



# Blandford Public School

## Newsletter

Term 3 - Week 9

Wednesday, 8 September 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	
17/09/2021	Last Day Term 3	All students and staff	
05/10/2021	First Day Term 4	All students and staff	
Term 4	Book Fair	All students	TBC
11/11/2021	Healthy Harold	All students	Information to follow
23/11/2021	Scone High School Orientation	Year 6	TBC
10/12/2021	Presentation Day	All students and staff	Information to follow
16/12/2021	Last Day Term 4	All students	

# Principals' Message

## Sporting Achievements

Congratulations, although belated, go to our successful athletes.

NSW PSSA Swimming State Championship Awards - Charlie Crowe, Jorja Roser, Montana Rando and Ayesha Hussain.

PSSA Zone Athletics Mixed Austen Relay 2nd Place ribbon - Jorja Roser, Charlie Crowe, Ayesha Hussain and Zara Shahid.

PSSA Zone Athletics Senior Girl Discus 2nd Place ribbon - Jorja Roser

Awards will be mailed to families this week.



## NAPLAN

The National Assessment and Literacy Program - Literacy and Numeracy student reports have arrived at school. If parents have any questions concerning the reports or their child's performance, please contact the school. These will be mailed to parents this week.



**We all want to help keep our mob safe from COVID-19. And so far, we've done a good job protecting our communities. But we need to keep going.**

COVID-19 is still around. It can spread very quickly and could hurt our mob. So, we don't want to wait until it's too late. The COVID-19 vaccine can help protect our mob from getting really sick from the virus. It helps protect our community, Elders, family and friends.





## HELP KEEP OUR MOB SAFE

Having the COVID-19 vaccine is an important way each of us can help protect our mob from the virus

**Where can we get more information?**

We can talk to our GP, Aboriginal Medical Service or Aboriginal Health Worker about what is best to help protect us. They can provide information about the COVID-19 vaccines, how to book our vaccination and what to expect.

Or visit [nsw.gov.au](https://nsw.gov.au)

or call the National Coronavirus COVID-19 Vaccine Helpline on **1800 020 080**

24 hours a day, 7 days a week, for help.

**Ready to make your COVID-19 vaccination appointment?**

You can book by **scanning the QR code** which will take you to the **Eligibility Checker** where you can find a clinic near you.

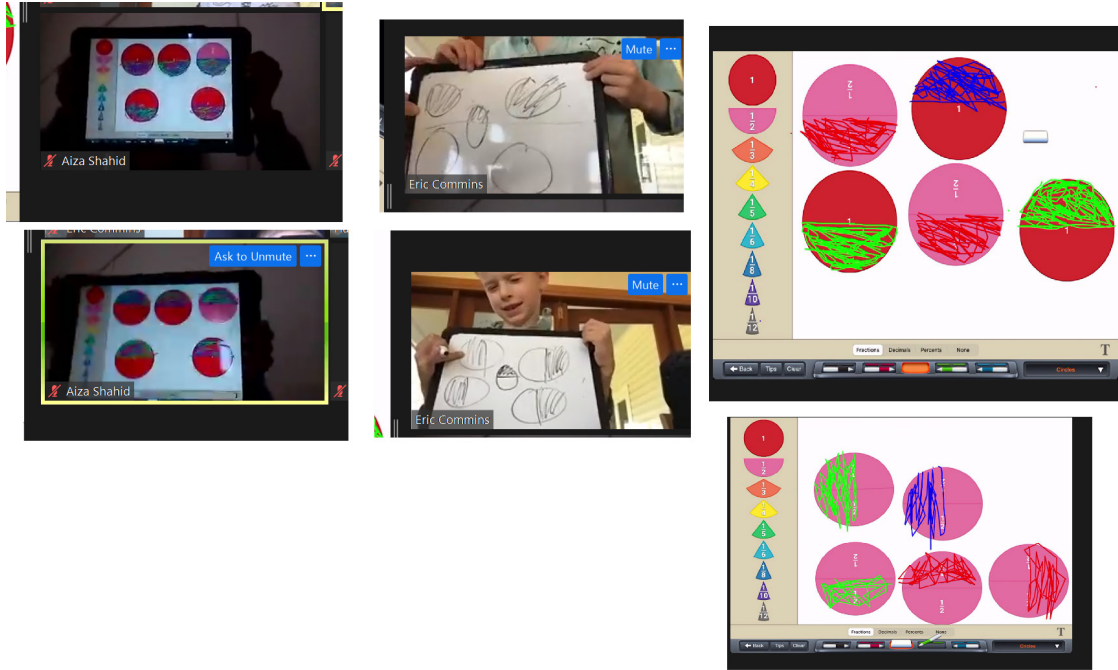


**> KEEP OUR MOB SAFE**

# Learning from Home - K-2

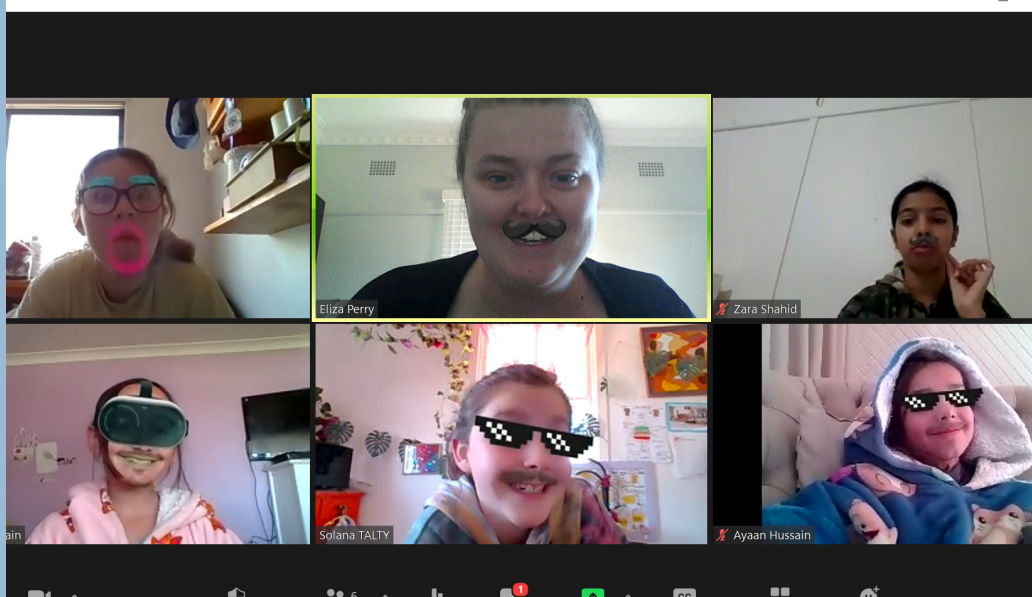
Almost the end of Term 3! Oh my! It has been very different for everyone in the last few weeks but K-2 have still been working hard. It has been wonderful to still see the smiles of everyone and giving learning their best go. Our learning has been focused on information texts and writing about facts. We have also been focused on how we solve our addition and subtraction problems. Thinking about how we represent our answers.

Keep working hard K-2.








# Learning from Home - 3-6



# Fun Friday Activities Week 9

<p>Flip Naughts and Crosses</p> 	<p>2+ people buzzer/whistle Table Naughts and Crosses grid (could be made with tape or chalk) 6 cups of two different colours</p>	<p>2 players in each round Place each participants' stack of cups on the floor between their feet. When the 'buzzer' sounds, both participants pick up their stack, take one cup and place it right side up, slightly over hanging the edge of the table. Then use one finger to 'flip it' so that it lands on the end from which we drink. If the cup lands this way the player places their "naught" or cross'-the cup into the grid. The first player with 3 in a row is the winner.</p>
<p>Pick Up Straws</p> 	<p>A 1 minute timer 1 cup and straw per participant A bunch of plastic straws</p>	<p>Set each participant up with their cup and forks to one side and a bunch of straws on a table, in front of them. On 'go' each participant uses only one hand to collect straws with their fork- place a straw on each prong. The only thing allowed to touch the straws is the fork. Once the fork is full of straws tip them into your cup. The winner is the person with the most straws after 1 minute.</p>
<p>Cup Tower- Balloon</p> 	<p>2 balloons and 6cups per person</p>	<p>The aim is to build a 6 cup tower. Players cannot touch the cups with their hands. The cups are moved by bolding a balloon in the mouth, dangling it inside the cup until the cup is secure, then moving the cup to the tower and letting the balloon deflate. The balloon can not be touched by the hands during the game. Once it is large enough to 'hold' the cup, move the cup to make a tower- 3 cups on the base, 2 on the next level and 1 on top</p>

# Working from home - Google Classroom Update

## Google Classroom Organisation

As we are trying to make learning from home easier to navigate, we have implemented a new process, using emojis, for identifying lessons in Google Classroom. The lessons will be named, starting with the name of the class, either K-2 or 3-6. This will be followed by emojis which indicate the day of the week, the subject and the process for completing the lesson.

Hearts- Heart emojis identify the day of the week that the lesson is to occur. Different colours identify which day of the week the lesson is to take place. Monday = ❤️, Tuesday = 🧡, Wednesday = 🟡, Thursday = 🟢 and Friday = 🔵. Did you notice that the colours follow the order in a rainbow-ROYGB?

Each subject has its own emojis. The subject emojis are;

👤 🧪 - Science

🌍 🌐 - Geography

📜 ⏳ - History

🧠 👤 - CAPA

🧮 📊 - Maths

📖 📄 - English

🙏 🧘 - Smiling Mind

🏀 🏃 - Sport/PE

📖 😊 - Library,

The processes for completing each lesson have the following emojis;

📄 success criteria to be checked by student

☑️ work that needs to be uploaded to the classroom

Some examples

K-2 ❤️ 🧮 📊 = K-2- the class, red heart = Monday, abacus & number emoji = Maths

3-6 🔵 🧮 📊 ☑️ = 3-6 class, the blue heart identifies Friday, and the abacus and number emoji identify the subject is maths, the green tick indicates that the work needs to be uploaded to Google Classroom.

3-6 🟢 👤 🧪 📄 = 3-6 class, Thursday, Science, and the process for completing the lesson includes the students using the success criteria.

K-2 ❤️ 🙏 🧘 = K-2 class, Monday, Smiling Mind.

Teachers have explained this to their students. Please ask if you have any questions.

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



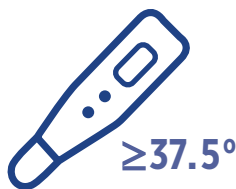
---

---

# Got symptoms? Get tested.

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

Symptoms include:



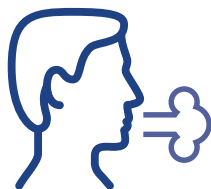
fever



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.



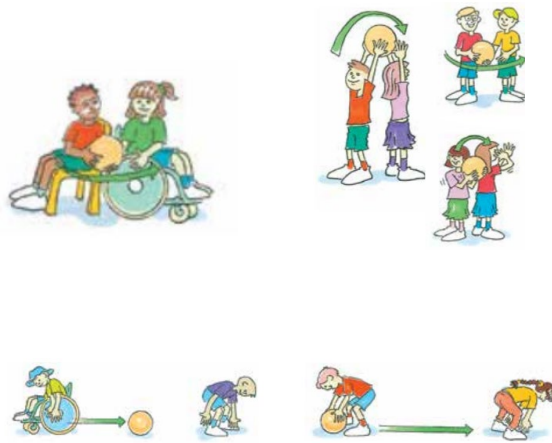
## Back-to-back passing challenge

Time: 10 minutes

### Activity

#### Partner game

- With one ball per pair, players must pass the ball back and forth.
- The ball must change hands completely.
- Explore different passes – make up new ones.
- Set a time period, for example, number of passes in 30 seconds.

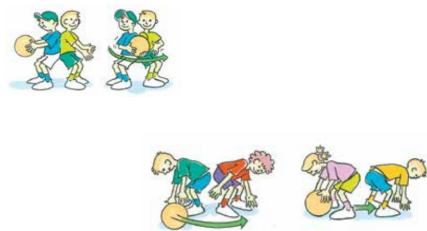


### Equipment

- Ball/object to pass such as a basketball, soccer ball, netball, cushion, teddy bear, soft toy.
- Can be played indoors and outside.

### Activity variations

- Change the ball/object size.
- Play in a group and swap partners to see which combination can do the most passes in a set time.
- Try this activity in a swimming pool.
- Move closer together.
- Move further apart.
- Roll the ball between players.
- Change direction clockwise/anti-clockwise.



© 2019 Sport Australia

Adapted from Sport Australia, 2019, Playing for life [Back to back pass](#)

## Big and little targets

Time: 20 minutes

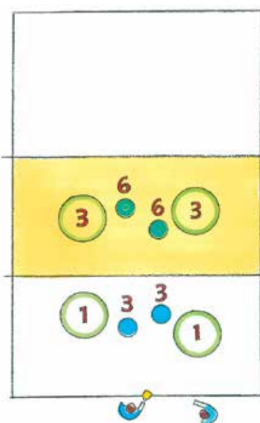
### Activity

#### Individual/partner/group

- Bounce a ball and then hit it with a bat aiming at the target.
- Each ball that hits or lands in a target scores points.
- Take 4 hits and then tally the score. Swap players after 4 hits.

### Scoring

- Ball in bucket – 3 points.
- Ball hits bucket – 1 point.
- Ball bounces in hoop – 1 point.
- Total score after every 4 hits.



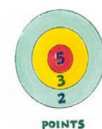
### Equipment

- Hoops, bins, buckets or chalk to mark targets.
- Paddle bat, tennis racquet, cricket bat or even your hand.
- 4 tennis balls or similar.



### Activity variations

- Have a partner feed the ball to the player.
- Swap the when ball is hit – on full, after one bounce, after two bounces.
- Move the distance of targets/vary the numbers of targets and point system.
- Time challenge – how many points in 3 minutes?
- Team challenge – how many total points (best of 2 rounds)?
- Vary the time/team challenge according to ability.
- Throw objects instead of hitting them.
- Vary objects.

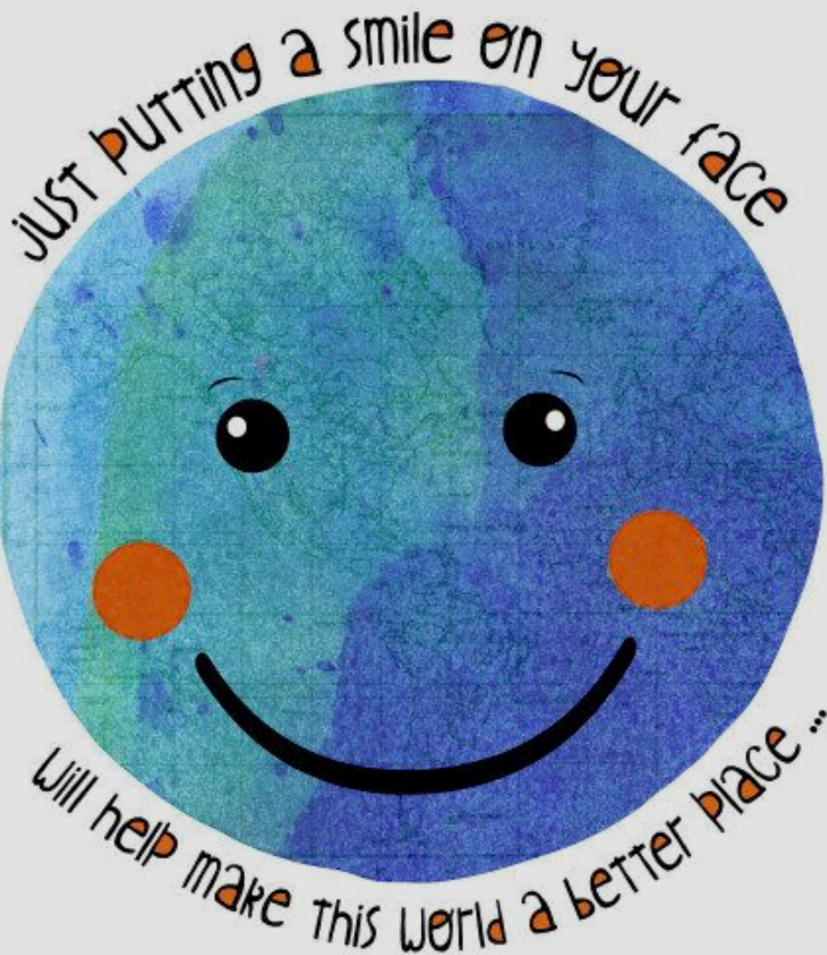


© 2019 Sport Australia

Adapted from Sport Australia, 2019, Playing for life [Bucket and hoop](#)

# 30 Days of Soul-Full September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Parenting for Resilience, Confidence &amp; Independence</b> Online Summit 8-10th Oct 2021</p>			<b>1</b> Take a walk or jog in a park  	<b>2</b> Buy something beautiful for yourself	<b>3</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch 	<b>4</b> Write a gratitude letter to yourself
<b>5</b> Print out an uplifting quote and stick it on your bathroom mirror	<b>6</b> Spend time with animals 	<b>7</b> Burn a candle or use an oil diffuser with your favourite scent 	<b>8</b> Take a restful break  	<b>9</b> <b>Book a massage or a spa treatment</b>  	<b>10</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch 	<b>11</b> Host a games night with friends (online if needed) 
<b>12</b> Organise your linen cupboard and donate extras	<b>13</b> Watch the sunrise or sunset today 	<b>14</b> <b>Do some mindful colouring</b>  	<b>15</b> Show appreciation to family and colleagues  	<b>16</b> Be spontaneous 	<b>17</b> <b>Fresh Fruit Friday</b> -add an extra piece of fruit into your lunch 	<b>18</b> <b>Dance to your favourite songs</b> 
<b>19</b> Schedule time with a friend 	<b>20</b> Take a relaxing bath or shower	<b>21</b> <b>Get CrEaTiVe</b> 	<b>22</b> Enjoy some time in nature  	<b>23</b> Relax and read your favourite magazine	<b>24</b> 	<b>25</b> Start a joyful Saturday ritual 
<b>26</b> Plant some seeds in your garden or pots 	<b>27</b> Take time to reflect on your day	<b>28</b> Smile at everyone today 	<b>29</b> Be kind to yourself  	<b>30</b> Write down 3 things you have achieved today and celebrate  	Subscribe to the Teachers Matter Magazine for your professional reading... <a href="http://www.spectrumeducation.com">www.spectrumeducation.com</a>	



## Keep'n Mob Safe & Keep'n Community Connected

### AHU Vision

"Healthy Aboriginal people now and into the future"

### AHU Goal

"Keeping Aboriginal people healthy in the community, through the provision of culturally safe, respectful and integrated health services"

### Aboriginal Health Worker (AHW) Service

What type of healthy lifestyle services do we provide during COVID restrictions, We can provide;

- Home based programs via Skype or phone
- We can help you develop your own health plan based on what you would like to achieve
- Mindset & Physical activity programs with healthy foods information
- Yarn with Jade
- Information on COVID
- A contact in health that may be able to point you in the right direction

**AHW Name: Jade Perry**

**Phone: 0407 811 345**

**Email: [Jade.perry@health.nsw.gov.au](mailto:Jade.perry@health.nsw.gov.au)**

**Address: Singleton Hospital NSW 2330**

**Work Hours: Mon-Fri -8am – 4:30pm**

**IF YOU WOULD LIKE ANY OF THESE SERVICES PLEASE CONTACT THROUGH PHONE CALL OR TEXT!**

### Stay fit at home - Physical Activity - Online



### Zoom, Skype or Phone

**Online home Based Exercise 30 Minutes;**

**The program:**

- warm up, Exercise ,cool down (At your own pace)

**Exercise Sessions:**

- Monday – 8am Mindset & Stretching
- Tuesdays –4:30pm Workout Full body no equipment
- Wednesday – 7:30am Box fit
- Friday –12pm Box fit

Join Zoom Meeting

<https://zoom.us/j/94771861770?pwd=Qm1TbTZleVRrbDFGalZ3dVgwVG5mQT09>

Meeting ID: 947 7186 1770

Passcode: AHU123

### Yarning with Jade

Keep'n the Mob safe and Stay'n connected

Wanting to have a Yarn?  
Wanting to yarn about your Health & Wellbeing?

Worried about COVID or want more COVID Information?

We have a few groups available - for more information on how to join in please call or text. Our contact details are below:

**Jade Perry Hunter Valley AHW Phone: 0407 811 345**

**Men's Group Yarn with Ness Phone: 0422 767 569**

**Elders Yarn with Michelle Phone: 0439 882 876**



### VACCINE

### INFORMATION

Over the coming weeks HNE Health will aim to reach as many Aboriginal people across the district who would like to be vaccinated.



If you are Aboriginal/Torres Strait Islander 16yrs & over and would like a Vaccine and need support booking please contact your local HNE Aboriginal Health Unit Worker **Text or Call AHW 0407 811 345**

Vaccine Bookings Please contact Your Aboriginal Medical Service, Local GP or [COVID-19 Vaccine Eligibility Checker | Australian Government Department of Health](#) online.



# Good for Kids good for life

## CHOOSING HEALTHY SNACKS

Healthy snacks are important to help your kids get the nutrients they need to grow, develop and learn.

Choose snacks that are everyday foods – vegetables, fruit, dairy, wholegrains or protein-rich foods.

Planning is the best way to make sure that the healthy choice is the easy choice.

Here's a few tips to help you plan your healthy snacks:

- Include vegetables and fruit in your child's lunchbox each day
- Add vegetables into homemade snacks (e.g muffins, pikelets, scones and slices)
- Cut up vegetables and fruit on the weekend so they are easier to grab during the week
- Keep a range of healthy snacks in the fridge or pantry that are easy to grab and go
- Get your kids helping to prepare healthy snacks
- Enjoy eating healthy snacks with your kids



**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/>

Source: Making Healthy Normal



---

---

Tennis Australia Hots Shots Tennis for kids whilst in lockdown and at home until school resumes, at Scone Tennis Club.

Held during day. Small coach to student ratio – 2 students per coach (semi private lesson)  
One hour sessions consist of thirty minute lesson followed by singles play/strategy/shot selection.

Staggered times. No contact. Classes aligned with national curriculum

Coaches are fully vaccinated. Racquets supplied. Take home resources supplied for kids to undertake whilst at home.

Active kids vouchers. \$20 per child per session.

Bookings and enquiries Chris 0400 331 553.



ENTER NOW!

The second 2021  
Poetry & Short Story Schools Writing Competition is  
NOW OPEN!!

Students from ALL AROUND Australia are invited to enter their original poems or short stories in our second writing competition for 2021.

ONE (1) ENTRY PER STUDENT.

All grades from Prep/Kindergarten through to Grade 12 can participate.

There is NO THEME!

Entrants are encouraged to let their imaginations run wild  
and get their creative juices flowing to write on  
ANY TOPIC and in ANY STYLE.

Over \$3000 in CASH and PRIZES to be won -  
including \$500 for your school!