**Blakebrook Public School Bulletin**

**Term 1 Week 5 ~ Thursday 25 February 2016**

Website: blakebrook-p.schools.nsw.edu.au  Email: blakebrook-p.school@det.nsw.edu.au

The Bulletin is sent via email to parent/carer email addresses on file, as well as published on our website. Paper copies are available on request.

**Diary dates:**

**Week 5**

Thu 25/2  PSSA Zone swimming Carnival at Lismore – five qualifying students & Mr Duroux attending

Fri 26/2  ‘Clean Up Australia’ school event – gardening gloves recommended but not essential

**Week 6**

Mon 29/2
Tue 1/3  Infantry Day: Mrs Tate & Mrs Skorjenko / Mrs Perren & Miss Curran
Wed 2/3
Thu 3/3
Fri 4/3  Welcome Disco at school – arrive from 5.30pm

**Week 7**

Mon 7/3
Tue 8/3
Wed 9/3  Deadline for Small Schools’ Choir EOI note & $15
Thu 10/3  Mr Duroux in Sydney for NWWPSSA event
Fri 11/3  Mr Duroux in Sydney for NWWPSSA event

**Coming events**

Tue 15/3  P&C AGM & general meeting
Thu 17/3  St Patrick’s Day Blakebrook Blarney – Public Speaking
Wed 30/3  Deadline for minimum $12 fee payment per student

**Awards presented at Friday assembly**

- **PRINCIPAL’S AWARD:** Yogi for always being a responsible helper and role model for younger students
- **CAPA:** Shakeily
- **CITIZENSHIP:** Ashlee
- **ENVIRONMENT:** Phoenix
- **SPORT:** Ozzy
- **GOOD FRIEND:** Melanie chosen by Kadence

**ACADEMIC**

- **K-1**  Zoe for using quick addition strategies
- **2-3**  Baylie E for working sensibly with Mrs Tate to increase his reading and writing skills
- **4-5**  Bella for great work in spelling
- **5-6**  Billie for being the group leader that created a fantastic Narrative

**GO FOR IT**

- **K-1**  Amber L for enthusiastic singing during K-3 choir
- **2-3**  Ivy R for applying her mathematical understanding to solve a variety of tasks
- **4-5**  Charlie for concentrating and finishing her work
- **5-6**  Angus for great catching in softball

**THINKING SKILLS**

- **K-1**  Sapphire for contributing ideas consistently in class
- **2-3**  Amber B for demonstrating social skills to her teacher during Ethics lessons
- **4-5**  Ayla for creative thinking in Numeracy
- **5-6**  Joss for fantastic improvement in maths concepts and expressive reading

**LIBRARY**

- **K-1**  Olive
- **2-3**  Lily
- **4-5**  Ozzy
- **5-6**  Avril

**NEWS from the PRINCIPAL – Mr Allan Duroux**

Welcome Disco and FREE BBQ

A special P&C disco will be held during the evening of Friday 4th March. Arrive from 5:30pm with a FREE BBQ dinner available from 6:00pm. Disco will start at about 6:00 and finish at 8:00pm. I encourage all students and families to come.
along and support this event. Families will be invited to participate in a quick survey about the P&C and communication processes within the school community.

Positive Behaviour for Learning (PBL)
Our PBL focus this week is on the Toilet area. Each of the Blakebrook BLIMPS has a short behaviour goal to remember when using this area. Students are explicitly taught these goals during the week. Teachers regularly refer to them with students to understand their meaning and for the students to behave in the expected manner.

Northern Rivers Zone PSSA Swimming
Today, five of our students are competing at the Northern Rivers Zone PSSA Swimming Championships in Lismore. Here they are competing against the best swimmers from 66 other schools from the surrounding area. I wish them all the best and congratulate them on their success so far. Best of luck to Rorie, Billie, Angela, Jessica and Willow. Results will be posted next week.

Clean Up Australia Day Friday 26 February
Our school will contribute to this wonderful environmental program tomorrow afternoon. Our students will be allocated an area to clean. Our 6 students will be walking outside of the school fence, under supervision, to assist with the clean-up. Gardening gloves are recommended but not essential.

QLD Baseball Visit
QLD Baseball visited our school on Thursday and conducted Tee ball workshops with three of the classes. This was an exciting event which proved to be very 'Hands On'.

Have a great week and an enjoyable term, Allan Duroux

GENERAL NEWS

School Contribution & Fee INVOICES have been sent home today
All students are being invoiced for the school contribution, PSSA levy and a spelling workbook. The amounts are kept to a minimum and end up equating to just over $1 per school week per child. Payments can be made by cash / cheque payable to: Blakebrook Public School / direct deposit into the school’s account.

Account name: Blakebrook Public School BSB 032-001 Account No: 117135

The invoice explains the different methods of payment and a tear-off return slip is at the bottom of the page. Deadline for the $12 minimum per child is Wednesday 30th March 2016 (T1W10) and deadline for remaining fees is Wednesday 14th September 2016 (T3W9).

Voluntary school contributions enhance the school’s educational and sporting programs. They help provide additional educational resources for the benefit of students.

Head Lice – once again active in our school community
Anyone can catch head lice - they spread anywhere people work, play or live together. Head lice can’t be prevented but you can treat it properly and safely when it occurs. Your pharmacist can give you advice on how to stop head lice spreading.

Head lice are wingless insects that make their home in people’s hair. They are difficult to see. Their favourite hiding places are behind the ears and on the back of the neck. Head lice feed on human blood and, as they do, spill saliva on to the scalp, making it itchy.

Female lice lay their eggs usually within 1.5cm of the scalp. The eggs (also called nits) are glued to the base of hairs. They hatch in about 7 days. Head lice are spread by close contact. They do not live long off the body.

IMPORTANT If head lice are not treated properly then lice can be passed on to others & continued scratching can cause skin infections.
Signs of infection include weeping and crusting on the skin, swollen glands and mild fever. If any of these symptoms appear, see your doctor.

Head lice treatments should NOT be used regularly. They do not prevent head lice.
Finding head lice: Lice are difficult to find or see. To check for lice apply conditioner to dry hair & comb through with a fine-toothed comb.
Wipe the conditioner from the comb onto a paper tissue and look for lice/ eggs on the tissue and comb. Repeat at least 5 times. You should treat for head lice if you find lice or eggs.
Treating head lice: Only use a head lice product if there are signs and symptoms of head lice, and follow product instructions.
Head lice products will kill nits but won’t remove them from the hair.
Positive Behaviour for Learning (PBL): focus this week

- Blakebrook PS is:
- Follow instructions
- Consider others
- Be water wise
- Be punctual
- Be hygienic
Blakebrook Public School P & C Newsletter  
Thursday 25th February 2016 – Week 5 Term 1

**P&C CALENDAR**

**Week 6**  
Friday 4th March, 2016  
Welcome Disco  
6.00pm

**Week 8**  
Tuesday 15th March, 2016  
P&C AGM  
5.30pm

**FUNDRAISING**

Our annual **WELCOME DISCO** is on Friday 4th March, 2016. We welcome all our families to attend and enjoy meeting new and existing families of Blakebrook Public School. A BBQ with salads will be available together with our resident DJ pumping out the vibes! Donations of cakes, slices and cookies can be left at the canteen for sale with tea and coffee during the night. Please ensure all ingredients are listed on the items.

**BUS TRIP** – Put it in your diaries and save for Saturday 5th November, 2016, cut off date will be 21st October, 2016. Possibly heading to Pacific Fair this year or if anyone has any suggestions for Gold Coast area please contact me.

**CANTEEN**

<table>
<thead>
<tr>
<th>CANTEEN ROSTER &amp; MENU</th>
<th>TERM 1 2016</th>
</tr>
</thead>
</table>
| **Week 5**  
Fri 26th Feb  
Work (9.30am - 1pm) | Chicken Wraps (chick, lettuce, carrot, tomato & cheese) $3.50 |
| **Week 6**  
Fri 4th March  
Work (9.30am - 1pm) | Homemade Hamburger/Vegeburger $3.50 |
| **Week 7**  
Fri 11th March  
Work (9.30am - 1pm) | Pie Day Meat Pies $4.00 Sausage Rolls $3.00 $4.00/ 3.00 |
| **Week 8**  
Fri 18th March  
Work (9.30am - 1pm) | Toasted sandwiches (any comb. $3.50 or cheese only $2) $3.50/$2.00 |
| **Week 9**  
Fri 25th March  
Work (9.30am - 1pm) | NO CANTEEN |

Lunch orders need to come in with your child on Thursday morning and will be collected by year 6 students. It is the parents/guardian’s responsibility to send the order in on a brown lunch bag to make it easier to distribute the toasted sandwiches etc the following day at canteen. The brown bags are not supplied by the P&C or the school sorry. They are available for purchase at your local supermarket. Please write your child’s name, class and lunch order (as per menu below) on the front of the bag. Please place the exact or close to the exact amount of money in the brown paper bag for payment of the order. If your child/children require change it will be placed in the bag and returned with the child’s order at canteen on the Friday. Extras such as moosies, yoghurts, ice creams etc can be also pre-ordered on the brown lunch bag. Please note that it makes things a lot easier if you can provide the correct money (or as close as possible). Sending large notes to school is unsafe.

**We do not under** allow IOU’s and P&C members or volunteers are not to receive text messages requesting late lunch orders to be placed. Please ensure your order is placed on the Thursday morning to allow ordering of lunches to take place Thursday afternoon. If you forget to send your lunch order in on Thursday morning or your child does not hand it in, please provide your child with lunch from home on Friday. P&C volunteers are requested to refer your child directly to the staff member on duty if there are any concerns.

We have also struggled over the last couple of years for volunteers in the canteen. It is our preference to always have two volunteers every Friday. If you would like to help please contact Betty ASAP 0415-394-354 . If you have never done canteen before, she will put you with someone who has been there before. It’s a great way to meet other parents, or bring your own friend or parent in to help you. You would be surprised how excited your child will be if their parents/guardians and grandparents participate in their school and help in the canteen.
Lastly, non-school aged children are not allowed in the canteen for WH&S reasons. If this restricts you, please chat to your child’s teacher. We are a very child friendly school so there would definitely be something else you could help with, whilst being able to bring your younger ones in. Any concerns or enquires please contact myself Betty McPaul on 0415394354.

Alternative Lunch Menu

<table>
<thead>
<tr>
<th>Sandwiches /Toasted/Rolls/Lavish</th>
<th>Drinks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, Chicken, Tuna &amp; Salad</td>
<td>Cup milk or juice</td>
</tr>
<tr>
<td>Vegemite, Peanut Butter, Cheese</td>
<td>Warm Milo Milk</td>
</tr>
<tr>
<td>Raisin Toast</td>
<td>Banana Smoothies</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td><strong>Ice Blocks</strong></td>
</tr>
<tr>
<td></td>
<td>Fruit tubes</td>
</tr>
<tr>
<td></td>
<td>Moosies</td>
</tr>
<tr>
<td></td>
<td>Frozen yogurts</td>
</tr>
<tr>
<td></td>
<td>Vanilla Ice cream tubs</td>
</tr>
</tbody>
</table>

Sandwiches /Toasted/Rolls/Lavish: $3.50  
Vegemite, Peanut Butter, Cheese: $2.00  
Raisin Toast: $1.00

Snacks:  
Fresh fruit: 50c  
Apple Slinkies: 50c  
Popcorn: 50c

Drinks:  
Cup milk or juice: 50c  
Warm Milo Milk: $1.00  
Banana Smoothies: $1.50

Ice Blocks:  
Fruit tubes: 50c  
Moosies: $1.50  
Frozen yogurts: $1.50  
Vanilla Ice cream tubs: $1.50

Thank you to all our wonderful volunteers this term – Heather Jessup, Nicole Davey, Sandra White, Karen Symonds and Rachel Essery. Thank you for your support the P&C and children really appreciate your help ladies!

**P&C Meeting**

So lovely to see new faces at our P&C meeting this week and a HUGE thank you Sophie Tate for your presentation of the trip to Vietnam. It was lovely to see you all having a great time and the children appreciating your gifts.

**NEXT meeting of the BPS P&C will be our AGM Week 8 Tuesday 15th March, 2016 commencing at 5.30pm in Library Room, Blakebrook Public School.**

New and existing members welcome to come along. $5 per family membership is due. Please come along and continue to support your children by helping the P&C and learning what is happening in your school. New and fresh ideas are always welcome!

P&C Meetings are held Week 4 and Week 8 of the school terms, normally in the Library Room commencing at 5.30pm.

At the Annual General Meeting of the Blakebrook Public School P&C all positions will become vacant including President, Vice Presidents x 2, Secretary, Treasurer, Canteen Co-ordinator, Newsletter Co-ordinator and Fundraising Co-ordinator. Please feel free to talk to one of our current committee members if you would like more information on the positions above. We would love to see you there!

**Uniforms**

Uniforms are very high on the agenda for the general meeting being held after the AGM on the 15th March, 2016. Over the past 4 months our uniform co-ordinators Jess Enever and Suzie Somerville have been unable to obtain the same quality and colour of our current gold and navy uniforms. We will be discussing this in depth at the meeting on the 15th March with the possibility of moving to an alternative style and combination of gold and navy. Come along on the 15th March and have your input into your children’s school uniform.

Betty McPaul (Newsletter Coordinator for the P and C Committee)  
macwag@bigpond.net.au
**4bedrm House for short term rent in Keerrong.**
Available from 7th May till 24th September 2016, school terms 2 & 3.
Enquiries Sonya or Danny 6628 2258.

---

**Flying Veggie Pizza Recipe**
Serves 4

**Ingredients**
- 1 small onion
- ½ small green capsicum
- 1 small zucchini
- 1 large pita bread
- 2 tablespoons reduced salt tomato paste
- 100g grated reduced fat cheese
- Dried oregano & black pepper
- 2 mushrooms
- 1 tomato

**Method**
Pre-heat oven to 200°C. Wash onion, capsicum, mushrooms, tomato and zucchini and pat dry with paper towels.
Slice the onion into rings, slice the capsicum into strips. Cut the mushrooms into thin slices. Cut the tomato into slices. Cut the zucchini into rounds.
Spread the pita bread into tomato paste, place on a baking tray and cover evenly with the vegetables. Sprinkle with the cheese, oregano and black pepper.
Bake in oven until vegetables are cooked and the cheese is golden brown (15-20 minutes).

Recipe sourced from Heart Foundation resource *Eat Smart, Play Smart – A Manual for Out of School Hours Care*, 2004.

---

**Kids & Family Relaxation Class**
Every Wednesday
4:00pm - $15 per person
1st Floor, Strand Arcade,
Molesworth Street, Lismore.
Call Sharon to find out more & book your spot

---

**Bus Stop Safety**
One of our parents has advised us that there have been some dangerous items left lying around a bus stop.
Lismore council has been notified and will clean up from time to time but please talk to your children about the importance of not touching or picking up items, which may or may not seem dangerous to them.