

NORTH WAGGA PUBLIC SCHOOL



Building a Culture of Excellence

☎: 6921 3533 **⊠**: 54 Hampden Ave, North Wagga Wagga **□**: www.northwagga-p.schools.nsw.edu.au **७**: northwagga-p.school@det.nsw.edu.au



Give kids sticks, they will build!

PRINCIPALS MESSAGE

Welcome to Week 9!

Landscaping

You will have noticed over the weekend a significant change to the front of our school. We had a number of trees removed and have cleared out the somewhat unloved and overgrown bushes in the garden beds. In the coming weeks we will be replanting with 18 trees and hedging plants. We will be involving the students in the process and we are all very excited about refreshing the look of our beautiful school.

Extra-curricular activities

It has been wonderful observing the students participating in numerous extra-curricular activities this week. Our swimming program continues this week (finishing on Friday), the whole school is taking part in Footsteps dance all week and Stage 1 has ventured out to the Riverina Environmental Education Centre.

Lost Property

What a lovely couple of days we have had for the start of Week 9. The weather has been very warm and sunny so it is time to find our sun hats. NWPS is a sun safe school and as such our students need to wear their hats when out in the playground. PLEASE, please, please put your child's name somewhere on the hat so we can return it should it go missing. Our collection of lost property was overflowing last week with jumpers as well, however, the majority of these items could not be returned because they did not have names on them.

R U OK?

R U OK? seeks to create a world where we're all connected. We're never too young or too old to look out for one another and meaningfully connect.

A range of circumstances can lead to a child feeling low, including:

- Big life changes like moving house or school
- Experiencing grief or loss
- Being around people going through tough times
- · Being bullied
- Arguing with someone
- · Problems with school work
- · Being bored
- · Having a medical condition or chronic illness
- · Not sleeping well
- · Not exercising enough
- · Special needs

Four steps can help.

- 1. **Ask R U OK?** Be relaxed, friendly and concerned in your approach.
- 2. Listen with an open mind. Don't interrupt or rush the conversation.
- **3. Encourage action**. Be positive and seek professional help if needed.
- 4. Check In. Remember to follow up.

Social Media

The eSafety Commissioner is are aware of reports about some distressing inappropriate content circulating social media platforms. Please monitor children using social media.

Colour Run

Just a reminder to keep fundraising for our upcoming 'Colour Run', on Friday 23rd October. There are some fun incentives in the coming weeks and more information is provided in today's newsletter.

I would like to thank you for remaining outside our school gates and respecting the restrictions that we have had to put in place.

Have a fabulous week.

Trudy Standley Principal

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	14/09/2020	15/09/2020 REEC Stage 1	16/09/2020	17/09/2020	18/09/2020
	Learn to Swim Program	Learn to Swim	Learn to Swim	Learn to Swim	Learn to Swim
		Program	Program	Program	Program
Week 10	21/09/2020	22/09/2020	23/09/2020	24/09/2020	25/09/2020
					Last day of
					Term 3
Term 4					
Week 1	12/10/2020	13/10/2020	14/10/2020	15/10/2020	16/10/2020
	School resumes				
	for Term 4 for				
	pupils and staff.				
	19/10/2020	20/10/2020	21/10/2020	22/10/2020	23/10/2020
					SCHOOL COLOUR FUNEVI
	26/10/2020	27/10/2020	28/10/2020	29/10/2020	30/10/2020

COVID-19

NSW Health Advice

In accordance with advice from NSW Health, parents and carers are reminded NOT to send children to school if they are unwell, even if they have the mildest flu-like symptoms. Schools will make arrangements for students who present as unwell or have flu-like symptoms to be sent home.

NSW Health have requested that schools encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner or one of the COVID-19 clinics. A list of local clinics are provided below;

Wagga Wagga Douglass Hanly Moir Pathology Suite 3, Calvary Diagnostic & Consulting Centre, Calvary Health Care Riverina, 36 Hardy Avenue, Wagga Wagga, NSW, 2650 Booking 1800 026 622 or (02)9111 3405

Wagga Wagga Base Hospital Clinic Yabtree Street, Wagga Wagga, NSW, 2650 Demountable opposite Emergency Department Booking required via 1800 831 099

Wagga Wagga Respiratory Clinic 8 Tanda Place, Glenfield Park, NSW, 2650 Book online

Students with flu-like symptoms will need to provide a copy of a negative COVID-19 test result before being permitted to return to school.

Further information can be found at the following link: https://education.nsw.gov.au/covid-19/advice-for-families



Congratulations Charlotte, Cooper G, Cooper McM, Gemma, Lachlan, Marley, Tiara and Zepher on receiving your Level 4 Banner















Check-in assessment

Check-in assessment for Year 3

Dear parents and carers,

Year3 students will participate in a new reading and numeracy check-in assessment in Term 3 – Week 10, 2020.

The Check-in assessment is <u>a</u> NSW Department of Education online reading and numeracy assessment available to support schools to assess and monitor Year 3/5 student learning following the period of learning from home.

The Check-in assessments can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs.

 The assessment will be scheduled for our Year 3 students Week 10 Monday – Reading, Tuesday – Mathematics.

Students with disability may receive the same level of support during the assessment that they would normally receive in the classroom.

Please note:

Students will be asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. The type of computer connection needed is a jack or USB.

Any queries, please contact Atlanta Hilton.

The bus children enjoyed building a fort to play in whilst waiting for their buses to arrive.



FOOTSTEPS

Our Footsteps program started this week and the children are having a wonderful time learning new dances.





Green classshowing off theirdance moves









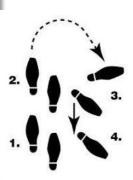


Navy class grooving to the music









ENVELOPES

We have introduced payment envelopes to cut down on the amount of plastic waste at the school. We ask that you enclose the bottom portion of the permission note along with payment in the envelope supplied. Please retain the top portion of the permission note for your reference.

TOURNAMENT OF MINDS

The TOM team has worked hard this term to come up with their solution to this years 'super challenge'. They have shown their commitment, giving up many a lunchtime over the last 7 weeks! This year they've had the added challenge of videoing their solution and editing it!!!!

Congratulations Poppy, Ruby, Martha, Chloe, Rhys, Josie and Thomas! Mrs Johnson

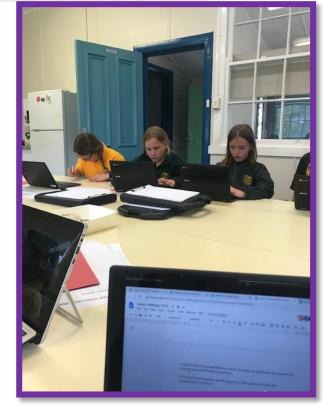












ATTENTION YEAR 6: PHOTGRAPHS NEEDED

Attention: Year 6 Photographs

To create a virtual end of year display for our Year 6 students we would like them to bring in the following:

- baby photo
- kindergarten photo (if they didn't attend NWPS)
- an Online Home Learning photo

(Year 6 photos - will be taken in Week 6)

All photos will be scanned and returned home. Thank you for your assistance. Atlanta Hilton

PARENT CONTRIBUTIONS AND SUBJECT CONTRIBUTIONS

The general Voluntary School Contribution is a voluntary contribution to the school and is set at \$35.00 per child for the whole year. We would greatly appreciate if this could be forwarded to the school office to assist with the planning of the school budget.

Each year we also request payment for "Subject Contribtions". This is a specific request for books used in individual classes and a photocopy levy. The contribution is \$47.00 for each child.

Parents are able to make a payment via our school web site. Click on by credit card.

MAKE A PAYMENT

to pay

You do not need to enter the Student Registration Number

MAKE A PAYMENT | ENROLMENT | NEWS | NEWSLETTER

GALLERY



North Wagga Public School

Building a culture of excellence

T: 02 6921 3533

E: northwagga-p.school@det.nsw.edu.au



Orange Class working on circuits





Dear Parent/Guardian,

WELCOME BACK! We started our School Fun Run COLOUR DAY fundraiser in term one, and now we finally get to do it! Our event will be held on 23rd October 2020 and it is something fun we can look forward to after this very unusual and tough year, while continuing to raise money for Chromebooks/Laptops.

After a storm comes a rainbow!

It has been a challenging year for all communities, so it's time to release some pressure and have some fun! Let's get excited for our Crazy Colour Day, giving our school community their rainbow to look forward to!

On top of having an amazing day, the event this year is our only major fundraiser. We're looking to improve the school by **purchasing** more Chromebooks / Laptops so we'd truly appreciate your support. If you are not able to donate yourself, keep reading, because you can still help at no cost!

What is a Crazy Colour Day?

Your kids are going to run around a course and be hit with a rainbow of colours! We're hoping to boost school spirit while raising money to improve the learning experience for your kids. These days are incredibly fun for all involved and it will undoubtably be one of the most exciting school days of 2020. This is for everyone, so please make sure they attend on the day and cheer the other kids on!

Is it compliant?

YES! We can run it while still following current social distance restrictions. We hope that by the time our event goes ahead you will all be welcomed into the school, however if restrictions are still in place, we can hold our day and give the kids an amazing event.

Note: We will keep you updated leading up to the event, so please ensure you keep an eye out in all correspondence.

How Does My Child Fundraise?

Firstly, go to schoolfunrun.com.au and create a student profile page. Everything to do with your fundraising revolves around this page.

We would suggest you only raise money online (meaning no cash) which is super easy, and you get to do it from the safety of your home. On top of raising more money, it's also safer and simpler than doorknocking and you don't have to worry about handling money. Plus, you can reach out to people all over the world!

Not in a position to donate? Just <u>CREATE & SHARE!</u>

We know some of our families simply cannot donate given the current climate, however the Crazy Colour Day will still work for you:

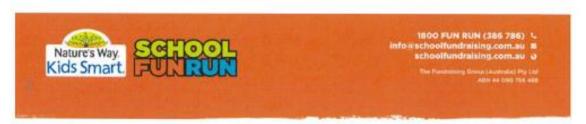
- 1. All Children will be able to participate in the day, even if they don't fundraise, and
- 2. You can help our school just by creating your profile and sharing your link... that's right, without donating yourself, you will raise an average of \$90 in just three donations, simply by consistently sharing your fundraising page to your friends and family!

What happens if I was already fundraising?

You just continue what you are doing! Simply login to schoolfunrun.com.au and your online funds will still be there from earlier in the year. If you try to login and you cannot see the money, please call 1800 386 786 and the School Fun Run team will be able to help.

Ordering Prizes - ALL PRIZES MUST BE ORDERED ONLINE

Prizes MUST be ordered between the 23rd October 2020 and 26th October 2020. Simply visit schoolfunrun.com.au to create / log into your Profile Page between these dates. Then click on the 'CLAIM YOUR PRIZE' button and follow the prompts. If you have any questions, please contact the School Fun-Run team on 1800 FUN RUN and they will gladly assist!



Forgotten how to login? Or haven't created an account yet?

Follow the instructions below.



If you have an account already, click on the student login and enter the email address and password that is associated with the account.

Just remember the more you raise, the better the prize that you get! Happy fundraising.

Mrs Kendall

SRC Coordinator



Update with the next two weeks information

Our school will be participating in Fruit & Veg Month 2020.

The theme for this year's event is 'Planet Fruit & Veg!'

We need to take better care of ourselves and the planet, so let's teach our kids to eat more fruit and vegetables, to choose local and in-season produce and not to waste fresh food. This year's Fruit & Veg Month is all about looking at fruit and vegetables through the lens of sustainability.

Fruit & Veg Month 2020 runs for the last four weeks of Term 3 – from Monday 31 August to Friday 25 September.

As part of Fruit & Veg Month, students will be involved in various classroom and school-based activities which encourage them to eat more fruit and vegetables. We will also be sending home resources to support this learning.

If you require more information on what activities our school is doing for Fruit & Veg Month, please contact the school or your child's teacher.

Mrs Frogley Fruit & Veg Month School Coordinator

Canteen Roster

Wednesday 16 September - Kate Plum

Friday 18 September - Carol Mulley, Dave West

Monday 21 September 2020 - Amanda Billiingham, Nicole Hann, Angela Henderson. Snacks will be available, NO **LUNCH ORDERS**

Wednesday 23 September 2020 – Mickey Nixon. Snacks will be available at lunch time, NO LUNCH ORDERS

Friday 25 September – Kylie Burns, Lisa Van de Donk (11-2)



Reminder - Please do not include recess items on lunch bags when ordering from the canteen

Sandwich Bar or Toasted

Ham, Cheese & Tomato \$3.00

Chicken Breast, Cheese & Tomato \$3.50

Vegemite, Cheese or Honey \$2.00

Baked Beans

Wraps

Ham & Salad

(Ham, Spinach, Tomato, Cheese & Carrot) \$4.00

Grilled Chicken & Salad (Grilled Chicken Breast, Spinach, Tomato, Cheese & Carrot) \$4.00

Drinks

Bottle Water

Flavoured Milk

(Chocolate or Strawberry) \$1.50

Juice Cup (Apple or Orange) \$1.00

Juice Box

(Tropical or Apple & Blackcurrant) \$1.00

Glee Sparkling Fruit Juice (Bubblegum, Tropical, Raspberry, Blackcurrant) \$2.00

Hot Food

Lasagne \$4.00

Fish Fillets and Salad

Spinach, Tomato, Cheese, Carrot, Cucumber and Tartare Sauce \$4.50

Grilled Chicken and Salad

Spinach, Tomato, Cheese, Carrot, Cucumber \$4.50

Burgers

Beef Burger (Beef Burger, Spinach, Tomato, Beetroot, Cheese, BBQ sauce) \$4.50

Chicken Burger
(Flame Grilled Chicken Breast, Spinach, Tomato, Cheese, Beetroot

& Mayonnaise)

\$4.50 Add Pineapple for 50c



Snack Items (Availability Changes

Garlic Bread

\$0.50 Popcorn

Fruit Mini Muffins

Pikelets

Dip, Crackers & Vegie Sticks

Fruit Salad Cup

Fruit & Yoghurt Cup

Red Rock Deli Chips \$1.00

Frozen Treats

Quelch Ice Blocks Assorted Flavours

Orange or Apple Juice Cup

Bulla Ice Cream Tub

\$1.00

Strawberry Frozen Yoghurt

Juicies

(Lemonade, Orange, Tropical or Wildberry) \$1.50



Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg' because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

CHOOSE LOCAL AND IN SEASON

Where possible, choose locally grown (e.g. grown in your city, town or region) and in season fruit and vegetables. They will taste better, be more nutritious, are more likely to cost less and will reduce the environmental impacts of food transport and cold storage.

Read on for more information

Buy in season fruit and vegetables.

Buying fruit and vegetables when they are in season is great for you, your wallet and the planet.

ce-market/whats-in-season



FRUIT

Summer

Berries Cherries Grapes Mangoes Melons

Stone fruit

Autumn

Apples and Dragon fruit Figs Limes

Quinces

Passionfruit Persimmons

Winter

Apples Citrus Kiwifruit Nashi pear Rhubarb

Spring

Berries Citrus Melons Papaya and pawpaw Pineapples

VEGETABLES

Summer

Beans Capsicum Cucumber Eggplant Lettuce Sweetcorn Tomatoes Zucchini and squash

Autumn

Beans Sweetcorn Broccoli Cabbage Carrots Cauliflower Pumpkin Swiss chard. spinach and silverbeet

Winter

Avocados Beetroot Broccoli Cabbage Carrots Cauliflower Kale, spinach and silverbeet Onions Pumpkin

Potatoes Parsnip Sweet potato

Spring

Asian greens Asparagus Cucumber Garlio Green beans and broad beans Kale, spinach and silverbeet Lettuce Mushrooms Peas Spring onions and shallots



Choose locally grown fruit and vegetables.

Buying locally grown fruit and vegetables is not only good for the environment, it's good for your community and your family.

So how can you find local growers? Try searching the internet, look for local community gardens and visit local markets. You could also group with neighbours or other school families to grow and swap produce.

Grow your own quick growing crops.

There are many quick growing crops that don't require much space to grow and can be used in lots of family-friendly recipes.

These include:

- lettuce
- rocket
- kale
- radish
- spinach
- Chinese cabbages

Plant these crops in the garden if you have space or try growing them in recycled food containers or old pots in a sunny spot.

As they can be so quick to grow, they are a great 'paddock to plate' activity for kids – they can see their efforts rewarded in a meal in just 4-8 weeks!







What if you can't find local produce?

- Fruit and vegetable produce and products require a country of origin label. Avoid buying fruit and vegetables that have been air freighted over long distances.
- When you can, choose fresh produce that is Australian grown.
- Canned or frozen fruit and vegetables that have been grown in Australia can be a good alternative to fresh produce too.
- Look for the 'Grown in Australia' and 'Product of Australia' symbols.

Help us improve!

Spare a few minutes to answer three questions and you could win a \$20 shopping voucher.

Click on the link to the questions here or find them at surveymonkey.com/r/FVM2020ParentSurvey3

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REDUCE FRUIT AND VEGETABLE WASTE

Did you know:

NSW households waste 1/3 of the fresh food (such as fruit and vegetables) they buy? This amounts to the average household throwing away about \$1,000 a year!

When we waste food we also waste all the resources it took to grow and produce that food. And rotting food in landfill produces greenhouse gases too.

For the sake of our planet and ourselves let's

work to reduce this waste.

SO WHAT CAN YOU DO TO REDUCE FRUIT AND VEGETABLE WASTE. SAVE MONEY AND HELP THE PLANET?

1. Plan your meals



Look at what is in your pantry, fridge and freezer. Look at the seasonality guides for fruit and veg. Then make a meal plan for the week that includes using up what you have and choosing in season fruit and veg. It only takes 10-15 minutes but will save you money and time on your shopping trips.

2. Write a shopping list



Based on your meal plan, write a shopping list. Try to stick to it. If you do see some great seasonal fruit and veg specials, think about if you will use them before they go bad.



3. Store your fruit and veg properly



Did you know that you can extend the life of fresh fruit and veg by storing them properly? A handy storage guide can be found at healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources

4. Use leftovers





Prepared too much food? Reuse leftover fruit and vegetables in other meals and snacks. Store leftovers correctly and use them quickly. Put 'eat me first' signs on leftovers so they get used.

5. Avoid landfill

What if you aren't going to be able to eat all your fruit and vegetables? Fruit and vegetables in landfill produce greenhouse gases. Check out this food recovery hierarchy for the steps you can take to reduce this happening.





For more information and many other great resources on reducing fruit and vegetable waste go to:

Love Food Hate Waste, NSW: lovefoodhatewaste.nsw.gov.au Food Wise: foodwise.com.au Half Your Plate, Canada: halfyourplate.ca

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Vegie fritters

Makes 15

Ingredients:

- + Approximately 2 cups of leftover vegetables
- 1 large or 2 small potatoes. grated
- 1 onion, grated
- 3 eggs, separated
- 1/2 cup wholemeal self-raising flour, sifted
- 2 tablespoons olive oil
- Pepper

Method:

- 1. Cut the leftover vegetables into small cubes.
- 2. Mix the vegetables with the potato and onion.
- 3. Place vegetables and egg yolks into a bowl and stir to combine.
- Add flour and stir to combine.
- In a clean bowl, beat egg whites until foamy using a whisk, fork or beater. Fold into the vegetable mixture.
- 6. Heat oil in a non-stick frypan over medium heat.
- 7. Spoon mixture into the pan and cook on both sides until golden brown and cooked through.
- 8. Serve as a snack or as a meal.

Variations:

You can also use grated and finely chopped fresh vegetables such as carrot, shallots, spinach, capsicum and tomatoes.

Tips:

- Use chopped herbs such as basil, parsley or thyme to add extra flavour without adding salt.
- Squeeze lime or lemon juice over the top for some added zing!
- The fritters can be frozen and reheated.

Adapted from Love Food Hate Waste New Zealand Veggie Fritters.



Fruit smoothies

GREEN (ACT & SA) / Everyday (NSW)



Ingredients:

- 2 cups of fruit (fresh, frozen, tinned) e.g. soft bananas, mixed berries, mango
- 2 cups reduced fat milk
- 1 cup reduced fat plain yoghurt

Method:

- 1. Place all ingredients in blender.
- 2. Whizz until all ingredients are combined.
- 3. Divide into cups and pop into the fridge until ready to serve.



- Berry smoothie: 2 cups of mixed fresh or frozen berries.
- Mango smoothie: 2 cups of fresh or frozen mango.
- Banana smoothie: 2 cups of soft, sliced banana (bananas can be peeled, chopped and frozen in zip lock bags ahead of time).
- Dairy free smoothie: substitute milk and yoghurt for 2 cups of soy milk and 1 cup of soy yoghurt or silken tofu.
- Kiwi fruit smoothie: 5 peeled and diced kiwi fruit.
- Veggie smoothie: substitute one cup of the fruit for a vegetable, e.g. 1 cup of banana and 1 cup of baby spinach.

Tips:

- Frozen fruit creates thicker smoothies.
- This recipe can be multiplied for larger batches.
- Add flavour boosters such as a teaspoon of honey, malt powder, cocoa powder, cinnamon or nutmeg.
- Add fibre boosters such as one Weetbix, a tablespoon of oat or wheat bran, or a tablespoon of chia seeds.





Wagga RSL Cricket Club

JOIN THE MOST FAMILY FRIENDLY CLUB IN WAGGA.

DON'T JUST PULL UP STUMPS, GET YOUR WHITES ON AND HIT THE PITCH FOR SOME FUN.

FOR MORE INFORMATION
VISIT PLAYCRICKET.COM.AU
AND SEARCH FOR THE CLUB
'WAGGA RSL BULLDOGS" OR
CALL SHAUN PERRY
0419 856 546







FREE child car seat safety check

2 in 3 car seats are not being used properly

Make sure your child is safe with a free inspection by Authorised Restraint Fitters. You can have your child car seats, harnesses and booster seats checked for safety and fit.



LOCATION: Wagga Beach Cabarita Park

Johnson Street

For more information contact the Council's Road Safety Officer on

(02) 6926 9544 or

reynolds.emma@wagga.nsw.gov.au















SUMMER IS NEARLY HERE, TIME FOR FUN WITH FRIENDS AND KEEPING ACTIVE.

COME BE APART OF THE BEST CLUB IN WAGGA WAGGA.

TO FIND OUT MORE VISIT

WWW.PLAYCRICKET.COM.AU

AND FIND 'SOUTH WAGGA' OR

CONTACT JOEL ROBINSON AT

0422 621 913

FOR FURTHER INFORMATION.