

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!



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!

The News

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 30th July.

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

4.



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 refuel 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, 5th 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 <u>if this is after 11.00am</u>.

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.

• ANNUAL GENERAL MEETING: The meeting held last Monday (20th 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 BAMM 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 TBC
	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 ;
			Heferen 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-21
4	Mon	10	
	Tues	11	Life Education van

5	Wed Thurs Fri Mon Tues Wed Thurs Fri	12 13 14 17 18 19 20 21	Life Education van Life Education van Assemblies: 10.30 2M 29; 11.30 5M 16 Year 6 excursion – Canberra; Life Education van Life Education van Life Education van Assemblies: 10.30 KR-9; 11.30 4J 30
6	Mon Tues Wed Thurs Fri	24 25 26 27 28	PSSA rugby union Mudgee (4 days) Assemblies: 10.30 2M-7; 11.30 5B-17
7	Mon Tues Wed Thurs	31 1 Sept 2 3	Year 5 Sydney excursion
8	Fri Mon Tues Wed Thurs Fri	4 7 8 9 10 11	Assemblies: 10.30 KM 11; 11.30 3/4R 24
9	Mon Tues Wed Thurs	14 15 16 17	Assemblies: 10.30 2P-6; 11.30 5/6B-19
10	Fri Mon Tues Wed Thurs Fri	18 21 22 23 24 25	Assemblies: 10.30 KS 10; 11.30 3R 22 Year 3 excursion – Lake Keepit Assemblies: 10.30 1W 5; 11.30 4BT 39
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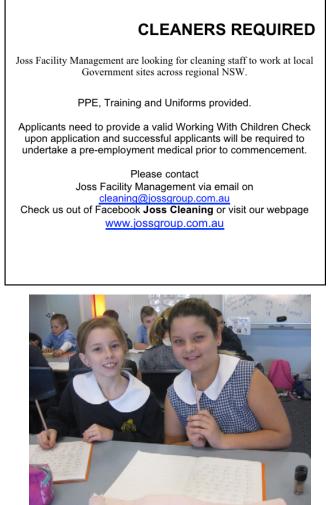
Events TBC to comply with current health directives Term 4 Mon 12 Oct Staff and students resume Tues Wed 13 14 15 Thurs 16 19 20 Fri 2 Mon Tues 21 22 23 Wed Thurs Assemblies: 10.30 1H-3; 11.30 5/6L-14 (Captains speak) Fri 26 27 28 3 Mon Tues Wed Class & special group photographs Sporting team photograph Thurs 29 30 Assemblies: 10.30 KR-9; Fri 11.30 3/4R-24 (Boy nominees speak) 4 Mon 2 Nov Tues 3 Wed 4 Thurs 5 Assemblies: 10.30 1B-8; 11.30 5/6L-19 Fri 6 (Girl nominees speak) 9 10 5 Mon Tues 11 12 13 Wed Thurs Assemblies: 10.30 KM-11; 11.30 3E-24 Fri 16 17 18 6 Mon Tues Wed 19 20 23 Thurs Assemblies: 10.301B-4 ; 11.30 3E-24 Fri 7 Mon 24 25 26 Tues Wed Thurs 27 30 Assemblies: 10.30 KS-10; 11.30 4T-13 Fri 8 Mon Tues 1 Dec Wed 2 3 K-6 Presentation Thurs Fri 4 Assemblies: 11.30

The News

9	Mon	7	
	Tues	8	
	Wed	9	
	Thurs	10	
	Fri	11	
10	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.



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:

Science Years 3-6	Monday 17 th August.	\$15.95
Digital Technolo Years 3-6	gies Monday 24 th August.	\$15.95
English Years 3-6	Wednesday 26 th August	\$15.95
Spelling Bee Years 3-6	Monday 31 st August	\$15.95
Mathematics Years 3-6	Monday 31 st August	\$15.95

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

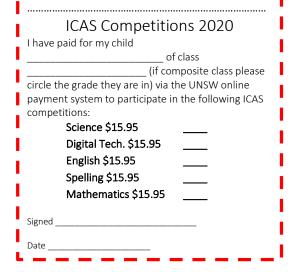
not available in 2020

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

School access code is: EED367

Writing

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 $\frac{\text{Friday 7}^{\text{th}}}{\text{August.}}$

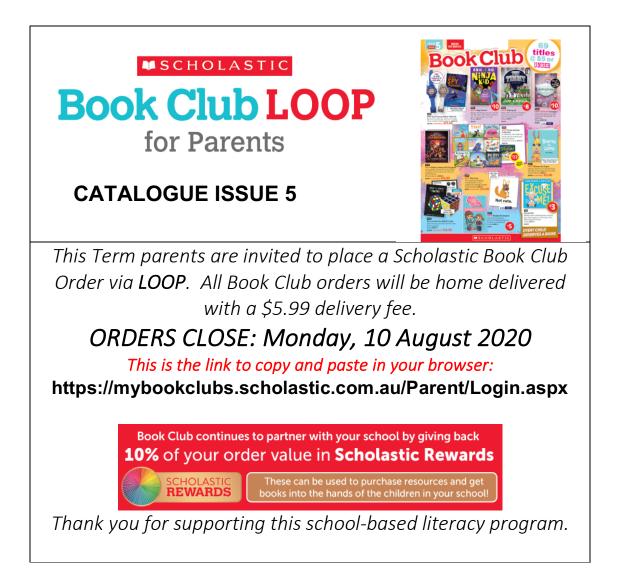


Vates to remember! • Education Week - Learning together - Monday, 3rd August • Crunch&Sip Day - Wednesday, 5th August - come dressed in your favourite fruit colour!



brimary Assembly Awards





to increase fruit and vegetables at home

Be a role model

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

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Get the kids involved

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

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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.

Try Crunch&Sip[®] at home

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



Keep trying!

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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!

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 bolognaise, shepherds pie, pasta sauce and burger patties.

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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.

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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.

A bottle of plain water

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

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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.

Crunch&Sip® here are some examples

Veggie sticks

Cucumber. capsicum, celery and carrot are great options.

Canned fruit

Dried fruit

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

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

Helpful tips for Crunch&Sip

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.

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.

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.

Prepare Crunch&Sip[®] snacks in advance. Plan for the week ahead

Chopped fruit

Pack a container of

bite sized pieces of

fruit or vegetables

such as watermelon,

cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

mango, broccoli or

or veg

by chopping all the snacks needed for Crunch&Sip[®] at one time. Or, simply cut extra vegetables when preparing dinner the night before.

Crunch&Sip[®] is 5 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[®].

Dried fruit should 6 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.