



BARHAM PUBLIC SCHOOL

2019 NSW Term 3 Week 5 Newsletter

20/08/2019

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In this week's issue ...

- Principal's Message
- Mad Food Day
- The Unbreakable Farmer
- Cyber Safety
- District Athletics

UPCOMING EVENTS

20 th August	Preschool transition visit to the library
20 th August	Cyber safety Talk
22 nd August	High School Transition
23 rd August	Book Week Parade
26 th August	Director Visit
29 th August	Finance Day - Deniliquin
30 th August	Regional Athletics - Albury
30 th August	Crazy Hair Day
3 rd September	Preschool Transition visit to the kitchen
4 th September	Wellbeing and resilience session

PRINCIPAL'S MESSAGE

Welcome to Week 5

Last week the Year 6 students attended their second High School Transition day and Mrs Drysdale and Mrs Disher accompanied our students to the District Athletics carnival. Mrs Disher and I travelled to Beelbanger for another Curiosity and Powerful learning day and Mr Marsh travelled to Sydney to collect our students from Stewart House. The P&C meeting was also held on Tuesday night and we encourage you to come along to the next meeting to share in discussions about your child's schooling.

It is going to be an action packed week for our school this week. On Monday students, staff and parents learnt how to fuel their bodies with healthy food at the Mad Food Day. Today the local police visited for a cyber-safety lesson and this will be followed up with a virtual lesson in September. Preschool students also visited today to learn about the library. On Wednesday Natalie Hewett will be going to Deniliquin to learn about the school website so that we can continue to share our school happenings in an online environment. On Thursday the third High School transition

will take place for students who missed the last session due to the District Athletics Carnival and I will be attending the Principal Network Meeting in Deniliquin. The week will conclude with a Book Week celebration incorporating a morning parade and day of activities in multi-age groups.

Finally, our congratulations to Jenny Hare, who celebrated the arrival of a healthy granddaughter.

Have a great week.

Roslyn Buchanan

MAD FOOD DAY

Our school were privileged to experience a Mad Food Day on Monday as Bel from 'The Root Cause' conducted healthy food experiments with students throughout the day. We welcomed Year 7 students to join us for this fabulous event. In the afternoon staff attended a professional learning session and parents came along in the evening to learn about great lunch box foods. We thank the P&C who organised the event and Mandy Anthony who catered with healthy food snacks at the parent information session. Over the next six months we will be including healthy lunch box tips and recipes from Bel to continue to help you make positive choices in fuelling yourself and your children.

Year 3 / 4 students have written about their experiences of Mad Food Day...

To stay healthy, would you eat a rainbow of different coloured food or life threatening manufactured food? Taking care of your body requires eating lots of vegies and fruit. If you eat processed food, read the ingredients first.

Spencer

Eat a rainbow of food everyday or you can rot your teeth, get sick or even get diabetes. So, eat a rainbow of food every day, especially fruit and vegetables. Red food helps your mood, heart, memory and sleep. Oranges and yellow coloured fruit and vegetables look after your eyes, joints and moods. Green is for energy, lungs, skin, teeth, bones and sleep, while blue and purple are for blood health, the digestive system and urinary tract health. White foods help boost immunity and balance hormones.

Brodie

Apples versus chips. Which would you choose? You only have one body, so you need to look after it. Look after your body by eating a rainbow of different coloured natural food, not manufactured junk food. Junk food is fast, which is good, but it isn't good for you. Fruit is good for you, so eat fruit.

Cooper

Eat a Rainbow Every Day

We only have life and one body. Judge food with your mouth and not your eyes. Which one would you pick out of an apple or a packet of chips? Make healthy choices. If you buy a packet of chips or something like that and it has over 6 grams of sugar, you need to put it back on the shelf and make a better choice.

Kari

Eat a Rainbow

Have you ever wanted to eat a rainbow? Well, now you can. All you need to do is eat healthier foods like fruit and vegetables, for example, red helps your mood and memory, sleep and your heart. Orange coloured food helps your eyes and joints. Yellow is to help with your energy and lungs, skin, teeth, bones and sleep. Blue and purple is to help your

blood health, the digestive system and urinary tract health.

Ava

We have to look after our earth because we have nowhere else to go. If people don't look after the earth it might be bad. Eat healthy fruit and vegetables and you will be healthy.

Jett

If you had a choice of two things, an apple versus chips, which would you choose? I think chips are yummy, but apples are a very good choice, because it will help your mood, heart memory and sleep. Now, there are seven colours in the rainbow and seven days in the week, so have a go at eating a different coloured fruit and vegetable every day.

Hannah

We have one life, one body, one planet. The more packaged food we eat the more we destroy the earth. The more home grown food we eat the healthier the earth gets and the healthier we stay.

Lachlan Brear

Did you know that there are six different coloured fruits to keep different parts of your body healthy? Do you go to the supermarket and pick a big bag of chips and they are so yummy? Well chips are a processed food and your digestive system doesn't really know how to handle them. So, next time you go to the supermarket for a snack, what healthier choice are you going to make?

Shaylah

Who knew that a rainbow of food is healthy? Each colour helps you to keep a part of your body healthy. Red helps your mood, heart, memory and sleep. Orange helps your eyes

and joints and all the other colours help in different ways. So, why not grow a rainbow of food in your own back yard to stay healthy?

Emilee

Eat a Rainbow

Eat a rainbow of fruit and vegetables because different coloured fruits and vegetables help your body in different ways. Red food such as strawberries, apples and pomegranates help with your memory, mood heart and sleep. Orange fruit like oranges, mandarins and apricots help your eyes and joints. Lemon coloured things like pineapples and lemons help your joints, eyes and mood. Green things such as limes, celery and cucumber help with energy, lungs, skin, teeth, bones and sleep. Blue and purple foods such as blueberries, beetroot and blackberries help blood health, the digestive system and urinary tract health. White foods such as bananas and cauliflower help balance your hormones.

Olivia

Eat a rainbow every day because you only have one life, one body and one planet.

Ava J

Eat a Rainbow Every Day

One body, one life. When choosing a food, count the ingredients on the back of the packet. If there are over five ingredients, make a better choice. Balance your food with lots of natural foods each day and not so healthy food only sometimes.

Alex

Sugar is not healthy for you. Always check how much sugar is on the packets. Which is better for you, chips or apples? The apple is. Why? It's natural and healthier.

Ned

One body. One life. What kind of life do we want? What kind of life do you want? Think about what body you want – a healthy body or one that gets parts replaced each year, like a person I know. This lady has been in hospital for two weeks with her hip problem and I don't think she is doing so great. So, think about which is a better choice, chips or apples.

Ebony

Eat a Rainbow Every Day

Have you ever eaten a rainbow? If you eat an apple, it can help you with your mood, heart memory and sleep. Orange coloured fruit and vegetables can help your eyes and joints. Yellow can help with your joints, eyes and mood. Green can help your energy, lungs, teeth, skin teeth, bones, teeth and sleep. Blue and purple can help blood health, the digestive system and your urinary tract health. Why don't you go and grow a rainbow in your garden? It can help your body right away. Compare an apple to a packet of chips. Which would you choose? If I was you, I would choose an apple because a packet of chips crumbles right away. The answer is that an apple is better for you because your body can use all of it, as it is a natural food. Natural foods are best for you, so eat a rainbow.

Ayla McGowan

Judge food with your tongue, not your eyes. Who would have thought bananas, strawberries, spinach and water would taste so good. I didn't until I tried it. Perhaps I'll try strawberry, blackberry, raspberry and eggplant.

Lennon

THE UNBREAKABLE FARMER

Warren Davies will be visiting our school on the 4th of September for a workshop with students in Years 4 to 6. Students will develop an understanding of how to live a healthy and happy life as they move through the life stages. They will walk away with tips and techniques that can assist in lowering potential mental health difficulties.

In the evening he will be at Koondrook Public School for a community event where he will share his story and the lessons he learnt along the way. His presentation will focus on providing parents with skills in recognising concerning behaviours in children and how to seek help. Koondrook and Barham Public Schools are united in our efforts to provide an education that creates resilient individuals, schools and communities and we encourage you to attend this important event.

CYBER SAFETY

Do you worry about the amount of time your child spends online? Do you wonder if you should buy them a phone or how to monitor what they do online? The eSafety Commissioner is responsible for promoting online safety for all Australians. They produce fact sheets to help answer these questions and offer a range of educational resources for parents including the **Screen Smart Tour**. This online tour explores topics such as social media, screen time, protecting personal information, cyberbullying, contact with strangers and accessing inappropriate content. You can access this tour on the link below.

<https://www.esafety.gov.au/parents/screen-smart-tour>

DISTRICT ATHLETICS CARNIVAL

Last Friday 31 students represented Barham Public at the PSSA athletics carnival in Tooleybuc. The weather was invigorating and the rain managed to stay away for all of our students to compete in their events. All of the students performed to their very best and displayed sportsmanship and respect. Students who have qualified for the next carnival will be notified as soon as the results have been passed on to our school. Thankyou to all students involved for a wonderful day of athletics, thankyou to parents for providing transport and cheer squads and thankyou to Tooleybuc Central School for facilitating the day.

Mrs Drysdale



LIZARD FOUND IN THE PLAYGROUND



Check out the tail on this lizard some of our students found in the playground yesterday. After his photo shoot he was returned safely to our garden.

SECOND SCHOOL ORIENTATION -
LIBRARY





Mon 19th Aug
Tues 20th Aug Whitney Weston
Wed 21st Aug Helper Needed
Thurs 22nd Aug Shannon Laursen
Fri 23rd Aug Sophie Lake

Mon 26th Aug
Tues 27th Aug Cynthia Burbury
Wed 28th Aug Helper Needed
Thurs 29th Aug Sally McDonald
Fri 30th Aug Natalie Lake

If you are unavailable, please arrange your own substitute, or contact Sonya at the canteen on 5453 2321



Friday 30th August, 2019

Gold coin donations in support of Matilda Hollin's cutting her locks to create a wig for cancer sufferers would be greatly appreciated.

All money raised will be donated to cancer research.

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2020 Enrolments

Enrolments are now being taken for new children to our centre. Families can obtain an enrolment form from Preschool Director Kylie McGowan or Admin Officer Carolyn Lake.

All Enrolment Forms need to be returned to Preschool Director Kylie McGowan before 31st August. Phone 54532308 for enquires.



CALLING ALL SUPERHEROES

**BARHAM PUBLIC SCHOOL
BOOK WEEK PARADE
THIS FRIDAY 23RD AUGUST
COMMENCING AT 9.15am**

**STUDENTS TO COME DRESSED AS THEIR FAVOURITE
BOOK CHARACTER OR SUPER HERO.
THEME FOR BOOK WEEK THIS YEAR IS
"READING IS MY SUPER POWER"**

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FOR SALE

BPS has surplus desks and chairs for sale. If you are in need of a place for your children to study we may be able to help you out. We have desks and chairs of varying sizes and one larger teacher desk. Please see the office if you are interested or would like to have a look.

MAD FOOD SCIENCE DAY PHOTOS



Meningococcal disease is a serious, often fatal illness

- Up to 10% of people with meningococcal disease die, even with rapid treatment.
- It can affect anyone, but is more common in children under 5, and people aged 15-24.
- Symptoms usually present suddenly and can get worse very quickly.
- [Vaccination](#) is the best way to prevent the spread.

Symptoms of meningococcal disease

Meningococcal disease has many symptoms, which can be similar to other illnesses like the flu. Symptoms can vary but may include:

- sudden fever
- nausea
- vomiting
- abdominal pain
- headache
- neck stiffness
- joint pain
- dislike of bright lights
- irritability
- a red-purple rash that doesn't disappear when pressure is applied (a rash does not always appear or it may occur late in the disease)

In young children, symptoms may also include:

- irritability
- difficulty waking up
- high-pitched crying
- rapid or laboured breathing
- refusal to eat

Who is at risk of meningococcal disease?

Meningococcal disease can affect anyone, but it is more common among children under 5 years old, and adolescents and young adults aged 15-24 years old.

People at slightly greater risk of meningococcal disease include:

- close contacts of people with meningococcal disease (who may also have been exposed to the same carrier)
- people who smoke, or are exposed to tobacco smoke
- people who practice intimate (deep mouth) kissing, especially with more than one partner
- people who have recently had a viral upper respiratory tract illness (like a cold or the flu)
- people who travel to [areas where meningococcal disease is more common or to mass gatherings such as the Hajj](#)
- people with no working spleen or who have certain other [medical conditions](#).

Act fast if you suspect meningococcal disease

- Up to 10% of people with meningococcal disease die, even with rapid treatment.
- Up to 20% may end up with significant long term effects, including limb or digit amputation or skin scarring.

People infected with meningococcal disease can become extremely unwell, very quickly, often within hours of the first symptoms appearing.

Patients with meningococcal disease need urgent [treatment](#) with antibiotics, in hospital. Treatment will usually begin before the diagnosis is confirmed by tests.

If you think you or someone you know could have meningococcal disease, seek urgent medical advice. If you've already seen a doctor but symptoms continue to worsen, consult your doctor again or go to the Emergency Department.

The Importance of Dads

Kerang



In this 2 hour session for Dad's of children 0 - 10 we will:

- Explore the unique role of Dad's in their child's development.
- Consider the benefits of play.
- Learn how Dads can maximise their child's social, emotional and academic growth.

***Dads, Grandads, Uncles and Male Carers are all welcome
to attend this workshop***

Term 3, 2019

When: Wednesday 4th September 2019

Time: Arrival and Registration 5.45pm (Dinner provided on arrival)
Session 6.00pm - 8.00pm

Where: Sir John Gorton Library, Cnr Shadforth Street and Murray Valley
Highway, Kerang

Cost: Free

Childcare: Sorry, no childcare provided

Facilitators: CCS Family and Relationship Services

***Groups are subject to maximum and minimum numbers determined seven working
days prior to start date. Please register early***

Rural and regional school travel

Apply online for free school travel in rural and regional NSW. You only need to complete one form, even for journeys using more than one operator.

Who can apply?

To be eligible for free school travel, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There is no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.

Who needs to apply

You only need to apply if the student has never been approved for free school travel before. Students in a shared parental responsibility situation (e.g. joint custody) should submit a separate application for both addresses.

How to update your details

You need to update student details online if the student is changing their name, address, school or campus, or their Transport operator. You can update them at apps.transport.nsw.gov.au/ssts/updatedetails#/updateDetails

Frequently asked questions

Does the approved free travel include travel outside school hours?

Approved free school travel is only for travel to and from school. So for travel after hours, on weekends or during school holidays, students will need to buy a ticket.

What if there's no public transport in my area?

In areas where there is no public transport, you may be able to get a subsidy for driving the student to school. For details, visit transportnsw.info/school-students

How do I apply if the student needs to travel from two addresses because the parents live separately?

Each parent (or the student if aged 16 or over) needs to apply separately for each address. The same minimum distances apply.

How to apply for free travel for the first time

You can apply for free school travel for next year from the start of Term 4 this year.

Step 1

Once you have enrolled your child at the new school, apply online by giving your home address and telling us which bus company the student needs to travel with between home and school. You can apply online at apps.transport.nsw.gov.au/ssts/home/howToApply

Step 2

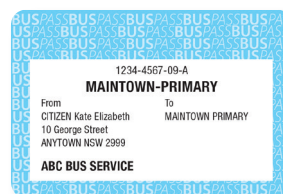
The school then confirms to us that your details are correct.

Step 3

We will then work on your application. You will get an email confirming if the student is approved for free travel. If so, we will tell your local bus company who may send a school travel pass (if needed) to your school or, in some cases, the bus company will contact you directly about travel arrangements.

A parent or guardian must apply for students aged 15 years and under. Students who are 16 years and over must apply for themselves.

What my card will look like



Want to know more?

For more information, visit transportnsw.info/school-students

For help in your language, call the Translating and Interpreting Service (TIS) on **131 450**.

Privacy

For information on how we handle personal information please refer to the Opal Privacy Policy at transportnsw.info/tickets-opal/opal-privacy-policy and the School Pass Terms at apps.transport.nsw.gov.au/ssts/#/termsAndConditions

