



SANDY BEACH PUBLIC SCHOOL

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Principal: Diane Blevin



Issue 22 Aug 1, 2018

Hello parents, carers and friends of Sandy Beach Public School,

This newsletter is the first of our fortnightly trial. Our Skoolbag app will continue with regular alerts for events.

Once Upon A Time

The Musical K-2 Once Upon A Time is in full throttle with rehearsals. Many tickets have been sold and can still be purchased at the front office.

Athletics Carnival

Last Wednesday we were fortunate to have wonderful weather for our Athletics Carnival. Mr Murgatroyd and Mrs Hagan were key organisers in a well-run event. There are approximately 60 students attending the CHD Carnival on Wednesday 8 August. We wish them luck in their next events. The winning house was "CEDAR".

Congratulations to our Age Champions

Junior Boy: Will Bennett

Junior Girl: Maya Mitchell

11 Yrs Boy: Ray Christie

11 Yrs Girl: Colleen Brauman

Senior Boy: Levi Woods

Senior Girl: Charli Daddow

State Cross Country

Congratulations to Will Bennett who attended this event last week in Sydney. He came 25th out of 80 in the Under 10's, running 2km in 7:48 minutes. Fantastic effort Will!

Spelling Bee

Yesterday our school Spelling Bee was held for students Years 3 to 6. The 2 representatives from each class participated with the eventual winners being Jack Deakin and Frankie Jones for Juniors and Harley Hayes and Cooper Biggin for Seniors. They will be competing at the next level in a few weeks at Boambee Public School.

Education Week Tuesday 7 August

Next week we are having an open day and invite parents and grandparents to attend. We hope you can attend. See the attached invitation for times.

Tell them From Me student survey

We will be conducting the Term 3 Tell Them From Me student survey for Years 4-6. Please read attached letter and consent form information and only complete if you do not want your child(ren) to participate.

Healthy Lunchboxes

Classes are started to encourage more vegies in the Crunch and Sip time each day. Each class is keeping a tally of vegetables eaten and tasting a new vegie each week. See the recommendations attached from NSW Health to help your family fill lunchboxes with healthy food!

Learning for Life Scholarship Program

We are fortunate to have the opportunity to offer 25 places. Please read information below. This is a great chance to receive financial support for any of your children at our school.

Coffs Cup Gazetted Holiday

A final reminder that the school is closed tomorrow form 12pm due to the Coffs Cup gazetted holiday.

Diane Blevin

Principal

Learning for Life Scholarship Program

The Smith Family may be able to help with the costs of your child's education.



A small number of Learning for Life scholarships are currently available to students attending Sandy Beach Public School. The scholarships provide \$420 per year to help families afford essential educational items such as uniforms, school shoes, excursions and books/stationery items.

To be eligible, parents/carers must have a Health Care card or Pension Concessions card and students to have a very good record of school attendance. If you think you may qualify and would like more information about referral to the program, please contact Belinda Musgrave at the school on 02 6656 1777 no later the 30 August 2018.

Please note that expression of interest does not guarantee the provision of a scholarship and the number of scholarships available is limited.

DATES FOR YOUR DIARY

Aug 2

Coffs Cup Day

Aug 3

Yr 3 Excursion Coffs Adventure Centre

Aug 6-10

Education Week

Aug 6

Dance Team—Coffs Plaza

Aug 7

Open day & Grandparents Day

Aug 8

CHD Athletics

Aug 14

Mathematics ICAS Testing

Aug 14-15

K-2 Musical

Aug 17

MNC Athletics

STUDENTS OF THE WEEK

K Lime

Otis Harrigan

K Purple

Jaxon Pridham

K/1 Aqua

Scarlett Hazeldene

1 Sapphire

Billy Smith

1/2 Orange

Jade Messner

2 Red

Jada Smith

2 Indigo

Archie Tobin

Star Solver

Chelsea McKee

Class of the Week

K-Lime

3 Blue

Paige Saban

3 Teal

Riley East

4 Violet

Linken McNellee

4/5 Gold

Riley Maybon

5 Coral

Zinnie Cotsell

6 Ivory

Lilly Dean

6 Turquoise

Tyran Smith

Star Solver

Addersen Bartley & Vlad Hlebnikov

Class of the Week

4 Violet

SPECIAL AWARDS

Ruby

Riff Jenkin-Barry

Philip Bellette

Maxwell Beszant

Ecko Buchanan

Zoe Jones

Sapphire

Bella Moore

Imogen McKenzie

Lillie Welbourne

Austin Harper

Taj Farrow

Elsa Harnett

Blair Hearn

Jade

Frankie Jones

Bayley Johnson

Benjamin Watson

Poppy Williams

Topaz

Paige Holder

Opal

Alicia Murray

Chantel Vaughan

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.

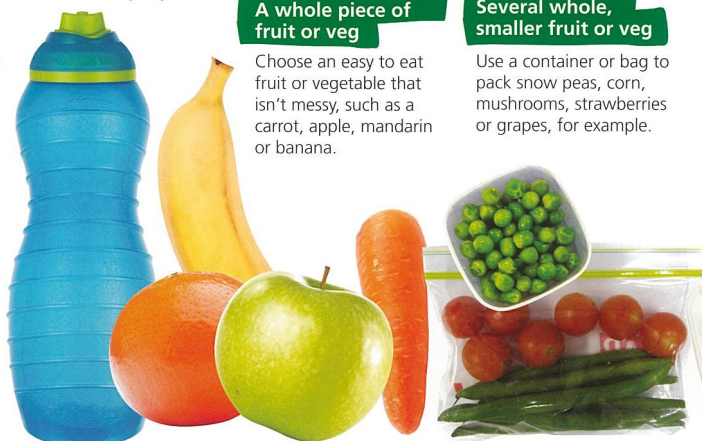
What you need to do:

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.

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.

for Crunch&Sip®

here are some examples

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.

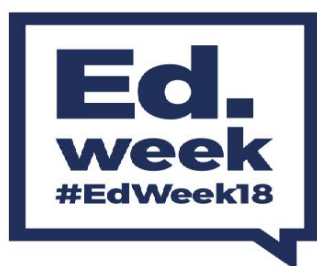


Education Week 2018



Sandy Beach Public School Open Day & Grandparents Day

Parents and grandparents are invited to attend our school on **Tuesday 7 August** for our Open Day and Education Week Assembly.



**Today's
schools –
creating
tomorrow's
world**

- 9:45 – 10:30 Open class
10:30 – 11:00 Education Week Assembly under large C.O.L.A.
11:00 – 11:30 Morning Tea
(Parents and grandparents morning tea with staff in Reflection Room.
You may like to join your child for morning tea)

Regards
Diane Blevin
Principal



RSVP. Please return to the office by **Friday 3 August**.

Yes I am able to attend the school open day and morning tea

Child's Name: _____

Class: _____

Number of people attending: _____





CANTEEN MENU TERM 3 2018

CRUNCH N' SIP

Fruit stick. .20c
 Seasonal fruit. From .60c
 Fruit cup;
 Muesli, Custard, Yoghurt \$1.00

RECESS

Pin wheels .50c each
 or 5 for \$2.00
 Homemade sausage roll \$1.00 each

RECESS AND LUNCH

Fruit sticks .20c
 Air popped popcorn \$1.00
 Frozen V8 cup (200mL) .50c
 Fruit cup;
 Muesli, Custard, Yogurt \$1.00
 Quelch icy pole
 (lunch only) .50c

HOT LUNCH

Homemade pizza:
 Cheese \$3.00
 Garlic \$3.00
 Ham and pineapple \$3.00
 Meat lovers \$3.00
 Homemade sausage roll \$2.00
 Meat pie (woopi bakery) \$4.00
 Homemade lasagna \$3.50
 Hot chicken gravy roll \$4.00
 Homemade mac and cheese \$3.50
 Chicken breast burger \$4.50
 Homemade Spaghetti bowl \$3.50

SANDWICHES

Salad; \$4.00
 cheese, lettuce, tomato, carrot, cucumber,
 capsicum.
 extras: chicken, ham, tuna \$1.00
 Wrap, rolls and bowls .50c
 Cheese, tomato \$2.00
 Egg and tomato \$2.50
 Ham and (chicken or tuna) \$3.00
 Vegemite \$1.00
 TOASTIES:
 Cheese \$2.50
 Ham and cheese \$3.00
 Ham, cheese and tomato \$3.50

DRINKS

Water \$1.50
 Poppers \$1.50
 Flavoured milk \$2.00
 Fruit slushie (99% fruit) \$2.00
 Hot milo \$2.00
 Smoothie (lunch order only)
 Banana, Mango, Vanilla,
 Strawberry \$3.00

EXTRAS

Add a fruit stick and (popper or water) \$1.50 sauce - .50c



Education
Centre for Education
Statistics & Evaluation



***Tell Them From Me* student survey:
Information and consent form for
parents and carers**

1 August 2018

Dear Parents and Carers

This term, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed on-line and is run by an independent research company, The Learning Bar, which specialises in school-based surveys.

Staff in schools will not be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

This survey will help our school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you do not want your child to take part in the survey, please complete the attached form and return it to your child's school by Wednesday 8 August 2018.

More information about the survey and the research is available in English on the CESE website: <http://surveys.cese.nsw.gov.au/information-for-parents>

Diane Blevin
Principal
Sandy Beach Public School

Dr Jenny Donovan
Executive Director
Centre for Education Statistics and Evaluation

***Tell Them From Me* Student Feedback Survey non-consent form**

If you **do not want** your child to participate in the student feedback survey, please sign this form and return it to the school by Wednesday 8 August 2018.

I DO NOT give consent for my child/children to participate in the *Tell Them From Me* student feedback survey.

Name of student 1

Roll class of student 1

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.....

Name of student 2

Roll class of student 2

.....

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Name of student 3

Roll class of student 3

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Name of student 4

Roll class of student 4

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Name of parent/carer

Signature of parent/carer

Date

CENTRE FOR EDUCATION STATISTICS AND EVALUATION

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