

Monday Messenger

4 SIMPLE STEPS TO PREPARE FOR BUSH FIRE



DISCUSS

Know what you and your family will do if bush fire threatens your home.

Have a plan.



PREPARE

Get your home ready for bush fire season.

Check www.rfs.nsw.gov.au/plan for the 5 actions to make your home safer.



KNOW

Be mindful of the bush fire alert levels.

You will find these on the NSW RFS website, on the radio and in the 'Fires Near Me' app.



KEEP

Keep the key contact numbers and websites on hand, such as:

Emergency Triple Zero (000)

Bush Fire Information Line: 1800 NSW RFS (1800 679 737)

NSW Rural Fire Service Website: rfs.nsw.gov.au

Fire Danger Ratings: rfs.nsw.gov.au/fdr

'Fires Near Me' Free smartphone app

Local radio, TV and newspapers

facebook.com/nswrfs

twitter.com/nswrfs



GET READY!

PREPARE ACT SURVIVE

www.rfs.nsw.gov.au

Week 9
Monday: 17.09.18
Monday Messenger

Tuesday 18.09.18

Wednesday 19.09.18
Canteen Volunteer Required.
[NRL Visit](#)

Thursday: 20.09.18
Film by Pebbly- Forster
Student Banking
UD Library

Friday: 21.09.18
LD Library
Kitchen Garden Program



Fathers Day Luncheon

A great place to be,
a great place to learn



Last Friday Bungwahl PS hosted a very successful Father's day lunch. The lunch was prepared by the students in their weekly kitchen garden program utilising produce grown from the school garden. Delicious food was prepared by the students. The menu was chosen by the students in consultation with Kitchen Garden specialists Nikki Dixon and Karen Kay. Students set the table and decorated it with fresh flowers and decorations from nature. 18 Dad's, Grand Dads, Step Dads and other special people joined the students and together celebrated the important role men play in the lives and education of children. The students enjoyed spoiling their invited guests. School leaders thanked all the visitors for the great things they do for the children. The meal was followed by an impromptu skipping display. Everyone appeared to have a fantastic time together.

FIRE SEASON PREPARATION

We are currently preparing our school for the 2018-19 fire season. Next week, Thursday 27.08.19 at 12.30pm, members of the RFS will come to the school to talk to the students about fire safety. Everyone is welcome to join us for this talk as the information will be applicable to all ages. At the end of the talk at 2pm I will go through our school's Emergency Management Plan in case of fire. It is vital that all parents and carers are aware of the actions we will take in an emergency. Please read the attached information and complete the updated emergency contact phone numbers and permission notes for your child to go home with an alternative adult if you are not available or unable to get through to our evacuation point.

FILM by PEBBLY and SHINE ON

I encourage all families to buy tickets for what promises to be two excellent performances by our students and their peers from the Great Lakes learning community. Come along and be impressed by the high standard achieved by our local students in the Creative Arts!

NAPLAN

NAPLAN results for Years 3 and 5 will be handed out this week. Contact the school if you would like to discuss your child's results.

SCHOOL SWIMMING

School intensive swimming lessons will be held during Week 1 Term 4. All students will be participating in lessons and there will be no teachers at school. All students will travel to the aquatic centre by bus each day and participate in two lessons. This is a wonderful opportunity for students to gain vital swimming and safety skills ready for summer enjoyment of our beautiful lakes and beaches.

A BIG THANK YOU to the P&C for their generous donation of \$1500 to cover the cost of the bus. Without this wonderful support, the cost for each child would be approximately \$80! Cost per student for 5 intense days of swimming will be \$17.50. This money has been raised by dedicated P&C members and your support of their fundraising efforts such as The Colour Run and raffles.

End of Term 3

Term 3 ends next week on Friday 28th September. I wish all families a very happy and safe holiday together and look forward to seeing you next term for some more great learning at Bungwahl Public School. **Term 4 begins on MONDAY 15th October.** There is no Staff Development Day next term.

Bungwahl Rural Bush Fire Brigade

Is in need of new volunteer members.

You will need to be over 16 years old. This is a great opportunity to meet great people and make new friends.

Also get the skills to protect your family, property and keep your community safe.

Some of the skills you will be trained in :

- First Aid
- Off Road Driving
- Fighting fires safely

Once trained , your brigade will arrange the appropriate protective clothing and equipment.

Please contact James Martin on 0466 252 889 if interested in joining Bungwahl Rural Fire Brigade.



BUNGWAHL PUBLIC SCHOOL EMERGENCY FIRE PLAN

The best way to contact me in an emergency is _____

In an emergency, I give consent for the following adults to collect my child/children from
Bulahdelah Central School or Pacific Palms and take them to their home or an alternate safe place
following and evacuation.

Name: _____

Signature: _____ Date: _____

Canteen Volunteers Required

24.10.18 _____
31.10.18 _____
07.11.18 _____
14.11.18 _____
21.11.18 _____

**No Volunteer
No Canteen**

Shine On - The Countdown is on!!!!

The countdown is on for our Shine On Concert - 9 days!!!

Some thing to remember:

Choir/Skippers to wear

- Black Shine On t-shirts (will be handed out this week)
- Black tights for girls
- Black jeans/pants for boys and extra sport shorts for skipping
- Black shoes for choir
- Joggers for skipping performance

Students are to bring their joggers and sport shorts in an extra bag, with their name clearly marked.

A reminder that Tuesday 25th and Wednesday 26th will be *all day rehearsals* at Club Forster for those students involved in Shine On. Students will need sufficient food/water for both days, and best uniform is expected to be worn, as students are representing our school. Tickets for the Wednesday night show can be purchased from the office. Adults \$8, students/ concession \$6.00.

I cant stress the importance of having *all* students at school every day for shine rehearsals, as they are part of a team, it is important not to let the team down!

Looking forward to seeing you all their on Wednesday night, for what will be a fantastic show!

Miss Crozier

Higher Achieving Students Activity Day

Last week on Tuesday Lilli and Abigail went to Forster College for the higher achieving student's day. We had lots of fun there. There were year 5, 6, 7, 8s at Foster College. We did activities such as building gummy bear towers, forensic investigating and drama. We were there with a bunch of other schools including Forster PS, Pacific Palms PS, and more. Lilli said, "My favourite was the DRAMA!"

Abigail said, "My favourite was the gummy bear tower!"

By Abigail and Lilli

Canteen

We are in need of a canteen volunteer for this week.

Canteen will be closed next week due to Shine on and also first week back next term due to intensive swimming program.

Attached are dates that canteen volunteers are needed for next term. Canteen will be open from Week 2 to Week 6 only if we have volunteers and or special chef's.

Canteen will be closed if there is no volunteer.

Weekend Sporting Success Stories

My Winter Netball Season

To Saturdays ago our team the Amaroo Construction won the grand final we won against Forster the undefeated team until now it was a close call 20 to 19 they were about to score but it was finished earlier we won and at the end they were crying and we were all screaming then we had our presentation later on that that night that's when I got those trophies and then the next weekend we had a disco I had to leave early.

By Xannah, yr4

My Winter Soccer Season

Two Saturdays ago I did my last soccer game for the season. Sadly I didn't make it in for grand finals but my team and I did have an awesome winter season. We did have our presentation day. As I stood up with my team I got 2 trophies 1 for participation and the other for the most improved in the team!

By Darcy, yr6

Rhythmic Gymnastics

4 weeks ago, I did a gymnastics competition. I did three routines, one ball, one hoop and one freehand. After I and everyone else did their routine we got our medals. I got a bronze and my friend got gold. I enjoyed it a lot.

By Abigail, yr6

THE TAEKWONDO MEDAL OF A SENTUERY

Peter and Sam both won a gold medal for Taekwondo fighting. Sam's opponent got 19 and Sam got 29, Peter's opponent got 5 and Peter got 8 for the fights so Sam and Peter both got gold.

By Peter yr4, Sam yr5



My Soccer Trophy

I got my trophy from my coach called Dan. I listened properly so I got the trophy. My team is Pacific Palms. I also got a mug with a picture of my team on it, and a shirt with my initials on it.

By Rory yr3

Film by Pebbly

*Great Lakes Combined
Film Festival*

Please join us in celebrating our
students' short films at

Club Forster

Thursday 20th September 2018

Doors open at 5.30pm
for a 6pm start

**\$8 per ticket or
\$25 for a family of 4**
(regular price applies for extra tickets)

Only available at www.trybooking.com/XPRN

Proudly
sponsored
by



Strictly
alcohol
free

What's Happening

Week 10

Monday 24.09.18

Tuesday 25.09.18

Shine on rehearsal

Wednesday 26.09.18

Shine on Matinee

Shine on Evening Performance

Canteen Closed

Thursday: 27.09.18

Rural Fire Talk- 12.30

UD Library

Student Banking

Friday: 14.09.15

LD Library

Kitchen Garden Program

Last Day of Term

Term 4

Week 1

Intensive Swimming Week

Week 2

24.10.18 Kindy Orientation starts

Week 4

09.11.18 LD Major excursion

Week 7

27.11.18 - 30.11.18

Canberra - UD Major excursion

Week 9

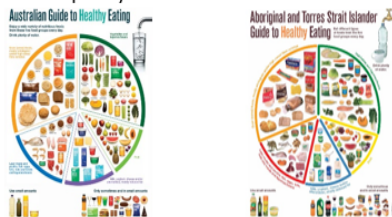
12.12.18 End of year Presentation

Good for Kids good for life

GUIDE TO HEALTHY EATING

Have you seen the Australian and the Aboriginal and Torres Strait Islander Guide to Healthy Eating? Children and adults should enjoy a wide variety of nutritious foods from the 5 food groups every day:

- Plenty of vegetables of different types and colours and legumes/beans.
- Fruit.
- Grain (cereal) foods, mostly wholegrain and high fibre varieties, e.g. pasta, rice, bread etc.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds.
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat (full fat milk for children under 2).
- And drink plenty of water.



Visit www.eatforhealth.gov.au for more information.



PHONE 4924 6499



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Bungwahl 2423
ph: 4997 6175 fax: 4997 6306
bungwahl-p.school@det.nsw.edu.au

BUNGWAHL FIRE EMERGENCY PLAN

Bungwahl Public School is in a High Risk bush fire prone area. A bush fire prone area is an area of land that can support a bush fire or is likely to be subject to bush fire attack. Bush fire prone land maps are prepared by local councils and certified by the NSW Fire Service.



IMPORTANT INFORMATION IN CASE OF FIRE

SCHOOL CLOSED- On days where a **CATASTROPHIC** fire danger is in place for our area the school will be closed. The school will contact parents/carers after 5pm the preceding day. Students will stay at home.

If there is a fire danger close to the school Emergency Services will advise the principal of the best course of action as follows.

EVACUATE- If it is appropriate to evacuate, buses will transport students to Bulahdelah Central or Pacific Palms School- depending on the fire threat.

SHELTERING- (Remaining on site) All students will relocate into the office. Staff will support the student needs while enacting emergency plan (in close consultation with emergency services.)

PARENTS/CARERS ARE NOT ADVISED TO COME AND GET THEIR CHILDREN, AS THIS MAY PUT THEMSELVES OR THEIR CHILDREN AT RISK.

COMMUNICATION- PARENTS and CARERS will be informed via SMS, FACEBOOK, DOJO or landline. It is important to have your contact details up to date and check communications regularly if a fire is reported in our area.

Please complete the emergency contact details on the attached form and return to Felice this week.