



# The News

Moree Public School

Contact us: Tel: 02 67521913 | Fax: 02 67524016 | Email: moree-p.admin@det.nsw.edu.au

## OPTIMUM LEARNING TIME ...

It was great to see all students return to start Term 3 last week. We are focusing on students arriving to school on time, ready to learn. It is vitally important that you set up routines at home that support being on time to school each day. Early morning tasks are especially important in setting children up for a focused day of learning, as children are provided with instructions for tasks or have reading groups that commence at 9.00am.



Jayden and Amelia starting the day with enthusiasm...

For those students that arrive a little late, but before 11:00am, they are to go straight to class. If your child is late to school and it is after 11am, please send them to the office.

Thank you for your assistance in phoning the office if you need to get a message to the school. We continue to have only essential people on site and your assistance is much appreciated.

Our primary toilet make-over is amazing and students have noticed how wonderful they look! We are now looking forward to having air conditioning units installed throughout the school, with work starting over the next few weeks.

After a long absence, Scripture classes are set to recommence on Thursday this week. Students will be reminded of their classes and the locations of their lessons by their class teachers. We look forward to these very valuable lessons starting once again.

Congratulations to our new P&C Committee Office Bearers who were elected at the P&C Annual General Meeting last week. It is truly appreciated the work that you do in the school. Please see the P&C report over the page for further details.

**Education Week** starts on Monday 3 August, and we'll be celebrating 'Learning together' in public education in NSW. At Moree Public School we have an action-packed week of activities and events to celebrate learning! Whilst we are unable to have our traditional open day for parent visits, our school will be having the traditional Education Week Service of Worship on Monday morning and on Tuesday we will celebrate National Aboriginal Children's Day with cultural activities for each grade. On Wednesday, we will have a special *Crunch and Sip* launch day (see attached flyer) and on Friday, I will be hosting a lunch time book reading session – it is just a little difficult to choose just one of my all-time favourite books to share but I do promise it will be very special!

NSW Department of Education

### Why attendance matters

When your child misses school they miss important opportunities to...



Learn

education.nsw.gov.au



Make friends



Build skills through fun



NSW Department of Education

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**Important Information ....** MPS Website: <https://www.moree-p.schools.nsw.gov.au/>

• Every child needs to bring a refillable water bottle to school – the bubblers will remain off until further notice

• Learning together – Education Week theme for 2020 and so very appropriate for our changing times!

**Life Education Van** with Ms Ruth van der Wegan and Happy Harold will commence lessons this week. Through the generosity of our P&C, every student will be attending this vital program and also receive a work book (no cost to families) for completion of the health units in the classrooms.

**Water bottles:** As we continue to follow COVID-19 health guidelines, the drinking bubblers remain off. However, there are multiple taps that can be used to refill personal water bottles. Please ensure your child has a suitable plastic bottle with them each day.

Mrs Sharyn Cox - Principal

## 2. KINDERGARTEN 2021

Enrolment for kindergarten is now open for children who turn 5 years of age by 31 July 2021. Please contact the school office for an application. Please remember to include all documentation including proof of residency, copy of birth certificate and immunisation records to date. Should you wish to discuss your enrolment application, please make an appointment with Mrs Cox or Mrs Hosegood through the school office – 67521913.

## 3. KITCHEN GARDEN



**MPS Kitchen Garden**  
**Applications now open!**



Students in Year 4 are invited to apply to become a 2020 Kitchen Garden Helper.

The Year 4 students were informed of the program yesterday and applications have been given out to all interested children.

To be considered for a position, students need to return their completed form to their classroom teacher by **Thursday 30<sup>th</sup> July**.

Should you need further information, please contact Miss Ryan via the school office.

4.

## Crunch & Sip



Crunch&Sip is a primary school nutrition program that promotes healthy eating at school and at home. Teachers set a time during the school day to encourage crunching on fruit and/or vegetables and sipping on water. It gives students the chance to re-fuel to improve physical performance and mental concentration. Parents are encouraged to send a piece of fruit or a vegetable and a bottle of water to school every day to enable their child to participate in this amazing program.

Moree Public School will be involved in a re-launch day of Crunch&Sip next Wednesday, 5<sup>th</sup> August. Students are invited to wear different colours to represent fruit or vegetables. Those who are feeling creative, can make and wear a fruit or vegetable costume! The day will consist of various activities that celebrate the Crunch&Sip program in our school and aims to promote healthy eating habits amongst our students.

## 5. LATE ARRIVALS / EARLY DEPARTURE

It is extremely important students arrive on time each day and be ready for the morning assemblies, understand the organisation for the day and to promptly commence literacy lessons by 9.00am. We do have a number of students consistently late each day and this impacts on their own learning and that of others. It is also appreciated if appointments can be made outside school times where possible. We value learning time and want to make the most of all the time we have – 5 and 10 minutes a few times per week adds up to a significant amount of lost learning time over a term and a year.

MPS has reviewed procedures for children who arrive late and/or leave early for various reasons – it is essential that school rolls are marked accurately and parent explanations are provided for the absence. Therefore, the following procedures will be implemented:

- LATE ARRIVAL up to 11.00am** – student go directly to their class, preferably with a note of explanation from parent.
- LATE ARRIVAL after 11.00am** – Parent to present with student at office to register arrival and reason for absence.
- EARLY DEPARTURES** – student to leave from the front office. Parents asked to send a note indicating the time and reason for an early pickup. Upon return from an appointment – students will register at the school office if this is after 11.00am.

Your co-operation in adhering to these procedures will be very much appreciated.

## 6. P&C ASSOCIATION

- **UNIFORM SHOP:** The uniform shop orders can be made through [www.flexischools.com.au](http://www.flexischools.com.au).

- **ANNUAL GENERAL MEETING:** The meeting held last Monday (20<sup>th</sup> July) was well attended and we are delighted to advise the following members elected to executive positions,  
*President:* Kelly James; *Vice President 1:* Victor Djulic; *Vice President 2:* Marie Rogers; *Secretary:* Lenice Muggleton; *Treasurer:* Natalie Tydd; *Fund Raising:* Trish Humphries and Megan Miller; *Uniform Shop:* Emma West and Amie Shone; *Canteen Rep:* N/A; *Dist/State Delegate:* Kelly James; *Grants Officer:* Sally Lavery; *Gardening Officer:* N/A

## 7. CONGRATULATIONS

The MPS Home Reading program continues this year. The program aims to encourage students to read regularly to an adult at home and enjoy reading a wide range of books that are available from school. Just ten minutes a day reading in the evening at home will promote language development and reading skills.

Congratulations to **Henrietta Lowien**, **Patrick Tydd** and **Christopher Lines** who have recently joined the **80 Reading Club**.



Rayma Honor's art work entered in the BMM Archies has been award a Highly Commended and a letter of congratulations from The Hon. Adam Marshall, MP

## 8. COMING EVENTS

Please check the current calendar on a regular basis (also published on the MPS website, Skoolbag App, and electronic board).

**WHILST TERMS 3 & 4 CONTINUE BELOW, PLEASE EXPECT & CHECK FOR FURTHER VARIATIONS.....**

### Term 3

2	Mon	27	Prim golf trials
	Tues	28	Life Education van
	Wed	29	Life Education van; Children's Book Council Aust - Picture Book
	Thurs	30	Life Education van
	Fri	31	Assemblies: 10.30 1B-4; 11.30 6K-15; Heferon Shield zone athletics carnival
3	Mon	3 Aug	Education Week; Life Education van
	Tues	4	Aboriginal Children's Day
	Wed	5	Year 4 excursion to Coffs Harbour; Life Education van
	Thurs	6	Life Education van
	Fri	7	Assemblies: 10.30 KS-10; 11.30 3P-24
4	Mon	10	
	Tues	11	Life Education van

	Wed	12	Life Education van
	Thurs	13	Life Education van
	Fri	14	Assemblies: 10.30 2M-29; 11.30 5M-16
5	Mon	17	Year 6 excursion - Canberra; Life Education van
	Tues	18	Life Education van
	Wed	19	Life Education van
	Thurs	20	
	Fri	21	Assemblies: 10.30 KR-9; 11.30 4J-30
6	Mon	24	
	Tues	25	PSSA rugby union - Mudgee (4 days)
	Wed	26	
	Thurs	27	
	Fri	28	Assemblies: 10.30 2M-7; 11.30 5B-17
7	Mon	31	
	Tues	1 Sept	Year 5 Sydney excursion
	Wed	2	
	Thurs	3	
	Fri	4	Assemblies: 10.30 KM-11; 11.30 3/4R-24
8	Mon	7	
	Tues	8	
	Wed	9	
	Thurs	10	
	Fri	11	Regional athletics trials - Tamworth; Assemblies: 10.30 2P-6; 11.30 5/6B-19
9	Mon	14	
	Tues	15	
	Wed	16	
	Thurs	17	
	Fri	18	Assemblies: 10.30 KS-10; 11.30 3R-22
10	Mon	21	
	Tues	22	
	Wed	23	
	Thurs	24	Year 3 excursion - Lake Keepit
	Fri	25	Assemblies: 10.30 4W-5; 11.30 4BT-39

### Term 4 Events TBC to comply with current health directives

1	Mon	12 Oct	Staff and students resume
	Tues	13	
	Wed	14	
	Thurs	15	
	Fri	16	
2	Mon	19	
	Tues	20	
	Wed	21	
	Thurs	22	
	Fri	23	Assemblies: 10.30 1H-3; 11.30 5/6L-14 (Captains speak)
3	Mon	26	
	Tues	27	Class & special group photographs
	Wed	28	Sporting team photograph
	Thurs	29	
	Fri	30	Assemblies: 10.30 KR-9; 11.30 3/4R-24 (Boy nominees speak)
4	Mon	2 Nov	
	Tues	3	
	Wed	4	
	Thurs	5	
	Fri	6	Assemblies: 10.30 1B-8; 11.30 5/6L-19 (Girl nominees speak)
5	Mon	9	
	Tues	10	
	Wed	11	
	Thurs	12	
	Fri	13	Assemblies: 10.30 KM-11; 11.30 3E-24
6	Mon	16	
	Tues	17	
	Wed	18	
	Thurs	19	
	Fri	20	Assemblies: 10.30 1B-4 ; 11.30 3E-24
7	Mon	23	
	Tues	24	
	Wed	25	
	Thurs	26	
	Fri	27	Assemblies: 10.30 KS-10; 11.30 4T-13
8	Mon	30	
	Tues	1 Dec	
	Wed	2	
	Thurs	3	K-6 Presentation
	Fri	4	Assemblies: 11.30

9	Mon	7
	Tues	8
	Wed	9
	Thurs	10
10	Fri	11
	Mon	14
	Tues	15
	Wed	16
	Thurs	17
	Fri	18

Assemblies: 10.30 Combined kinder assembly; 11.30

**• Please remember to confirm reason for your child's absence with a note via Skoolbag or a phone call to the school office.**

### CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites across regional NSW.

PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact  
Joss Facility Management via email on  
[cleaning@jossgroup.com.au](mailto:cleaning@jossgroup.com.au)

Check us out of Facebook **Joss Cleaning** or visit our webpage  
[www.jossgroup.com.au](http://www.jossgroup.com.au)



Harlee and Ella are hard at work – with smiles!

## ICAS Competitions 2020

**LAST CHANCE to enrol!**

The list below shows the competitions that are available to students, the sitting dates and cost for each:

<b>Science</b>		
Years 3-6	Monday 17 <sup>th</sup> August.	\$15.95
<b>Digital Technologies</b>		
Years 3-6	Monday 24 <sup>th</sup> August.	\$15.95
<b>English</b>		
Years 3-6	Wednesday 26 <sup>th</sup> August	\$15.95
<b>Spelling Bee</b>		
Years 3-6	Monday 31 <sup>st</sup> August	\$15.95
<b>Mathematics</b>		
Years 3-6	Monday 31 <sup>st</sup> August	\$15.95
<b>Writing</b>	not available in 2020	

Payments will be completed online by going to the link below and typing in our unique access code:

**Parent page link is:**  
<https://shop.unswglobal.com.au/pages/pps>

**School access code is:**  
**EED367**

If you would like your child to participate in any or all of the competitions, please indicate on the form and return to Miss Carlin by Friday 7<sup>th</sup> August.

### ICAS Competitions 2020

I have paid for my child

\_\_\_\_\_ of class

\_\_\_\_\_ (if composite class please circle the grade they are in) via the UNSW online payment system to participate in the following ICAS competitions:

Science \$15.95	_____
Digital Tech. \$15.95	_____
English \$15.95	_____
Spelling \$15.95	_____
Mathematics \$15.95	_____

Signed \_\_\_\_\_

Date \_\_\_\_\_

## Dates to remember!

**• Education Week - Learning together - Monday, 3<sup>rd</sup> August**

**• Crunch&Sip Day - Wednesday, 5<sup>th</sup> August - come dressed in your favourite fruit colour!**



# Infants Assembly Awards





# Primary Assembly Awards



**SCHOLASTIC**

# Book Club LOOP

for Parents

## CATALOGUE ISSUE 5



*This Term parents are invited to place a Scholastic Book Club Order via LOOP. All Book Club orders will be home delivered with a \$5.99 delivery fee.*

**ORDERS CLOSE: Monday, 10 August 2020**

*This is the link to copy and paste in your browser:*

**<https://mybookclubs.scholastic.com.au/Parent/Login.aspx>**

Book Club continues to partner with your school by giving back  
**10% of your order value in Scholastic Rewards**



**SCHOLASTIC  
REWARDS**

These can be used to purchase resources and get books into the hands of the children in your school!

*Thank you for supporting this school-based literacy program.*



# 6 tips

to increase fruit and vegetables at home

1

## Be a role model

Let your kids see you enjoying fruit, vegetables and water.

2

## Get the kids involved

Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.

3

## Make it accessible

At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.

4

## Try Crunch&Sip® at home

Make time on weekends or during school holidays for a quick snack of fruit or veggies.



5

## Keep trying!

Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!

6

## Include it in every meal

Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.

# Crunch&Sip®

Information for parents

## What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

## Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

## What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.



Health



# what to pack

## A bottle of plain water

When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.



## A whole piece of fruit or veg

Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.



## Several whole, smaller fruit or veg

Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.



## Chopped fruit or veg

Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.



## Veggie sticks

Cucumber, capsicum, celery and carrot are great options.



## Canned fruit

Fresh fruit and veg are best, but fruit canned in water or natural juice is OK **every now and then.**



## Dried fruit

For example, apple, mango, apricots or sultanas, a **maximum of once a week.**



## Helpful tips for Crunch&Sip®

**1** Only fruit and vegetables are suitable for Crunch&Sip®. The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.

**2** Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.

**3** Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or preparing can be done at school. Include a fork or spoon when needed.

**4** Prepare Crunch&Sip® snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.

**5** Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.

**6** Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.