

Term 3 Week 9 Wednesday 18 September, 2019



Dear Parents and Carers,

Byron Bay Excursion

Students enjoyed an interesting and informative day on Tuesday visiting Dolphin Dreaming and National Parks: The Earth's Environment Program at Byron Bay. Thank you to Ali Elliott for her dedication and inspiration in sourcing and organising such a special day for our students. Thank you to the supporting staff who ensured the day was valuable to all attending. I would also like to thank the families who were so supportive and understanding when the bus was unavoidably delayed on our return trip. Our office appreciated your patience as they strove to contact all families regarding the delay.

Positive Behaviour for Learning

As part of our move towards creating a positive school environment we are explicitly teaching expected desired behaviours. Please find attached a copy of the Departments Student Code of Conduct. We ask that you please read through it and discuss it with your child. It is pleasing to see that the students are showing a marked improvement in their positive behaviours. Well done to everyone!

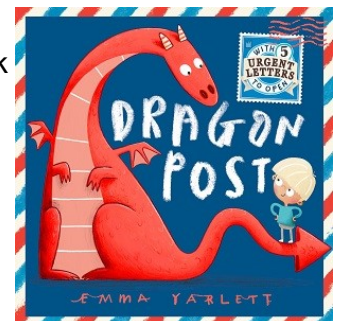
Interspeak

Today we were excited to host Interspeak. Students and staff from the COLOURSS Community of Schools visited and competed in this annual event. More news from this event will be included in next week's newsletter.

K-3 Class News

K-3 are enjoying reading about dragons this week. We have been enjoying a book called *Dragon Post* and we will be completing a short unit exploring the mythical creatures. In mathematics we are learning about fractions. Kinder are focusing on halves, Year 1 on quarters and Years 2 and 3 on eighths. In our classroom we have introduced learning goals. At the beginning of a lesson we will discuss what we are learning and why. Please ask your child to discuss what they have learnt today. This concept will become more familiar as we practice using goals.

Mrs Griffin



3-6 Class News

Senior class students have been studying National Parks this term and as part of this unit, enjoyed an excursion to Byron Bay for hands on learning with NP Ranger Lee. A reminder that the national parks geography poster project is due on Monday, Week 10 (next week). In maths this week, students have been studying the properties of angles.

Mrs Elliott

PBL

POSITIVE BEHAVIOUR FOR LEARNING

Week 8 Focus: showing kindness to each other

Safe: When we are kind to others we are mindful of the wellbeing of other people. Every time that we are kind we are helping other people to feel good, and that's great for all of us.

Responsible: We treat all of our school members with respect at all times. We are mindful of the tone of voice, facial expressions and the words that we use when we are talking with other people. If we do upset somebody, we take responsibility for that and say that we're sorry.

Connected: A great way to connect is through "random acts of kindness". That means that we do something kind for other people whenever you can. When we have a disagreement, it can be hard to feel connected, so its good to remember that even though we are not agreeing on something, its still important to be kind to each other.

Byron Bay Excursion

Talking to the children about the excursion, they said they loved having their faces painted with ochre and listening to the story. The story was about the traditional life of the aboriginal people; it sounded lovely and we were wishing that we could live that way now! Indy really liked having her hair brushed with a coastal banksia.



Julian 18.9.2019

On Tuesday we went on an excursion and we went to Byron Bay and there was an aboriginal woman that put some ochre on our faces and then she taught us how they lived in the past and then we went on a bushwalk. Then we saw a water dragon! Then she showed us water they used and then we went back to school.

Lucas Wednesday 18th September, 2019

Last Tuesday 17th of September our class 4/5/6 went on a geography excursion to Cape Byron. It took an hour and a half to get there on the bus. When our class got to Cape Byron we met Ranger Lee and she talked to us about the Byron National Park. After Ranger Lee talked to us we went on a kind of long walk around Byron National Park and we all got a sheet that had animals and other things to find while we walked and had a small map on the back. When we finished the walk we had all stopped at a big grass patch and we got a mini bag to build ourselves a mini national park. After that we went home late but my favourite thing was the walk around the park.

Beagle it was fun 18.9.19
Byron Bay we saw a
water dragon

Noah





School Lunch Box Ideas

Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.

Snack reduced fat cheese stick or triangle and sultanas

Lunch chicken or turkey, celery and lettuce sandwich, with fruit in season and water



Tikka Turkey Wraps with Mint Yoghurt

Ingredients

500g lean turkey mince
2 tbs tikka curry paste
1/2 cup water
1 small bunch mint
1/2 cup reduced-fat Greek style yoghurt
1 tbs lemon juice
8 multigrain tortillas
8 oakleaf lettuce leaves
1 medium carrot, grated
1 large Lebanese cucumber, cut into thin ribbons
1/2 red onion, thinly sliced

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.

Canteen Roster – Term 3, 2019

Week	Date	Home Cooking
Week 9	16 September	Johnson
Week 10	23 September	Tandy / Davis / Guise do Rego

Recycling at Barkers Vale Public School Term 3, 2019

Week 10: Thursday 26 Sept	L Loxton
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Nimbin Holiday Club Spring Program

for 5 - 12 year olds.

For bookings phone 66891692,
text Kylie on 0487576281

or visit Nimbin Neighbourhood and Information Centre

This program is brought to you by Nimbin Neighbourhood & Information Centre and funded by NSW DEC



Date	Program	Cost
Tuesday 1 st October	Nimbin Community School, Park and Skate Park All our usual fun and games, arts/crafts, videos and park play as well as going to the spring art exhibition to get some inspiration for making art with recycled materials	\$12
Thursday 3 rd October	Excursion – Ballina rockpools and waterslide We are off to Ballina for a stroll along the beach to explore the rockpools and then heading to Ballina pool and waterslides	\$25
Tuesday 8 th October	Nimbin Community School, Park and Skate Park All our usual fun and games, arts/crafts, videos and park play as well as making kites and other flying things, like paper aeroplanes	\$12
Thursday 10 th October	Nimbin Community School, Park and Skate Park All our usual fun and games, arts/crafts, videos and park play as well as making frisbees at the mobile library and practicing our hula hooping skills at the park	\$12