



# Blandford Public School

## Newsletter

Term 3 - Week 6

Wednesday, 18 August 2021



## Coming Events

Date	Event	Who	More Info
Every Tuesday	Fun Fitness	All students	All student to wear sports uniform
Every Thursday	Library	All students	Please remember your library books
Every Friday	Art with Anita	All students	
18-20/9/2021	Kia-ora Music Camp	Open to Year 3-6 students	Cancelled
23/08/2021	Book Week and Book Fair	All students	Updates to follow
01/09/2021	Scone High School Orientation	Year 6 students	Updates to follow
02/09/2021	Power FM Breakfast	All students	Updates to follow
10/09/2021	Trivia Night	Everyone who has purchased tickets	Postponed until February 2022
11/09/2021	Open Day and Markets	Everyone	Postponed until February 2022
17/09/2021	Last Day Term 3	All students and staff	
05/10/2021	First Day Term 4	All students and staff	

## Principals' Message

### Covid Guidelines

Thank you to all parents for taking calls or responding to text messages or emails over the weekend.

As you are all aware the Premier announced that stay at home restrictions for the Upper Hunter Shire local government area (LGA) would be introduced from 5pm Saturday 14 August until 12.01am Sunday 22 August 2021.

This means if you are working from home, and your child is able to be educated from home, please keep them at home to minimise movement in the community.

Our school will be open with minimal supervision to support those students who cannot be educated from home, for example, if their parent or carer is an essential worker. All students and families will be supported with learning from home materials and resources provided by your teacher.

### 150 Celebration

Due to the COVID Pandemic the committee has decided to postpone our celebrations until Friday 18 and Saturday 19 February 2022. The next meeting is currently planned to be held at 6.30pm on Wednesday 1 September 2021 in the school library. The small committee welcomes any new members to assist organising this wonderful celebration.

### Mega Raffle

The Mega Raffle will still be drawn on Friday 10 September 2021. Please ensure all tickets, sold or unsold and money be returned to school no later

than Friday 3 September 2021. Thank you to all families for your support with this fundraising.

### Attendance

Research highlights a clear correlation between student attendance and the achievement of quality academic, socio-economic and health outcomes. This research tells us that students with an attendance rate below 90% are educationally at risk. Above 95% is our expected student attendance.

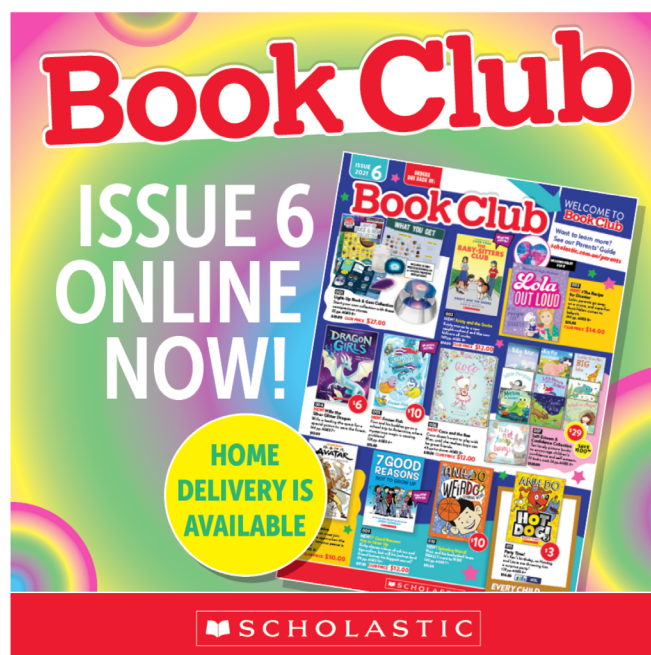
We are introducing two new awards for attendance starting this term, students who attend school 95% or above and an improvement in late arrivals/early departures for a five week period.

If your child is away from school, please forward a note to the classroom teacher when they return. You may also phone the office or email the school. If an explanation hasn't been received in seven days an Attendance Concern Letter will be sent home showing the dates your child was away. This note needs to be returned to the office as soon as possible.

If your child is late arriving to school, please send them to the office to sign in. If you need to pick up your child early for an appointment, please phone the office and we will sign them out and send them out to you.

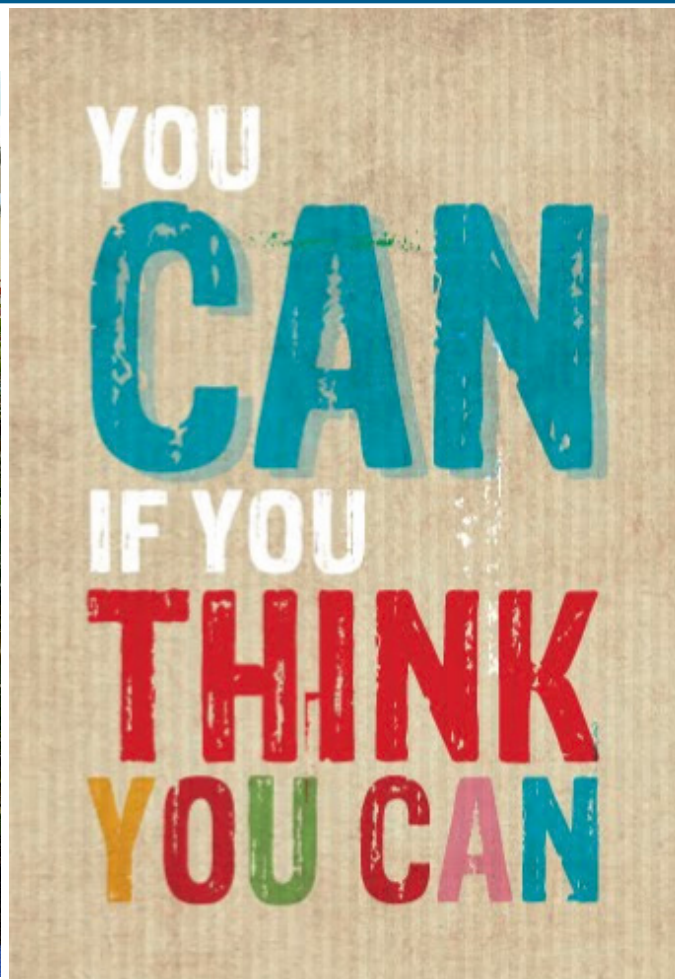
### Welcome

We would like to welcome Callum, Jack and their family to Blandford Public School. Callum is in Kindergarten and Jack is in Year 3. We hope you are enjoying your time at Blandford.





# Happy Birthday Ayesha



## COME AND TRY JUNIOR NETBALL

**Quirindi Netball Association are now inviting any interested boys and girls to register for our JUNIOR NETBALL COME AND TRY sessions in Term 3**

Come and learn skills and drills from Quirindi Netball Junior Representative Head Coach Robbie Gregg along with current NSW Mens Netball player Brody Blackett-Gregg

Sessions will be held for the following age groups  
6-10 years and 11-16 years

**Session Dates:**  
Sunday 22nd August and Sunday 29th August

**Session Times:**  
6-10 Years: 9am to 10.30am  
11-16 Years: 10.30am to 12.30pm

**All sessions are free of charge**

- Register now by emailing participant details to [quirindinetball@gmail.com](mailto:quirindinetball@gmail.com)
- Details to include: Name, DOB, Address, Phone Number
- Registrations CLOSE 5PM Monday 17th August

For further information please contact Robbie Gregg on [robbie.gregg@hotmail.com](mailto:robbie.gregg@hotmail.com)

**Quirindi**  
NETBALL ASSOCIATION

## 2022 REPRESENTATIVE INFORMATION

**Quirindi Netball Association are now inviting any interested players to nominate for the following 2022 Age Group Representative Team/s**

▶ 12's
▶ 13's
▶ 14's
▶ 15's
▶ 17's

- Nomination forms can be requested by email at [quirindinetball@gmail.com](mailto:quirindinetball@gmail.com)
- Completed Nomination Forms are to be emailed to [quirindinetball@gmail.com](mailto:quirindinetball@gmail.com)
- NOMINATIONS CLOSE 5PM FRIDAY 1st OCTOBER
- Trials to take place in October TBA

*For further information please contact Robbie Gregg on [robbie.gregg@hotmail.com](mailto:robbie.gregg@hotmail.com)*

Please note that there will be certain commitments players will be required to meet. This includes being available for training sessions, carnivals and Junior/Senior State Titles. It is expected that players will attend all training sessions set by the coach, unless there are exceptional circumstances.

Players that continue to be unavailable for training sessions may be asked to relinquish their position on the team. It is also expected that all players be involved in any fundraising activities required to secure funding for Umpires, Court Costs, Accommodation and all other associated costs involved in this State program.

Quirindi Netball Association reserves the right to accept or decline any player nomination if they see fit.



## Art with Anita



Every Friday the students have been participating in art lessons with local artist Anita Faulkner. Lessons will continue this semester. As part of the art classes she will be working with the children to develop a range of prints and etchings that will be part of the upcoming 150th Anniversary Celebrations.





NSW Department of Education

# Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life



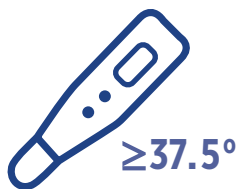
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# Got symptoms? Get tested.

**Anyone with COVID-19 symptoms should be tested.**

Symptoms include:



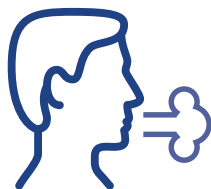
fever



cough



sore throat



difficulty breathing



loss of smell



loss of taste

**Other reported symptoms of COVID-19 include:**

fatigue, runny nose, muscle pain, joint pain, nausea/vomiting,  
diarrhoea, loss of appetite or other flu symptoms.



Testing is free, quick and easy  
[health.nsw.gov.au/coronavirus](https://health.nsw.gov.au/coronavirus)

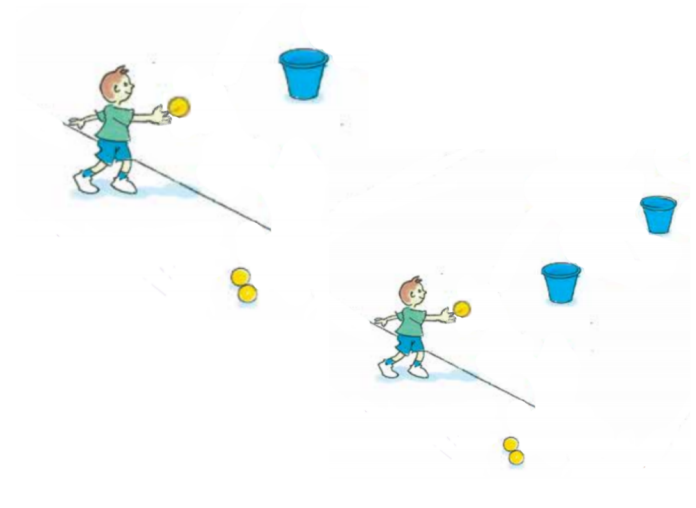
## Ball in the bucket

Time: 10 minutes

### Activity

#### On your own

- Use chalk (or a ruler/door snake if indoors) to mark a line 3 metres from the bucket.
- Use an underarm throw and count how many of the 3 balls you can land in the bucket. It doesn't count if it bounces out!
- Keep practising and set yourself some goals.



© 2019 Sport Australia

### Equipment

- Bucket.
- 3 tennis balls (or 3 soft toys for indoors activity).



### Activity variation

#### With a partner / parent

Take turns with a partner or all of your family members and find out who will be the first to land all 3 balls into the bucket!

For an **extra challenge** – you can stand further back or even invent some trick shots e.g. it has to bounce once and then into the bucket!



Adapted from Sport Australia, 2019, Playing for life

## Balancing act

Time: 20 minutes

### Activity

#### Individual/partner/group

- Players balance various objects to see which shapes are easiest to balance.
- Players use different body parts to balance the objects, such as palm or back of their hand, or their knee, foot, elbow, chin, or forehead.

### Safety

- When balancing objects on the head, the safest places are the chin or the forehead.
- Objects balanced on the nose can slip and fall into the eye.
- Players should not run around while balancing objects.



© 2019 Sport Australia

### Equipment

- Various balancing objects, such as:
  - balancing poles (made from rolled up newspaper and sticky tape)
  - feathers (easier)
  - shoes
  - plastic chairs
  - baseball caps
  - broom handles (harder).



### Activity variations

- Change the object shape, size or weight.
- Try walking or lying down and getting back up again while trying to balance the object.
- Players 'jump' the balancing object from one body part to another (e.g. one hand to the other).
- Players work in pairs to pass balanced objects to each other using the 'jump' method.
- See who can walk the furthest distance balancing each object.
- Challenge a partner to see who can balance an object for the longest period of time.

Adapted from Sport Australia, 2019, Playing for life [Balancing act](#)



# Social Media and Youth Mental Health

PHN EDUCATION SESSION

Please join us for a Livestream training workshop on the health and behavioural issues associated with Youth Mental Health and Social Media presented by Psychologist, Author and Screen Addiction Specialist, Brad Marshall.

## DISCUSSION TOPICS:

### Children and Social Media: Managing Overuse and Cyber-safety

- Common Social Media Apps that Children/Teens use
- The Psychological Underpinnings of Social Media Apps: Hyper-personal Effect, Ziegarnik Effect, Social Comparison Theory etc.
- Cyber-safety concerns around Social Media: Bullying, Pornography, Sexting, Catfishing, Ghosting etc.
- How do clinicians help parents: The Unplugged Steps and setting healthy boundaries



**WHO:** GPs, Youth Workers, Mental Health Professionals and Nurses.

**WHEN:** Wednesday 8<sup>th</sup> Septemer 2021 6.00 pm – 7.30 pm

**WHERE:** Livestreamed online

**RSVP:** Please [click here](#) to register, slido will be used on the night.  
Q&A – questions can be submitted via [slido.com](#) event code (#SMYMH)

**NOTE:** [This event will not be recorded, it is a live presentation only.](#)





# Blandford Public School Mega Raffle

**\$2.00 per ticket**

**Drawn Friday 10 September 2021  
at Trivia Night**



1st prize - Weber Q1000 – Donated by MacCallum & Co

2nd - Husqvarna 236E Chainsaw – Donated by MacCallum & Co

3<sup>rd</sup> - Jon Field Painting – Donated by Jon Field

4<sup>th</sup> - Bev Parkins Patchwork Quilt – Donated by Bev Parkins

5th - Picnic Pack - esky, ice bricks, drink bottle, beach chairs and thermos – Donated by Scone Home Timber & Hardware and Marty Wilson Electrical

Thank you to all our sponsors for these lovely prizes.

Tickets available to purchase from

- MacCallum & Co – Scone
- Dimmocks Quality Meats – Aberdeen
- Nelliebelle's Cakes and Bakes Coffee Shop – Murrurundi
- Just Debs – Murrurundi
- Wendy Seckold – Murrurundi

All proceeds raised are going towards our 150 Celebrations and restoration of the school bell.

# Remote learning guidelines for students and parents



## Stay connected



## Ask questions



.....  
If you don't understand something, ask your teacher or classmates online.

## Workspace



.....  
Work in a quiet area, at a desk or table and try to limit distractions.

## Use classroom language



.....  
Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.

## Focus



.....  
During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.

## Take breaks



.....  
Take breaks away from screen. Move around and try not to sit all day.

## Your normal routine



.....  
Eat breakfast, brush your teeth and get dressed in the morning.



# Behaviour code for students

## NSW public schools

NSW public schools are committed to providing safe, supportive and responsive learning environments for everyone. We teach and model the behaviours we value in our students.

### In NSW public schools students are expected to:

- Respect other students, their teachers and school staff and community members
- Follow school and class rules and follow the directions of their teachers
- Strive for the highest standards in learning
- Respect all members of the school community and show courtesy to all students, teachers and community members
- Resolve conflict respectfully, calmly and fairly
- Comply with the school's uniform policy or dress code
- Attend school every day (unless legally excused)
- Respect all property
- Not be violent or bring weapons, illegal drugs, alcohol or tobacco into our schools
- Not bully, harass, intimidate or discriminate against anyone in our schools

Schools take strong action in response to behaviour that is detrimental to self or others or to the achievement of high quality teaching and learning.

### Behaviour Code for Students: Actions

Promoting the learning, wellbeing and safety of all students in NSW Public Schools is a high priority for the Department of Education.

We implement teaching and learning approaches to support the development of skills needed by students to meet our high standards for respectful, safe and engaged behaviour.

### Respect

- Treat one another with dignity
- Speak and behave courteously
- Cooperate with others
- Develop positive and respectful relationships and think about the effect on relationships before acting
- Value the interests, ability and culture of others
- Dress appropriately by complying with the school uniform or dress code
- Take care with property

### Safety

- Model and follow departmental, school and/or class codes of behaviour and conduct
- Negotiate and resolve conflict with empathy
- Take personal responsibility for behaviour and actions
- Care for self and others
- Avoid dangerous behaviour and encourage others to avoid dangerous behaviour

### Engagement

- Attend school every day (unless legally excused)
- Arrive at school and class on time
- Be prepared for every lesson
- Actively participate in learning
- Aspire and strive to achieve the highest standards of learning

The principal and school staff, using their professional judgment, are best placed to maintain discipline and provide safe, supportive and responsive learning environments. The department provides a policy framework and resources such as Legal Issues Bulletins, access to specialist advice, and professional learning to guide principals and their staff in exercising their professional judgment. In this context the NSW Government and the Department of Education will back the authority and judgment of principals and school staff at the local level.



# HEALTHYEATING ACTIVE LIVING

## Healthy eating during COVID-19

We're all facing many changes to our eating habits while COVID-19 affects our community. Changes to the availability of ingredients, access to groceries and fresh food, and our ability to eat out means many of us are spending more time cooking at home.

These changes might take some getting used to but you're not alone – many people are adjusting to new daily eating habits and working out how to continue eating well.

Healthy eating may look a little different during COVID-19. Here are some things to keep in mind to keep eating well. Remember, it's all about doing the best you can!

### Rethink cooking and shopping habits

You're probably already doing things a little differently when it comes to shopping, cooking and eating. Here are some habits you could consider incorporating in your daily routine to help you keep mealtimes healthy. You may like to try one new habit each week and find what works best for your family.

- Involve kids in meal preparation – check out our tips for [cooking at all ages](#)
- Learn a new [healthy recipe](#) each week
- [Plan ahead](#) – write and stick to your shopping list and have back-ups in mind in case some ingredients are not available
- Cook meals that freeze well so there's always a healthy option on hand
- Buy frozen vegetables if available or try freezing your own fresh ones
- Have water bottles handy so you remember to drink regularly or use a fun chart to keep track
- Try moving unhealthy snacks out of sight and have healthy alternatives available
- Grocery delivery is available for vulnerable groups in many areas – check the website of your local supermarkets for details
- Remember to follow [proper food hygiene measures](#) to make sure it's stored and prepared safely

### What to eat to stay healthy during isolation

Food alone cannot “boost” your immune system. Maintaining a healthy body and mind is important to keep your body functioning at its best. A healthy diet, [regular exercise](#), managing stress, and getting plenty of sleep, are all important ways to keep your immune system strong.

During the COVID-19 pandemic the [basics of healthy eating](#) still apply. Limited access to fresh food might make it difficult to continue eating the variety of healthy food that you may be used to. You should also try to limit your trips to the supermarket. Here are some things to keep in mind during these difficult times.

### Try to eat a variety of fruits and vegetables to get the nutrition you need

If you can't get fresh produce, frozen and tinned fruit and vegetables are great options. Try to choose fruit tinned in juice.

Choose foods high in fibre

Look for fruits, vegetables, wholegrains (brown rice, oats, wholemeal), legumes and beans. Fibre keeps you feeling fuller for longer, can help with blood sugars and cholesterol, and supports gut health.



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Use up fresh ingredients with a shorter shelf life first

Prioritise fruits, vegetables and dairy/meat products. Keep your canned and packaged food for when you need it. If you can't use it, try freezing it.

### Limit unhealthy snacks and drinks

These are often high in sugar, unhealthy fats, salt, and kilojoules. This leaves less space for the healthy foods you need to boost your mood, energy levels, digestion, and sleep. Take a look at our [weekly menu planner](#) for healthy snack ideas.

- Stay hydrated

Drinking plenty of water is essential for your body to function normally. It's also kind to your teeth and waistline.

- Drink responsibly

Be mindful of your [alcohol consumption](#), especially during this time of change.

- Choose healthier options

If you're getting takeaway or delivery, take the time to [make informed choices](#) by checking portion size, cooking methods and choosing healthier sides.

- Be mindful of tinned food high in salt

Too much sodium (the main ingredient in salt) can lead to high blood pressure and [other health problems](#)



## Mango and Passionfruit Breakfast Smoothie

### Ingredients

- 1 small mango or 2 frozen mango cheeks, peeled
- 3/4 cup reduced fat milk
- 1/4 cup reduced fat natural yoghurt
- 1 tbs honey
- 1 tsp wheat germ
- 1/4 cup crushed ice
- 1/2 passionfruit (see Tip)

### Method

1. Place the fruit into a blender with the milk, yoghurt, honey, wheat germ and ice. Blend until smooth and serve immediately in a chilled glass.  
Tip: Stir the passionfruit into the smoothie after the rest of the ingredients have been blended together.

# Helping kids thrive online

## Webinar information sheet for parents of primary school students

### General tips for supporting your child online:

- Support your child's friendships online and off by talking with them about their friends and activities.
- Ask your child to demonstrate the games and apps they use to better understand what they play, why it's fun and possible pitfalls they may encounter.
- Help build confidence by encouraging children to share their knowledge of the online world.
- Encourage routines that promote health and balance. For example, create device-free times and places in your home.
- Model your own behaviour, by demonstrating that you can put your phone down and concentrate on spending time with your child, without the distractions of being online.
- Talk to your child about who could be their 'askable adult', and when they would speak with them.

### Harmful content

[Harmful or inappropriate content](#) is content that a child might find upsetting, disturbing or offensive.

#### Ways to start the chat:

- Use eSafety's information on how to approach the [hard-to-have conversations](#).
- Use the [eSafety guide](#) to learn more about popular apps, games and social networking sites.
- Explore [eSafety kids](#) pages with your child to discuss topics such as [I saw something online I didn't like](#).
- Learn how to [report illegal content](#).

### Contact with strangers

[Unwanted contact](#) is any type of online communication that your child finds unpleasant or confronting, or that leads them into a situation where they might be harmed. At worst, it can involve 'grooming' a child — building a relationship with a child in order to sexually abuse them. To help your child:

- Learn and discuss what children can do in [situations where they might feel unsafe](#).
- Explore [eSafety kids](#) pages so you can more easily discuss topics like [someone is contacting me and I don't want them to](#).
- Learn about the features of apps that can expose children to contact with strangers by exploring the [eSafety guide](#).



# 5 tips to keep your family safe online



Parents and carers can use a combination of strategies to help young people build their digital technology skills and have safer experiences online.

## 1. Start the chat

Get into the habit of talking about online safety as a family, so your child feels comfortable coming to you if they ever need help working out an issue. It's never too early to introduce [good online habits](#) such as respect, empathy, critical thinking, responsible behaviour and resilience. As your child grows older, eSafety's advice about [hard to have conversations](#) will help with some of the tricky topics like sending nudes, online pornography and contact from sexual predators.

## 2. Create a family technology agreement

Creating a Family Technology Agreement can help you and your kids decide together when and how digital technology will be used at home. As a family, brainstorm easy-to-follow rules and display them where everyone will see them. Your agreement could cover things like: time limits, apps your kids are allowed to use and online behaviour. Families with younger children can [download](#) a template to guide the conversation.

## 3. Set up parental controls

Parental controls let you monitor and limit what your child sees and does online. It's best to use them in combination with the other online safety strategies listed here. [Taming the technology](#) can help you understand your options. Grab a device and get started with our guides to setting up parental controls on [devices and accounts](#) or in [social media, games and apps](#).

## 4. Choose games and other apps carefully

Use eSafety's [App checklist for parents](#) to think about the positives and negatives when your child asks to download a new game or other app. The checklist covers things like age ratings, managing privacy settings and reporting abuse in-app. You can also use [The eSafety guide](#) to check and set up safety features with your child.

## 5. Use digital technology together

Exploring or playing on devices or online with your child can be a positive experience that promotes learning and development. Ask questions, be curious and get involved. To learn more, read our blogpost [How to encourage good screen practices for your child](#).

Published 05/2021

# Good for Kids good for life

## INTERNATIONAL YEAR OF FRUITS AND VEGETABLES

The United Nations has declared 2021 the International Year of Fruits and Vegetables!

Did you know that over 75% of Primary school aged children in NSW consume the recommended serves of fruit?<sup>1</sup>

BUT...

***Only 1 in 20 NSW primary school children eat the recommended amount of vegetables!***

Pack vegetables for Crunch&Sip® at school each day. Here's a few ideas:

No preparation:

- Baby cucumbers or carrots
- Cherry Tomatoes
- Snow Peas
- Frozen Peas

Some preparation:

- Cucumber, carrot, celery or capsicum sticks
- Corn on the cob



INTERNATIONAL YEAR OF  
**FRUITS AND VEGETABLES**

2021

# Good for Kids good for life

## USING PHYSICAL ACTIVITY AS A REWARD

We all like to treat our kids with rewards when they have completed a task at home or performed well at school.

Here are some ideas on how to incorporate physical activity into your rewards:

- Visit a park that your child loves
- Instead of spending money on a food reward, why not get some new sports equipment for home (e.g. skipping rope, basketball, soccer goals, bouncy ball)
- Plan a special trip to an indoor active centre like rockclimbing, 10 pin bowling, putt putt or a trampoline park
- Go on a family bike ride or plan a family scavenger hunt
- Invite their friends over for a play in the backyard



**Health**  
Hunter New England  
Local Health District

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>