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Term 4 Week 9

Presentation Assemblies

Due to COVID-19 restrictions, we are unable to have parents attend our end of year Presentation Assemblies on Wednesday 8th December, 2021. Our Year 6 Farewell Assembly is being held on Monday 13th December commencing at 12.15pm. One parent is permitted to attend and must enter through Brown Street gate and are required to QR code and show proof of double vaccination. This is required to meet our attendance protocols.

A Zoom link can be emailed to parents who have registered their email with the school.

Please adhere to the current Public Health Advice and remain at home if you have any cold or flu symptoms or are awaiting test results.

The Year 6 Farewell Dance will be held in the school hall starting at 6pm with a finish time of 7.30 pm. Only Year 6 students may attend the dance. Students will enter and exit through the Brown Street gate. Dress is smart casual clothing.

Grey Shorts and pants available

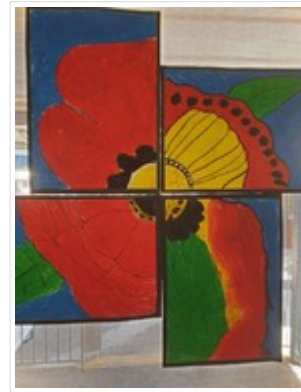
We have a limited amount of grey shorts available for \$5 each and grey long pants for \$7 each. Sizes range from size 3 to 16. Be quick to secure this bargain as once they are sold, there will be no replacements. Numbers are limited to 2 per family.

COVID update

This week as we catch our breath, we recognise that we have had a taste of what others across the state have experienced with a COVID outbreak. I would like to sincerely thank our amazing community for their resilience, kindness and understanding as we navigated the Health NSW requirements. I am very thankful that the impact of COVID has been contained and we send our love and best wishes to all for negative tests, speedy recoveries and continued wellbeing.

To help us, I would appreciate families checking their emails. If you haven't received an email, it is possible that we do not have an up-to-date address or we may have an address that is incorrectly typed. All COVID information is sent by email, so it is vital that we make sure these are correct.

Stage 1 Remembrance Day Art



Stage 1 has produced two beautiful collaborative art pieces in honor of Remembrance Day.

Well done!



Good for Kids good for life

Tips to increase vegetable intake

Vegetables are packed with vitamins and minerals that help kids grow and learn. See our top tips for ways to include more vegetables in the lunchbox and at home. Remember, there's a rainbow to choose from.

- **Involve your child in lunch box planning**
Let them choose a vegetable and help you prepare it. They could wash, peel and chop carrots.
- **Pack cooked vegetables**
Cook extra vegies the night before and store them in the fridge ready for the lunchbox. Try roast sweet potato.
- **Pack raw vegetables**
Chop them into bite sized pieces and add a dip, like cucumber sticks with hummus.
- **Hide vegetables**
Try recipes your child loves with extra vegies. Corn fritters, fried rice, pasta salad and zucchini slice are favourites.



Source: Tips to Increase Vegetables
<https://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-increase-vegetables/>



Health
Hunter New England
Local Health District

HNE LHD: GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

1B & 1R Clay Day

1B and 1R recently had their clay day, making bugs! A wonderful, artistic day was had by all. Thank you Mrs Walburn for a great art lesson.



Maths Challenge

Test your logic skills on this free challenge question from the Australian Maths Trust (<https://www.amt.edu.au/free-amc-problems>)

To become a member of a club you have to crack this code:

6 1 4 3 2 5

MP1: Questions

Each of the six numbers stands for a different letter. Use the following clues and questions to crack the code.

- $E + U + L = 6$.
What numbers could E, U, L stand for?
- $S + R + U + T = 18$.
What is the value of $S + R + T$?
What number is U?
- $U \times T = 15$.
What number is T?
- $S \times L = 8$.
What numbers are S, R, E, L?
What is the code word?

School Counselling

School counselling is a confidential service available to all public school students, parents and carers.

Counsellors are there to help students and their families with problems that may be preventing students from making the most of their education. School counsellors are experienced teachers, with post graduate qualifications in school counselling. Many counsellors are also qualified psychologists.

Students may ask to see a school counsellor if they have any problems affecting them at school. This could include worrying about school work, conflict with friends, being in trouble at school or just feeling 'down'.

Parents or carers may seek advice from school counsellors about their child's school progress, educational options including access to special education services, problems with behaviour or for information about help from other agencies.

Discussions with a counsellor will be confidential between the counsellor, students, parent or carer who has sought assistance. The only time that counsellors can pass on information without permission is when they are required by law to report a situation where someone might suffer serious harm if information is withheld.

Consent is required before any psychological assessment is undertaken.

This service is part of the Department of Education's commitment to ensuring that students have every opportunity to do well at school.

Worm Juice Fertiliser



Our worm farm is producing lots of fertiliser. This is amazing for your trees, flowers and vegetable garden. We are selling it for \$10 a container and when you bring your empty container back in you can get a refill for \$5.

Please come and see us at the office to purchase this amazing product.