

Johns River Public School

4-6 Station Street, JOHNS RIVER, NSW, 2443

Phone: 02 6556 5130

Email: johnsriver-p.school@det.nsw.edu.au

Website: johnsriver-p.schools.nsw.edu.au



Caring & Sharing

A proud member of the Camden Haven Community of Schools

NEWSLETTER - Term 4 Week 1 : 18 October 2019

A message from the Relieving Principal

Ms Robyn Bishop

3 Way Conference – Save the Date

Please send these back nice and early so we can plan our week.

Combined Day at Hannam Vale PS – Wed 23 October

Please return your notes no later than Monday 21/10.

Parents are reminded this is a two day activity. Day 1 is at JRPS, Day 2 is at HVPS and the curriculum based activities planned will run across the two days as students work in peer groups. These 2 days will cover our Personal Development unit for the Term.

Parents are responsible for transporting their children to HVPS on Wednesday 23 October for normal school hours.

We know how valuable these combined days are for student personal and social development.

Coming Events

Term 4 Week 1 / Week 2

Thursday 17 October

- Year 6 Socialisation Day CHHS
- 9am -3.00pm

Friday 18 October

- Teddy Bear Visit K-6 /9.15am – 11.15

Tuesday 22 October

- Combined School Day with Hannam Vale PS @ Johns River PS
- Whizzy Water Visit 10.20am

Wednesday 23 October

- Combined School Day with Hannam Vale PS @ Hannam Vale PS

Term 4

- Grandparents Day
- School leaders speeches
- Remembrance Day
- November Intensive swimming program
2weeks – **Notes due back by 6 November**
Money due by 20 November
- Presentation Day
- Christmas Celebrations

BEE TALK



Good for Kids good for life

HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit healthyschoolcanteens.nsw.gov.au and search 'parents and friends'



NSW Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

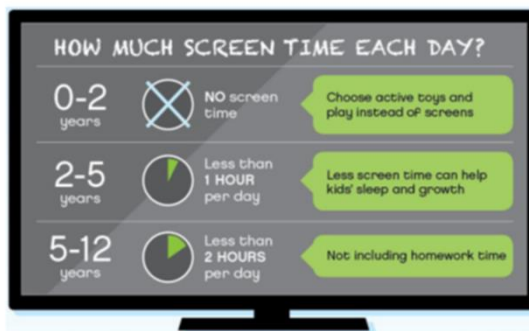
Good for Kids good for life

TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24hour Movement Guidelines

NSW Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life



NSW Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

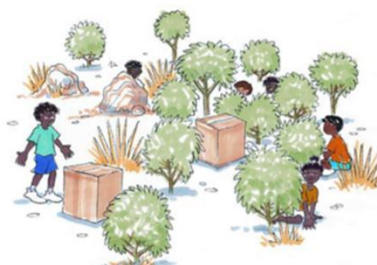
Good for Kids good for life

TRADITIONAL INDIGENOUS GAMES

Looking for fun activities for the kids?

Why not try some **Yulunga: Traditional Indigenous Games**

Thirring-Nunna 'thir-ring-nun-na' is a hide and seek game that is played by the Aboriginal children in Queensland.



One player is the 'seeker' and the other players hide. Once hidden, the players are not allowed to move from their hiding places.

The seeker searches for the hidden players.

When players are found they can help the 'seeker' to find the other players.

Source: Yulunga Traditional Games - sportaus.gov.au/yulunga

NSW Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

WAYS TO BE PHYSICALLY ACTIVE

Why not try these ideas?

There are many ways for children to be physically active and to limit sedentary behaviour every day.



ACTIVE AND FUN

- Encourage children to play active games like obstacle courses, tag, skipping or throwing a ball or frisbee.
- Visit playgrounds, parks, nature reserves, ovals or beaches.
- Get children involved in a variety of different sports and activities.



ACTIVE TRAVEL

- For short trips, walk or ride safely.
- For longer trips, park the car some distance away and walk with children for the rest of the trip.



ACTIVE AT HOME

- Limit time for watching TV and using electronic games.
- Store portable electronic devices out of sight.
- Enjoy a walk with children around your local area.
- Children can help with gardening activities like digging, sweeping or raking.



ACTIVE AND SAFE

- Start slowly and build up the amount and intensity of physical activity.
- Protect children from the sun – ensure children wear sun-protective clothing, including a hat, and apply sunscreen regularly.
- Always supervise children appropriately when in and around water.
- Speak with your doctor or other health professional if your child has a medical condition.

Image source: Department of Health



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

BECOME A VOLUNTEER HOST FAMILY



CAN YOU HOST ME?

EMAIL INFO@WEP.ORG.AU
CALL 1300 884 733
SMS 'HOST' TO 0428 246 633



WEP IS LOOKING FOR VOLUNTEER HOST FAMILIES TO HOST EXCHANGE STUDENTS FROM COUNTRIES INCLUDING ITALY, FRANCE AND BELGIUM, ARRIVING IN AUSTRALIA IN JULY 2020!

IF YOU HAVE AN INTEREST IN OTHER CULTURES, WE WOULD LOVE TO HEAR FROM YOU! REMEMBER, SOMETIMES THE GREATEST REWARDS IN LIFE COME FROM DOING THINGS YOU NEVER THOUGHT YOU WOULD!

CONTACT WEP ON 1300 884 733 FOR MORE INFORMATION OR EMAIL INFO@WEP.ORG.AU.

LAURA from Italy

Ciao from Italy!
I am able to see the good in anything and anyone and I perceive every life event as a lesson. I love spending time outdoors, swimming, walking, participating in team sports, taking photos and meeting with my friends.
My family is relatively small, but we are very close. I respect and admire my parents.
I can't wait to meet my Australian family!

MORE PROFILES
AVAILABLE AT
WEP.ORG.AU/HOST