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Living to Learn
Learning to Live
We are Learning on Biripi Land

«Students_Name»

«Street_Address»

Term 4, Week 9, Friday 8th December 2023

Dear «ParentCarer_Name»

As this will be the last newsletter for 2023, I'd like to thank everyone for your assistance and support throughout the year. Whether it was driving your child to sporting events, coming along to cheer them on at carnivals, bringing a plate to share at gatherings, attending special events or just simply a cheerful hello its always appreciated. Thank you.

This week students have been quite busy finishing off tasks and teachers have finalised end of year reports which are due out next Tuesday.

This Wednesday, the year six students had their farewell excursion to the National Motorbike Museum in Nabitac, then onto all you can eat at Forster Bowling Club. Please see photos.

On Thursday the whole school travelled down to Saltwater for a cultural tour and were joined by Bobin students as well. This excursion was planned as a supplement to units being studied this semester as well as the Art Home Program. We were taken on a cultural tour of the Saltwater area from the National Parks Discovery rangers and rangers from the TIDE Group. Please see photos.

Next week the P&C are hosting a canteen on Tuesday 12th December. Cost will be \$4.00 per child and \$5.00 per adult. The menu is chicken wings, salads a vegan option will be included.

On the last day of school, Friday 15th December there will be a water fight. Students can bring along their weapons of mass watering, clothes to get wet in – no swimmers or thongs.

No water bombs thanks.

Included in this newsletter is a brief survey for families. I would appreciate your views and feedback on our areas of strength, and areas for improvement. If these could be returned to the school by end of next week that would be appreciated.

If you still have outstanding fees for excursions or swimming please finalise your account as soon as possible. Outstanding invoices are attached.

Please check that your child has returned their home readers and library books by next week.

Have a safe and happy holiday.

Regards

Jo Boland
Principal



DEC 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

10	11	12	13	14	15	16/17
	Jo Andrina Warwick -SLSO Vanessa-Office Panky-GA	Jo Andrina Mirjam - DCO Warwick -SLSO Vanessa - Office	Jo Andrina Warwick -SLSO Vanessa - Office Panky-GA	Jo Mirjam Warwick -SLSO Vanessa – Office	Jo Andrina - CILSP Mirjam Warwick -SLSO	
WEEK	Notes	Canteen			Last Day of Term	

First Day back for students Thursday 1st February 2024

**DON'T FORGET
TO PAY YOUR
OUTSTANDING
BALANCE.**

Good for kids
good for life



Summer activities

Summertime sports are a great way to have fun and play outside in the sunshine.

Encourage your child to try a new activity to get their body moving. Just don't forget to slip, slop, slap, seek and slide!!

Why not try:

- Basketball
- Beach Volleyball
- Frisbee Golf
- Touch Football
- Hockey
- Tennis
- Swimming
- Bike riding
- Beach or bush walks



Developed by Hunter New England LHD
HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Nutrition Snippet

VEGIE AND PEPITA MUFFINS

Serves: 12 Prep time: 15 mins Cooking time: 25 mins

Ingredients

- 1 cup pumpkin, cut into 1cm dice
- 1 zucchini, grated & liquid squeezed out
- 3 spring onions, finely sliced
- 1 cup baby spinach leaves, chopped
- 2 eggs
- 1 cup reduced-fat milk
- ½ cup sunflower oil
- 1 cup wholemeal flour
- 1 cup plain flour
- 2 tsp baking powder
- 2 tbsp pumpkin seeds
- Salt & pepper



Method

Step 1: Preheat oven to 180°C. Line a muffin tray with muffin cases.

Step 2: Place pumpkin in a microwave-safe bowl, cover with water and cook in the microwave for 3 minutes or until slightly softened. Drain and mash.

Step 3: Add the zucchini, spring onions and spinach to the pumpkin and mix.

Step 4: Lightly beat together the eggs, milk and oil and pour over the vegetables. Season with a pinch of salt and pepper.

Step 5: Sift the flours and baking powder over the top and stir until just combined.

Step 6: Spoon the mixture into the muffin cases and sprinkle with pumpkin seeds. Bake for 25 minutes or until cooked through and golden.

healthyhunchbox.com.au



Cancer Council
Healthy Lunch Box

Parent Portal

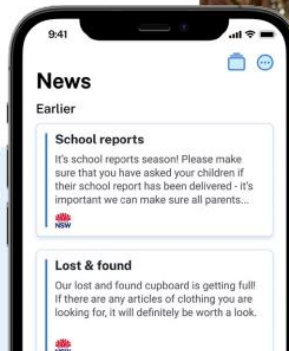
NSW Department of Education

Never miss an important school update or event.

The **NSW Education Parent App** makes it easier than ever to stay up-to-date with the latest information from your child's school. Featuring latest news, newsletters, personalised feeds by year group, events calendar, push notifications, instant updates and alerts, advanced security and more.



Download the
NSW Education
Parent App



School Bytes

Parent App

Available now!

Download on the App Store or Google Play by clicking the image below.



Key Features

- Get real time push notifications from your school
- Stay signed in and save your card for secure payments for fees and excursions
- Give consent, sign forms and respond to attendance alerts
- View the school calendar and news



Swimming

INTENSIVE
SWIMMING
LESSONS



WINGHAM
POOL

INTENSIVE
SWIMMING
LESSONS



WINGHAM
POOL

Year 6 Farewell





Saltwater National Park Excursion







Parent Survey 2023

As part of our school's self-evaluation, we would like to know the opinions of parents on different areas of school life. Your response is confidential and will be stored securely. Survey completion is voluntary.

Would you please fill in below aspects of the school which you feel are areas of strength and areas that could be improved. We would also like to know what additional skills you feel are important for your child to learn and what skills you are willing to share with the students at school.

AREAS OF STRENGTH

AREAS OF IMPROVEMENT

Additional skills I would like my child to learn.

Skills I am willing to share with students.

Please return to the office by **Thursday 14th December**

Defibrillator (AED) at Bulga Hall

An Automated External Defibrillator (AED) is available and located in an AED cabinet on the outside of Bulga Soldiers Memorial Hall, Elands.

An AED is used to help those experiencing Sudden Cardiac Arrest.

When a person suffers a Sudden Cardiac Arrest you must immediately:

- Perform CPR to circulate blood and ensure the body remains oxygenated
- Have someone call '000'
- Apply an AED as soon as possible.

YOU SHOULD ONLY USE AN AED IF:

- A person has collapsed on the ground, AND
- That person is not responding, AND
- That person is not breathing, AND
- That person has no pulse

Why do you need an AED?

- The only way to treat cardiac arrest is with CPR and an AED.
- An AED is the only way to shock the heart back to a regular rhythm.
- A cardiac arrest is very different to a heart attack. A cardiac arrest looks a bit like fainting. The person collapses and is fully unconscious. Sometimes, a heart attack can lead to cardiac arrest.

What is an AED?

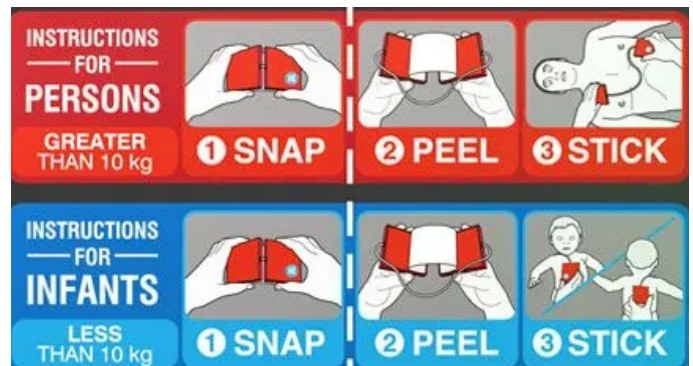
- The AED analyses the heart's rhythm and, if necessary, automatically delivers an electrical 'defibrillation', to shock the heart back into an effective rhythm.
- They are very safe to operate, and you can use one even if you have had no medical or first aid training. It will not shock if there is a pulse present.
- It is a single use item once SNAPPED opened, so please snap open only if needed.

How to use an AED

Only SNAP open the AED if the person is collapsed AND not responding AND not breathing AND you can't feel a pulse

- Once you open the AED with the SNAP PEEL STICK action, an automated voice guides you through the process, including when to perform CPR.
- **The chances of surviving a sudden cardiac arrest drop by 10% for every minute CPR and defibrillation is delayed***
- Keep up CPR and defibrillation until signs of life resume or until medical professionals take over.

See it in action: <https://vimeo.com/628922574>



*Chances of survival - An AED needs to be applied within minutes of cardiac arrest which really means each home/ cluster of houses needs access to one.