

BARHAM PUBLIC SCHOOL

2020 NSW Term 4 Week 1 Newsletter

13/10/2020

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UPCOMING EVENTS

Tues 13 th Oct	P&C AGM 7pm via Zoom
Fri 30 th Oct	Day for Daniel
Mon 9 th – Fri 13 th Nov	NAIDOC Week
Wed 11 th Nov	Remembrance Day
Fri 13 th Nov	Assembly led by Kinder. Item by Year 2/3
Mon 30 th Nov – Thurs 10 th Dec	Swim School
Throughout Term 4	Kinder transition

Principal's Message

Relationships inspire learning.

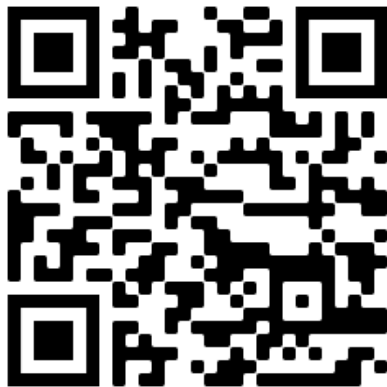
Last week, as I met up with family who I had not seen for quite some time, we shared stories of what we had been doing. One of those relatives was looking AMAZING! Strong, fit and healthy, full of enthusiasm and energy. We sat down and chatted about what had been working for them. This conversation led me to start a health kick and make improvements to my lifestyle and wellbeing. They inspired me. They helped me believe it was possible that I could master what they had; all through a conversation we had one afternoon. A conversation that has left me energised and motivated. With Mental Health Month being upon us, and after so many COVID restrictions, the importance of relationships has never been more pronounced. Who could you have a conversation with today?

Roslyn Buchanan
Principal (Rel.)

Have your say

[The Tell Them From Me parent](#)

[survey](#) is one way you can have a voice about our school. So far, we have had 6 parents complete the survey. Have your say before the survey closes? Click the link or use the QR code.



Cooler classroom progress

As part of the Cooler Classrooms works at our school, we have been advised by the local electrical supply authority that an upgrade to the local electricity network is needed to support the increased electrical demand of the new air conditioning systems. Further investigations including engagement with our valued school neighbours may take place in the coming weeks. We will continue to keep you updated on progress.

F Block refurbishment progress

F Block, that includes our Kitchen and art room, is currently out for tender. Once contractors are determined, we will be welcoming the construction noise that will mean our renovations are underway.



Before and after school care

The NSW Government is committed to providing before and after school care to all students of public primary schools in New South Wales. As part of the reform, [a parent web form](#) has been established by Service NSW that will enable parents to tell us about their specific care needs and to stay up to date with any new developments.

The information provided by parents will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery and help to ensure the extra places are delivered where they are required.

Have your say today at

<https://www.service.nsw.gov.au/basc>

(Chrome, Safari).

Alternatively contact the team responsible for rolling out the before and after care election commitment at

BASCreform@det.nsw.edu.au.



P&C AGM is tonight @7pm

Join Zoom Meeting

<https://us05web.zoom.us/j/6879692025?pwd=eFFUSTgyd0wyQUVRbkM0eEgvOXRRUT09>

Meeting ID: 687 969 2025

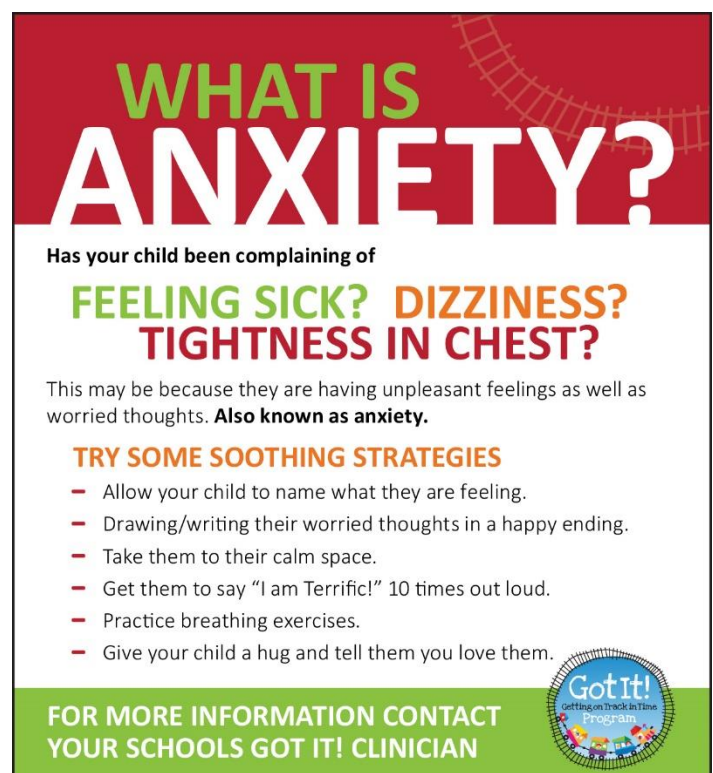
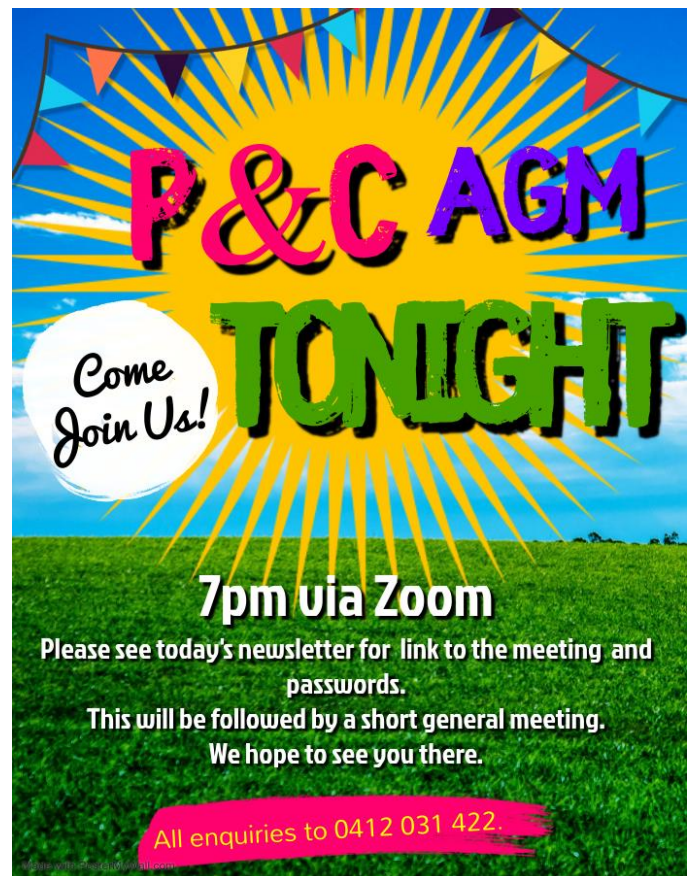
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All exec positions **MUST** be filled for P&C to continue & we must have a quorum of 5 members to hold the meeting.

A General Meeting will follow AGM.

Hope to see you there!

All enquiries to 0412 031 422



SPENDING QUALITY TIME

Spending 1-on-1 quality time with your child for at least 15 minutes a day can be enough to change problematic behaviours

1-ON-1 TIME CAN INVOLVE...

- Asking about their day and how they felt
- Regular physical contact – even a pat on the shoulder
- Reading a book
- Drawing with your child
- Following their play
- Pushing them on a swing
- Cooking their favourite meal

CAN YOU THINK OF ANY OTHER ACTIVITIES YOU COULD DO WITH YOUR CHILD?

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN




NDCH
Northern District Community Health
NDCH-your first port of call in the pursuit of good health!

It's National Nutrition Week and to celebrate we are encouraging everyone to Try for 5! – that's 5 serves of vegetables daily! The latest research shows that only 4% of Aussies eat the recommended 5 serves or more of vegetables a day. To help you increase your family's vegetable intake why not try this vegetable fritter recipe.

Vegetable Fritters

Ingredients

- 1 carrot (grated)
- 1 potato (grated)
- 1 zucchini (grated)
- 2 eggs (beaten)
- 1 tablespoon (metric) self-raising flour
- 1 tablespoon (metric) parsley (finely chopped)
- 1 tablespoon (metric) chives (finely chopped)
- 1/2 teaspoon (metric) nutmeg (ground)
- Pepper (to taste)
- 2 teaspoons (metric) olive oil



Instructions

1. Mix carrot, potato, zucchini, eggs, flour, parsley, chives, nutmeg and pepper in a bowl.
2. Heat one teaspoon of oil in a non stick frypan and add 2 spoonfuls of mixture to the pan.
3. Flatten mixture slightly and cook for 4-5 minutes on each side or until golden brown.
4. Drain on absorbent paper, set aside and keep warm.
5. Heat remaining oil and repeat with remaining mixture.

For more information see: www.nutritionaustralia.org/recipes/vegetable-fritters/



Nutritional information (per serve)

Each serve of this recipe provides 1 serve of vegetables.

Energy: 560kJ	Total sugars: 4g
Protein: 5g	Fibre: 4g
Total fat: 3g	Sodium: 54mg
Saturated fat: 1g	Calcium: 36mg
Carbohydrate: 24g	Iron: 1mg

www.ndch.org.au

COVID-19 (Coronavirus)



MOBILE CLINIC GET TESTED

Date	Time	Location	Address
9/10/2020	9.30am - 2.30pm	Narrandera	Narrandera Hospital
10/10/2020	9am - 11.30am	Holbrook	Holbrook Hospital
10/10/2020	1pm - 3pm	Culcairn	Culcairn Hospital
11/10/2020	10am - 2pm	Howlong	Lowes Square, Hawkins St
12/10/2020	10.30am - 1.30pm	Tocumwal	Tocumwal Hospital
13/10/2020	10.30am - 12md	Boorowa	Boorowa Hospital
13/10/2020	1.30pm - 2.45pm	Harden	Harden Hospital
14/10/2020	10am - 2.30pm	Tumbarumba	Tumbarumba Hospital
15/10/2020	9am - 12md	Temora	Paleface Park Loftus St
15/10/2020	1.30pm - 3.30pm	Ariah Park	Cnr Coolamon and Ariah St
16/10/2020	9.45am - 2.15pm	West Wyalong	West Wyalong Hospital
17/10/2020	1pm - 4pm	Barham	Barham Hospital
18/10/2020	9am - 11.30pm	Finley	Finley Hospital
18/10/2020	1pm - 3pm	Jerilderie	Jerilderie Hospital

If you have symptoms – please get tested!

- fever
- dry cough
- sore throat
- shortness of breath
- runny or stuffy nose
- loss of taste or smell

DROP IN ON THE DAY OR CALL:
An appointment for the mobile testing clinic can be made by calling the Murrumbidgee COVID-19 Hotline on **1800 831 099**



Health
Murrumbidgee
Local Health District

Barrook Swimming Club

Expressions of Interest.

To gauge numbers and help plan for the upcoming season, we'd love to hear from you.

If your child would/might like to join our fun and friendly swim club (runs mid Nov - mid Mar),

please TEXT their name and age to Sharon on 0438 531 366

Sessions will be run in accordance with Covid Safe guidelines.

Thanks in Advance

Barrook Swim Club Committee

Myths about sun protection

True or false?



The sun can still damage your skin on windy, cloudy or cool days.

True. You can get sun damage on windy, cloudy and cool days.

A fake tan darkens the skin, protecting the skin from the sun.

False. Fake tan does not improve your body's ability to protect itself from the sun, so you will still need sun protection.



People with darker toned skin are not at risk of skin cancer.

False. People with darker toned skin can get skin cancer too.



You can stay out longer in the sun when you are wearing SPF 50 than you can with SPF 30.

False. Sunscreen is not a suit of armour. Use at least SPF 30+ and reapply often. Sunscreen should never be used to extend the amount of time you spend in the sun.

You can spend enough time in the sun just going about your day.

True. Most Australians get enough sun while doing everyday tasks, like going to school or getting the mail.



Only people who sunbathe get skin cancer.

False. The sun can be dangerous during all sorts of daily activities, such as playing outdoors, walking the dog or having a picnic.



If you tan but don't burn, you don't need to use sun protection.



False. If your natural skin colour darkens, it is a sign that the sun is hurting your skin cells even if there is no redness or peeling.

You can get sunburnt in the car through a window.

True. You can get burnt through a car window.



Canteen Menu for Primary School Term 4

ROLLS(Multigrain or White) OR WRAPS:

Chicken & Salad	\$3.50
Ham & Salad	\$3.50
Plain Salad	\$3.00
Plain Chicken	\$3.00
Plain Ham	\$3.00
Buttered Roll	\$1.00

HAM SALAD BOX	\$3.50
CHICKEN SALAD BOX	\$3.50
SALAD BOX with egg	\$3.50

SANDWICHES:

White or Brown Bread Fresh	
Meat and Salad	\$3.50
Salad Sandwich	\$3.00
All Plain	\$3.00
All Toasties	\$3.00

SPECIALS:

Monday

Toasted Wrap/Sandwich	\$3.00
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Tuesday – Focaccias

(Ham & Cheese/Chicken & Cheese)	
(Ham/Cheese/Pineapple)	\$4.00
with full salad	\$4.50

Wednesday –Wonderful Wrap **\$4.00**

Tuna/Chicken Lettuce Carrot Mayo

Thursday

Roast Chicken Gravy Roll	\$4.00
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Friday

Roast Beef & Gravy Roll	\$4.00
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HOT FOOD:

Mac & Cheese	\$4.00
Steamed Dim Sims – 3/bag	\$4.00

Chicken Nuggets – 4/bag	\$3.00
(max 2 bags)	

Hot Rolls-Chicken & Mayo or Cheese

Sunny / C.H (cheese & ham)	\$4.00
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Sausage Rolls	\$3.50
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Pizza Rounds	\$3.50
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Chilli Chicken Wraps	\$4.00
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Chicken Burger	\$4.00
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Sauce	20c
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Snacks

Seasonal Fruit	50c
Cheesesticks	\$0.70
20gm chips	\$1.50
(original,)	
Messy Monkey Pop Corn	\$1.50

DRINKS

Water Pop Top (750 ml)	\$3.50
Small Water (600 ml)	\$2.00
Berri Pop Top Water (750ml)	\$3.50

Small Flavoured Milk	\$3.00
(choc, strawberry)	

Just Juice	\$3.00
(Apple Orange)	

FROZEN SNACKS

SLUSHIES: Friday Only	\$2.50
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Pineapple Cups	\$0.50
Quelch Stick	\$1.00
Paddle Pop-Rainbow	\$2.00
Vanilla Cup	\$2.00

EVERY DAY MEAL DEAL:

Meal Deals Contain Everyday Items
Supply only guaranteed if ordered

Daily Special PLUS Large Water
\$7.00

Daily Special PLUS Small Water OR Milk
OR Slushie
\$6.00

SPECIAL DIETS AND SPECIFIC NEEDS CAN
BE CATERED FOR IF ORDERED.

THE BEST WAY TO GET WHAT YOU WANT
FOR RECESS OR LUNCH IS TO ORDER IT.