



Blandford Public School

Newsletter

Term 3 - Week 9

Wednesday 13 September 2023



Coming Events

| When | Event | Who | More Info |
|----------------------------------|-------------------------------|--|---|
| Every Monday | Spanish | All students | 11.00am - 11.30am |
| Every Tuesday | Music | All students | 2.15pm - 3.15pm |
| Every Wednesday | Art with Anita | All students | 2.15pm - 3.15pm |
| Every Friday | Library | All students | Please return library books |
| Every Friday | Scripture | Participating students | 1.15pm - 1.45pm |
| Every Friday | Sport | All students | Sports Uniform |
| Friday - Weeks 3, 6 and 9 | Slushies | All students | \$2 each - Limit of 2 |
| Thursday 14.09.2023 | R U OK Day | All students | Students may wear Mufti |
| Thursday 21.09.2023 | Blandford Banquet | All students and invited guests | RSVP closed Monday 11.09.2023 |
| Thursday 21.09.2023 | School Assembly | All students, staff, parents, families and friends | following Blandford Banquet |
| Friday 22.09.2023 | Last Day Term 3 | All students and staff | |
| Monday 09.10.2023 | First Day Term 4 | All students and staff | |
| Mondays Term 4 commencing Week 2 | Kindergarten Orientation Days | New Kindergarten Students | 9.15am - 12.15pm more information following |

Yoga

The students started weekly yoga lessons last week. The lessons are run by an experienced yoga teacher Nicole Walker, they will run until Week 5 Term 4. Yoga is a fantastic way to promote physical health and emotional well-being, and it can be especially beneficial for people who may be experiencing stress or anxiety.

In addition to the physical benefits, practicing yoga can also help students to cultivate mindfulness and focus, which can be extremely helpful in academic and personal settings. By learning to be present in the moment and tune in to their bodies, students may find that they are better able to concentrate during class, manage their emotions, and cope with stress. Overall, incorporating yoga into the school curriculum is a fantastic way to support students' well-being and encourage healthy habits for life.

In addition to student yoga, Nicole is also running adult yoga classes at Blandford Public School. These lessons run on Monday mornings at 6.30am and Wednesday evenings at 6.00pm. Lessons are \$15 per person. Anyone is welcome to attend.



BYO yoga mat, water & blanket
\$15 (No EFTPOS)

Yoga

with Nicole

| | 6:30 am | 9:30 am | 6:00 pm |
|-----|---------------------------------------|---------------------------------------|---------------------------------------|
| MON | BLANDFORD PUBLIC SCHOOL | TIMOR HALL 2656 Waverley Rd | TIMOR HALL 2656 Waverley Rd |
| WED | TIMOR HALL 2656 Waverley Rd | | BLANDFORD PUBLIC SCHOOL |



Student Reports

We have started learning yoga with Nikki. Some of the poses we have learnt are butterfly pose, cat pose and cow pose. We have been doing music and it is really fun. We have learnt some songs and one of them is called Hot Cross Buns.

Written by Austin



Butterfly Pose



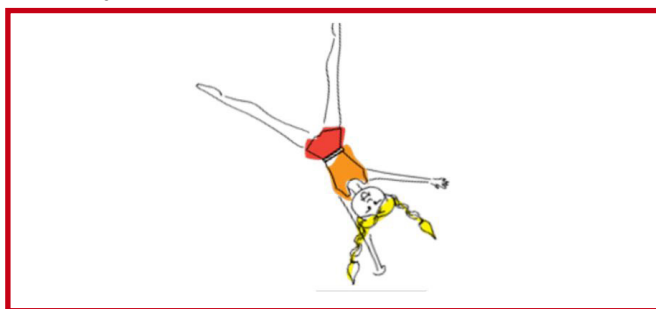
Cat Pose



Cow Pose

This term we are learning gymnastics, our gymnastics teacher is called Nicky and our yoga teacher is named Nikki too. We also do Spanish, Music, Art, Scripture, English, Maths, History and Geography. In gymnastics we do cartwheels, forwards rolls and donkey kicks.

Written by Hunter



Cartwheel



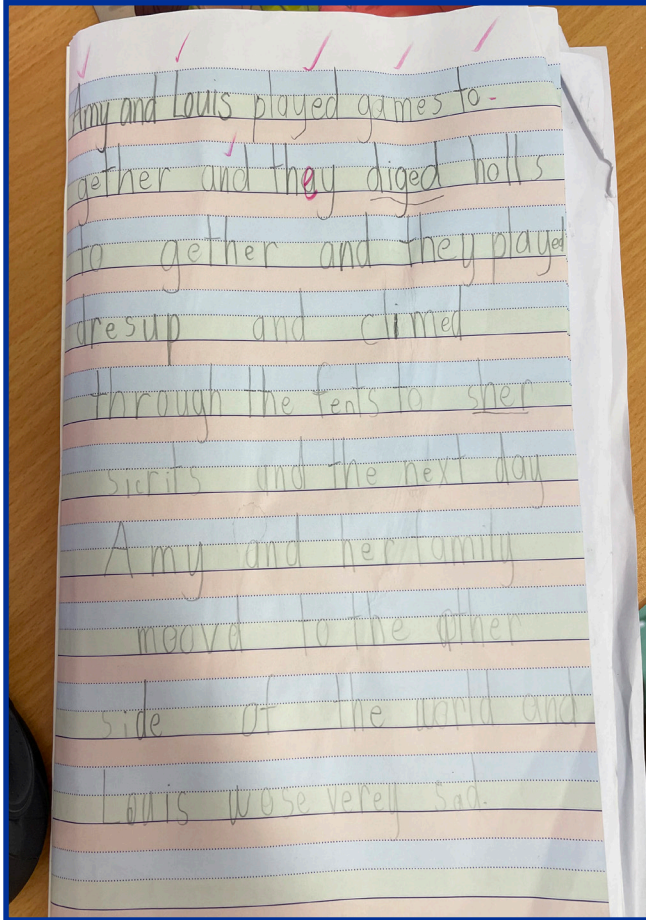
Forward Roll

Quirindi Show

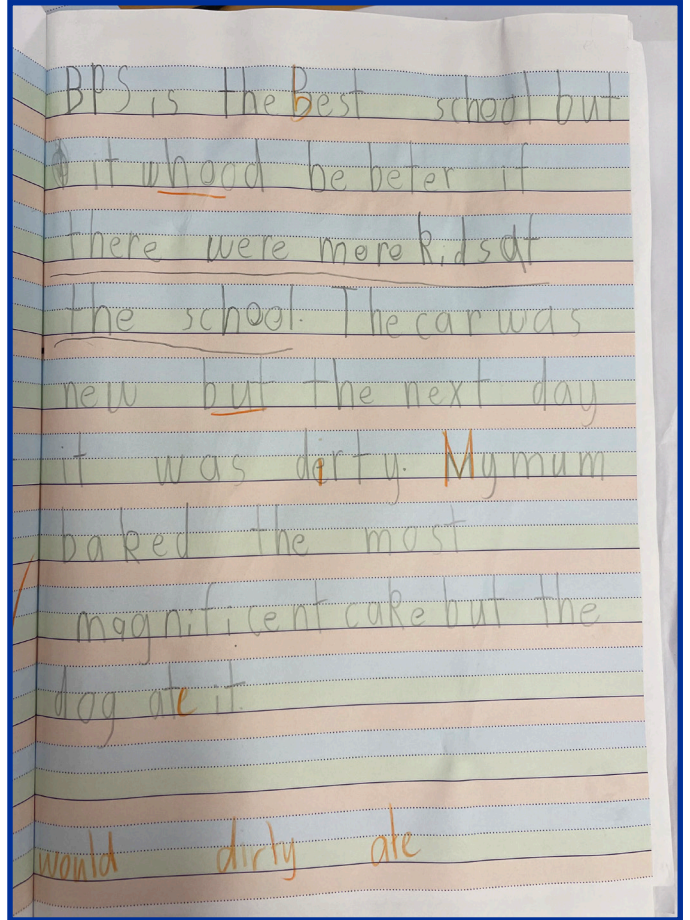
Congratulations Blandford PS students on your achievement of receiving second place for your artwork at the Quirindi Show.



K-2 English



written by Liam

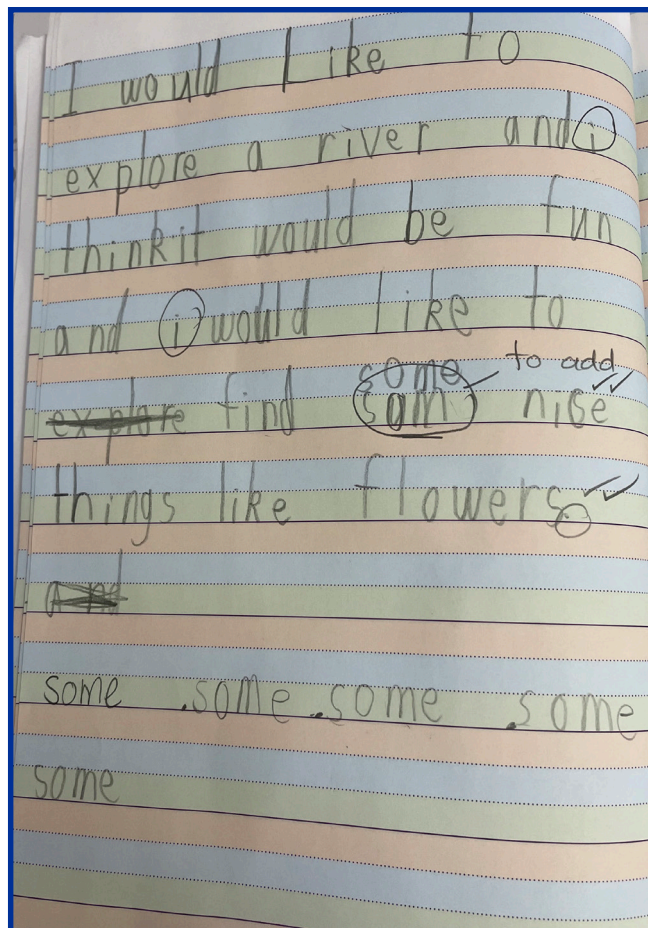


written by Austin

In English lessons K-2 have been learning about complex sentences.

They have learnt that along with sentence punctuation, complex sentences contain a main clause, a subordinate clause and a subordinating conjunction.

Students have also learnt that to use a comma following an introductory subordinate clause.



written by Austin



KINDERGARTEN 2024

Do you have a child starting Kindergarten in 2024?

Register now for Blandford Public School's Kindergarten Transition program being held in Term 4 2023.

BPS's transition program prepares the school and new Kindergarten students through an extended program, offered each Monday from 9.15am to 12.15pm.

REGISTER NOW

 02 6546 6117



Blandford Public School

Our small school is well supported by our community. The school has excellent facilities, education resources and qualified specialists running our art, music and sport programs.

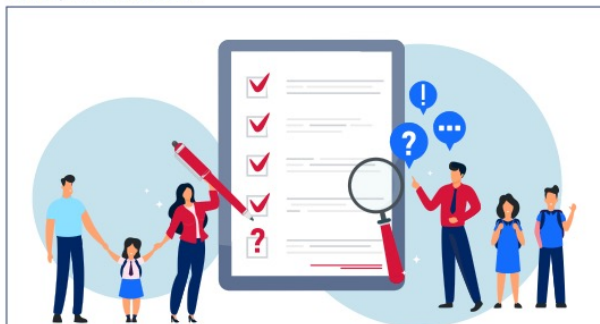
With beautiful grounds and engaging play areas, Blandford Public School is a great choice for your child's primary school education.

The dedicated staff maintain a strong focus on sound academic foundations, individual learning, well being and building self esteem, independence and resilience.

Call now for a tour of our beautiful school.

**School
Enrolments
now open**

Contact Us 02 6546 6117 www.blandford-p.schools.nsw.gov.au



Blandford Public School

Parent survey

We are seeking your feedback

Have
your say

Parents, guardians and caregivers are invited to take 10 to 15 minutes to participate in the **Tell Them From Me** parent survey. The survey will help us understand your perspectives on your child's school experience and will be used to make practical improvements to our school.

Survey is open until
3 November 2023



Scan the QR code with your smart phone to complete the survey. It is completely confidential and is available in 23 languages.

 The Learning Bar



**Slushies Available
Fridays
Weeks 3, 6 & 9**
\$2.00 each



Sunsmart Snippet

What's the UV right now?

Remember to **SLIP, SLOP, SLAP, SEEK and SLIDE** when the UV is 3 or above.



Check the SunSmart app everyday to find out your local sun protection times.

sunsmartnsw.com.au

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

WHAT A WASTE

Did you know that the average household throws out 1 in 5 bags of groceries they buy?



Save money and help the planet by reducing your food waste.

For ideas on how to reduce waste check out our blog at healthylunchbox.com.au.

healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box

PACKING AN EVERYDAY LUNCHBOX

LUNCHBOX IDEA 8

Crunch&Sip: Apple
Recess: Rice wheels, capsicum sticks, cheese
Lunch: Wholemeal sandwich with chicken, lettuce and avocado
Drink: Water

LUNCHBOX IDEA 9

Crunch&Sip: Pear
Recess: Boiled eggs, carrot sticks, salsa, roasted fav-a beans
Lunch: Rice cakes with vegemite and cheese
Drink: Water

LUNCHBOX IDEA 10

Crunch&Sip: Grapes
Recess: Rice cracker snacks, corn on the cob
Lunch: Mixed vegetable salad with chicken and cheese
Drink: Water

Artwork: "Heart of a child" by Lara Went Worimi Artist

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain exotic ingredients. Follow the guide below to make packing an everyday lunchbox easier:

- **Crunch&Sip:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients
- **Drink:** Water
- Don't forget to add an **ice brick** to keep the food cool and safe

See our 10 everyday lunchboxes below to use as a guide when packing your own everyday lunchbox.

LUNCHBOX IDEA 1

Crunch & Sip: Red capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water

LUNCHBOX IDEA 2

Crunch&Sip: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk

LUNCHBOX IDEA 3

Crunch&Sip: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Wholemeal sandwich with tuna, tomato and lettuce
Drink: Water

Artwork: "Heart of a child" by Lara Went Worimi Artist

Try a new game at home

Children learn from watching, listening and copying what happens around them.

Role-modelling is important to teach children how to live a healthy, active lifestyle. Why not try a new game at home this week?

You could try:

- **Wall tennis**- 2 players face a wall. Each player is restricted to half the playing area. The server throws the ball to the wall to start play- the receiver tries to catch the ball after one bounce or on the full.
- **Bullseye**- Use household items such as buckets. Place the bucket on the ground and from 2 meters away, take turns at throwing a ball into the bucket. You can make this harder by moving further away or using smaller items (such as cup and ping pong ball).
- **Skipping competition**- Using a jump rope, take turns to see how long you can jump for without stopping. Whoever jumps the longest wins!

Source: The role of parents in children's active play (www.health.gov.au) | Playing for life (www.sportaus.gov.au)

Developed by Hunter New England LHD

HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

FRUIT KEBABS

INGREDIENTS

- 14 blueberries
- 14 pineapple pieces
- 14 mandarin segments
- 7 strawberries, halved
- 14 kiwi fruit pieces
- 14 grapes
- 7 wooden skewers

DIRECTIONS

1. Thread two pieces of each fruit onto the wooden skewer. Repeat with the remaining six skewers.

NOTE

Any fruit will work well. Choose the fruit your child likes best and what is in season. You can have as many or as little varieties as you like.

Our other top choices include raspberries, rockmelon, watermelon and orange.

For more recipes visit: www.swapit.net.au/resources/recipes-ideas/

**JUNIOR TOUCH FOOTBALL
REGISTRATION DAY'S
THURSDAY 14TH SEPTEMBER
THURSDAY 21ST SEPTEMBER
3.45-4.45PM
WILSON MEMORIAL OVAL
REGISTRATION FEE \$25
PAYABLE UPON REGISTRATION
COMP STARTS 19TH OCTOBER
PLAYED WEEKLY
TERM 4 2023 &
TERM 1 2024
5-6PM
FOR ENQUIRIES CALL
MARTY 0428659660 OR
KYLIE 0410315890**

COLOURFUL MIND FUN RUN

Family Day Out!

26 September, 10am - 12pm
Bill Rose Sports Park, Scone
All ages welcome. Kids under 10
must have adult supervision.



More info to come