

# Johns River Public School

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## NEWSLETTER - Term 3 Week 2 : 2<sup>nd</sup> August 2019

A message from the Relieving Principal

### Ms Robyn Bishop

Welcome back to another Term which is rapidly filling up with many great social opportunities and learning experiences.

#### **PBL (Positive Behaviour for Learning)**

Our first PBL Meeting is booked in for Wednesday 14th August. I am looking forward to working with staff, students and parents as we develop PBL for our school.

#### **Lock Down**

Last term we had a 'practice lockdown'. Children responded appropriately and responsibly. By running through our emergency response systems we not only comply with our Work Health and Safety Policy, we also ensure, in the event of an actual emergency, threat or critical incident, we are ready to respond appropriately.

**Next P&C Meeting** - Friday 9<sup>th</sup> August at 9 am  
everyone most welcome.

#### **Book Week / Education Week / Science Week – Save the Date Friday 23/08/19**

This year we have decided to 'make a day of it' and combine these events for a whole day of wonderful activities. A separate note will come home as we want you to be involved and a big part of the day. So, save the date and be ready to 'come back to school' and join us (literally) in what is shaping up to be a fabulously fun day. The Book Week theme is 'Reading is My Secret Power'. Start planning your book week costumes.

#### **Staffing Update**

I am very pleased to announce Mr T is back on staff 5 days per week. Timetables may alter a little over the coming weeks as we make some adjustments to suit. Staff worked hard on their first day back this term exploring more on how students learn and how this translates into classroom practice.

#### **Practicum Student Teacher**

Next Week we welcome Mr Howard into our school for the first of two of his practicum experience. Mr Howard's first practicum is for two weeks this term. His next time with us will be during Term 4 when he completes another three weeks. We are looking forward to helping Mr Howard develop his teaching skills and for him to share some of the newest research which is coming out of the Universities with us.

#### **Y-Pep / Child Protection Lessons**

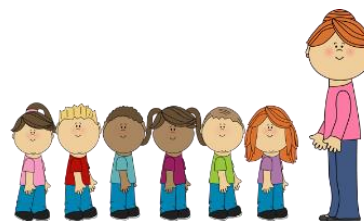
This term our PDH focus centres on child protection. If there are any sensitive issues you wish us to know about or concerns you may have around this subject, please feel free to contact Robyn Bishop, Relieving Principal to discuss further.

#### **Flag Poles**

A very big 'thank you' to Ms Leslie Williams MP and The Hon Sarah Mitchell MLC who granted an application for the three new school flags you can see standing proudly at the front of the school. I am delighted they are here and looking so regal front of school.

## School Photos

School Photos on Thursday 8th August can all student please make sure they wear full school uniform



# Coming Events

## Term 3 Week 2

Wednesday 31<sup>st</sup> July

- Yr2-6 NAIDOC Day Performance at CHHS

Friday 2<sup>nd</sup> August

- Zone Athletics Carnival
- Canteen Open

## Term 3

Thursday 8<sup>th</sup> August

- School Photos

Wednesday 14<sup>th</sup> August

- GATS testing at CHHS

Thursday 15<sup>th</sup> August

- CHHS Yr6 Peer Leaders Day at

Friday 16 August

- **Final payment** for Lake Keepit Camp

Tuesday 20<sup>th</sup> August

- CHAFFS rehearsal at CHHS

Wednesday 21<sup>st</sup> August

- CHAFFS Performance

Monday 26<sup>th</sup> August to Friday 30<sup>th</sup> August

- Lake Keepit Camp

Thursday 22<sup>nd</sup> August

- Bravehearts at 10am HCPS

Friday 23<sup>rd</sup> August

- Book Week / Education Week active

# Naidoc Day

The whole school went to the NAIDOC DAY celebrations held at Moorland PS last Wednesday.

The student participated in different activities during the day and enjoyed a sausage sizzle.



## Zone Athletics

We just want to wish Shelby and Austin all the best today at the Zone Athletics Carnival.



## LAKE KEEPIT CAMP

**Reminder** Lake Keepit Camp is fast approaching. Our P&C committee have kindly contributed \$100 towards camp expenses for each student attending. Please note this on your payment schedule. There is still a significant amount of money outstanding for this camp. As we are not the coordinating school for this activity there will be no flexibility for late payments. Please ensure your last payment is received no later than Friday 16<sup>th</sup>.

Payment can be made online using the Make Payment app via our school web page and follow the prompts.



## PLANT DONATION

We would like to tidy up the school gardens by giving them a new lease on life. If you have a green thumb and can help us by donating cuttings from your garden, we need your help! Thank you to those that have sent in plants but we still need a few more, easy care plants to achieve this.



## LOCAL EVENTS



### NEWSLETTER SNIPPETS TERM 3 2019

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 3 school newsletters.

The below newsletter snippets are easy to copy and paste, and provide information to families on healthy eating and physical activity.

TERM 3 NEWSLETTER TOPICS
Keeping active in winter
Choose water
Healthy party ideas
Mastering the Kick
Recipe - Spinach Pesto Pasta with Cherry Tomatoes



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

## Good for Kids good for life

### KEEPING ACTIVE IN WINTER

When kids come home from school during the cooler months there is less light for fun outdoor time to burn off energy. Less daylight hours and cooler temperatures does have to equate to more screen time (TV/video games).

Keeping activity is important for everyone even in the cooler months, and the Australian 24-Hour Movement Guidelines recommend that children get **at least one hour each day of physical activity**.

Try the following indoor activities:

- Make up a dance
- Try 'Just Dance' on a gaming console or YouTube
- Sign up to 'Go Noodle!' for free and move along to your favourite Go Noodle's
- Hula hooping or skipping
- Juggling
- Use the furniture to create an indoor ninja park or obstacle course
- Try a family fitness challenge, e.g. who can do the most push-ups, squats, sit ups, burpees
- Use a pair of socks or a balloon to play volleyball, tennis, soccer or football indoors



**HOW TO PLAY SOCK WRESTLING**  
Everyone needs to be wearing a pair of socks! Clear a space and make sure you have some safety rules and limits so no one gets hurt. The aim of the game is to get people's socks off without losing yours. The last one with a sock on wins!

Image source: <https://picklebums.com/20-fun-ways-to-get-active-with-your-kids/>



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## Good for Kids good for life

### CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L  
6—12 years 1.5L



#### TIPS TO DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle when you go out
- Pack water for school
- Encourage drinking extra water when they play sport
- Limit buying sugary drinks



Information source: © Cancer Council Victoria 2019



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## Good for Kids good for life

### HEALTHY PARTY IDEAS

Parents and teachers can shift the focus for school parties from unhealthy food to fun healthy food.

You could serve snacks with fun plates, napkins, cups or straws, or have a tasting party where children can vote for their favourite healthy snack. Why not try some of the following:

- Fruit kebabs
- Orange quarters – try them frozen in summer
- Fruit smoothies
- Melon balls
- Berries
- Frozen fruit blocks
- Apple slinkies
- Veggie strips with low fat dip or salsa
- Sandwiches
- Raisin bread
- Pikelets
- Rice crackers
- Scones
- Cheese cubes
- Low fat popcorn



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## Good for Kids good for life

### FUNDAMENTAL MOVEMENT SKILLS MASTERING THE KICK



The kick is a manipulative striking skill characterised by producing force from the foot to an object. The stationary place kick involves kicking an object which is still. It is basic to kicks used in all football codes. It is also important for foot-eye coordination.

#### Steps to practice at home:

- Stabilise and raise the ball off the ground by placing it on a bean bag or a roll of masking tape.
- Place a mark on the ball and ask the child to focus on that as they approach the ball to kick.
- Focus on kicking the ball for distance rather than accuracy.
- Place chalk on the child's shoelaces so that a mark is left on the ball after it has been kicked.
- Use a beach ball, balloon, or a ball that is soft, flat or partially deflated.
- Practice kicking the ball against a wall.
- Demonstrate, running up to kick the ball.
- Introduce accuracy by kicking to a partner or target, or into a goal.
- Practise kicking with either foot.

Source: Get Skilled, Get Active and Live Life Well @ School © State of NSW, Department of Education and Communities, 2012



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## Good for Kids good for life

### RECIPE

#### Spinach Pesto Pasta with Cherry Tomatoes



#### Ingredients

100g baby spinach leaves	2 tbs olive oil
1/2 cup firmly packed fresh basil leaves	1/4 cup shredded parmesan cheese
2 tbs toasted slivered almonds	375g short pasta shapes (e.g. penne, fusilli)
2 cloves garlic, crushed	250g punnet small cherry tomatoes, halved

#### Method

1. To make spinach pesto, place spinach, basil, almonds and garlic in a food processor. Process until finely chopped. Add oil and parmesan. Process to form a thick paste.
2. Cook pasta in a large, deep pan of boiling water for 10 to 12 minutes or until just tender (al dente). Drain and return to same pan.
3. Add spinach pesto to pasta. Stir over low-medium heat until pasta is coated with pesto and heated through.
4. Stir in tomatoes. Serve hot.

**Tips:** To toast slivered almonds, spread over an oven tray. Bake in a moderate oven (180C) for 3-5 minutes until light golden. This pasta is also delicious served cold. Keep covered in refrigerator for up to 2 days. Great for school or office lunches.

Sourced from Healthy Kids at [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



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DO YOU WANT TO PLAY BASEBALL?  
**SAVE \$100 NOW**  
CLAIM YOUR 2019 VOUCHER  
Go to [sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids)

Are you interested in playing baseball but not sure where the closest club is?

#### WE CAN HELP!

Visit [playbaseball.org.au](http://playbaseball.org.au) to find out more. We accept Active Kids Vouchers!

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valid for all  
school students

