

Term 3 Week 6 Wednesday 28 August, 2019



Dear Parents and Carers,

COLOURSS Cultural Day

I was so proud of our students last Friday for their amazing efforts at the COLOURSS Cultural Day in Kyogle. The K-3 class was spectacular in their play. All students sang and performed brilliantly and were exceptionally well mannered. We are all so very proud of them!

SASS Appreciation Week

I would like to acknowledge our School Administrative and Support Staff (SASS) at Barkers Vale Public School. They are crucial to ensuring all our students have the best possible opportunities and experiences. This week is SASS Appreciation Week, when we recognise the wonderful work of our support staff, including our office staff, school learning support officers, cleaner and general assistant. These dedicated staff regularly contribute above and beyond their job description and paid hours. Their ongoing dedication and commitment to our students, families and school make our school a very special place to be. Thank you!

Athletics

Our very talented students, Mia, Keone, Thea and Lucas proudly represented our school last week at the zone athletics carnival in Lismore. The relay team secured second place and will be competing in the regional carnival in September. Well done Mia, Thea, Keone and Lucas. Thea is to be congratulated for beating her personal best record in high jump and will be also competing in relay, long jump and high jump at the Regional carnival. Mia also did well in all her events and will be competing in the relay, long jump, shot put, 100m and 200m sprints. Well done to all of these students!

K-3 News

Over the past week we have been exploring our creative writing skills and enhancing our writing using adjectives. All students completed a writing task this week in order to target specific learning needs and set for goals for each student. In maths we are working on subtraction and subtraction facts to 10 (K-1) and to 20 (Yrs. 2-3). Our focus over the next few weeks will also be on the concept of being kind to others. We are studying the text, Have You Filled a Bucket Today? By Carol McCloud. Please talk to your child about ways they can fill their own and others buckets.



Justine Griffin

Senior Class News

As part of their Geography studies during Term 3, the senior students are learning about Australia's national parks. Students have selected a national park to research and present on a poster in Week 10. At this stage, students should be about halfway through their poster project. If there are any questions about the project, please see Mrs Elliott.

P&C News

Dear Barkers Vale Families, we will be having a P&C meeting this week on Thursday 29 Aug at 4pm. We welcome all new (and long standing!) parents and family members that are keen to help out 'behind the scenes'. If you can't make it but have questions/suggestions/issues please feel free to leave a message with Shannon in the office or email me directly (lisa-timeisart@hotmail.com) On behalf of the P&C I welcome our new Principal Justine Griffin! Take care of each other everyone.
Lisa Lücken (P&C president)

IMPORTANT DATES

Term 3

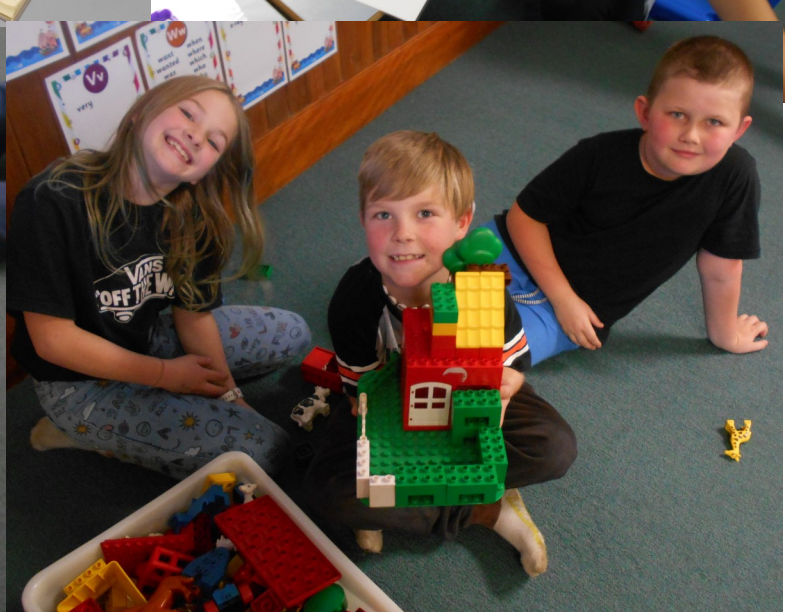
- Thu 5 Sep: Book Character Parade
(more information coming)
- Tue 17 Sep: Byron Bay Excursion
(more information coming)
- Thu 12 Sep: Senior in-class speeches
- Thu 19 Sep: Public Speaking Final

COLOURSS Cultural Day





K-3 Exploring construction and 2D shapes.



Book Week

Next week is Book Week and we are very excited to be holding a Book Week parade on 5 September. We invite all children to dress up as a favourite book character. We look forward to sharing this with families and friends! Further details will be going home later this week.



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 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 29 August	J Marychurch
Week 8: Thursday 12 September	C Ryan
Week 10: Thursday 26 September	L Loxton

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

School Lunch Box Ideas

Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases.

Snack banana, ricotta and sultanas wrapped in wholemeal lavash bread

Lunch kidney beans (mashed), tomato, spinach leaves and avocado in a wholegrain bun, with fruit in season

Veggie Quesadillas

Ingredients

8 (384g packet) multigrain tortillas
 $\frac{1}{3}$ cup tomato salsa
 $1\frac{1}{3}$ cups grated reduced fat tasty cheese
400g can no-added-salt red kidney beans, drained
1 cup grated carrot
1 cup (30g) baby spinach leaves
Olive oil cooking spray
1 avocado, peeled and chopped
1 tbs lemon juice

Tip: These tasty quesadillas can also be eaten warm as an after school snack or served as a light dinner with a salad.

Method

1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.
2. Top each one evenly with kidney beans, grated carrot and spinach leaves. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
3. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, cook over a medium heat for about 3 minutes or until golden underneath. Using an egg slide, carefully turn and cook other side until golden. Remove from pan.
4. Repeat step 3 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
5. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.

Recipe can be cooked a day ahead. Keep cooked quesadillas refrigerated in a container until required.



FREE DENTAL FOR ALL CHILDREN AGED UNDER 18

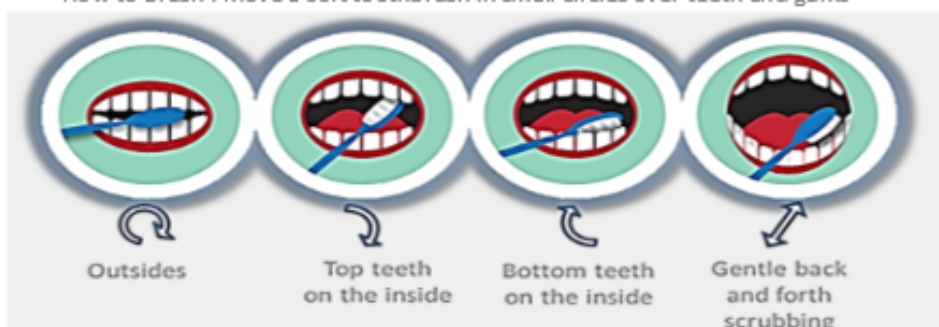
Available at NSW Health public dental clinics in Tweed Heads, Pottsville, Byron Bay, Ballina, Goonellabah (Lismore), Casino, Nimbin, Coraki, Yamba and Grafton

Call 1300 651 625 to book a visit for your child

Too many snacks and sugary drinks increase the risk of tooth decay

- Stick to 3 healthy meals and allow only 2 healthy snacks each day
- Avoid packaged foods and drinks that have hidden sugar
- Fresh fruit, veggies, milk, cheese and yoghurt are easy healthy choices
- Drink water instead of sugary drinks

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



Health
Northern NSW
Local Health District

DUNOON PUBLIC SCHOOL

SPRING FAIR

Saturday 21st September
9.00am - 2.00pm

- Live Local Music all day
- Kids Zone with Jumping Castles
- BBQ, Cake Stalls & Ella's FAMOUS Dahl
- Craft, Plants & Produce Stalls
- Books, CD's & Bric-a-Brac Stalls
- Massage Tent
- The famous 'Dunk Machine'
- Koala Sanctuary Information Stall
- North Coast Astronomy Demonstration
- Dunoon Rural Fire Service
- Pop-up Op-Shop

REAL COFFEE

PLUS MUCH MORE...

*Join us for a wonderful family day
out in support of Dunoon Public School.*

James Street, DUNOON

NSW GOVERNMENT | BreastScreen NSW

B screened

The mobile van is coming to **Kyogle**

Stratheden Street

17 Sep – 16 Oct 2019



Call 13 20 50 to book your **free** screening mammogram

13 20 50
20 minutes every 2 years could save your life

For women aged 50-74 years
breastscreen.nsw.gov.au

Conditions of Entry

Classes: Junior—school age. Prize \$250.00
Senior - 19+ Prize \$500.00
All Still Life entries must be original works and feature a PUMPKIN as the main subject.
ENTRY FEE \$5.00 per work

Maximum size of entry is 1mx1m, including frame. An artist may enter 2 works, each work must be labeled on the reverse with name and address, title and medium used.

* If you wish to sell the work the price must be clearly displayed, 10% of the price will be retained by the committee as commission.

* All entries accepted will be displayed for the month of January 2020 at the owners risk. Owners are expected to collect their works as soon as possible after 31st January.

* The judge's decision is final, no correspondence will be entered into on this matter.

SUMMERLAND

GIANT PUMPKIN

PAINTING

COMPETITION

A

STILL LIFE WORK

ENTRY FORM

PRIZES WILL

BE AWARDED

IN BOTH CLASSES

Completed forms must be forwarded to;

The Chairman
Kyogle Tidy Towns
PO Box 795
KYOGLÉ NSW 2474 or
Emailed to
bdwy4239@bigpond.net.au

For further information contact:
R Dwyer 6632 3352
or
J Hayman 6633 9143

INDIVIDUALS intending on entering must forward the completed Entry form to the committee by Thursday 31st October 2019, accompanied with a **\$5.00 Entry Fee.**

Works for display to be brought to the old IGA building no later than 3pm 31st December 2019.