

15-25 Young Street  
Deepwater NSW 2371  
Ph: 02 67345395

Email: [deepwater-p.school@det.nsw.edu.au](mailto:deepwater-p.school@det.nsw.edu.au)  
Website: [www.deepwater-p.schools.nsw.gov.au](http://www.deepwater-p.schools.nsw.gov.au)

Newsletter No. 11

Term 3 Week 1

19<sup>th</sup> July 2022

## Principal Report

### Seasons For Growth

Late last term I, Ms Carr, had the privilege of participating in the two day fully funded Seasons for Growth Companion Training, as recommended by Royal Far West. I am now a companion trainer who can, and will, be able to run the highly successful Seasons for Growth program now and into the future at DPS. I am very excited to announce that I will be facilitating the second program for DPS to the students who missed the opportunity earlier in the year. Permission notes will go home shortly with more information.

### Athletics Carnival

Our combined Athletics carnival with Wyaliba and Red Range PS will be held next week Wednesday 27<sup>th</sup> July commencing at 10am. The presentation will be approx. 1.45pm so visiting schools have time to travel back to their schools. The 200m age division races will be first then age races followed with field events on a rotation basis (program attached). The P&C will be catering for lunch, please return lunch orders by Friday 22<sup>nd</sup> July. Fingers crossed we have some lovely sunshine, and everyone is welcome to come along and cheer the students on. 😊

#### SAVE THE DATES!

#### Athletics Carnival

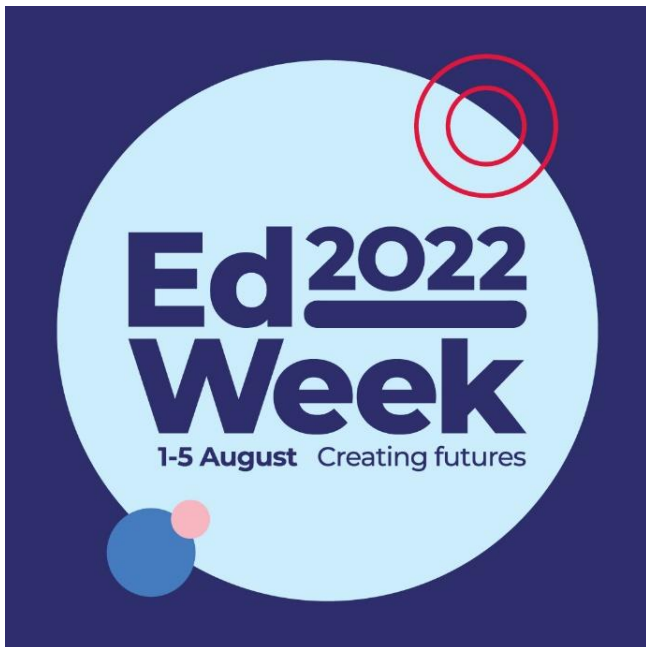
Wednesday 27<sup>th</sup> July @ Deepwater Oval

#### 3-6 Camp

Monday 1<sup>st</sup>, Tue 2<sup>nd</sup> & Wed 3<sup>rd</sup> August

#### Education Week Assembly

Friday 12<sup>th</sup> August @ 2:15 pm



This year's Ed Week is **Creating Futures – education changes lives.**

During week three, grades 3-6 will be involved in the major tri-annual senior class excursion to Coffs Coast Adventure Centre.

We will also host a Whole School & Community assembly on Friday 12<sup>th</sup> August @ 2:15pm and students will be treated to a free lunch.

The theme for the day is **Your Future Self** and students are encouraged to come dressed up as 'what' or 'who' they aspire to be when they are older. During the day we will be learning about what skills are needed to fulfill these aspirations.

We can't wait to see what our Lifelong Learners aspire to be!

### Crunch & Sip (Fruit Break) Reminder

Participating in a daily Crunch & Sip break provides an opportunity for ALL children to drink water and eat an extra serve of vegetables or fruit to support good health and to help with learning and concentration in the classroom. Crunch & Sip is also a fantastic opportunity to increase vegetable intake by choosing to pack vegetables more often. *Students must bring their Crunch & Sip into the classroom in a separate container other than their whole lunch box.* No foods other than fresh fruit or vegies are considered Crunch & Sip foods.



### P&C News

- Welcome to the recent new members
- Winter wood raffle booklets have been sent home
- Athletics carnival meal deal order forms due back Friday 22<sup>nd</sup> July
- Father's Day Stall planned for Thursday 1<sup>st</sup> September
- Next meeting 5<sup>th</sup> August in the school library @ 3:15 and new members are welcome.

Term 1	Monday	Tuesday	Wednesday	Thursday	Friday
TERM 3 Week 1	18 <sup>th</sup> Jul Staff Development Day	19 <sup>th</sup> Jul Students return	20 <sup>th</sup> Jul	21 <sup>st</sup> Jul Sports day	22 <sup>nd</sup> Jul Library day Canteen Scripture
Week 2	25 <sup>th</sup> Jul	26 <sup>th</sup> Jul	27 <sup>th</sup> Jul Athletics Carnival @ town oval	28 <sup>th</sup> Jul	29 <sup>th</sup> Jul Library day Canteen
Week 3	1 <sup>st</sup> Aug – 3 <sup>rd</sup> Aug Year 3 – 6 excursion Coffs Harbour Adventure Centre			4 <sup>th</sup> Aug	5 <sup>th</sup> Aug Library day Canteen Scripture
Week 4	8 <sup>th</sup> Aug	9 <sup>th</sup> Aug	10 <sup>th</sup> Aug Sports day	11 <sup>th</sup> Aug	12 <sup>th</sup> Aug Education Week Assembly @ 2:15pm Free lunch for all no canteen  Library day
Week 5	15 <sup>th</sup> Aug	16 <sup>th</sup> Aug	17 <sup>th</sup> Aug Sports day  NNE Athletics carnival @ Tenterfield	18 <sup>th</sup> Aug	19 <sup>th</sup> Aug Library day Canteen Scripture



## Top nutrition = Top marks

Welcome to SWAP IT! SWAP IT supports you to make informed choices about your child's health and wellbeing.

Good nutrition leads to greater wellbeing for your child and can even have a positive impact on how well they do in class.

One swap from a sometimes food to an everyday food can make a big difference.

Here are some great ideas you can swap today:

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



You will receive weekly tips and ideas about healthy swaps you can make!

For more tips on making a swap visit

[www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/tips/](http://www.swapit.hnehealth.nsw.gov.au/resources/parent-resources/tips/)



### Please note

Sport will be held on Thursday 21<sup>st</sup> July instead of Wednesday 20<sup>th</sup> July.

**Combined Athletics Carnival  
Wednesday 27th July 2022**

	Start 10:00 am			
	200m			
	8/9/10 yrs	Boys		
		Girls		
	11/12/13yrs	Boys		
		Girls		
	Age Races			
50 m	5 yrs	Boys		
		Girls		
	6 yrs	Boys		
		Girls		
	7 yrs	Boys		
		Girls		
100 m	8 yrs	Boys		
		Girls		
	9 yrs	Boys		
		Girls		
	10 yrs	Boys		
		Girls		
	11 yrs	Boys		
		Girls		
	12 yrs	Boys		
		Girls		
	13yrs	Boys		
	Field Events	1st event	2nd event	3rd event
	5\6\7			
	Boys	Shot Put 1	Long Jump 1	Discus 1
	Girls	Shot Put 2	Long Jump 2	Discus 2
	8\9\10			
	Boys	Long Jump 2	Discus 2	Shot Put 2
	Girls	Long Jump 1	Discus 1	Shot Put 1
	11\12\13			
	Boys	Discus 1	Shot Put 1	Long Jump 1
	Girls	Discus 2	Shot Put 2	Long Jump 2
	Relays	depending on time		
Presentation			Approx. 1.45pm	