

Tuesday Tabloid

NAME: _____

01.11.2022



Happy Start

A great place to be,
a great place to learn

Happy Start- Kindergarten Orientation

I was fortunate to visit the LD room on Friday. It was delightful to see all the 2023 Kindergarten students interacting happily and confidently with their UD buddies. They appeared excited to be coming to school and enjoyed their activities and school tour. They even got to say hello to a group of over 20 principals and school leaders, who were on a zoom meeting with me, when they came into visit me in my office! Students and staff are always excited to meet our youngest students. It is a great privilege to be a part of such a significant milestone in their lives.

I welcome all our new parents to the wonderful Bungwahl community.

P&C Meeting

A good way to meet other parents and carers is to come along to our P&C meetings. We meet once a term and discuss fundraising, school policies and procedures and enjoy informal chats with members of our school community. Members have a shared vision of providing our Bungwahl students with great opportunities and resources in a range of areas.

This term the P&C have subsidised our student swimming lessons, the UD excursion to Blue Mountains and Bathurst, the LD excursion to Taree Theatre to see Edward the Emu and our history excursion to Seal Rocks. This is a fantastic level of support for all our students.

Major fundraising for this term is the mango drive and Star Wars video. The P&C raised almost \$1000 on the cake stand and raffle during our musical in Term 3. A fantastic effort. Thank you, members of the P&C, for your outstanding support!

2023 Captain Speeches

Congratulations to Fletcher, Nate and Jeremy for preparing and presenting their speeches to the staff and students last week. They all did a great job and gave us many reasons why they will make great school leaders for 2023. Students voted yesterday and the captains will be announced on Presentation Day.

School Representatives.

We all wish Charlotte GOOD LUCK for the state finals of The Premier's Spelling Bee this Friday. The finals are being held in the ABC studios at Ultimo Sydney. We are all very proud of your success Charlotte.

Good Luck also to Amarlie, Bella, Cruz and Charlotte who will be representing Bungwahl PS at the Bulahdelah Show Public Speaking Competition next Wednesday 9th November. Thank you to Mrs Hobbs for working with the students and developing their skills to a professional level!

History Excursion

We are all looking forward to the history excursion to Seal Rock's Lighthouse THIS THURSDAY. Students are to meet at school at 8:25am ready to be transported to the lighthouse. Thank you to Jared for coordinating our guest speakers, Tina for organising the BBQ, Katie and Dan for providing a venue for lunch and all our volunteer drivers. It will be a terrific day learning about the history of this special area.

Great Lakes Learning Community Promotional Video.

Next Tuesday, 8th November our school has been invited to be filmed as part of a promotional video for our Great Lakes community of schools. Students will be filmed participating in normal class lessons, sport and the kitchen garden. Only a few seconds of our school will be used, however, all students who will be in the video will need permission notes (sent home today) signed and brought back to school.

Executive Director's Visit.

Next Tuesday we will also welcome our Executive Director-Lisa Muir into our school. Ms Muir will be visiting our school for the first time. She will be joining us for morning tea prepared by Nikki and the students. I'm sure she will be impressed by the students and our beautiful school.



Attendance

It was great to see so many students receiving attendance awards last Friday. There was also an improvement in the number of students arriving at school in time to start at 8:25am on Monday. Our morning circles are a time for each student to be greeted and to give a

quick touch base as to how they are feeling. It is important for students to feel valued by their peers, and to know at the start of each day, that they are welcomed, and their feelings are important. It is also the time to come together for announcements and celebrations. Students and staff are then ready to enter the classrooms **ready to learn!** Students and teachers benefit from routines such as these at the beginning of the day.

Well done to the LD class which has had many days with 100% attendance so far this term. They have earned themselves an ice block!

Library News

With the whole school learning about the local area, I thought the library news this term could focus on our unit.

So far we have learned:

- Bungwahl means 'the place of the swamp water fern root'
- The Bungwahl fern was a very important food source for our First Nation people.
- After the Worimi people put a fire through the thick growth of fronds, the women went in with their sticks and dug up the roots (rhizomes).
- They ground up the white centre of the rhizome into a flour and made it into a porridge. It was very high in protein.



On Thursday we will visit the Sugarloaf Point Lighthouse, Tram Line Beach Smiths Lake (where there was once a little railway) and Nerani (site of a sawmill and a school)— all places of historic significance to our local area.

Cheers,



Importance of sleep for growing kids

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Encourage daily exercise and time outdoors to promote good sleep.
- Make sure your child is getting plenty of physical activity throughout the day.



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

Developed by Hunter New England LHD



Dates to Remember

03.11.22	History Tour - all students
04.11.22	Kindy Orientation 8.40– 11.00am Forster yr7 transition CoGAT
08.11.22	Filming for video Executive Director visit
09.11.22	P & C meeting 2.30pm
11.11.22	Kindy Orientation 8.40– 11.00am Edward the Emu—LD—Taree
14.11.22	UD students Major Excursion –Bathurst
16.11.22	UD students return
29.11.22	Yr 6-7 Orientation Day