



Newling News

Quality Education in a Caring Environment

Term 4 Week 5

7th November 2022

Class Stars of the Week



Year 5/6



Year 3/4



Year 1/2



Kindergarten

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PRINCIPAL'S MESSAGE

P&C

On Monday, the P&C met for the second meeting this term and planning has started for the end of the year. A Fun Activities afternoon with Santa Claus will be held on Thursday the 15th of December. This will include some traditional activities and BBQ to end the evening. The students will also be presenting an art show where parents will be able to purchase their child's art work for Christmas. Family BBQ tickets will cost \$15 dollars. Please mark this on the calendar for the end of year festivities.

Gathering

Kindergarten will be hosting our Gathering this Friday at 12:30 pm. Please come in and support our wonderful students in Kindergarten and help us to recognise the hard work of our award winners.

Planetarium

This week we hosted a visit from the Planetarium. This gave the students a first hand look at what makes up a planet and where the Earth is situated in the Universe. We focused on the specific vocabulary that we can use when we are recalling facts about Space. We learnt so many interesting facts about the world we live in. The staff and students thoroughly enjoyed this visit.

Edward The Emu

It was great to see our Kindergarten class travel for a fun and wonderful day in Tamworth last Friday. What a great opportunity for our Kindergarten students to start exploring the environment around them and watch a fabulous production of Edward The Emu. The students had such a wonderful day and it was great to see them recount a great experience.

Hats and Uniform

We are still trying to encourage students to remember to wear their Newling School Uniform- it is with great pride we see our students neatly and correctly presenting themselves at school and in the community. Again, we remind everyone of the 'No hat, No play' rule- caps are not accepted as sun safe by the Department of Education, and, as such, students will not be allowed to play without their broad brimmed bucket hats. Hats can be purchased at the school office for \$10 each and can have their name embroidered on top for \$2.

Year 6 Excursion

Just a reminder that the payments and notes for the Year 6 mini camp need to be returned and paid in full ASAP for your child to attend.

No payment– no go.

Leaders for 2023

A huge congratulations to all of our Year 5 students who presented their speech for a leadership role in 2023. The students showed confidence and resilience (with some technical difficulties happening) and we are very proud of each of them. The 2023 Captains will be announced at our Presentation Day Assembly on the Thursday 15th December.

Medication

It is essential that all medication for students is brought into the office by an adult and handed to a staff member.

Please do not send medication into school with students.

Morning Duty

Supervision for the school morning starts at 8.30 am with Breakfast Club. We ask you keep your children at home till then as the wet mornings and the availability of dry play ground space is causing great concern for supervision before then.

End of Year Dates

Please put these dates in your diaries!

- Friday 9th December—Transition Graduation
- Tuesday 13th December—Year 6 Dinner (Invitations will be sent out to Year 6 soon)
- Wednesday 14th December—Year 6 Big Day Out
- Wednesday 14th December—Student reports will be sent home
- Thursday 15th December—Presentation Day
- Thursday 15th December—P&C end of year celebration
- Friday 16th December—Last day of Term 4 2022
- Tuesday 31st January—Students first day of Term 1 2023

Relieving Principal
Andrew Watson

Happy Birthday

November

Zipporah– 8th

Blake.R– 9th

Jazayah– 12th

Melody– 13th

Alma– 13th



Important Dates

- **Friday 11th November**– Gathering hosted by Kinder
- **Thursday 17th November**– Yr 1/2 excursion to Thalgarrah
- **Wednesday 23rd—Friday 25th November**– Yr 6 Mini Camp
- **Friday 9th December**- Transition Graduation Assembly
- **Tuesday 13th December**– Year 6 Dinner
- **Wednesday 14th December**- Year 6 Big Day Out
- **Wednesday 14th December**- Student reports will be sent home
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Star Awards

"You're a Star" certificates were presented this week to students who have been using the 'You Can Do It' keys to success.

Congratulations to our recipients: Ellie, Bridget, Makenzie, Xavier, Nixon.

These 'keys' are instant rewards given daily to encourage the use of the '5 keys to success': Persistence, Resilience, Organisation, Getting Along and Confidence.

Earning a Star Award gives you access to the Star Room at lunchtime for one week. You are allowed to invite one friend to come with you and enjoy all the wonderful activities the Star Room has to offer.

Transition News

Last week we had Aleki, Kyshaun and Phoebe start to write their names!

The students enjoyed Coby sharing his gingerbread inflatable to match our literacy theme. Starrla conquered this "Paw Patrol" puzzle, Amaya made an impressive Duplo petrol station, Alyssa continued to experiment with writing and Kyshaun enjoyed the beading.



Kindy News

Kindergarten had such an amazing experience going to see Edward the Emu in Tamworth! They loved the show and were excited to see some real life emu's at the marsupial park where we enjoyed our lunch. We also saw some kangaroos and cockatoos, then enjoyed a play in the incredible playground the park has to offer. A great day was had by all!



1/2 News

Last week Year 1 and 2 had a very busy learning about procedure and how to write and follow one. We made Veggie Dip cups using fresh vegetables with Hommous dip, it was the first time many of the students had tried different veggies. Later in the week we made Fruit Water Infusion. The students put different fruits into soda water and allowed the soda water to take on the flavour of the fruit. Once we had made both of these yummy treats, we wrote up the procedures for how to recreate these. All the students are really enjoying all the time we are spending in the Garden and Greenhouse and can't wait to eat more things we have grown.



3/4 News

We are so excited about our Science this term! We are learning how to use the school greenhouse and gardens. We planted a range of vegetables from cabbage to celery. We can't wait to share our produce with you all! Our favourite part about being in the gardens has been finding the minibeasts around our school and looking closely at the patterns in nature.



5/6 News

It's Week 5 and amazingly we are already hitting the halfway point of this term. In this last week, a group of our Year 5 students have been thinking about what it means to be a good role model of the school as they prepared to deliver a speech to become a school captain. Congratulations to all our students who had a go and shared their vision for this school. Our other students have also enjoyed looking at our new root word 'form' and created some great looking graffiti posters to showcase it. Have a great week everyone!



Word of the Week:

Skedaddle

[ske-dad-l]

verb

*meaning: to depart
quickly; run away*

Use it:

*'When he saw the hail
coming, he thought he had
better skedaddle.'*

Synonyms:

*run away, flee,
bolt*

Antonym:

stay



Keeping active and cool in summer

Physical activity makes kids stronger and fitter, they can concentrate and learn better at school, and sleep better at night.

The weather is warm, and it's a great time to get outdoors and get your 60 minutes of activity each day. Just remember to slip, slop, slap, seek and slide!

Some fun ideas to keep active and cool in summer are:

- Create a slip and slide in your yard with a tarp, water and detergent.
- Go for a bike or scooter ride.
- Go out for a picnic and pack the soccer ball with you.
- Turn on the hose or sprinkler in the backyard.
- Use chalk to draw on the path/driveway and play games like hopscotch, or draw a target.
- Use wet sponges or water balloons.



Developed by Hunter New England LHD

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Importance of sleep for growing kids

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Encourage daily exercise and time outdoors to promote good sleep.
- Make sure your child is getting plenty of physical activity throughout the day.



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Festive everyday snacks

We all love to share food to celebrate, even at school. You can avoid the sugar high and over indulgence on sometimes foods by adding more everyday foods to your festive spread.

There are lots of bright, colourful and healthy options for your festive snacks including:

- Homemade mini pizzas made with English muffins or wraps
- Frozen fresh juice or yoghurt ice blocks or cups
- Fruit platters or kebabs with dipping yoghurt
- Cheese, veggie sticks, rice crackers and dips
- Water with fresh frozen berries or lemon
- Mini savoury pinwheels or wraps
- Fruit or veg scones and muffins
- Triangle sandwiches
- Pikelets
- Popcorn



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Is healthy eating really more expensive?

Packing healthy everyday snacks doesn't need to be expensive. In fact, everyday foods can often be a lot cheaper.

Here are some tips to help choose healthy snacks at the supermarket:

- **Shop the seasons:** choose fruit and vegetables that are in season
- **Buy in bulk:** pack into smaller portions at the start of the week
- **Make your own:** popcorn, pikelets, muffins, scrolls
- **Choose frozen, dried or canned:** berries, beans, corn, fruit
- **Use leftovers:** fried rice, pasta, salad
- **Shop the specials**
- **Look for 3.5 health star ratings or higher**

See lots of ideas on our Tips To Save Money | Good for Kids, Good for Life (nsw.gov.au):
www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/tips-to-save-money/



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Attendance Ladder

Equates to:



ABSENTEE NOTE

(To be returned to school first day back after absence)

Student's name-_____ Class-_____

Date of Absences-_____

Reason for Absence-_____

Signature of Parent/Caregiver-_____ Date-_____

