

Wednesday 7 August, 2019  
Term 3 Week 3

# Newsletter

Dear Parents and Carers,

## Cultural Day

A note for Cultural Day will be going home soon. Cultural Day is Friday 23 August at the Uniting Church in Kyogle. Our students have been working on a school performance and they will sing as a choir with the COLOURSS schools. Students will travel by bus to and from Kyogle.

If you are ordering lunch it is due back at school by 8 August. Please note that no orders will be accepted on the day. If you are planning on coming for the day and wanted to order please put your selection on your child's lunch order form and return to school.

## Spelling Bee

This Thursday students in years 2-6 will have the option to compete in the Premiers Spelling Bee. Students were provided the words at the beginning of the term to practice. Successful students will qualify for the next round at Bangalow Primary School on Monday 9 September.

## Education Week

This week is Education Week which promotes and celebrates the success of public education. We are proud to be a strong public school who provide an extensive range of activities and educational experiences for all students. Each year there is a theme with this year's theme being *Every Student, Every Voice*.

## School Photos

A note went home early this week informing families that school photos have been moved to Tuesday 20 August as there was a clash with the original date.

## Student Sickness

We have had a large number of students away this week with varying illnesses with confirmed cases of Influenza A and chicken pox. If your child has a contagious illness or is too unwell for school we ask that you keep them home to prevent the spread of germs.

Kind Regards,  
Ryan Swift

## IMPORTANT DATES

### Term 3

- Thu 8 Aug: Cultural Day lunch orders due
- Thu 8 Aug: Book Club orders due
- Thu 8 Aug: In-class Spelling Bee for participating Yr2-6 students
- Thu 20 Aug: School Photos
- Fri 23 Aug: COLOURSS Cultural Day
- Thu 29 Aug: Science Day
- Thu 19 Sep: Public Speaking

# PBL

## POSITIVE BEHAVIOUR FOR LEARNING

### Week 3 Focus

**Safe** We make sure we wash our hands so that we don't spread germs. The children from the junior class will go to the toilet with a buddy. We keep our feet on the floor at all times and only use the walkway to access the toilet.

**Responsible** We only use the toilets for going to the toilet and washing our hands. We are as quick as we can be, especially if its class time. We try to go to the toilet in our break times.

**Connected** We flush the toilet after we've used it, and make sure we leave the toilets nice and clean. In this way we are looking after Ronnie and making her job a little easier.

## Recycling at Barkers Vale Public School – Term 3, 2019

We have been running a very successful recycling system here at Barkers Vale PS for several years now. This involves the children, parents and school staff volunteering once a term to collect all the paper and plastics around the school.

This term we are going to continue to recycle each fortnight.

Below is a copy of the roster so far. If you can help out with recycling this term we would be most grateful. Please call the school on 66 897 202 or send in the note to let us know if you can help. We usually gather the recycling on a Thursday morning so it can be collected that afternoon. Thanks for your help.

Week	Who
Week 4: Thursday 15th August	J Law
Week 6: Thursday 29th August	
Week 8: Thursday 12th September	
Week 10: Thursday 26th September	

YES, I can help with recycling! My preferred week is Week \_\_\_\_\_.

Name: \_\_\_\_\_

## Canteen Roster – Term 3, 2019

Below is our 2019 Term 3 home cooking and parent volunteer roster. Please fill in any days that you are able to contribute 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 3 roster.

Week	Date	Home Cooking	Canteen Helper
Week 4	12th August	J Law / Williams	
Week 5	19th August	Schneider / Oss-Emer	
Week 6	26th August	Shedden / C Marychurch	
Week 7	2nd September	C Potter / N Kelly	
Week 8	9th September	J Marychurch / Terry	
Week 9	16th September	Johnson	
Week 10	23rd September	Tandy / Davis / Guise do Rego	

## School Lunch Box Ideas

Fruit has more fibre and less kilojoules than fruit juice. Make fruit a regular lunch box item.

**Snack** fruit loaf with margarine spread

**Lunch** rye bread sandwich using lean meat (choose sandwich meats with the Heart Foundation's Tick of approval), with small tub of carrot sticks, celery sticks, and cherry tomatoes and water



If your child doesn't eat their lunch, ask yourself:

- Is the lunch box wrong? Your child might prefer a brown paper bag or the latest type of lunch box.
- Is lunch boring? Try to pack a different lunch every day. For younger children, try cutting the sandwiches in different ways.
- Is it too much? If so, offer smaller servings. Half a sandwich might be more appropriate than a whole one.
- Is it too fiddly? Some children are put off by fiddly packaging or don't like getting sticky hands. Try removing the orange peel or cut a kiwi in half and add a spoon.