and gums



The Risk Public School

# MARKET FUN DAY

**SUNDAY 16<sup>th</sup> June 2019**  
**9am - 2pm**

**\* Trash n Treasure \***

**\* MARKET STALLS \* AUCTION \***

**\* Games \* Face painting \***

**\* HOT FOOD STALLS & MORE! \***

**The Risk Public School**  
**Grady's Creek Rd, The Risk**

**Market Stalls Available**  
**Further Enquiries Ph: School 0266 366 127**  
**Or Catrina 04 9041 7942**  
**Donations Welcome**



# COLOURSS NAIDOC DAY at Rukenvale

We will be celebrating NAIDOC Day on Tuesday 25th June with other COLOURSS Schools at Rukenvale PS. Transport will be by bus. This is a whole school event and all teachers will be attending. Students will be involved in a wide range of activities including Indigenous games, food, art and craft, a yarnning circle and Aboriginal stories.

- Students can also order a 'meal deal' for the day, but these orders will need to be placed and returned to BVPS by Friday 21 June.
- Recess: Please bring a piece of fruit, recess and a drink bottle.

# COLOURSS NAIDOC DAY at Rukenvale

## Permission Slip

I give permission for my child.....to attend the NAIDOC Day at Rukenvale PS on Tuesday 25th June.

I understand that transport is by bus at a cost of \$5.00 (this has been subsidised by the school).

I enclose \$5.00 to cover the cost of the Bus Yes No

I also enclose \$5.00 for the 'Meal Deal' lunch Yes No

Signed .....

Date .....



## C.O.L.O.U.R.S.S. NAIDOC DAY

### \$5 MEAL DEAL ORDER



**Venue:** Rukenvale Public School

**When :** Tuesday 25<sup>th</sup> June 2019

**Recess:** Please bring your own fruit, recess and water bottle

**Lunch:** \$5 Meal Deal

- Sausage Sandwich
- A piece of cake/muffin/slice
- Popper

Please return all notes back to your school by Friday 21<sup>st</sup> June

Name:.....

School:.....

Please pay your money to your school.