

Elands Public School
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Living to Learn
Learning to Live
We are Learning on Biripi Land

«Students_Name»

«Street_Address»

Term 1, Week 4, Thursday 17th February, 2022

Dear «ParentCarer_Name»

Last Thursday River and Tiana represented the school at the Small Schools' Swimming Carnival. Both students competed in a number of races, with River being awarded the Junior Boys Runner up Champion. Elands and Bobin students also joined together (Boblanders) to swim in a combined relay event against the larger schools and came a respectable second overall as well as first place for the P6 schools.

This term our school will be entering Cooperbrook Public's Inter School Student Photography Competition, it is open to all students. There are two divisions K-2 and 3-6. Please see attached flyer for more information. The school will pay for students' entry fees.

Last week the school sent home a few documents to each family to ensure we have up to date information regarding; private transport, emergency contacts (during catastrophic events as well) and preferred methods of contact. If you haven't filled and sent those in, we would appreciate it if you could complete them ASAP.

We will be conducting our Annual Learn to Swim Program this term over two weeks. The program will commence on Monday 28th February and conclude on Friday 11th March. We will be travelling down by bus each day (Council has agreed to allow the school bus to travel down and back each day) leaving the school at 10.30am and returning by 2.30pm. Swimming lessons will be for one hour, 11.30 – 12.30. We will be having lunch in the park before returning to school. Please see attached permission note for more details. All students are expected to attend as this important program supplements the Personal Development, Health and Physical Education Curriculum.

Just a couple of reminders:

- ❖ If you are picking your child up from school during bus time, please collect them at the school gate to ensure their safety as we have had a couple of close encounters recently.
- ❖ Chocolate and lollies are not suitable foods for school, these are a '*sometimes*' food and are not recommended to be included in everyday meals for young growing bodies and minds. Sugar highs and lows affect students' ability to concentrate during learning activities and regulate their behaviour.

Kind Regards,
Jo Boland

| Term 1, 2022 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|---|--|---|
| Week 4 | 14 th Jo Andrina Bec | 15 th Jo Andrina Bec | 16 th Jo Andrina Bec | 17 th Jo Mirjam Bec | 18 th Jo Mirjam Andrina Bec |
| Week 5 | 21 st Jo Andrina Bec | 22 nd Jo Andrina Bec | 23 rd Jo Andrina Bec | 24 th Jo Bec | 25 th Jo Mirjam Andrina Bec |
| Week 6 | 28 th Swimming Jo Andrina Bec | 1 st Swimming Jo Andrina Bec | 2 nd Swimming Jo Andrina Bec | 3 rd Swimming Jo Mirjam Bec | 4 th Swimming Jo Mirjam Bec |
| Week 7 | 7 th Swimming Jo Andrina Bec | 8 th Swimming Jo Andrina Bec | 9 th Jo Swimming Andrina Bec | 10 th Swimming Jo Bec | 11 th Swimming Jo Mirjam Bec |
| Week 8 | 14 th Jo Andrina Bec | 15 th Jo Mirjam Bec | 16 th Jo Mirjam Bec | 17 th Jo Mirjam Bec | 18 th Jo Mirjam Bec |
| Week 9 | 21 st Jo Andrina Bec | 22 nd Jo Mirjam Bec | 23 rd Jo Mirjam Bec | 24 th Jo Bec | 25 th Jo Mirjam Bec |

Office

Vanessa Monday
Tuesday
Wednesday mornings

Brigitte Thursday
Friday

Note:

Panky Monday and Wednesday mornings.

Good for kids good for life



Alternatives to Sandwiches

If your child doesn't like sandwiches or wants more variety in their lunchbox try these ideas:

- Try everyday meals like salads, soup, pasta or fried rice. Save leftovers from dinner to save time.
- Prepare freezer friendly lunch box items like zucchini slice or mini frittatas – ready to grab and go in the morning.
- Pack sandwich ingredients separately for your child to put together just before eating.

Fried Rice Salad



- Heat oil in a large fry pan or wok over high heat.
- Sauté diced onion, capsicum, carrot and ham.
- Add cooked rice, corn kernels, green onions & soy sauce. Stir fry for 2-3 minutes, mixing well
- Transfer to a bowl to cool.
- Spoon salad into containers and top with cherry tomatoes and coriander.
- Store in the fridge ready to be added to the lunchbox.

For full recipe and more visit:

<https://www.goodforkids.nsw.gov.au/primary-schools/swap-it/recipes/>



Health
Hunter New England
Local Health District

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

Elands PS Term 1 2022 Timetable

| | Monday | Tuesday | Wednesday | Thursday <i>Odd Weeks</i> [Jo] | Thursday <i>Even weeks</i> [Mirjam] | Friday [Mirjam] |
|-------------------------|---|--|---|--|--|--|
| 9.15 – 11.15am | Whole School Meeting <i>Fitness K-6 20 min FMS</i> | Whole School Meeting <i>Fitness K-6 20 min FMS</i> | Whole School Meeting <i>Talking Circle 20 min</i> | Whole School Meeting <i>Fitness 20mins</i> | Whole School Meeting <i>Fitness 20mins</i> | Whole School Meeting <i>Sport 45-60mins</i> |
| 10.30am Crunch n Sip | Literacy K-2 Andrina 3-6 Jo | Literacy K-2 Andrina 3-6 Jo | Literacy K-2 Andrina 3-6 Jo | K-6 Science Study of Dinosaurs | K-6 HSIE History of New Zealand | K-2 PDHPE Personal Safety Intro Y3-6 HSIE Projects |
| 11.15- 11.45am | Recess | Recess | Recess | Recess | Recess | Recess |
| 11.45am – 1pm | Maths K-2 Andrina 3-6 Jo | Maths K-2 Andrina 3-6 Jo | Maths K-2 Andrina 3-6 Jo | K-6 Science Dinosaur projects | Geography New Zealand focus | K-2 PDHPE Personal Safety Y3-6 HSIE Cont'd |
| 1pm – 1.45 pm | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1.45 pm - 3pm | Quiet Reading K-2 Andrina Literacy/Math 3-6 Jo Literacy/Math | Quiet Reading K-2 Andrina Literacy/Math 3-6 Jo PDHPE – Personal Safety | <i>Andrina RFF</i> Library | Buddy Reading Dinosaur projects cont'd | Buddy Reading HSIE Presentations | Traditional Māori art and music |

Swimming Carnival



PHOTOGRAPHY

COMPETITION

Think you have an eye for a good photograph?
Enter Coopernook Public's Inter School Student photography competition.
Theme: Happiness

Mission:

- Capture an image reflecting happiness!
- Think outside the square! Get creative and ask your family and friends for ideas. Think about what makes you or others happy.

Requirements:

- Capture a series of images, select your favourite and give the photograph a title.
- Print the photograph out on photographic paper (8' X 10' or smaller)
- Provide a 25 word or less statement describing the photograph.
- Fill in the entry form and submit your entry to **Mrs Gilchrist by Friday 25th March** at Coopernook Public School.
- Maximum of two entries per student (digital devices and film cameras are acceptable.)

Prizes:

- 1st prize for each age division (K-2 and 3-6) will receive a digital camera.

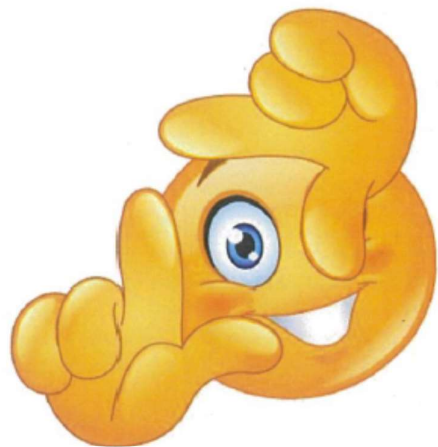
Entry Fee:

- \$1 per entry (max 2 entries per student)

Exhibition:

- All suitable photographs will be exhibited at Coopernook PS for judging (guest Professional Photographers) .
- We will do a virtual walkthrough for families and inter school students.

Remember that beauty is in the eye of the beholder. Get snapping!



Native plant **PROPAGATION**

a morning workshop for
volunteers and the general public

Learn about propagating locally native species for
ecological restoration and your garden.

We will cover harvesting, preparation and germination
of seeds as well as taking and striking cuttings.

Five alternative dates are currently available:

WEDNESDAY 2 MARCH

THURSDAY 3 MARCH

TUESDAY 8 MARCH

THURSDAY 10 MARCH

WEDNESDAY 16 MARCH

With potential for more dates in April, pending demand.

Location: MidCoast Council Taree Nursery, 36 Arkwright Crescent, Taree

Time: 9 am - 12 noon

These workshops will be held outdoors, under cover. Masks will be optional, but sign-in
will be required. Please don't attend if you're feeling unwell.

Please bring a drink bottle and any snacks you may need, dress comfortably and bring
a notebook and pen if you like to take notes.

Book online here: <https://www.eventbrite.com.au/e/native-plant-propagation-tickets-266495373837>

*If you are interested in attending dates in April, please email Manning Coastcare Coordinator
Helen at helen.manningcoastcare@gmail.com*



These workshops are made possible with
funding from the Australian Government's
Bushfire Recovery Program



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 transportnsw.info/ssts-update

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 transportnsw.info/school-students

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 transportnsw.info/school-pass-terms

