**Budgewoi Public School**  
**Opportunities to achieve in a unique, caring school**

### Week 5 Term 3 2015

**Athletics Carnival Years**
The Athletics Carnival is this Thursday 13th August (Week 5). It is a great fun day and children get the opportunity to participate in lots of fun events. Students who are entering the 800m need to be at Mingara by 8.30 am. Students have been enthusiastically practising each event through their weekly sport lessons. Any student who is not attending the carnival should be at school as we have a teacher who will be teaching those children who have chosen not to attend. Don’t forget the Year 6 parents will be cooking a barbeque as part of the Year 6 Farewell Fundraiser so sausage sandwiches will be available for $2.

**Enrolment in 2016**
Anticipated numbers for 2016 are currently being determined. If your child will not be attending Budgewoi PS in 2016 please let us know as soon as possible as these numbers are due now. Kindergarten enrolments are being organised as part of the Kindergarten transition program. If you have not yet enrolled your child or know someone who has not advised us, please contact the office for forms so we can get the invitations to the parents as the first session is Wednesday 4th November 2015.

**Change clothing**
We have run out of Size 10, 12, 14 and 16 uniform items as many students have not returned items that have been borrowed. We would appreciate if these could be washed and returned so that we have items to loan students who require them.

**Changes to the administration of medication**
The Department of Education has revised its policy and now requires a written Health Care Plan from a medical practitioner before schools can administer any medication - prescription or over the counter medicines eg asthma puffers, Panadol, cough medicine etc. We can also no longer administer medication that has been provided by a parent if the parent phones and tells us they have forgotten to give the child medication at home. These changes have come from the Work Health and Safety Directorate and must be enforced by schools. If parents do not have a Health Care Plan from the Doctor and wish their child to have medicine whilst at school the parent will have to come to school at the appropriate time and administer it to the child. Please contact the office if you have any questions regarding this change of procedures.

**Social Media**
We have been having big issues with some students making highly inappropriate comments to other students on various social media apps and this then flowing into school. Many students utilise apps such as Facebook, Oovoo, Instagram and others and parents have allowed their children to have an account. Most children under 13 are not yet mature enough to be able to make sensible decisions for their own safety and wellbeing.

We would appreciate parents closely monitoring their child’s social media interactions and making good decisions if your child is not using it appropriately. If your child is accessing an inappropriate website we have found information that may be useful for parents on how to block websites. The link is below http://www.pcworld.com/art.../249077/how_to_block_websites.htm

<table>
<thead>
<tr>
<th>Coming events for Term 3</th>
<th>10th August 2015</th>
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<tbody>
<tr>
<td>Tues 11th P &amp; C meeting CEC 9.15am</td>
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<tr>
<td>Thurs 13th Years 3-6 Athletics Carnival</td>
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<tr>
<td>Fri 14th Year 6 Discovery day Northlakes HS <strong>Final date for payment of Kinder Sense of Environment excursions</strong></td>
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<td>Thurs 20th KC &amp; KL Sense of Environment excursion</td>
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<td>Fri 21st KD &amp; KE Sense of Environment excursion</td>
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<tr>
<td>Fri 21st Year 5 Discovery day Northlakes HS</td>
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<td>Thurs 27th Yr 3 &amp; 4 Careers through Science day</td>
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<td>Fri 28th Wallarah Zone athletics carnival</td>
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<tr>
<td>Mon 31st <strong>Final date for Payment Unit 1 &amp; 2 Civic theatre excursion</strong></td>
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<td>Thurs 3rd Sept Yr 3 &amp; 4 Careers through Science day</td>
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<tr>
<td>Tues 8th Unit 1 &amp; 2 Very Cranky Beard Theatre excursion</td>
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<td>Wed 9th <strong>Final date for Payment Year 1 and 2 Roald Dahl theatre excursion</strong></td>
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<tr>
<td>Thurs 10th Yr 3 &amp; 4 Careers through Science day</td>
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<tr>
<td>Wed 16th Year 1 and 2 Roald Dahl theatre excursion</td>
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<td>Thurs 17th Yr 3 &amp; 4 Careers through Science day Premiers Sporting Challenge leadership day</td>
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<td>Fri 18th Last day of term 3</td>
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**Congratulations to Privilege Badge winners**
KC Olivia, KD Peyton, KL Byron, KE Phoebe, 1K Natasha, 1M Elle, 1MC Joshua, 1O Destiny, 2J Ebony, 2M Zac, 2WB Amy, S2A Paige, S2B Lilly, S2C Mackenzie, S2EV Shavana, S2J Lincoln, S2L Calleb, S3B Dallas, S3C Braithre, S3GP Joshua, S3L Olivia, S3SW Adara, Unit 1 Nicholas, Unit 2 Camryn, Unit 3 Chloe & Unit 4 Courtnee.

**Best Attendance**
Congratulations to KC who had 2 absences last week. Well done! Mrs Kerry Moore, Principal

**School News**
**Frequent Reader 100 Club News**
Congratulations to the newest members of our Frequent Reader 100 club; Tiana A (S3SW), Ryan H (S2EV), Isabella W (KC) and Shayna C (S2EV). Their names will be displayed on the special Star Reader display board in the office. We hope to see some more readers join the club soon!

**Year 6 Transition**
Year 6 will begin their transition programs this term. In 19th August Northlakes HS Year 7 Year Advisor and Head Teacher Welfare will be visiting along with two Year 9 Mentors to speak with our Year 6 Students about High School. Student will be given time to ask questions about what high school is like. Orientation Day and additional transition days will take place in Term 4. Any questions, please feel free to see Mrs Rich.
Year 6 Fundraiser
Last week, Year 6 hosted a fundraiser towards their Year 6 Farewell and gift to the school. We raised $440. Year 6 want to thank everyone who participated. All the students looked fantastic.

Year 5 School Leadership Program
This week, our Year 5 students will begin an 8 week leadership program. This program will show our students what a quality leader looks like and how to apply some great leadership qualities throughout their future. This will start the formal process of nominations to run for a school leader position in 2016.

School Requests
When you send in notes or write names on your child’s clothing could you please make sure you include a first and last name? We are very low on small sized underwear and socks. If you have any spare clean items at home the school would appreciate the donation.

School Banking
$1396.61 raised through School Banking! Thanks to the fantastic efforts of our admin staff and student bankers we have raised $1396.61 for our school through School Banking commissions from June 2014 to June 2015. Our school receives $5 when a student makes their first ever School Banking deposit and 5% on every deposit made through the school (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at Budgewoi!

Lost Property
Items of lost clothing are once again mounting in the Office area. Please label all your child’s clothing so we can efficiently return items. Likewise please ensure your child has the correct clothing when they return from school each day.

Canteen News
Thank you to the people who have already started to use ‘Flexi Schools’ to pay for lunches. We hope you are finding it easy to use. Please remember to use the new price list which was sent home last week. If your child does not have enough money for what they have ordered they will be offered something of lesser value. The Sydney fruit market promotion is back! Buy fruit to collect stickers and earn prizes.

Roster for week beginning 11th August 2015:
Tue 11/8/15 - Denise Wilson, Michelle Burgess, Wed 12/8/12 – Denise Heather, Jenny Leatham, Kirsty Johnson Thu 13/8/12 – Leah Wensley, Annie Vandertouw, Kellie Falconer Fri 14/8/12 - Megan Lewis, Madeline & Dale Clenton, Kristie Hermson
Mon 17/8/12 – Alison Sutton, Alana Paku

To: School Office
Kindergarten 2015
If your child or a friend or neighbour is eligible for enrolment please complete the following details or pass it on to them and return it to the office so that we can forward enrolment details.

Child’s name………………………………………..
Date of Birth…………………………………….
Parent Name ………………………………………..
Address ………………………………..
……………………………………Phone Number ………..
Name of child at school to deliver information
…………………………………………………………………

Nutrition Snippet

Chickpea + Veggie curry
1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve

Method
Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes – Add the rest of the ingredients and simmer with the lid off for 15-20 minutes – Serve with rice
Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.
For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It