

Term 3 Week 5 Wednesday 21 August, 2019



Dear Parents and Carers,

Congratulations to our amazing students and staff this week. I would especially like to commend Shannon on her Education Week award nomination. Her dedication to the students, staff and families of Barkers Vale Public School is very much appreciated.

PSSA Zone Athletics

Best of luck to Mia, Thea, Keone and Lucas at the zone athletics carnival on Thursday 22 August. I am sure they will represent our school with pride.

School Photos

Our photogenic students shone during school photos. I can't wait to display our whole school photo in the office. Students were very well mannered during the photography sessions.

COLOURSS Cultural Day

K-3 have been eagerly practising their play in readiness for our performance at the COLOURSS Cultural day on Friday 23 August, at Kyogle. We will be leaving school first thing in the morning and we will be returning in time for the buses. I'm sure everyone will have a great time performing and playing with friends.

PBL

Our whole school PBL focus this term has been speaking to each other respectfully and using a kind voice. The students at Barkers Vale Public School are very well mannered and have shown pleasing improvement in how they speak to one another and to staff. We will continue to emphasise this as well as introducing new focuses as the need arises. Following the increase in hands on and rough play our PBL focus, during the next two weeks, is to keep hands and feet to ourselves.

K-3 News

I am enjoying getting to know the wonderful students in K-3. In literacy we are strengthening writing skills and enhancing our stories using adjectives. I encourage all students to read each day in order to develop their reading skills and fluency. In maths we are working on identifying 'Friends of 10 and Friends of 20' (2 numbers that add up to 10 or 20). Students will also benefit from lots of counting practice. If you have any questions or would like to discuss your child's progress and development, please let me know.

3-6 News

The Senior Class have been exploring the relationship between multiplication and division. We have also looked at factors and multiples. To support this learning we encourage families to revise times tables at home with their children.

IMPORTANT DATES

Term 3

- Fri 23 Aug: COLOURSS Cultural Day
- Thu 29 Aug: Science Day
- Thu 5 Sep: Book Character Parade
(more information coming)
- Tue 17 Sep: Byron Bay Excursion
(more information coming)
- Thu 12 Sep: Senior in-class speeches
- Thu 19 Sep: Public Speaking Final



PBL

POSITIVE BEHAVIOUR FOR LEARNING

Week 5 Focus : Keeping our hands and feet away from each other

- Be Safe:** At school we are very careful with our hands and feet and make sure we don't hurt anyone else.
- Be Responsible:** We are responsible when we are very careful with our bodies, particularly when we are lining up. We make sure that our hands and feet are not touching others
- Be Connected:** If we do accidentally touch someone, particularly if they're upset we say sorry and help each other as best we can so that we feel happy at school.

School Lunch Box Ideas

Use margarine spreads or mayonnaise made from oils such as canola, sunflower, soybean and olive oils.

Snack plain or fruit scone with margarine spread and jam

Lunch egg and lettuce sandwich, with fruit in season and water

Celery, Ham and Egg Roll-Ups



Ingredients	Method
2 hard-boiled eggs, peeled 1 tbs mayonnaise 1 tsp Dijon mustard (optional) 2 pieces rectangular flat bread (e.g. sorj or mountain bread) 2 tsp margarine spread 60g shaved lean 97% fat free) leg ham 1 stalk celery, cut into thin strips 20g (about $\frac{3}{4}$ cup) baby spinach leaves or rocket leaves	1. Place eggs in a bowl. Add mayonnaise and mustard and mash well with a fork. 2. Lay the flat breads on clean surface. Spread thinly with margarine. Arrange ham in a row across the bottom third of each piece. 3. Spoon the egg mixture evenly across ham layer. Top with a row of celery strips and spinach leaves. Roll up firmly. 4. Wrap rolls in greaseproof paper or plastic wrap. Refrigerate 1 hour (or overnight if preferred). Remove wrapping. Cut each roll into 4 to serve.

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. Thanks to Sequoia who helps Wren most weeks.

Week	Date	Home Cooking	Canteen Helper
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	

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 below 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 6: Thursday 29th August	
Week 8: Thursday 12th September	C Ryan
Week 10: Thursday 26th September	L Loxton

_____ ✂ _____ ✂ _____ ✂ _____

YES, I can help with recycling! My preferred week is Week: _____

Name: _____