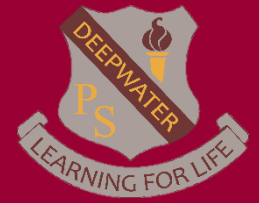




Education

Newsletter



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Newsletter No. 8

Term 2 Week 6

1st June 2022

Principals Report - Royal Far West Bike Ride Visit

The RFW team were impressed with our beautiful little school, the students' and their manners and the wonderful hospitality provided by the local RFW branch ladies – thank you! To say the students were excited for the visit would be an understatement! We thank the RFW bike rider fundraisers for what they do because it allows rural families access to high quality FREE health services that are difficult to access locally. We look forward to continuing to work alongside RFW!



National Simultaneous Story Time

To celebrate National Simultaneous Story Time 2022, K-6 students participated in reading the book *Family Tree* and creating a family Tree of their own. It was very much enjoyed by all of the students.

By Ellie-May
Library Monitor



Healthy Harold Talks Nutrition

All students participated in the Healthy Harold visit where they were taught more about fueling their bodies with the right food and drinks. K-2 work booklets were sent home and parents are encouraged to work through these with children at their own pace. 3-6 will be completing their work booklets in our PDH lessons.

Personal Development and Health (PDH)– Healthy Food Choices

In PDH this term students are learning about nutrition and the importance of a daily balanced diet. Last week students learnt about the Australian Guide to Healthy Eating infographic see below. Each newsletter will feature some helpful hints for encouraging and packing nutritious foods that will fuel students' bodies and brains. This issue's helpful hint is **Balance the Box** infographic see below. The current planned and unplanned power outages are also a good reminder that students **must** bring a water bottle to school each day and not just rely on the bubblers.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



BALANCE THE BOX

To balance the box, mix 'n' match a variety of foods from each of the five food groups.



Go foods

1 Grain foods

- Wholemeal, multigrain and high fibre white breads and rolls
- Wraps and pita pockets
- Focaccias and Turkish bread
- Fruit bread
- English muffin
- Pasta, noodles and rice
- Quinoa and cous cous
- Crispbreads and corn cakes
- Wholegrain crackers
- Crumpets
- Bagels

Glow foods

2 Vegetables

- Cherry tomatoes
- Celery, capsicum, cucumber or carrot sticks
- Corn cob and baby corn spears
- Air popped popcorn
- Green beans, snow peas and sugar snap peas
- Mixed lettuce
- Leftover cooked vegetables
- Lentils, chickpeas and kidney beans

Try serving crunchy vegies with hummus, tzatziki or salsa

3 Fruit

- Fresh fruit
- Frozen fruit
- Tub of diced fruit (in natural juice)
- Fruit puree
- Sultanas, apricots or other dried fruits
- Fruit salad

Grow foods

4 Milk, yoghurt and cheese

- Tub of yoghurt
- Cheese stick, slices or cubes
- Custard
- Tetra pack of milk, flavoured or plain
- Calcium fortified soy or other plant-based milks

5 Meat and alternatives

- Lean chicken, beef, lamb, pork or turkey
- Hardboiled egg
- Canned tuna or salmon in spring water
- Lentils, chickpeas and kidney beans
- Baked beans
- Falafel balls
- Tofu cubes

NAIDOC Excursion

Annually, Deepwater PS joins Sir Henry Parks Memorial School for their NAIDOC celebrations. Students were involved in weaving, scratch art, totem designing, Aboriginal and Islander languages through games of snap, memory, or bingo and Aboriginal and Islander counting through hopscotch, and finally some outdoor sports games. It was a great day enjoyed by all.



Student Awards

Levi K – improved neatness

Samantha – trying hard in all tasks

Torah – working independently when required

Shiloh – bringing a positive attitude to school

Harrison – manners towards RFW visitors

You Can Do It Awards

Emily – Persistence

Scout – Persistence

Ellie-May – Confidence

Levi K – Resilience

Northern New England Cross Country

This Thursday selected students will travel to Tenterfield to compete in the NNE Cross Country. Mrs Thomas will meet students and parents there. Please report to Mrs Thomas on arrival and departure. We wish them all the best.

Oral Health Program

Today students have received their new toothbrush and toothpaste from Hunter New England Health Oral Health Program. Each term these items will be renewed under the program.

Outsides
Using small circles brush from one side of the mouth to the other cleaning all teeth



Inside
Brush every tooth making sure you brush to the gums




Chewing surfaces
Gently scrub the surfaces of all the top and bottom teeth reaching back to the last tooth



Adapted from: Successful Health: How to brush

HOW TO BRUSH

Remember to:

- Brush morning and night
- Use a fluoride toothpaste
- Do not rinse after brushing

All children under 18 years are eligible for **free** dental treatment.

To book an appointment call

1300651 625



Health
Hunter New England
Local Health District

Term 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6	30 th May School counsellor	31 st May	1 st June Sports day	2 nd June NNE Cross Country Tenterfield	3 rd June Library day Canteen P&C meeting
Week 7	6 th June	7 th June	8 th June Sports day	9 th June	10 th June Library day Canteen Scripture
Week 8	13 th June QUEEN'S BIRTHDAY PUBLIC HOLIDAY	14 th June	15 th June Puberty Day at Tenterfield Years 4-6 Sports day	16 th June	17 th June Library day Canteen
Week 9	20 th Jun	21 st Jun	22 nd Jun Year 6 THS transition Sports day	23 rd Jun	24 th Jun Library day Canteen Scripture
Week 10	27 th Jun	28 th Jun	29 th Jun Sports day	30 th Jun	1 st Jul Library day Canteen Last Day Term 2
TERM 3 Week 1	18 th Jul Staff Development Day	19 th Jul Students return	20 th Jul	21 st Jul	22 nd Jul

Annual Senior Puberty Day

Wednesday 15th June 2022

Permission notes to follow.

Each year grades 4, 5 and 6 boys and girls join other small schools to participate in a puberty day.

All information is presented by a qualified health care representative and is relevant to students' development as per the PDH syllabus requirements.

P&C Meeting

3rd June @ 3pm in the Library

New members encouraged and welcome to
joined for only \$2!

First Aid Course

New England Community College are offering parents and community members the opportunity to enroll in a fully funded First Aid course.

The course will be a full day 9am to 3pm (date to be advised) here at school by trainer John Adams.

This course is dependent on numbers so if you are interested phone Julie Waters on 67 792132 or 0412 714 656.

Good for kids

good for life



Tips for Fussy Eaters: Involve your Child

- Talk to your child – what do they like? Discuss healthier options
- Involve your child in planning and preparing their lunch
- Try new foods at home before adding them to the lunchbox
- Role model how to enjoy everyday foods
- Remember, it can take a few tries to like a new food



Visit the Good for Kids website for more tips for fussy eaters.

Source: Tips For Fussy Eaters | Good for Kids, Good for Life (nsw.gov.au)

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



Developed by Hunter New England LHD

HNELHD-GoodForKids@health.nsw.gov.au

<http://www.goodforkids.nsw.gov.au/>