



«Students\_Name»  
«Street\_Address»

ELANDS PUBLIC SCHOOL

# NEWSLETTER

Week 9 Term 1 | Thursday 28<sup>th</sup> March 2024

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

Dear «ParentCarer\_Name»

The P&C Committee held their AGM this Tuesday resulting in a couple of changes to the office bearers. Venessa F has stood down from the president's position after having held various positions on the committee for the past five years. Your dedication and hard work have been greatly appreciated. Thankyou.

Sarah was voted in president, with Vanessa B remaining as treasurer with Bec shadowing her and helping when needed. The secretary's position is yet to be confirmed. The AGM and general meeting minutes will be published in the next newsletter.

Next Tuesday (first day back after Easter) the school will be travelling down to Bobin School, by bus, to see Happy Healthy Harold, Andrina and Norm will accompany the students. If you are interested there is Happy Healthy Harold merchandise available, see attached flyer. Exact money is preferred.

The following Friday is the Small Schools' Cross Country which is being held at Mt George School, travel will be by bus and a canteen will be held for students and staff on the day. If you have not paid for your child's meal, please send the correct money on the day.

On Friday 12<sup>th</sup> April – last day of school for this term, we will be celebrating a belated Harmony Day. The primary students have been studying celebrations around the world and will be making some dishes related to their festival of choice. Parents and community members are welcome to come along for lunch on the day, please bring a plate to share. Lunch is at 1.00pm.

The colour theme for Harmony Day is orange. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. So please wear a touch of orange on the day.

I'd like to wish everyone a happy and safe Easter break.

Regards

Jo Boland  
Principal

# APR/ MAY 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
WEEK 10		1	2	3	4	5	6/7
			Jo Andrina Norman SLSO	Jo Andrina Norman SLSO Panky GA	Jo Kate Vanessa Norman SLSO	Jo Mirjam Andrina SGT Vanessa Norman SLSO	
Notes		Easter Monday	Healthy Harold		Basketball	Cross Country	
WEEK 11		8	9	10	11	12	13/14
		Jo Andrina Vanessa Norman SLSO Panky GA	Jo Andrina Norman SLSO	Jo Andrina Kate Norman SLSO Panky GA	Jo Mirjam Vanessa Norman SLSO	Jo Mirjam Andrina SGT Vanessa Norman SLSO	
Notes						Harmony Day Lunch Last day of term	
		15	16	17	18	19	20/21
		-----	-----	School Holidays	-----	-----	-----
		22	23	24	25	26	27/28
		-----	-----	-----	School Holidays	-----	-----
TERM 2		29	30	1	2	3	4/5
WEEK 1		Jo Andrina Vanessa Norman SLSO Panky GA	Jo Andrina Norman SLSO	Jo Andrina Norman SLSO Panky GA	Jo Kate Vanessa Norman SLSO	Jo Mirjam Andrina SGT Vanessa Norman SLSO	
Notes		NO Students - SDD	First day back for students				
WEEK 2		6	7	8	9	10	11/12
		Jo Andrina Vanessa Norman SLSO Panky GA	Jo Andrina Norman SLSO	Jo Andrina Kate Norman SLSO Panky GA	Jo Mirjam Vanessa Norman SLSO	Jo Mirjam Andrina SGT Vanessa Norman SLSO	
Notes						Zone Cross Country	

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## Parent Guides

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# School Bytes

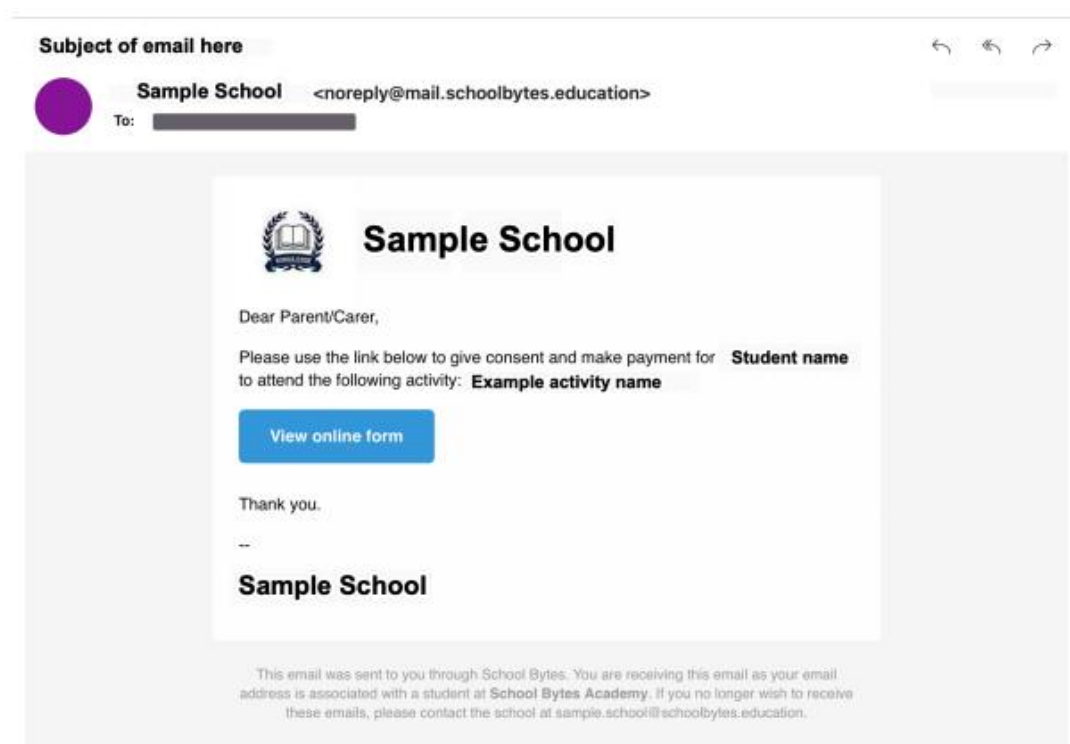
**Method 1** - Parent Portal - accessed via this link: <https://portal.schoolbytes.education>

**Method 2** - Parent App

App Store - <https://apps.apple.com/us/app/school-bytes/id6463097826>

Google Play - <https://play.google.com/store/apps/details?id=education.schoolbytes>

**Method 3** - Unique link emailed to you - an example of this is provided below.



This link will automatically direct you to the School Bytes application where you can then continue to make a payment or enter the details into your online permission note.

The emails are sent from [noreply@mail.schoolbytes.education](mailto:noreply@mail.schoolbytes.education) . If you are not receiving these emails, please check your spam/junk mail folder and add the email address to your safe senders list.

### Further assistance

If you have any questions about this process or do not have regular access to email, please contact the school office.

# Healthy Kids

## YOUR Healthy LUNCHBOX GUIDE

**Nutrition**  
New South Wales

**1** WHOLEGRAIN BREAD & CEREALS

**2** PLANT & ANIMAL PROTEIN

**3** DAIRY & ALTERNATIVES

**4** FRUITS

**5** VEGETABLES

Choose water and limit consumption of sugary drinks  
Pick whole fruit over fruit juice

**Examples**

**Top Tip**  
Pick one from each food group

**THE FIVE FOOD GROUPS**

- 1** WHOLEGRAINS provide long-lasting energy for the brain and body.
- 2** PROTEINS which are important for growth and to keep your tummy full!
- 3** DAIRY AND ALTERNATIVES for calcium to build strong bones and teeth.
- 4** FRUITS keep your body healthy. The more colours, the better!
- 5** VEGETABLES for a healthy gut and immune system. Enjoy a wide variety!

Healthy eating for everybody

For more information on healthy eating tips and recipes visit [nutritionaustraliansw.org.au](http://nutritionaustraliansw.org.au) or contact us [admin@nutritionaustraliansw.org.au](mailto:admin@nutritionaustraliansw.org.au)

**Good for kids**  
good for life



### What makes a balanced lunchbox?

A balanced lunchbox is made up of everyday foods from the five food groups: grain foods, fruit, vegetables, dairy/alternatives and meat/alternatives. Eating a range of everyday foods will give kids energy to learn, grow and play!

Follow this guide for packing an easy everyday lunchbox:

**Crunch&Sip®:** 1 serve of vegetables or fruit

**Recess:** 1 serve of vegetables or fruit & 1-2 everyday snacks

**Lunch:** A meal made with everyday ingredients such as sandwich, wrap, roll or leftovers

**Drink:** Water and/or reduced fat plain milk

Don't forget to pack an **ice brick** or **frozen water bottle** to keep food cool and safe!



Developed by Hunter New England LHD



[HNELHD-GoodForKids@health.nsw.gov.au](mailto: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.

**Good for kids**  
good for life



### Fundamental Movement Skills Activity: Balancing Act

Fundamental Movement Skills (FMS) are the building blocks of movement. Just like kids need to learn to read and write, they need to learn how to master FMS for a lifetime of enjoying being physically active.

**Try the activity 'Balancing Act' to develop balance!**

Students try balancing different objects to see which shapes are easiest to balance.

**What you need:**

Various balancing objects, such as feathers, shoes, caps, broom handles, balancing poles (made from rolled up newspaper and sticky tape), etc.

**What to do:**

- Students balance various objects to see which shapes are easiest to balance
- Students use different body parts to balance the objects, such as the palm or back of their hand, or their knee, foot, elbow or chin

**Change it up:**

- Students try walking or lying down and getting back up again while trying to balance the object
- Students 'jump' the balancing object from one body part to another i.e., one hand to another
- Compete with others and see who can hold a balance the longest



Source: Playing for life ([www.sportaus.gov.au](http://www.sportaus.gov.au))



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>



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# Healthy Harold products

Bring Healthy Harold home with you



Healthy Harold Plush Toy  
Small 20cm Large 35cm  
**\$8 \$15**



Healthy Harold  
Lunch Bag  
**\$14**



Healthy Harold  
Drink Bottle  
**\$10**



Healthy Harold  
Backpack  
**\$20**



Healthy Harold  
Value Pack  
**\$39.95**



Healthy Harold  
High Bounce Ball  
**\$3**



Healthy Harold  
Temporary Tattoo  
**50c**



Healthy Harold  
Pencil Case  
**\$5**



Healthy Harold  
Stikki Note Pad  
**\$1.50**

## How to order Healthy Harold merchandise online:

- 1 Visit the Healthy Harold Online Store:** Go to <https://bit.ly/haroldshop> to access the store
- 2 Select your customer type:** Choose 'Parent/Carer ordering for child' to have your child's items delivered during their Healthy Harold visit at school
- 3 Place your order:** Once you've selected the items you'd like to purchase, simply add them to your cart and proceed to checkout
- 4 Important Dates:** Orders for the school delivery open six weeks before the Healthy Harold visit date, and **close one week prior**. Be sure to mark your calendars and place your orders in time!
- 5 Delivery:** All orders will be conveniently delivered directly during your child's Healthy Harold visit at school.



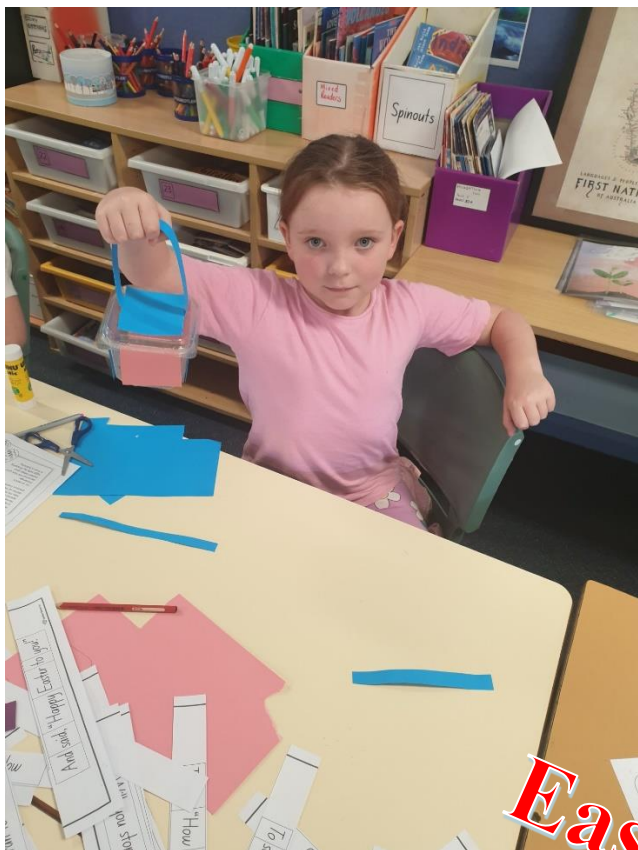
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## *Student Photos*

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## Easter Craft



## Game of Memory





## Upcoming Events

# Belated Elands Public School HARMONY DAY

*Celebrating Our Cultural Diversity*



**FRIDAY 12TH APRIL 1.00PM**

Parents and community members are welcome to come along for lunch on the day. The primary students have been studying celebrations around the world and will be making some dishes related to their festival of choice.

**Please bring a plate to share.**

**Please wear a touch of orange or a cultural outfit**



### Parent Line NSW

Parent Line NSW provides free telephone counselling for parents and carers of children aged 0 – 18 years.

#### We can help with anything from:

- Settling, sleeping and feeding
- Questions about child development
- Managing challenging behaviour
- School issues
- Problematic technology usage
- Alcohol and drugs
- Strategies to build positive relationships
- Finding support around a child's disability

You can speak to a counsellor with an interpreter at no cost.

Just call us on 1300 1300 52.

 **Parent Line NSW**  
1300 1300 52  
Parentline.org.au



✉ [info@parentline.org.au](mailto:info@parentline.org.au)  
🕒 9am-9pm weekdays | 4pm-9pm weekends

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## Community News

**RAFFLE**  
RAISING FUNDS FOR THE BULGA SOLDIERS MEMORIAL HALL



**Raffle Prizes**  
Prizes have to be collected either at the Elands Markets on  
Sunday 14th July or by calling Sheridan on 0265504552

**1ST, 2ND, 3RD PRIZES, BEING DRAWN 14TH JULY**  
**TICKETS \$2 EACH OR 3 FOR \$5**

**RAFFLE PRIZES**

**1st Prize**  
Massage Table (Leather) – Donated by Kriya  
2 Bottles of Wine (Red and White) – Donated by Will, Elands Shop  
Basket of Pate, biscuits, chocolates x 2 in cane basket – Donated by Will & Bulga Hall  
\$25 Voucher Dress Shop – Donated by Margo's, Taree  
3 kg of Honey – Donated by Pete and Aspen, Mid Coast Honey  
Sterling Silver & Stone bracelet – Donated by Sheridan  
African natural basket – Donated by Mel, Made on the Mountain

**2nd Prize**  
Djembe Drum – Donated by Chris, Circle of Drums  
2 bottles of 1 litre White Wine – Donated by Will, Elands Shop  
\$25 Voucher Dress Shop – Donated by Margo's, Taree  
Kids Project Toy – Donated by Bunnings, Taree  
Giftbox with Soap, candles & candle holders – Donated by Taree Flowers & Gift Shop  
Mens Watch worth \$250 – Donated by Classic Design Jewellers, Taree

**3rd Prize**  
1 bottle of Champagne – Donated by Bulga and Little Plain Hall  
1 Doll – Donated by Sue  
1 pack of Texters – Donated by Sheridan  
Boxed beauty products – Donated by Deb  
\$25 Vouchers for the Ellenborough Falls Kiosk – Donated by Trish  
Designer Sterling Silver Earrings – By Sheridan





# RFS



## BULGA PLATEAU RFS

### ANNUAL GENERAL MEETING

Tuesday April 30, 1900 hrs

All Welcome

@ at the Fire Station  
Glenwarrin Road Elands.



POSTAL ADDRESS  
NSW Rural Fire Service  
Locked Bag 17  
GRANVILLE NSW 2142

STREET ADDRESS  
NSW Rural Fire Service  
4 Murray Rose Ave  
SYDNEY OLYMPIC PARK NSW 2127

RFS.NSW.GOV.AU  
T (02) 8741 5555  
F (02) 8741 5550

## Community Talk: Breaking Stigma around Mental Health and Suicide



### Date

**13th April**  
**10am to 12pm**  
**Morning Tea**  
**provided**

### Venue

**Elands**  
Bulga Soldiers  
Memorial Hall,  
121 Glenwarrin Road,  
Elands

### Speakers

- Kelly Saidey, Lifeline
- Karissa Lewis, StandBy
- Gemma Green, Manning Suicide Prevention Network
- Renate Dwyer (Hunter New England Health)

## Breaking Stigma

Come along to hear how we can break stigma around mental health issues and suicide. Morning tea will be provided, as well as individual community support for those that may need it.



Facilitated by Bree Worrall. For further info or to RSVP, email Bree on breeeeza@hotmail.com or Phone/Text: 0410820983



## Bulga Soldiers Memorial Hall News:

- Working Bee held Thurs 28th March, 10.30am
- Easter Market fundraiser for the Hall, held 31st March. We're asking for donations of food dishes and cakes, and kitchen helpers on the day, please get in touch with Sheridan on 65504552
- Hall Raffle tickets are now on sale and will be drawn at our July Elands markets, on Sunday 14th July. Tickets also on sale at the markets, Falls Kiosk & Elands Shop
- We have recently observed a number of unsupervised children at our market. We kindly ask that all children be accompanied by an adult at all times, as we are unable to assume responsibility for their safety and wellbeing. Thank you for your cooperation in ensuring a safe and enjoyable experience for all visitors.



Venue: Bulga Soldiers Memorial Hall, Elands  
SPECIAL DATE FOR EASTER MARKET

**Easter Market**  
SUNDAY 31ST MARCH  
10AM - 3PM

KITCHEN FUNDS TO BULGA HALL

**FOOD & MUSIC  
COFFEE & CAKE  
HANDMADE CRAFTS  
BRIC-A-BRAC  
LOCAL PRODUCE**

The Bulga Hall is seeking donations for the Easter Market of food for the kitchen. Help us keep the Bulga Hall alive!

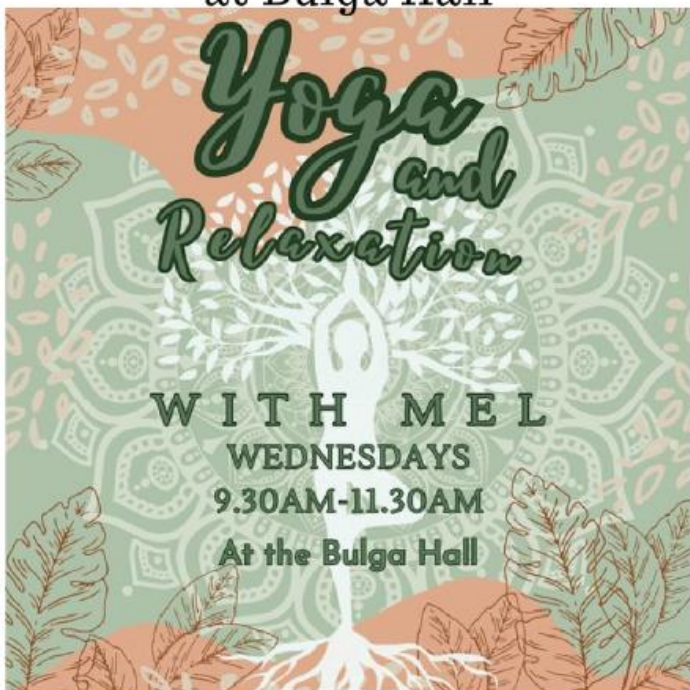
For Stallholder inquiries ph Mel: 0401 402 173





## **Yoga & Relaxation with Mel**

**Most Wednesdays,  
9.30AM-11.30AM,  
at Bulga Hall**



## **How can we showcase Art in our Community?**

Hi! We are having another meeting! Wednesday 13 March from noon at Bulga Hall.

On 28 February we got together to talk some more about art in our community. Once again we had good food and plenty of fun. We shared lots of ideas and made some fairly loose plans. On the second Wednesday of each month, we will combine art play with meeting and will progress our work.

## **Art Play hosted by Mel, on Wednesdays**

**12pm to 2.30pm or later, at the Bulga Hall.**



**Bring a plate, to share, art materials or  
something you're working on, for 2 hours  
of Art play.**

**Gold coin donation.**

**Some art materials provided if needed.**





NORTH COAST HERPETOLOGY GROUP PRESENTS...

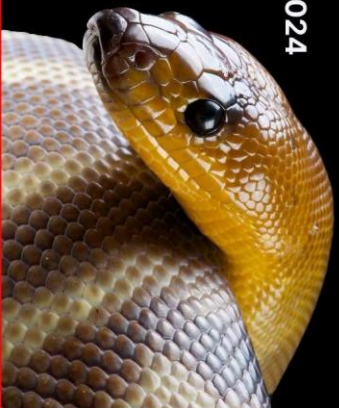
# REPTILE EXPO 2024

SATURDAY 27TH APRIL 2024  
10AM - 3PM

PORT MACQUARIE  
PANTHERS AUDITORIUM

ADULTS: \$5  
CHILDREN (UNDER 12): \$2  
UNDER 4: FREE

[WWW.TICKETBO.COM.AU/NCHGREPTILEEXP02024](http://WWW.TICKETBO.COM.AU/NCHGREPTILEEXP02024)



## Community Recovery Program



### Tuning in to Kids® Online Parenting Group

An online parenting group for parents and carers who would like to:

- Improve communication and strengthen the bond with their child
- Better understand their child's behaviour and learn new parenting approaches
- Connect with other like-minded parents

#### What is Tuning in to Kids®?

Tuning in to Kids (TIK) is an evidenced based, emotion-focused parenting course that supports parents/carers to recognise, understand and manage their own and their children's emotions. TIK has proven success in improving children's emotional intelligence which can reduce big behaviours.



#### Who is it for?

We are delivering TIK as part of our Community Recovery Program. TIK groups will be open to parents/carers from the following LGAs:

**QLD** Gympie Region, Somerset, Lockyer Valley, Western Downs.

**NSW** Lismore, Ballina Shire, Richmond Valley, Tweed Shire, Mid Coast, Port Macquarie-Hastings, Snowy Monaro & Eurobodalla Shire.

**Term 2: last opportunity to participate for these LGAs: Bega Valley Shire, City of Shoalhaven, Nambucca Valley, Kempsey Shire, Glen Innes Severn Shire & Clarence Valley.**

#### Where?

Groups will take place online via Zoom. Access to stable internet, a computer/device, and a private space will be required.

#### When?

**Term 2, 2024** Choice between 2 groups:

- **Group 1: Tuesdays 10am-12pm** beginning April 30<sup>th</sup> & running for 8 weeks until June 18<sup>th</sup> 2024
- **Group 2: Wednesdays 7.45pm-9.15pm** beginning May 1<sup>st</sup> & running for 8 weeks until June 19<sup>th</sup> 2024

#### Next steps:

TIK is **free to join**. Please contact our team if you are interested or have questions:  
[communityrecovery@royalfarwest.org.au](mailto:communityrecovery@royalfarwest.org.au) or (02) 9466 7726

#### What parents have said:

"I am so incredibly grateful for this course! I couldn't be more thankful for my learning and the strategies that are making an amazing difference with both of my boys"

Although funding for this product has been provided by both the Australian and NSW Governments, the material contained herein does not necessarily represent the views of either Government.