

Spring Hill Public School

Newsletter



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10th November 2017

Term 4 Week 5

Dear parents, friends and students,

A very warm welcome to our two new student teachers Miss Henderson and Mr Pluck to our school. Miss Henderson will be working with our primary room and Mr Pluck with infants.

My Name is Mr.Pluck and I am completing a four week teaching placement at Spring Hill Public School.

I live and study at university in Dubbo.

During this placement I am required to take on the exciting task of teaching K-2 students! I am looking forward to teaching students in all key areas but in particular the areas of science and geography.

In geography we will be learning about “our place”

and how we can take care of it. I am so excited to be apart

of the school community for the next month and am eager to be involved in all aspects of school life.

Please feel free to say hello if you see me around the school as I would appreciate meeting you.

Regards,

Mr Pluck



I'm Camille Henderson. I am currently in my second year of studying a Bachelor of Education (K-12).

I grew up in Forbes NSW and after graduating High School completed a Certificate III in Early Childhood Education and Care. I then travelled overseas to the United Kingdom to Au Pair for 10 months before returning and commencing study at Charles Sturt University.

I am very excited to be undertaking the next week of Practicum at Spring Hill Public School.

Miss Henderson



School Spectacular

The Small School's Spectacular was SPECTACULAR!! A huge thank you to Mrs Marriott who co-ordinated the whole production and directed the show. I would also like to acknowledge my amazing staff Kerrie, Mrs Ryan, Sam, Deina, Nicole, Jenny, Sandra, Mr Pluck and Miss Henderson for always going above and beyond! Don't forget to order your DVD'S! Congratulations to our drama leads Finley and Jordan and our choir ensemble Maddi, Zoe and Harrison.

Also if you have any photos of the kids at the spectacular we would love to see them, please send them to:

springhill-p.school@det.nsw.edu.au



Grandparents Celebration

All grandparents have been invited to celebrate the special event next Tuesday the 14th November at Spring Hill P.S.

If you could please RSVP by 9am Monday 13th of November so we can organise catering.

NAIDOC Games Day

Dean Murray and Spring Terrace will be joining us for NAIDOC Games on Wednesday 15th of November. Students are asked to wear their sports uniform.

Yr. 6 Captain Speeches

Students entering Yr. 6 in 2018 are invited to prepare and deliver their speech for Captaincy on Monday 20th November.

Primary Excursion to Sydney

Just a reminder to please pay any current instalments that are now due. Please pay this at the office, and remember to keep up to date on the payment schedule.

Swimming

Our swimming program has continued this term at the Orange Aquatic Centre. Students should have a swimming cap, towel and goggles (please bring your own as we do not supply them). Students **must** be signed off before they leave the pool.

Ice Blocks

We will be selling iceblocks for the remainder of the term every Monday to Thursday for 50c each. Students must see a staff member as soon as they finish their lunch to purchase one.



Yr. 6 Photos

Photos need to be in no later than next Friday so Sam can complete the end of year slideshow.

Portfolio Folders

Could all students please return their blue portfolio folders, we need these back so we can send home all the amazing work our students have done throughout the year.

P&C Meeting Dates for the rest of the year.

16th November

14th December

All meetings will be held at The Railway Hotel Spring Hill at 5.45pm

Calendar Dates

Term 4 Dates to remember

17/11- Yr. 6 Mullion Creek STEAM (every Friday)

24/11- Jack May Cup Swimming Carnival

7/12- End of Year Presentation (details to come)

11-13/12- Primary Excursion to Sydney

11/12- Infants Tabloids Day at Nashdale P.S

14/12- Infants end of Year Excursion (details to come)



Our busy Term 4 so far...





FACT SHEET



HEALTHY LUNCHBOXES

The following information provides a checklist for parents of the sorts of food that should make up a healthy lunchbox and those products which would be best left out.

Fruit & Vegetables

Fruit and vegetables are a **good source of vitamins, minerals and dietary fibre.**

The more often fruit and vegetables are available and easily accessible for children (chopped up and ready to eat), the more likely they are to eat them. Aim to make fruit and vegetables a part of every meal or lunchbox snack.

YOU COULD TRY:

- Fresh, tinned or dried fruit added to reduced-fat yoghurt.
- Diced fruit in natural juice.
- Pureed fruit.
- Salads.
- Carrot & celery sticks.
- Corn cobs.



Sandwiches & grain-based snacks

Cereals and grains provide a **good source of dietary fibre and nutrients for the body.**

Meals and snacks based on whole grains are the best way to make sure we get enough cereals in our diet.

HEALTHY LUNCHBOX IDEAS INCLUDE:

- Wholemeal sandwiches, rolls or wraps (topped with a healthy topping such as reduced fat cheese, salad vegetables or lean meats).
- Wholemeal fruit bread.
- Wholemeal pasta or noodles.
- Wholemeal crackers.
- Corn or rice cakes.



Meat & meat alternatives

Beef, lamb, pork, fish, poultry, eggs and legumes are a **good source of protein and iron.**

Sausages and processed luncheon meats such as devon, ham or salami can often be high in saturated fat, salt and preservatives. Where possible, look for leaner, reduced fat alternatives.

WHEN PREPARING A MEAL OR SNACK BASED ON MEAT:

- Choose lean cuts of meat which are trimmed of fat.
- Try and include vegetables as part of the meal. For example, you can grate carrot or zucchini into lean meat rissoles or meatballs.



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au

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NSW HEALTH

SHPN (CHA) 080148