

# Monday Messenger



## Stress less over fussy eating

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT is here to help with ideas on how to pack an everyday lunchbox for your fussy eater.

Try the 3/4 lunchbox rule:

- Three items your child likes
- One new everyday item



Want more ideas on fussy eating?

Visit

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



## Robotics

The Great Lakes Learning Community of Schools combined last week to host an exciting two day Robotics Camp. Six students from Year 4 and 5 were fortunate to be invited to participate. Read their recounts below! Thank you to Mrs Ekins for accompanying the students in Forster. We hope to continue coding and robotics for all students next year and these students will be able to lead us all.



## Robotics and Coding

Last Wednesday and Thursday, Sam, Bailey, Clare, Emily, Rani and Michael went to the Robotic and coding challenge at Great Lakes Forster Campus.

The first day we learnt how to control the Sphero, Eb3s and the dash robots with a ipad and computer.

On Thursday we had a mini Olympics. We had to make the Eb3s play soccer and have a relay. We had to make the dash robots play shot put and had to make the Sphero swim.

We all had fun and got gift bags that had highlighters and magazines and stickers and seeds in them. It was difficult and challenging but good. 5 out of 5.

By Michael and Sam

A great place to be,  
a great place to learn



### ABC comes to Bungwahl PS

It has been an exciting time at Bungwahl Public School. Following Nikki's fantastic achievement, becoming the NSW Environmental educator of the year, ABC Port Macquarie came to the school on Friday to interview Nikki and some students about the great environmental learning occurring at our school. This award has 'showcased' our school extremely positively to a state wide community. Congratulations to Nikki, Karen, Sandra and the wonderful team of parents, community members and students who maintain our garden and wildlife. Our students learning is certainly enriched, and made more meaningful, through this program.

### BUNGWahl IS AN ANTI BULLYING SCHOOL

All Bungwahl Staff are committed to anti-bullying practices. We take all reports of bullying seriously by investigating and following up reported incidents. We also teach students skills to recognise and positively deal with bullying behaviour. Last term the Upper Division linked up in a Video Conference with The Aurora College and students across the state to learn skills to deal with cyber bullying. This Wednesday I will be discussing our school's Anti Bullying Plan at the P&C meeting. I welcome you all to come along to stay informed. The Department Of Education has a great website on Anti Bullying that is well worth exploring for some practical suggestions. The Bullying NO WAY website also has good ideas for identifying and responding to bullying.

Resources <https://bullyingnoway.gov.au/ForKids> <https://bullyingnoway.gov.au/>  
<https://antibullying.nsw.gov.au/>

### STUDENT STARS

It is always a pleasure to acknowledge students who have gone 'above and beyond' for their peers, and that is what Bailey, Sam, Quinn and Bella did during the holidays. These four young leaders initiated a fundraiser at the Food Trail to raise money for the Year 6 farewell. They raised a wonderful \$210.00 They exemplify the values of citizenship we encourage in our school community.

### MATHS COMPETITION HEROES

Congratulations to Abigail and Lilli for their recent success in the Newcastle Permanent Maths Competition. The Year 6 girls achieved outstanding results with Abigail earning a Distinction Award and Lilli achieving a Merit Award. Abigail also achieved a Credit Award in The University of NSW Maths Competition. Great to see our girls mixing it with the best in Maths!!

Abigail and Lilli also met their Year 7 advisors last week. I'm sure they are counting their days down as they begin their transitioning to High School.

Reminders:

- SWAP IT in your child's lunch box this week. More lunch box swap it ideas are attached to this newsletter.



## Veg-tastic lunchboxes!

Do you find it hard to pack vegetables in the lunchbox that your child will eat?

Swapping out sometimes foods for vegetables can help your child reach their daily vegetable needs.

Try:

- Corn on the cob
- Zucchini fritters
- Pumpkin scones



You don't need to wait until dinner to eat your vegetables!

For more great ideas on getting extra vegetables in the lunchbox visit

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



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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.

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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!)

- P&C Meeting Wednesday 5pm.
- EXCURSION MONEY payments can be made on schools website

Child protection lessons have begun in both classes. If you have any questions please talk to one of the teachers.

Welcome to Miss Shorter who is undertaking her Teacher Training Practicum with the Upper Division class for five weeks. Her positive and friendly personality and willingness to work hard and learn has made her a great asset to our school.



### Term 4

#### Week 3

31.10.18 Kindy Orientation  
P & C mtg 5.30pm

#### Week 4

07.11.18 Kindy Orientation  
09.11.18 Billabong Zoo -LD

#### Week 5

14.11.18 Kindy Orientation

#### Week 6

21.11.18 Kindy Orientation

#### Week 7

27.11.18 - 30.11.18  
Canberra - UD Major excursion

#### Week 8

05.12.18 P & C mtg

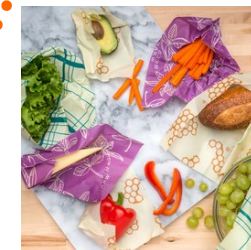
#### Week 9

12.12.18 End of year Presentation

#### Week 10

17.12.18 Yr 6 farewell dinner  
19.12.18 Last Day of term - students

Special Chef- Sarah  
Chicken Curry \$3.00



Bees Wax Wraps  
Now available  
\$15.00 3pk