

GWABEGAR PUBLIC SCHOOL NEWSLETTER

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Week 2 Term 3

7th June 2021

From the Principal's desk...

As you are aware, the state government has recently implemented a range of public health orders that we are obliged to follow. As a result, there are changes that must be implemented at school to keep our students and staff safe. The following restrictions are in place from Monday 12th July.

The Department of Education (DoE) have placed all regional schools on "Level 2 Restrictions" meaning the following:

- Students are learning at school
- No non-essential visitors are allowed on site-any visitors who do come on site, **MUST** wear a mask at all times while inside-failure to not comply with these directions will result in you being asked to leave the school premises.
- Masks are recommended (not mandatory) for all staff indoors
- QR code sign in for all staff and visitors to the school.
- COVID Safe practices remain in place for hygiene and social distancing.

If you have visited the Greater Sydney area, Central Coast, Shellharbour or Illawarra areas in the last 14 days, students will need to have a COVID test and self-isolate until a negative test is received.

Students who display any cold or flu like symptoms must be kept at home and can not return to school until a COVID test comes back as negative. Students who come to school with cold or flu like symptoms will have parents called and will be required to come and collect their child from school.

Parents should not be coming onto the school site, unless they are on canteen. If parents need to come into the school, they must sign in using the NSW Services app and be wearing a facemask at all times while on the school site. The mask must be fitted before coming indoors at the school.

Canteen can still be provided to children, but the above process must be followed. Parents will be required to wear gloves while preparing and serving food. Interactions with students should be kept to a minimum.

Indigenous games Goodooga

Unfortunately, the Goodooga games have fallen victim to the latest COVID outbreak. Hopefully, they will get to go ahead next year.

Canberra Excursion



Another payment of \$50 per child attending the excursion **MUST** be paid by Friday 6th August. The final payments must be made by 4th November.

Health checks follow ups



ClipartOf.com/84839

If your child, has been referred on for follow up tests with the dentist, doctor or optometrist, please follow up with these as soon as possible. It is important to have these follow ups so that our students are at their best for learning. The school only receives data about how many students need to have follow up, we do not receive names of the students.

Attendance Matters



All absences must be explained within 7 days of an absence, if it is not reported to the school, the student's absence will be marked as 'unauthorised' and may be referred onto the Home School Liaison Officer for further investigation and have an attendance plan developed. If attendance is not improved, families may be fined up to \$11000 for student non-attendance at school.

Please be aware that it is important that students are at school every day. Obviously if your children are sick with cold and flu like symptoms, please keep them at home. Absences more than 3 days **MUST** have a medical certificate provided to the school, however reasons such as couldn't find shoes, sleeping in and if it is raining are not justifiable and will be marked as unauthorised.

Students who fall under 85% attendance will be referred to the Home School Liaison Officer for follow up. It is anticipated that students should be at school 95% of the time. Please find attached more information about why attendance is important. Students who display exemplary attendance will be rewarded at the end of the year.

An advice of absence slip is provided in this newsletter.

Sport on Thursdays

Sport will be held here at school on Thursday afternoons with Pilliga PS. We look forward to them joining us! Students must be wearing their full sports uniform on Thursdays-no football shorts.

Canteen audit



As part of the NSW healthy school canteen strategy, we have had our menu audited and there will be some changes to how the menu will look into the future.

Canteens must have at least 75% of items categorised as 'everyday' items and there are maximum serving sizes and health star ratings that we must comply with. I met with Peter Butler from the Good for Health team and he has recommended that there are changes that need to be made to the items sold on the canteen menu.

Some key recommendations to make the canteen compliant with the Department's healthy eating strategy for the moment are:

- ◆ Poppers to be replaced with Just Juice poppers or similar-must be 99% fruit juice
- ◆ Ice creams will need to be replaced with Paddlepops- chocolate, banana and rainbow flavours only.
- ◆ Zooper doopers to be replaced with either sugar free zooper doopers OR Quelch sticks.
- ◆ Milkshakes are to be a maximum of 300ml

Any current stock will sold out and then replaced with the above recommendations. This will be a process that will involve the support of the whole school community to implement.

Breakfast club

It is wonderful that all students are accessing the healthy breakfast that is being prepared by staff everyday. Breakfast is available from 8:30 until 8:50am. Students who arrive after this time, may miss out on having breakfast.

Bookfair



Will be taking place (hopefully!) on Tuesday 10th August. The theme for the bookfair this year is an Egyptian-Reading oasis, a cool place for hot books. I encourage students to come dressed as something/someone from the Egyptian culture. Alternatively, they may come dressed as a character from a story (not a movie!).

Encourage your child to look at the books that they have at home and choose a character to dress up as.

Stewart House applications

Currently, I am working on applications for students in Years 2-6 for inclusion in the Stewart House program that will be taking place in Term 4. I should know by the end of the term which students will be included in this program. We have been fortunate enough to benefit from students partaking in this program previously.

Playgroup and Preschool



Is held every Tuesday from 9:30am. All parents and children are welcome to attend. Remember to bring a hat, enclosed shoes, some fruit and water. If the children wish to ride the school bikes, they must have enclosed shoes on (not thongs). To be compliant with current health orders, all parents and carers must wear a facemask while at Playgroup.

School Fees

School fees for Term 3 are now due. Fees go towards purchasing resources and books for students in the classroom and are \$20 per family.

As always, please come and see me if there are any issues, concerns or comments, so that we can make Gwabegar PS a greater learning place for our students!



Katie



Gwabegar Public School-Advice of absence

Katie
Sullivan
Principal

Student Name: _____

Dates Absent: _____

☐ Sick _____ ☐ Leave _____

Signed: _____ Date: _____

P&C News

CONTRIBUTIONS

A reminder to families that this levy is now payable to the school for this term at a cost of \$20 per family per term.

Uniforms

Uniforms are available for purchase at the school.

Adult sizes are available for purchase as well :)

Sport will be on Thursdays this term

Supervision is provided for students from 8:30 am (30 minutes before school commences).

Staff are not required to be at school before 8.30 am and for their own safety, children should not be arriving at school any earlier. Children who can not sit quietly on the verandah until 8:30am, may have to wait at the school gate until this time.

ALL visitors to the school, must sign in at the office!

For your diary!

2/8: Phonics testing for Year 1 begins

10/8: Bookfair-Egypt

12/8: Healthy Harold TBC

25/8: Touch footy gala day Narrabri

27/8: 6 Ways-TBC

1/9: Public Speaking competition

4/11: Final payments of Canberra excursion due.

15-19 November: Canberra Excursion

29/11-10/12: Stewart house visits

3/12: Presentation Day

15/12: Last day 2021

Canberra Excursion

Send money in sealed envelopes with the amount written on the front with students names

Playgroup is on Tuesdays from 9:30am



School attendance

Regular attendance at school is important!

Being 10 minutes late to school everyday may not seem like much but it adds to up to losing over 1 hour of learning every week!

Which over a year is over 1 and half weeks and over 13 years of schooling is nearly half a term!

Make sure you are on time all the time!

If your child is absent from school for any reason, parents and carers MUST provide an explanation within 7 days. This can be provided in person, telephone, written note or email.

Good for Kids good for life

INTERNATIONAL YEAR OF FRUITS AND VEGETABLES

The United Nations has declared 2021 the International Year of Fruits and Vegetables!

Did you know that over 75% of Primary school aged children in NSW consume the recommended serves of fruit?¹

BUT...

Only 1 in 20 NSW primary school children eat the recommended amount of vegetables!*

Pack vegetables for Crunch&Sip® at school each day. Here's a few ideas:

No preparation:

- 🍎 Baby cucumbers or carrots
- 🍎 Cherry Tomatoes
- 🍎 Snow Peas
- 🍎 Frozen Peas

Some preparation:

- 🍎 Cucumber, carrot, celery or capsicum sticks
- 🍎 Corn on the cob



INTERNATIONAL YEAR OF
FRUITS AND VEGETABLES

2021



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

¹NSW School Physical Activity and Nutrition Survey, 2015

Good for Kids good for life

CHOOSING HEALTHY SNACKS

Healthy snacks are important to help your kids get the nutrients they need to grow, develop and learn.

Choose snacks that are everyday foods – vegetables, fruit, dairy, wholegrains or protein-rich foods.

Planning is the best way to make sure that the healthy choice is the easy choice.

Here's a few tips to help you plan your healthy snacks:

- Include vegetables and fruit in your child's lunchbox each day
- Add vegetables into homemade snacks (e.g muffins, pikelets, scones and slices)
- Cut up vegetables and fruit on the weekend so they are easier to grab during the week
- Keep a range of healthy snacks in the fridge or pantry that are easy to grab and go
- Get your kids helping to prepare healthy snacks
- Enjoy eating healthy snacks with your kids



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Source: Making Healthy Normal

Attendance matters every day!!

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight
 = **4** weeks  = Over **1** year missed

1 day per week
 = **8** weeks  = Over **2.5** years missed

education.nsw.gov.au

When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

Parents and carers can help foster positive attendance habits by:

- helping their child learn the importance of punctuality and routine
- ensuring their child arrives on time from the start of the school day, ready to participate in learning
- reducing disruption to learning where possible, by planning any necessary appointments outside of school time
- promptly communicating any absence to the school (within 7 days of the first day of any absence)
- working with the school to encourage and support regular attendance.

WHY READING EVERY NIGHT MATTERS!!

STUDENT A

- **20 minutes** per day
- **1,800,000 words** per year
- Scores in the **90th percentile** on standardized tests



CORWIN Visible Learning^{plus}

Learning how to be a good reader is what makes you a writer.

Zadie Smith

STUDENT B

- **5 minutes** per day
- **282,000 words** per year
- Scores in the **50th percentile** on standardized tests

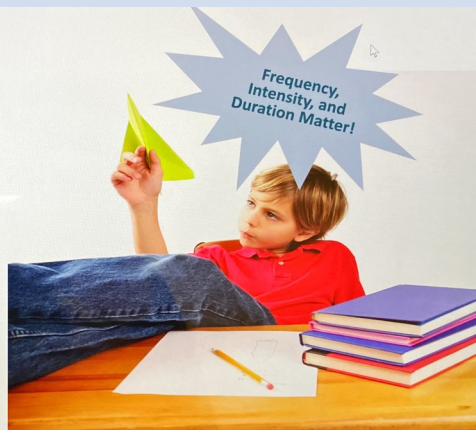


Image: Josh Applegate on Unsplash

CORWIN Visible Learning^{plus}

STUDENT C

- **1 minute** per day
- **8,000 words** per year
- Scores in the **10th percentile** on standardized tests



CORWIN Visible Learning^{plus}

10 ways to become a better reader...

1. Read
2. READ
3. Read
4. read
5. READ
6. Read
7. Read
8. read
9. Read
10. READ



Gwabegar Public School Canteen

Price List

Term 1 2020

Pizza	\$4
Lasagne	\$4
Mac Cheese	\$4
Pie	\$3
Sausage Roll	\$2
Chicken Tenders	\$2.50
Chicken Wings	\$2
Drinks	\$2
Ice cream	\$2
Zooper Dooper	50c

P&C Canteen will operate on Tuesdays.

**Nicky will be in touch with all families for the
duty roster**

You MUST sign in and out of the office on your rostered day.