

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

«Students_Name»

«Street_Address»

Term 4, Week 5, Thursday 15th November 2018

Dear «ParentCarer_Name»

As we wind up our last week of Intensive Swimming Scheme it is wonderful to see the progress that students have made over the past two weeks. We are very lucky to be able to offer and run this programme in a K-6 setting each year at a very minimal cost e.g. \$25.00 per student. This programme is a very important part of the safety outcomes that are taught in the PD, H & PE curriculum. Learning to swim and how to keep oneself safe during water activities is a vital skill that all children and adults should acquire, especially in the environment we live in. Please consider finalising any outstanding cost by the end of the term.

Thankyou to those families who have returned their PD, H & PE surveys so promptly. Last Thursday morning the students also completed their survey before heading off to swimming. We brainstormed what activities and lessons that have been offered throughout the year in the three areas; Personal Development, Health and Physical Education, so you should be able to tease some information out of your child, other than the usual response (I don't know or nothing) to what did you do at school today. Please return your survey as soon as possible. If you need another copy or would like some more information please contact the office. The Evaluation Team will be holding the next meeting on Thursday 29th November at 2.00pm and this will be followed by a P&C meeting.

Next Monday Kenji will be in to take our school photos. Individual and family photos will be taken as soon as the students arrive and then class photos shortly afterwards, so as not to be too disruptive to student learning time as we want to get back to our usual routine as quickly as possible (due to the past two weeks of swimming). Please ensure your child wears their school uniform on the day.

Kinder Orientation will commence on Tuesday 27th and 4th December 2018 from 1.15 to 3.00pm. Please ensure your child brings a hat with them as they will be participating in outdoor activities. Our school is a Sun Safe School and all students are required to wear a hat during any outdoor activities.

Kind Regards,

Jo Boland

Term 4, 2018	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	12 th Swimming	13 th Swimming	14 th Swimming	15 th Swimming	16 th Swimming
Week 6	19 th School Photos	20 th	21 st	22 nd	23 rd
Week 7	26 th	27 th Kindy orientation	28 th	29 th P&C Evaluation Meeting 2pm	30 th Handball Comp @ Mt George PS
Week 8	3 rd	4 th Kindy orientation	5 th	6 th	7 th
Week 9	10 th	11 th	12 th	13 th	14 th P&C Christmas Disco
Week 10	17 th	18 th End of Year Presentation Day	19 th	20 th	21 st
Term 1, 2019 Week 1	28 th Australia Day Holiday	29 th Staff Development Day	30 th First day for students Term 1, 2019	31 st	1 st

Tiny

Hi

My name is Tiny; some of you have already met me. I usually go home and spend some time with the K-2 students. I just want to say how much I enjoy visiting and spending time with the families.




This is me in my first set of wheels!



On a recent visit to one family I was surprised to receive this lovely Segway!

I have also had many lovely gifts made for me such as; love hearts, T-shirts and shorts, but the thing I like best about my visits is spending time with families and writing down all the things we do together so I can share those adventures with the other students at school.

Thankyou 



Flying Fox Mobile Preschool

Flying Fox Mobile Preschool Venues:

Monday - Coopersnook
Coopersnook Public School,
Macquarie Street,
Coopersnook, 2426

Tuesday - John's River
John's River Public School
4-6 Station St,
Johns River, 2443

Wednesday - Lansdowne
Lansdowne Public School,
Cundle Road & Macquarie Street, Lans-
downe 2430

Thursday - Elands
Elands Public School,
Wingham-Ellenborough Rd,
Elands NSW 2429

Friday - Mount George
Mount George Public School,
1524 Nowendoc Road,
Mount George, 2424

Telephone: 0428 534884
or Wingham Preschool: 65534884
Email: flyingfox@winghampreschool.com.au

P&C Bits

The P&C will be hosting an after school Christmas Disco on Friday 14th December.

In preparation, can you please send in a note with up to 5 favourite songs your child would like to hear and dance to (or email aspen.at.elands@gmail.com). Please let the P&C know if you can volunteer on the day and/ or provide some healthy snacks to share. Entry will be by Gold Coin donation to cover hall hire costs and run until approximately 5pm.

eat clean snacks

Rebel Dietitian, Dana McDonald, RD rebelDIETITIAN.US

1. Pistachios (25)
2. Fresh Fruit Popsicle
3. Veggies and Guacamole Dip
4. Bowl of Fresh Berries
5. Watermelon Slices
6. Walnuts (10 - 15)
7. Fresh Vegetable Juice
8. Baked Sweet Potato
9. Steamed Edamame
10. Mixed Nuts (¼ cup)
11. Medjool Dates
12. Pecan Halves (10 - 15)
13. Whole Grain Tortilla with Nut Butter
14. Fresh Veggies with Hummus
15. Sliced Cucumbers
16. Fresh Pineapple Chunks
17. Mandarin Oranges
18. Banana with Peanut Butter
19. Carrot Sticks
20. Piece of Dark Chocolate (72%)
21. Almonds (23)
22. Baked Zucchini Chips
23. Fresh Mango Chunks
24. Small Dinner Salad
25. Cashews (10 - 15)
26. Raw Banana "Ice Cream"
27. Coconut Yogurt with Granola
28. DIY Apple Chips
29. Fresh Fruit Salad
30. Cup of Brown Rice
31. Hazelnuts (15 - 20)
32. DIY Raw Energy Bar
33. Dried Prunes or Apricots
34. Fresh Fruit Skewers
35. Apple Slices with Almond Butter
36. Plain Baked Potato
37. Fresh Smoothie
38. Muesli with Non-Dairy Milk
39. Broccoli and Cauliflower Florets
40. Veggie Wrap with Salsa
41. Oatmeal with Fresh Fruit
42. Grilled Peaches with Cinnamon
43. Baked Sweet Potato Fries
44. Two Bananas and Raw Almonds
45. Chocolate Covered Bananas (Frozen)
46. Cinnamon Popcorn
47. Frozen Grapes
48. DIY Trail Mix (¼ cup)
49. Fresh Fruit Skewers
50. Peanut Butter Banana Sandwich



Elands Community Newsletter

Term 4, Week 5, 2018



Bobin & Community Home Care Services

Dear community members

My name is Hilma and I am an age care worker and have lived in Bobin for the last 20 years. As we are all aging but wish to remain in the most beautiful spot, our own home, I have found that no provider wishes to travel to our area due to distance and conditions of our dirt roads.

In response to this growing need I am in the process of applying to become an approved age care provider with the aim to do home care in the Bobin – Elands area

The services I am hoping to provide are;

- Domestic assistance
- Gardening
- Social support
- Assistance with transport
- Shopping
- Personal care
- Meal preparation

My hope is to have locals look after locals.

What I would like to ask YOU is for a letter of support to go with my application.

If you have ever needed home care but could not get anyone, please put pen to paper and let them know we need and have the right to the same services as townies.

If you are of an age that things are getting a bit hard to do yourself, please send a short note stating you would support and use a local provider.

And if you are not there yet, sorry to say we all will. Please consider providing a letter of support for the future.

Thank you.

Letters can be left at Elands School, Bobin Hall mail box or send to

Bobin Community Home Care Services

34 Millers Road Bobin 2429