

# Tuesday Tabloid

## Good for Kids good for life

### INTERNATIONAL YEAR OF FRUITS AND VEGETABLES

The United Nations has declared 2021 the International Year of Fruits and Vegetables!

Did you know that over 75% of Primary school aged children in NSW consume the recommended serves of fruit?<sup>1</sup>

BUT...

*Only 1 in 20 NSW primary school children eat the recommended amount of vegetables!<sup>1</sup>*

Pack vegetables for Crunch&Sip® at school each day. Here's a few ideas:

No preparation:

- Baby cucumbers or carrots
- Cherry Tomatoes
- Snow Peas
- Frozen Peas

Some preparation:

- Cucumber, carrot, celery or capsicum sticks
- Corn on the cob



INTERNATIONAL YEAR OF  
FRUITS AND VEGETABLES  
2021



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/>

<sup>1</sup>NSW School Physical Activity and Nutrition Survey, 2015

## Great Success



for

## BUNGWAHL WRITERS & ILLUSTRATORS

Our published WRITERS & ILLUSTRATORS Jeremy, Yindi, Tully, Reuben, Frankie, Maya and Amber.

Absent from photo: Frankie

## Dates to Remember Term 3.....

18.08.21

Science and Technology Day—Coolongolook

A great place to be,  
a great place to learn

## GREAT SUCCESS for BUNGWAHL WRITERS & ILLUSTRATORS

Last Friday I was privileged to meet with some of our students at The Tuncurry Memorial Hall to attend an exhibition of top student stories and illustrations from the Taree and Forster area. The event was also the prize giving for the Tell Me a Story competition. Our students received trophies, monetary prizes and certificates. Jeremy and Yindi received top honours with awards for excellence for their stories. All the students can be extremely proud of their achievements. They now have their work published in the Tell Me a Story book for 2021.

This was an amazing effort from our Upper Division class. We were competing against schools from the whole area- who have many more students than us, so for 25% of our students to earn awards is fantastic! All the students in the class put in a top effort and were proud of their peer's success.

### P&C MEETING Early reminder!

P&C meeting at the Bungwahl Hall next week. WEDNESDAY 11<sup>th</sup>  
AUGUST 2:30pm.

See you there! 😊

## ROAD SAFETY

Thank you for your patience and understanding with the ongoing changes to the drop off zones outside the school. We are working closely with council and RMS to make the area as safe as possible for our students. We are hoping lines will be painted again soon.

**MIDCOAST council**

### KNOW THE SIGNS AROUND OUR SCHOOLS

YOU CAN STOP HERE FOR 2 MINUTES ONLY	YOU CANNOT STOP HERE	YOU CANNOT STOP HERE UNLESS DRIVING A BUS
 You can drop your child off here but you must either stay in the car or within 3 metres of the car. Mobility sticker permit holders may stop for up to 5 mins.	 You cannot drop your child off here. Medical or other emergency stopping only is permitted.	 Children cannot be dropped here unless they are arriving by bus.

Hours of operation may apply to some signs. This means that the restrictions apply for those times only.

council@midcoast.nsw.gov.au      02 7955 7777  
midcoast.nsw.gov.au

## BERRY STREET EDUCATION MODEL (BSEM)

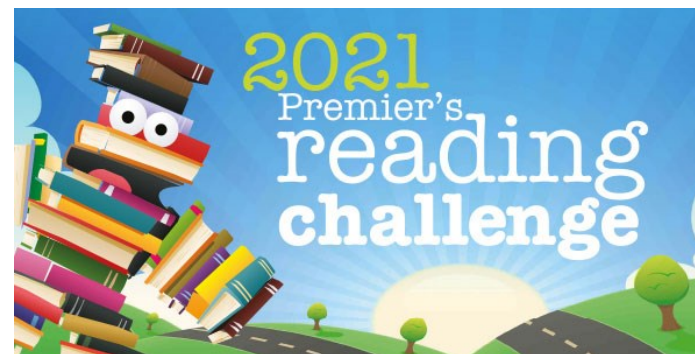
During Term 1 Miss Breese and I attended professional learning in BSEM. This model supports students to **THRIVE, ACHIEVE and BELONG**. It has given us greater understanding of student behaviours and skills to support them to achieve in the classroom. Including the introduction of Brain Breaks, Welcome Circles and What Went Well reflections in the afternoon. This term we are beginning specific lessons to support our students to understand the effects of stress on the body, escalation of feelings and de-escalation techniques.

For the next two weeks (on Thursday) we will be talking about STRESS. Engage with your child and ask them about their lessons and maybe share some of your experiences and techniques to deal with stress. We hope that these lessons and activities help our students feel more comfortable about sharing their feelings and knowing how to manage them.

CARE FOR OTHERS < CARE FOR SELF

## Premier's Reading Challenge News

Hooray! We have 13 students who have completed the challenge. Congratulations to Dane, Logan, Xavier K, Pritica, Kian, Chillie, Josie, Lily, Marlar, Gypsy, Declan, Jordan and Max. Many others are only a couple of books away from achieving their goal (LD 30 books, UD 20 books). Upper Division remember to check if the books you are writing down are on the PRC reading list (you were shown how to check on Oliver in your student portal remember?)



Attendance Matters!

  
Every Student, Every School, Every Day