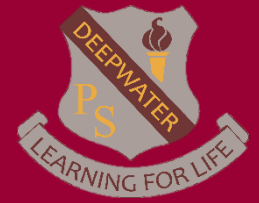




Education

Newsletter



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

Email: deepwater-p.school@det.nsw.edu.au
Website: www.deepwater-p.schools.nsw.gov.au

Newsletter No. 2

Term 1 Week 6

28th February 2023

Principal Report

It is so pleasing to see all students happy and settling into school this term. They are enjoying and engaging well with the topics we are studying, especially science and sport!

The Importance of Breakfast

I'd like to remind students that it is important to be having breakfast each day. Breakfast really is the most important meal of the day. As referenced by the Better Health Channel, "As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and **alertness**, while also **providing other essential nutrients required for good health.**" Our schools daily 'Crunch n Sip' is not a breakfast substitute.

NAPLAN

The annual NAPLAN testing window was brought forward from term 2 to term 1. NAPLAN will occur in weeks 9 and 10 as per the school calendar over the page. NAPLAN is for grades 3 and 5. They are not required to study or prepare beforehand. If you have any questions, please contact the school.

Leadership Speeches

Years 5 and 6 received their Leaders Note and Speech information today. Parents are encouraged to help their child write their speech based on the information provided.

Emergency Contact Information and Pick Up List

Update of details/emergency contact forms have been sent home. If you require a new form, please contact the school.

Today students are all receiving the annual afternoon pick up list for parents to fill in, please update and return your forms ASAP. All parents and primary guardians are reminded that no student will be dismissed into the care of any person who is not known to the school staff and not on the student's emergency contact list. Remember, Before and After School care is a great asset to enrol in to, as an emergency back-up contingency plan.



Student Awards

Week 4/5
You Can Do It Awards

Persistence awards to Emily and Jess

Week 6
Persistence awards to Ellie- May, Levi K and Jaxon
Resilience award to Samantha





You Can Do It! With Oscar and Olivia Organisation

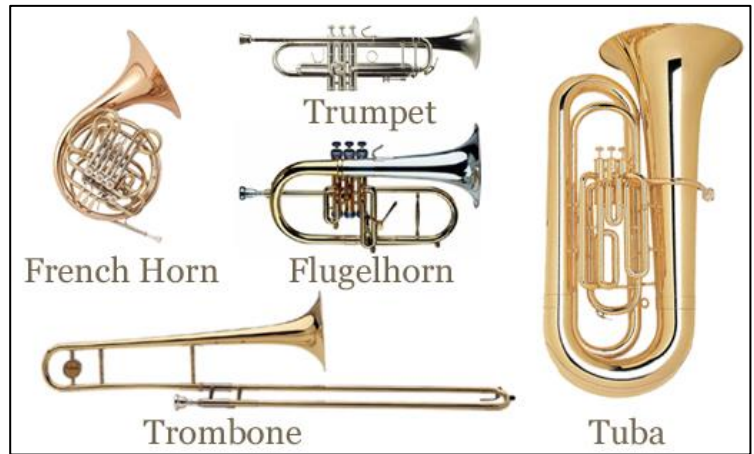
This week we have started to explicitly teach our 'Organisation' quality from our Social Emotional Wellbeing Program. Students were introduced to the puppet Oscar Organisation. They discussed all the steps they could take to be organised and ready for each new school day. This week they have all made a personal goal around Organisation.

This is the plan the K-3 students came up with;

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Things that happen on these days	Rest and relax, family time	School - Music - homework goes home -K reading folders	School - K reading folders	School - K reading folders	School - K reading folders	School - canteen -homework comes back - library - sport - K reading folders	Set and relax, family time
The steps we need to do to get organised for the next day	- Fill up water bottles - start to pack lunches - get uniform ready - get shoes and socks ready - go to bed early	- school bag - lunch box - water bottle - hat - school shoes - school uniform - do homework - leave on desk - K put homework back in bag - put hat in bag	- school bag - lunch box - water bottle - hat - school shoes - school uniform - do homework - leave on desk - K put homework back in bag - put hat in bag	- school bag - lunch box - water bottle - hat - school shoes - school uniform - do homework - leave on desk - K put homework back in bag - put hat in bag	- school bag - lunch box - water bottle - hat - school shoes - school uniform - do homework - pack homework - put hat in bag - pack canteen order - library bag and book - organise sports shoes	- school bag - lunch box - water bottle - hat - sport shoes - school uniform - put school clothes in wash - put away school shoes - put library bag in a safe place - hang bag on hook or in safe place	

Bavarian Brass Band School's Concert

On Tuesday the 14th of March, students will be fortunate enough to travel to Tenterfield to the Bavarian Brass Band concert. This will be a great opportunity for all students to broaden their music knowledge and enjoy the musicians from the Unterallgau region of Bavaria, Germany. This concert is fully funded by the Tenterfield Rotary Club. Permission notes to follow.



The Peace Run



The Peace Run will be at Deepwater Public School on Friday 3rd March at midday. Students will meet and greet the runners whose main purpose is to bring and share messages of peace. The relay team will have their Peace Torch to show the students and any community members who wish to pop up and cheer on the runners as they travel through. The Peace Run is history's largest and longest running relay, having visited 150 nations since its inception in 1987.



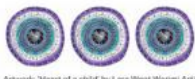
Commonly mistaken 'everyday' foods

Clever packaging and misleading health claims can make it hard to know which snacks are everyday foods.

Try swapping these sometimes foods to everyday foods:

- Muesli bars → Wholegrain cereal bites
- Fruit drink → Plain water
- Flavoured savoury biscuits → Rice cakes
- Dairy desserts → Reduced fat yoghurt

Check out more [lunchbox myths here](#).



Artwork: 'Heart of a child' by Lara West Worimi Artist



Harmony Day

On Tuesday 21st March students will attend the Glen Innes Harmony Day celebrations hosted by Glen Innes Severn Council. During this excursion students will perform some songs they are re-vising. This excursion will also be fully funded. Students are encouraged to wear orange as the theme of the Harmony Day. More details to follow in the permission note.

Happy Birthday

Paige 24th Feb



Term 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6	27 th Feb	28 th Feb Play group @ 9.30am - Paper plate ice creams	1 st Mar	2 nd Mar	3 rd Mar Peace Run @ midday Library day Sports day Canteen Scripture Homework due
Week 7	6 th Mar Year 6 online EOI's for Year 7 opens.	7 th Mar Play group @ 9.30am - Sun catchers	8 th Mar	9 th Mar	10 th Mar Library day Sports day Canteen Homework due P&C Meeting
Week 8	13 th Mar	14 th Mar Bavarian Brass Band Concert in Tenterfield Play group @ 9.30am - Making playdough to take home	15 th Mar	16 th Mar	17 th Mar Library day Sports day Canteen Scripture Homework due
			Naplan		
Week 9 Harmony Week	20 th Mar	21 st Mar Play group @ 9.30am - Bubble prints for butterfly art Harmony Day in Glen Innes	22 nd Mar	23 rd Mar	24 th Mar Library day Sports day Canteen Homework due Year 6 EOI's to be completed.
			Naplan		
Week 10 Big Veggie Crunch Week	27 th Mar	28 th Mar Play group @ 9.30am decorating biscuits to take home.	29 th Mar Cross Country @ ECS	30 th Mar	31 st Mar Library day Sports day Canteen Scripture Homework due
Week 11	3 rd Apr	4 th Apr Play group @ 9.30am paper plate teddy bears.	5 th Apr	6 th Apr Last day Term 1	7 th Apr GOOD FRIDAY

P & C AGM.

Friday 10th March

Time 3:10 pm

Come along and be a
volunteer to help the P&C.

Dinner Inspiration

Do you have a quick, easy and
healthy dinner recipe you want to
share with our school community?
Send it through for inclusion in the
next newsletter via, deepwater-
p.school@det.nsw.edu.au

Good for kids

good for life



Switch off the screen & get active!

Limiting the time spent sitting or lying down, especially in front of screens, helps children grow and develop good habits for life.

Australia's physical activity and sedentary behaviour guidelines recommend no more than **2 hours** of sedentary recreational screen time per day.

Effects of too much screen time:

- Poor posture
- Poor eyesight
- Strains of the thumb, wrist and elbow
- Sleep problems
- Delayed ability to make social connections
- Becoming overweight



Physical activity makes children stronger and fitter, they can also concentrate and learn better at school, as well as sleep better at night.

Encourage children to turn off the screen and opt for at least **60 minutes** of daily physical activity instead.



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

Developed by Hunter New England LHD



We're coming
to your community



Our Mobile Service Centre is coming to
Deepwater

Wednesday the 15th of March 2023
9:00am - 3:00pm

Bringing NSW Government services to you.

Call 13 77 88 or visit service.nsw.gov.au
to check our latest timetable.

Severe weather may mean our timetable has to
change at short notice, we strongly recommend
you check on the day.

Find us at:
Apex Park
30 Young Street



COME AND TRY AUSKICK



**THURSDAY 16
MARCH
2023
4PM - 5PM**

**WILSON PARK
CORNER OF TAYLOR
ST AND GREY ST**

**COME AND JOIN
THE FUN!**

OPEN TO BOYS & GIRLS
AGES 5-12 (PRIMARY SCHOOL
AGE)

**FOR MORE INFO
CONTACT
NIKKI
0402527342**

