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Woodburn St
WOODBURN 2472

Woodburn Public School

Week 3 Term 4

Wednesday 28 October 2020

For Your Diary

Week 4 26 - 30 October

Tues Mid Richmond Public
Speaking

Swimming starts this week

Week 5 2 - 6 November

Swimming continues this week

**P & C Meetings and
Canteen are on hold until
further notice**

Book Week

Congratulations to all students, staff and families for the efforts to dress up and celebrate Book Week last Friday. The array of costumes across the school was quite amazing and certainly noted. Many photos were published on our social media page in an attempt to share the 'Curious Creatures and World Minds' that graced our school.

Athletics update

Weather permitting, students will participate in our 2020 Athletics Carnival tomorrow. Students are encouraged to wear their house colours (Richmond - Blue, and Bundjalung - Yellow). Appropriate footwear for participation in track and field events is needed. Drink bottles for use at the oval during track events is also a necessity as we are not sharing bubblers etc at this current time.

World Teachers' Day - Friday 30 October

As we approach World Teachers' Day, it is fitting to mention that so much of a teacher's work is often unseen. Their work occurs both within and beyond the classroom setting. I lead a team of dedicated and professional staff who give so much of themselves for the benefit of our students. We as a community reap the benefits of this.

To each of our teachers, I say 'thank you for the time, energy and efforts you give, each and every day, to the students of Woodburn Public School'.

Kindergarten 2021 Orientation

Initial planning is for Kinder transition in Week 7 (Nov 24), Week 8 (Dec 1) and Week 9 (Dec 8) of this term, from 9:30am



email: woodburn-p.school@det.nsw.edu.au

to 11:30am. There may be some adjustments to this, however we are wanting to give early notice so that all families are able to submit enrolment applications to gain a place in the program. Planning for Kindy Orientation has additional requirements in 2020, so further information will be provided as the dates approach.

Interrelate

Students in Years 5 and 6 have completed the three day Interrelate program. This program is a top-quality delivery of personal development lessons for students in Stage 3 of their education. Feedback from staff has been exceptionally high, noting that the Interrelate staff do an outstanding job delivering sensitive and personal content.

This program is usually offered at a cost of \$35 per student. The costs have been covered in 2020 and we welcome parental feedback as to whether this was a valuable school expense.

costs are covered through a Sporting Schools Australia grant and will see our school accessing the Woodburn Pool three afternoons per week, commencing in Week 4.

2020 Planning

As executive staff, planning has already commenced for the new school year. So much of our planning is linked to our enrolment numbers and the allocated budget for the coming year. This data guides us in knowing our staff entitlement as well as how much funding is available to provide additional staff and resources. For this reason, knowing all new enrolments as well as all who are leaving helps us immensely. Please keep us informed of any changes to circumstances that are relevant to your family as soon as possible.

Until next newsletter.....



Swimming for Sport

Swimming for sport commences next week. The

BOOK WEEK 2020





Our Stars

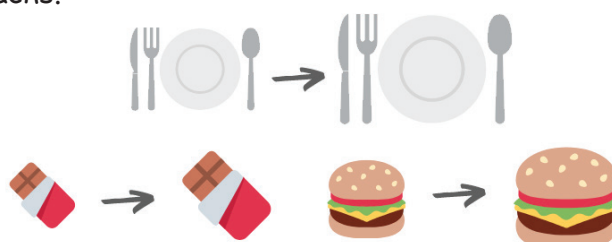
KL	Hayley Gillett	Abel Humphreys	Kai Simpson	Wylie Yates
1J	Harper Grove	Marley Conte	Kari McKenzie	Jorihanna Clark
2D	Kaliyah Morgan	Cherri Hewes	Blane Frankland	Dustyn Cross
3J	Nevaeh Laurie	Zac O'Rourke	Ella Bowyer	Ryan Wicks
4M	Koen Brown	Zoe Robinson	Rowdy Thurgate	Zahlee Olive
5Z	Amelia Staader	Kaleisha Morgan	Kayne Alchin	Hayden Graham
6R	Kade Kearney	Mackenzie Allen	Dominic Macintosh	Melody Humphreys
K-6B	Abel Moore			
K-6W	Angus Slater			
RIPPER Awards	Hayley Gillett Abel Humphreys Mac Lickiss Melody Humphreys Scarlet Gibson	Jorihanna Clark Cailie Hicks Evy Ford Maykala Chamberlain Ben Vale	Ella Bowyer Josie Martin Taylor Hancock Amelia Simpson Isabel Stevens	Rocky Lord Sophie Butler Amelia Staader Tayla Frankland
Book Awards	Charlotte Smith Ilah Gardiner	Sophie Rhodes Chloe Wood Benjamin Smith	Sapphira Bowyer Max Osbourne	Destiny Kilmurray

Nutrition & Physical Activity Snippets

Portion Distortion...

Over the last few decades, portion sizes of many foods have increased. Most notably, takeaway burgers, chips, soft drinks and chocolate bars have all grown in size over time. Portion distortion is also happening with dinnerware, with an average dinner plate being about a third bigger since the 1960s.

Have you ever heard the saying "my eyes are bigger than my belly"? We know that the larger the portion or the larger the plate we eat off, the more food we tend to eat. Except for very small children, we tend to eat with our eyes and judge our fullness by an empty plate / packet rather than trusting our stomachs.



How much sugar is in your drink?

Did you know over 40% of NSW children drink sugar sweetened drinks each week?

Sugar sweetened drinks include soft drinks, cordials, fruit drinks, sports drinks and slushies. Even frozen ice blocks can have a surprisingly large amount of sugar per serve. These type of drinks can not only lead to weight gain and tooth decay, but also tend to fill children up and can lead to increased fussy eating.

We know that people shouldn't eat more than 6 teaspoons of added sugar per day and yet nearly all of us do. The average fruit drink popper can have 6-7 teaspoons of sugar, sports drinks can have 7-9 teaspoons, while a 600mL bottle of soft drink can have up to 16 teaspoons of sugar!



As a family, consider taking the H-30 Challenge! That is switching sweet drinks for water for 30 days. See how it makes you feel.

Live Life Well @ School

KEEPING KIDS ACTIVE AT HOME

Looking for ideas to keep your kids active at home?

Download a copy of our 'Keeping Kids Active' guide:
nshp.com.au/KeepingKidsActive

Developed by Northern Sydney Local Health District

Live Life Well @ School

STAY SAFE ONLINE

Help your children safely navigate their digital world and educate them to avoid harmful online experiences.

Stay safe online

For online safety:

- Use an internet filter
- Activate the parental control function on devices
- Supervise internet use
- Let children know that they should tell you if they have any problems online, see something that they know is wrong, or anything that upsets them.

Cyber safety is everyone's business!

For more information:
esafety.gov.au/iparent

Developed by Northern Sydney Local Health District