

Newsletter

Dates for your Diary

October	
Friday 30 th	Day for Daniel
November	
Wednesday 11 th	Kindergarten 2021 Transition 9 – 11am
Tuesday 10 th	School Photos
Friday 13 th	NAIDOC Day
Friday 20 th	Life Education
Wednesday 25 th	Kindergarten 2021 Transition 9 – 1.30pm

Welcome

Last week we welcomed a new student to our school. Huntah, who is in Year 3, has settled in well to routine at Rand and has enjoyed his first few days. Welcome to both Huntah and his family to the Rand Public School community.

School Photos

A reminder school photos will be taken on Tuesday 10th November. All students have received their photo order envelope. Please note: all photo envelopes are to be returned on or before 10th November. If you are ordering photos and paying with cash, please ensure the correct money is in the envelope as change will not be given.

Students are to wear their full summer uniform. If your child is wearing hair ties/ribbons they are to be navy blue only. No costume jewellery is to be worn – plain studs or sleepers only for pierced ears. Your child may be asked to remove items that do not meet uniform requirements.

Book Week

Book week was a great success with students getting involved with all the activities on offer. A big thank you to students and families for the time and effort they put into preparing for the day along with a special thank you to Miss Merrilees for her creative ideas and fantastic organisation. You can catch all the fun via videos uploaded to Seesaw! Best dressed was awarded to Huntah and most creative was awarded to Isy

Fruit and Veg Month

As a follow up on our learning about different fruit and vegetables last term, students enjoyed a range of curious fruits as part of our Booknic. We were impressed by student's willingness to try new things with grapefruit, blood orange, honeydew melon, mango, green apple and cherry tomatoes being some of the fruits on offer. Students had another chance to try some fabulous fruits following our Talk-and-walk-a-thon. See the poster later in this newsletter for easy ideas on how you can incorporate fruit and vegetables into your child's diet.

Kindergarten 2021 Transition

On Wednesday we had our first Kindergarten 2021 orientation with seven children attending. We had a great morning starting with a memory name game, listening to The Very Cranky Bear, doing craft activities followed by rotations in small groups. The current Year 2 students went up to Miss Merrilees class for the morning to prepare for the Primary class next year.

Student Representative Council

Day for Daniel

A reminder that a Day for Daniel is being held tomorrow, Friday 30th of October. Students are asked to wear something red tomorrow in recognition of Day for Daniel.



Icy Pole Sales

A reminder the SRC are selling zooper dooper type icypoles every Thursday for 50c. If your child wants an icy pole, they must bring their 50c on the day or you can pay for the term if that is easier. There will be no IOU's if your child does not bring their money.

Talk-and-Walk-a-thon

On Tuesday 27th we hosted the Talk-and-Walk-a-Thon in support of Mental Health Month. Students had the opportunity to stretch their legs and follow a marked course throughout the school whilst conversing with their peers. Students were encouraged at specified checkpoints to change both topics and who they were talking to. The aim of the event was to strengthen bonds and allow students to feel connected with the people they see on a daily basis. Some of the speaking prompts have been included in this newsletter and



can be used outside of school to encourage students to start conversations with their peers and known adults. Encourage your child/ren to challenge their assumptions about social situations by having conversations with others involved.



Class News

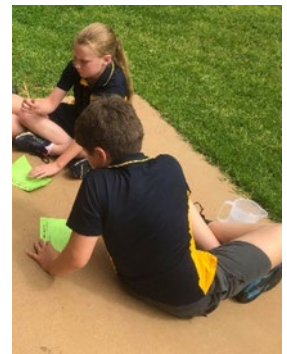
K – 2

In K/1/2 students brought in items for our very own Classroom Museum. Students were asked to bring an object from the past for the class to see. Students started sharing their objects this week with them explaining to the class what the object was, who it was used by and what it was used for. We had lots of amazing items come in from the past. Thank you to our students and parents for sharing these objects with us for our Classroom Museum.



3 – 6

Over the past two weeks, the primary students have been learning about volume and capacity during mathematics sessions. Students have enjoyed participating in the practical activities, particularly when they succeeded in a challenge to find the capacity of their own tote trays! Next week, students will be using their learnt skills in reality when measuring out ingredients for a secret recipe.





Got symptoms? Get tested.

Anyone with COVID-19 symptoms should be tested.

Symptoms include:



fever



cough



sore throat



difficulty breathing



loss of smell



loss of taste

Other reported symptoms of COVID-19 include:

fatigue, runny nose, muscle pain, joint pain, nausea/vomiting, diarrhoea, loss of appetite or other flu symptoms.



Testing is free, quick and easy
health.nsw.gov.au/coronavirus

Walk and Talk

**What do you like to do
on the weekend?**



**Tell me about your favourite
music/tv shows/books/video games.
What do you like about them?**



**What are your favourite
subjects in school?**

What do you like about them?



**Talk about your
favourite game.**

Why is it your favourite?



**When's the last time
you felt bored?**

What did you do to
entertain yourself?



**What do you normally
do after school?**



**Tell me about a friend who
doesn't go to our school.**

How do you keep in touch?



**What is a challenging
thing that you
have accomplished?**



Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

IS YOUR FAMILY EATING ENOUGH FRUIT AND VEGETABLES?

The simplest way is to include fruit and veg at each meal and snack.

Read on for some simple tips.

The main idea? Make sure the fruit and veg are out there and easy to eat!



Breakfast

- put out a plate of ready-to-eat fruit for adding to cereal bowls
- make a jug of breakfast [fruit or veggie smoothie](#)
- serve up cooked vegetables (e.g. mushrooms, spinach and tomatoes) and/or baked beans to go with toast



Morning Tea/ recess

- include fresh fruit and veg, either chopped or whole
- add a small container of canned fruit or canned beans to lunchboxes
- make [vegie fritters](#) using leftovers



Afternoon Tea

- have a plate of ready-to-go fruit and vegetable pieces sitting out at eye line for hungry hands
- make heavy-on-the-veg toasties and jaffles – try cheese, spinach and tomato, baked beans or cheese and mushroom
- get the kids involved in making [fruit wands](#) or, for those hot summer afternoons, serve up a plate of frozen fruit (pineapple, grapes, banana and watermelon all work well)



Lunch

- use vegetable-based spreads in sandwiches, wraps and rolls. This could be as simple as using avocado, hummous, roast pumpkin or sweet potato. Or try vegetable spreads based around beetroot, capsicum, or mushy green peas
- try making veg-centric lunches like falafel, cucumber sushi, mini vegetable pizzas or veggie patties
- add a container of chopped veggies, side salad or fruit salad to lunchboxes



Dinner

- set out a plate of chopped veggies on the table as pre-dinner snacks – you'll be amazed at how much your family will eat while they are waiting for dinner. Be prepared to refill the plate...
- modify your regular family recipes to include more vegetables
- after dinner is finished put out the fruit bowl, canned fruit or a fruit salad for a sweet end to the day



Do you have some other great ideas for including fruit and vegetables at meals and snacks?

Post them to social media (Facebook, Twitter or Instagram) and include the tags [#planetfruitandveg](#) [#fruitandvegmonth](#) [#healthykids](#).

About Us

Relationships Australia Canberra & Region is an independent not-for-profit organisation that has been a leading provider of relationship support services for over 50 years. We are part of a national network of Relationships Australia organisations operating out of 200 centres nationwide.

Our programs are for everyone, regardless of religious belief, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

About Relationships Australia's Rural Service

Our Rural Service provides **free of charge** counselling and support to families, individuals and couples in the Riverina region to help them build stronger relationships.

Our team of professionals will work to engage with rural communities to provide services that meet community and family needs.

Our vision is for Rural Communities which are strengthened, connected and resourced to enable building of respectful and supportive relationships.

Referrals or enquiries?

Phone: (02) 6923 9100

Email: rivoffice@racr.relationships.org.au

Website: www.racr.relationships.org.au

This program is funded by the Presentation Sisters, Wagga Wagga

Relationships Australia Rural Services

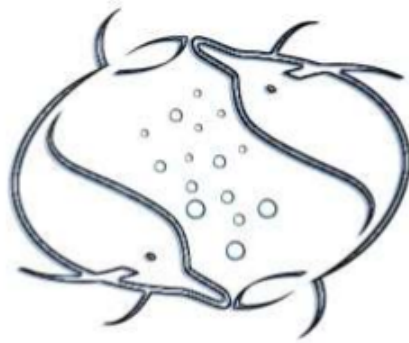


Relationships Australia Rural Services offer a wide range of services for individuals, couples and families to help them build stronger relationships



Relationships Australia
CANBERRA & REGION

(02) 6923 9100



aquatics 4 life

aquatics4life offers quality swim teaching and coaching for all ages and abilities, pre-school to adult, specialising in stroke correction and stroke development

Lessons and squads will be held at Oaklands (am) and Urana Pools (pm) on Saturdays during the 2020/21 season, subject to any Covid19 restrictions

Classes or squad types and exact times will depend on demand

To register interest or make inquiries email:

aquaquatics4life@gmail.com or call Sharon on 0458 080 405.

Also connect on social media by 'liking' the aquatics4life Facebook page at: <https://www.facebook.com/aquatics4life/>

aquatics4life is a registered Active Kids provider



'Will I be a good dad?'

is a common concern amongst new dads and dads-to-be.

The Focus on New Fathers program provides a free text message based service called SMS4dads.

Free tips, tools and links - directly to dad's phone

To help new dads and dads-to-be navigate the changes, before and after the birth of their baby, NSW Health and the University of Newcastle have partnered to deliver SMS4dads.

Once new dads and dads-to-be are registered, they'll receive practical tips, tools and helpful links directly to their phone.

You're eligible:

- if you are 18 years or older
- if your partner is at least 16 weeks (four months) pregnant; or
- from your baby's birth until they are 6 months old.

For more information

visit www.health.nsw.gov.au/focus-on-new-fathers

Just wanted to say thanks for this project. The text messages have been invaluable and I couldn't have known just how much I needed to receive these short and helpful messages.

Registration is free and easy.

www.health.nsw.gov.au/focus-on-new-fathers

