

Monday Messenger



Healthy lunchboxes - 4 simple steps

Packing an everyday lunchbox can be as easy as following these simple steps. Include:

- Crunch&Sip®: vegetable sticks or fruit.
- Recess: vegetable sticks or fruit and 1-2 other everyday snacks e.g. popcorn, yoghurt, rice crackers.
- Lunch: a sandwich, wrap or roll or an alternative such as pasta salad
- Drinks: water and reduced fat plain milk.

Just one swap in the lunchbox from sometimes foods to everyday foods can make all the difference to your child's health and wellbeing.



For easy ideas on healthy lunchboxes visit

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/packing-an-everyday-lunchbox/>



Good for kids
good for life

CONGRATULATIONS NIKKI!

2018 AAEE NSW ENVIRONMENTAL EDUCATOR OF THE YEAR



It is with great pleasure I congratulate Nikki for being recognised with this prestigious award. We all know what a fantastic job Nikki does in environmental education in our school and it is wonderful to see her talents recognised. The judges stated that Nikki's application was outstanding. "Your work with Bungwahl Public School leading the school to initiate healthy eating and minimising food waste demonstrates environmental educational leadership. Involving the children, families and teachers in this project and gaining funding to fit out a new kitchen and garden beds is truly remarkable. The

'Lettuce Inn' classes and May Baa Marrung bush garden projects are examples of environmental education in action and demonstrate your sustainability leadership. You have an outstanding list of successful funding grants for sustainable indicatives, educating people of all ages and Bungwahl Public School receiving the 'United Nations Association of Australia's Environmental School Winner' is well-deserved recognition. Your story is inspiring and the environmental education work you have achieved is quite amazing. We are currently in the process of posting out your certificate and prize (\$250 voucher for a Jake Cassar Bushcraft workshop on Wild Food & Medicinal Plants.) A big congratulations on being crowned NSW AAEE Environmental Educator of the Year!" We are all really proud of your achievements Nikki and thank you for your ongoing commitment, and all the wonderful work you do, for Bungwahl Public School students and wider community.

A great place to be,
a great place to learn



Welcome back to Term 4 at the wonderful Bungwahl Public school!

I hope all families enjoyed a happy holiday together and are rested and ready for an exciting term of learning ahead.

Shine On and Film by Pebbly

It feels like ages since last term, however I would like to take this opportunity to acknowledge the fantastic success of our students, Miss Crozier and Mrs Ekins, in 'The Film by Pebbly' and 'Shine On.' What amazing performances and wonderful nights of entertainment we enjoyed! The events certainly displayed the talent of staff and students across our area. Everyone I spoke to was impressed. We had phone calls congratulating our students on their skipping and I was extremely proud when the judges chose our entry in the film competition to tour the state and be shown at all the other venues. What an amazing honour! Due to our film on the drought our fundraising for the farmers continues. We have now raised an incredible \$1400. A great effort for a small school. These events do showcase the wonderful opportunities our students have in our local public schools. Thank you to all staff, students and parents/carers for your support of these opportunities. It is a big commitment but definitely worth it!

ATTENDANCE STARS ENJOYING THEIR LUNCH WITH THE PRINCIPAL at the Bungwahl Good Grub Shack.



SWAP IT

This term Bungwahl has joined NSW Health in implementing a program to encourage students to swap one 'sometimes food' in their lunch box for a healthier everyday option. This is a fun program to encourage our students to eat healthy to be healthy!



Top nutrition = Top marks

Good nutrition leads to greater child wellbeing and can even have a positive impact on their performance in class.

So why not make the swap today?

- Piece of cake to a scone
- Chips to popcorn
- Juice to plain milk



One swap from sometimes foods to everyday foods can make a big difference to your child's health and wellbeing.

For more tips on making a swap visit

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips/>



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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: _____

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-

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.)

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

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 **BUNGWAHL PUBLIC SCHOOL EMERGENCY FIRE PLAN** and return to Felice this week if you have not already done so (only two were returned last term!)

Food Trail

The spring food trail was a huge success!

I would like to say a big thanks to Karen and Clare for their help in the kitchen serving customers canteen treats and to Sandra, Libby, Sam, Bailey, Quinn, Joanie and Bella for doing such a wonderful job of showing people around the gardens and talking so passionately about our wonderful school. Also, a huge thanks goes to Dillon, Bec, Rachel and Lisa for their delicious and unique variety of tea and coffee that aligned perfectly with the Food Trail philosophy of ethically produced 'REAL FOOD'.

Our pizza workshops were also a huge success with people commenting that it was their highlight of the food trail. We sold out once again in the kitchen, as well as lots of seedlings that the kids have been very busy sowing and caring for since August.

There are still seedlings in the hothouse for sale if anyone is interested. Please send me a text on 0432181633 so I can arrange this with you. Cheers, Nikki



CANTEEN

Canteen this term will start in Week 2.

There will be a special chef for the rest of the term.

Week 2- Spag bol 'only' \$4.00.

Week 3 Chicken Curry & rice only \$4.00

Week 4 will be triangle pies' \$2.00 each.

Snacks \$1.00 (Snacks are available)

Davidson plum truffles (available)
Popcorn (Wed only)
Popcorn slice
Banana bread
Muffin of the day

Frozen Treats \$1.00

Fresh juice ice blocks
Lemon myrtle ice blocks

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