

Johns River Public School

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NEWSLETTER - Term 4 Week 3 : 1 November 2019

A message from the Relieving Principal

Ms Robyn Bishop

Staff Development Day – 20/12/19

Each term staff participate in 'Staff Development Days', this term we have 2 days allocated for professional learning. These two days fall at the end of the term, 19 and 20 December 2019. Staff throughout the term have completed twilight training sessions which they will use as 'credit' against one of these days. This means staff will be at school on the Thursday 19th December for School planning. On Friday 20 December the school will be closed for the start of the school holiday break.

Bush Fire Emergency Management and Evacuation Plan

With all the fires currently alight, it is a timely reminder to ensure you have your Evacuation Plans up-to-date. While we have a current Emergency Evacuation Plan in place, next week I will attend a special workshop which is being held by the RFS at North Haven PS to reinforce our procedures. Please keep yourself, your family and your pets safe. Attached is a copy of the Bush Fire Season Information for Parents Factsheet which may be useful for making your own plans.

Kidszone – Working Bee

Anyone who is wishing to be involved in designing the space is welcome to be here on Thursday 7th November. Chloe will be in Kidszone all day so feel free to call in and lend a hand and share any ideas you may have.

School Counsellor In - Tuesday 5 November

If anyone else is hoping to chat with the counsellor or have some assessment work done you need to let me know ASAP as this will be the last time we have the school counsellor this year. This is a free service and is available to students (with a parent referral) and for parents who would like a chat.

The morning is already pre-booked, please don't forget if you are one of the people coming in for a chat. If you are not sure of the time you have booked in, please give me a call and I can let you know.

Coming Events

Term 4 Week 3 / Week 2

Tuesday 5 November

- School Counsellor will be at school

Thursday 7 November

- Kids Zone Working Bee

Monday 11 November

- Remembrance Day Assembly 11am

Friday 15 November

- Grandparents Day 11am -2.30pm

Term 4

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

TEDDY BEARS VISIT



TEDDY BEARS VISIT



OP-SHOP DAY OUT



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'



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

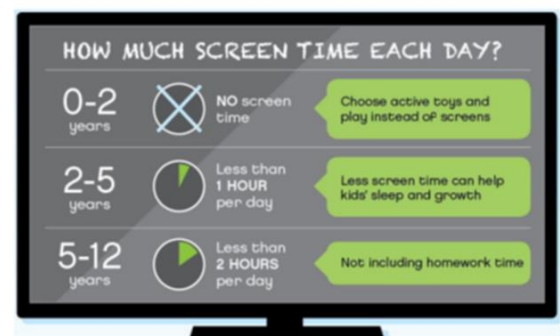
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TURN OFF SCREENS AND GET ACTIVE!

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



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<http://www.goodforkids.nsw.gov.au/>

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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

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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

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