

Welcome back for Semester 2



It is hard to believe that half of the school year is already behind us! We have already had a very busy start to the term and we will be keeping up that pace throughout.

Congratulations to the students who represented us so well at the Zone Athletics Carnival (Field Events) on Tuesday and best of luck to those competing at the Track Events on Friday. We also have had the students who won their stage Public Speaking finals last week representing us at the Zone Public Speaking finals. The reports I have heard back indicate what a fantastic job you all did and how you were fine ambassadors for TBPS.

Our school debating team have also been flying the flag for the school with two debates in two days! Ms Farrell has reported that you have done an amazing job. While Anna Bay scraped in ahead of us yesterday, today we came through against Salt Ash.

Next week sees Stage 2 embarking on the adventure of a lifetime at *Great Aussie Bush Camp*. We are greatly looking forward to hearing tales of your adventures and seeing some fantastic photos. Don't forget to sleep well at camp, well-rested teachers are happy teachers!

Don't Forget...

- Parent teacher Interview notes went home last week. Please use the code on the note to make your booking online. We look forward to seeing lots of parents at this event.
- Stage 3 Electives begin again next week! There are a fantastic assortment of new and returning favourite elective choices for Term 3. Another fabulous opportunity!!



Mr Tim Harris
Deputy Principal

Stage 2 News



It's almost that time!!!! Camp is next week!!! We have been busy communicating with the Great Aussie Bush Camp about our activities and cabins. Please remember that it is always useful to have your child pack and re-pack their bag before leaving for camp so they

are familiar with its contents and how to pack it effectively. School is ON for students not going to Camp. These students will work with Mr Ray, who will be sure to plan some special activities for those staying 'home' at school.

Gymnastics is back!

Stage 2 students will participate in gymnastics coaching on Friday August 30th, September 6th and 13th. We are so excited and fortunate to receive grant funding so that your child can access professional coaching at no charge to families. Thank you Mr Rowe for his continued organisation.



This semester, we are learning about the plight of the orang-utans in Borneo as well as surrounding concerns of deforestation, habitat destruction, palm oil plantations and conservation. Our unit of work is centralised around the texts, "Tears in the Jungle" and "Fight for Survival" written by two inspiring young authors, Daniel and William Clarke.

We are looking forward to meeting with you for our Parent/Teacher information evening on Thursday 15th August, 2019.

Our next stage assembly will be held in the Hall on the 6th of August.

Mrs Lisa Walker Assistant Principal

Tell Them From Me

This term, our school will once again participate in the *Partners in Learning* parent survey, part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

The information received from parents and carers last year was very useful. Many of the positive changes we have made at our school were prompted by parent feedback. What you say can and will make a difference for your child.

Topics covered in the survey include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's learning and behaviour support.

The survey is conducted entirely online on smartphones, ipads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. We will also have opportunities available at school for parents to complete the survey.

The parent survey will be conducted between Monday 26 August 2019 (Week 6, Term 3) and will remain open until Friday 25 October 2019. Although participating in the survey is entirely voluntary, your responses are very much appreciated and valued.

Our school will provide further information about how to access the survey once the portal is available. In the meantime, more information about the survey is available at: <http://surveys.cese.nsw.gov.au/>.

Date Claimers

5th August	Wakakirri at the Civic Theatre
6th August	PSSA Touch Football
7 – 9th August	Stage 2 Great Aussie Bush Camp
15th August	Parent Teacher Interviews 3.30pm – 5.30pm

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



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



Health
Hunter New England
Local Health District

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



This Parenting Program has been specifically developed for the challenges parents and carers face after a disruption in family life due to loss, family breakdown or family violence.

It includes:

- ⇒ 1 x 30 min individual pre-group session Wed July 31 to meet the facilitator and find out more details
- ⇒ 5 x 2hr group sessions for parents and carers once a fortnight —Wed August 14 and 28, Sept 11 and 25, Oct 16, 11—1
- ⇒ Individual catch up session in the off week (TBA in pre-group session)

Session Topics:

- Predictability
- Relationships
- How the past affects the present
- Managing behavior
- Looking after yourself

Venue: Thou Walla Family Centre

In Irrawang School, Geer Street, Raymond Terrace

Yummy lunch provided, child care available if needed

**Bookings essential — phone Gina on 4987 4666
or Carmel on 0455 085 244**

Communities for Children Facilitating Partner Initiative Raymond Terrace & Karuah is funded by the Australian Government and Facilitated by The Smith Family





Canteen Menu



Sandwiches and Wraps

Pre Order
Toasted – no charge (Rolls add 20c) wholemeal

Chicken Salad	\$3.10
Chicken, Lettuce, Mayo	\$2.70
Chicken or Ham	\$2.50
Ham Salad	\$3.10
Ham, Cheese, Tomato	\$2.90
Ham and Tomato	\$2.70
Ham and Cheese	\$2.70
Salad	\$2.50
Salad and Beetroot	\$2.70
Egg	\$2.30
Egg and Lettuce	\$2.40
Cheese	\$1.80
Vegemite	\$1.20

Healthy Options Lunch or Recess Pre Order only

Fruit salad tub	large \$1.50	small \$0.70
Fruit Kebabs	\$0.50	
Vege Sticks & Hummus dip	\$1.00	
Traffic Light Bite		
cheese, cucumber and tomato bites	\$0.30	
Piece of fresh fruit	\$0.80	
Fresh seasonal fruit eg: apples, pears, oranges * variety subject to availability.		
Crunch & Sip pack	\$1.50	
Bottle of water and piece of fresh fruit (purchased before school or with lunch order)		
Garden Salad tub – lettuce, carrot, egg	\$1.80	
cucumber, tomato, cheese, beetroot		
Garden Salad tub + ham or chicken	\$2.60	



Great Choice Hot Food Options Pre Order \$3.50

*No filling changes to set hot wraps or sliders

Knights Wrap (chicken fillet, cheese, tomato)	
Mega Wrap (Knights + loads of salad)	
Hunger Buster Wrap (Char grilled chicken, full salad, sauce or mayo)	
Sydney Swans Sensation Wrap (chicken breast pops, cheese, tomato & sauce toasted)	
All Star Wrap (Char grilled chicken, lettuce, tomato, cheese and mayo)	
Slider: Chicken with lettuce and mayo	
Slider: Beef and cheese with salad	
Beef Lasagne/Twista Pasta	
Corn on the Cob	\$0.80

Drinks/Frozen Choices

600ml Water	\$1.00
300ml Moove Milk (choc, strawberry)	\$1.40
300ml Plain Milk	\$1.00
200ml Popper (apple, orange, apple-blackcurrant)	\$1.20
50ml Frozen Juice Cup (apple, orange, blackcurrant)	\$0.60
Frozen Yoghurt (Strawberry/Vanilla Bean)	\$1.60
Fresh Yoghurt tub (strawberry)	\$1.10
Chill J (watermelon/orange-passio/grape)	\$1.60
Frozen Fruit Bag (grapes or pineapple)	\$0.70

Occasional Hot Food Options

Chicken Dinosaurs (6)	\$3.00
Chicken Dinosaurs (3)	\$1.50
Potato Gems (10)	\$0.80
Nachos	\$3.50
Pizza (Ham and Cheese)	\$2.50
Lean Sausage Roll	\$2.00
Small Lean Chicken & Veg Pie	\$2.00
Large Lean Beef Pie	\$2.60
Extras	
Sauce (tom, bbq, sweet & sour)	\$0.30

Occasional Snacks

Red Rock Chips (Sea Salt)	\$1.00
Grainwaves	\$1.00
Muffins (low fat blueberry)	\$1.40
Chocolate Mousse Smackers	\$0.70
air popped popcorn	\$0.60
Pikelets (Recess only)	\$0.10
Iceblock choices (over the counter)	
Quelch sticks (pure fruit juice)	\$0.50
Juicies (pure fruit juice)	\$0.60
Snap Stix 99% fruit juice	\$0.70
TNT's (sour raspberry)	\$0.60
Moosies (choc & blue)	\$1.00
Fat Free Ice Cream Cups	\$1.00

NSW Healthy School Canteen
Strategy

Everyday foods Occasional foods