

# Blighty Public School

Working Together



## NEWSLETTER

Email: [blighty-p.school@det.nsw.edu.au](mailto:blighty-p.school@det.nsw.edu.au) Website: [www.blighty-p.schools.nsw.edu.au](http://www.blighty-p.schools.nsw.edu.au)

### ADDRESS:

RMB 1095,  
Blighty School Road,  
Finley NSW 2713  
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Relieving Principal:  
Marita Leetham

### Important Dates for Your Calendar:

- ◆ 7th Nov Kinder Transition
- ◆ 8th Nov K-2 Hay Excursion
- ◆ 10th Nov Hall set up
- ◆ 11th Nov Play rehearsal
- ◆ 13th Nov School Play
- ◆ 14th Nov 3/4 Big Bash
- ◆ 15th Nov 5/6 Big Bash

### Attached Notes

- ◆ Intensive Swimming note
- ◆ Sporting Schools Gymnastic & IGA permission note

### Reminders:

- ◆ Music (uke/recorder) - Monday
- ◆ Banking - Thursday
- ◆ Canteen - Thursday
- ◆ Sport - Friday
- ◆ Library- K-2 Tuesday 3-6 Friday

### Canteen:

Please change with someone else on the list if you are unable to come on that day and let the office know.

Canteen helpers are asked to please bring some fresh fruit to cut up and share with the children. Thank you.

### Summer Menu Term 4

7th Nov - Donna Bain  
14th Nov - Kylie Steenholdt  
21st Nov - Sonia Frost  
Due to Intensive Swimming lunch will be at 11:30  
28th Nov - Michelle Baker  
5th Dec - Caron Charlton  
12th Dec - Lou Hanmer

### Welcome to Week 3!

#### Kindergarten Transition

We still have two days left this term, our next day will be next Thursday 7th November. Please let Maree or Mrs Leetham know if you would like your child to attend.

#### K-2 Excursion to Hay: Please note Library drop off 8:20 am and pick up 4:00 pm

Infants are travelling to Hay on Friday 8th November with Mrs Conallin, Robyn, Mayrung and Conargo students and teachers. Outstanding note and payment are due tomorrow. Departure is from Deniliquin Library at 8:20 am. They are sure to have a great day visiting Shear Outback and Hay Gaol Museum. The bus will be returning at 4:00 pm and pick up is from the Deniliquin Library.

#### It's almost SHOWTIME!

Due to unforeseen circumstances, we have had to change the date of our upcoming school play. We can confirm our new date is Wednesday 13th November. Students will spend the whole day on Monday 11th November at the Blighty Hall. The bus will drop off and pick up students from the Hall on that day. We will rehearse and go through the running of the play with a full dress rehearsal. A working bee to set up the stage will be held on Sunday 10th November starting at 2 pm. We will meet at school at 2 pm, pack cars and trailers and then travel down to the Hall. Thank you to those families who have returned their note to let us know they can help. We are still seeking helpers, for both setting up and packing up on the day/night of the performance. The matinee will begin at noon and our night time performance will be at 7.00 pm. Students need to be at the hall no later than 6.50 pm. Thank you to all our parents and teachers who have assisted with costumes and ideas for props! Students need to remember to bring in a box to school before the Monday rehearsal for their costumes and props.

#### Save the Date

As discussed at the last P&C meeting, this year we are trialling a day time end of year presentation day, rather than a night-time event. This is the format most primary schools in the district are now adopting. This will occur on Monday 16th December starting at 10 am, followed by a BYO picnic lunch. With the end of year festivities, we understand how hectic this time can be and are hoping this will better cater to the needs of our students and allow all families to attend.

#### Staff Professional Learning

All teaching staff will be involved in extra professional development next Tuesday after school, this will be in place of the staff development day on Friday 20th December. The planned training will provide teachers with information about the role of the National Numeracy Learning Progressions in supporting teacher knowledge of numeracy development and differentiating learning to target student's numeracy needs.

## **Attendance**

Parents are responsible for ensuring that their child comes to school each day. If your child is not at school for any reason, we require a written note from you, explaining why your child was not at school. Sometimes students are unwell or have an urgent medical appointment. It is not acceptable to be away from school due to a shopping trip, birthday. Students are also required to be signed in by a parent or guardian when they arrive late to school. When your child misses school, they miss out on learning opportunities and we cannot get this time back. Thank you for your assistance in this matter.

## **Head Lice:- Have You Checked Your Child's Hair?**

*Please carefully check your child/ren's hair tonight and regularly every Friday.* Ensure that your child has their own hat and that their name is clearly labelled inside. It is also suggested that long hair is tied back in a ponytail, plait or braid. We also recommend obtaining treatment from the chemist or using the hair conditioner treatment. We can never completely eradicate this problem, but if we all work together, we can at least contain the spread.

## **Upcoming Events**

### **Big Bash Cricket**

Years 3 - 6 students will be participating in the Big Bash Cricket at Rams Oval Deniliquin in week 5. Students in Years 3 and 4 will be attending on Thursday 14th November and Years 5 and 6 students will be attending on Friday 15th November with Mrs Webb or Mrs Eason (Mayrung). Students are to be at the oval by 9:20 am.

### **Intensive Swimming Program**

Our 2019 Intensive Swimming program will run each day during Weeks 7 and 8. K-6 students will be participating in these sessions at the Deniliquin Pool from 2:10 - 2:50 pm each afternoon. Students will need to bring their swimmers, rashi and towel to school each day. We will ask students to get changed into their swimmers at school before we depart for Deniliquin. The afternoon bus run will commence on the return trip to Blighty Public School. Permission note is attached to this newsletter.

### **P&C AGM (Week 8)**

The P&C Annual General Meeting will be held on Monday 2nd December at 3:30 pm in the Library. A general meeting will follow. All positions are declared vacant and nominations are then called for. Please speak to Sonia Frost or me, if you would like more information. We love to see all families represented at these meetings.



### **Happy Birthday**

Happy Birthday to Obi. We all hope you had a fabulous day.

# Parenting Tips...

Show your child how to become a responsible citizen. Find ways to help others all year. Kids gain a sense of self-worth by volunteering in the community.



Nutrition Snippet

## The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## Student Profile

**Name:** Emily H

**Age:** 9

**Nickname:** Milly/Brum

**Fav. Food:** Mango

**Fav. Drink:** Sarah's smoothies

**Fav. TV Show:** Scooby Do

**Fav. Movie:** Holes

**Fav. Holiday Destination:** Lorne

**Fav. Sports Team:** Richmond

**Fav. Performer or Group:** Arianna Grande

**Fav. Smell:** Mum's cooking

**Fav. Memory:** Going to Japan

**Fav. Thing to do:** Driving the motorbike

**One thing I have learnt:** To cook on my own

**Fav. Subject:** Art

**What I would like to do when I finish School:** Go travelling with some friends

**Where I see myself in 20 years:** Teaching

**Three famous people (living, dead or make believe) you would like to invite to a dinner party:** Adam Sandler, Jake, Delta Goodrem



Our girls summer uniform dress is available from school. We have most sizes.





# Information Sessions for Parents, Carers and interested professionals



## *Supporting Children and Young People in Drought Impacted Communities*

Loss at any time in life can be challenging. At Good Grief, we develop and support a range of evidence-based loss and grief education programs that help children, young people and adults to understand their experience and attend well to their grief following major loss experiences.

The drought brings many changes and losses for children, young people and families in the Murrumbidgee community and more broadly. Concerns are often raised about the impacts and how we may best support children and young people.

### **COMMON QUESTIONS ARE:**

1. What is the impact of prolonged drought for wellbeing of children and young people?
2. What are normal and natural reactions for children and young people?
3. How can I best support the children and young people in my care?

### **ATTENDEES WILL HAVE THE OPPORTUNITY TO LEARN ABOUT:**

1. Children and young people's reactions following significant life events;
2. The Seasons for Growth approach to understanding and supporting children and young people following significant life experiences;
3. Practical strategies to support children and young people;
4. Caring for yourself;
5. Questions and answers, networking.



**VENUE:** RSL Club, 72 End St, Deniliquin NSW, 2710

**DATE:** 13 November 2019, 5.30 - 7.30pm

Good Grief will also provide training to enable professionals working in schools and community organisations to facilitate the Seasons for Growth Children and Young People's small group program with children and young people. Seasons for Growth provides a safe learning environment for children and young people where they can give voice to their experiences, understand their feelings, learn skills to adapt and recognise 'I'm not the only one'.

**FOR MORE INFORMATION** on Seasons for Growth, visit [www.goodgrief.org.au](http://www.goodgrief.org.au)

This initiative is funded by from Murrumbidgee Primary Health Network through the Australian Government's PHN Program and Empowering Communities program.

If you are interested in attending the session, please email [karen.muir@goodgrief.org.au](mailto:karen.muir@goodgrief.org.au)

**SUBJECT HEADER: DENILIKUIN INFORMATION SESSION**

NAME

CONTACT NO

EMAIL

