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PRINCIPAL’S MESSAGE

Last Friday, our students marked Day for Daniel by wearing red, and raising funds to support the ongoing focus of the Daniel Morcombe Foundation - to educate children about how to be safe. It was wonderful to have Constable Jane Wall with us to reinforce the message of how to be safe and recognising unsafe situations.

November is upon us and planning is commencing for our Intensive Swimming program in Weeks 9 and 10. Parents volunteers are needed to assist with this program. Look for information in this week’s newsletter.

On Wednesday evening this week, Director Public Schools NSW Miss Vicki Kempton and I will officially open the Aspire Me Art Exhibition at the Peppin Heritage Centre in Deniliquin.

Two Barham students attended this program, along with forty-three other students from schools across our Network. The Exhibition is a
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culmination to the 2015 Aspire Me Arts Program, and is a celebration of the students’ creativity and the art pieces that they completed at the Aspire Me Art Camp in Moulamein in Term 3.

This week we have Senior Constable Paul Ebsworth, Youth Liaison Officer NSW Police visiting our school to run sessions about child safety relevant to each grade level. We look forward to having Paul visit and the information and learning activities he has for our students.

Enjoy the week ahead. There is much happening.

Catherine Peach

DAY FOR DANIEL

Students and school staff banded together to mark Day for Daniel, the day set aside to have us all reflect on how we can keep children safe and what we need to teach children so they know how to be safe.

Constable Jane joined us from the Barham Police and helped students think about what they can do to keep themselves safe when they are out and about.

Having everyone wear red was a great way to show our commitment to learning about child safety and stopping crimes against children.

The messages of the Daniel Morcombe Foundation reflect the messages from the police and our school’s Child Protection units:

RECOGNISE: Our bodies tell us when we don’t feel safe through our body clues.

REACT: if you feel scared, confused, sad or upset you need to react. This could mean running away or yelling ‘no’ to an adult.

RESPOND: tell an adult in your life who cares about your safety. It is a person who can keep you safe from harm and make a situation safe again for you.

“No. Go tell.” is an important strategy taught at school and something all children should know and use.
And for some fun, students enjoyed a ‘red recess’. SRC and staff prepared some very red items to eat that brought a smile to the faces of all our students. In return, students made a $2 donation to the Daniel Morcombe Foundation. $282.00 was raised. Well done everyone. Thank you everyone for your donations of money and food, to SRC for taking care of students at Recess and to the students for their manners and engagement in learning on the day.

After Recess, Kindergarten and Year 5 students, with their teachers, Constable Jane and some parents took the message of Day for Daniel out onto the street.

Students visited some local business houses of people they knew and talked about some places where they could go for help if they felt unsafe.

Thank you to these business people for giving their time to say hello to the students and hear what they were learning about.
Day for Daniel was a great day at school, but a day that remembers sadly the crimes against children like Daniel Morcombe, and reflects on important messages about child safety and the importance of educating our young people how to recognise unsafe situations and about strategies that will help to keep them safe.

ORAL HEALTH PRESENTATION
Students in Year 5 and 6 were visited by the Community Dental Nurse last Monday. Her presentation reminded students of the importance of oral health and the various ways to keep their teeth healthy and clean.

CLEAN WELL
How to brush teeth
~ Use a pea sized amount of toothpaste on a small head, soft toothbrush.
~ Use low fluoride toothpaste (for children aged 18 months to 6 years).
~ Use regular fluoride toothpaste if your dentist or oral health professional tells you.
~ Aim the toothbrush bristles at an angle towards the gum line.
~ Move the brush in small circles over each tooth.
~ Repeat for the inside surfaces of all teeth.
~ For the back teeth, brush backwards and forwards.
~ Spit out the toothpaste after brushing.
~ You do not need to rinse, as the small amount of fluoridated toothpaste left in your mouth after spitting continues to protect against tooth decay.

Baby Teeth are very important:
~ Good oral health habits from an early age help to prevent problems as an adult.
~ Everybody should brush their teeth twice a day; after breakfast and before bed.
~ Help your child to brush their teeth until they are seven; most children are not able to use a toothbrush properly before they are seven.
~ Even when children are able to brush themselves, they may need an adult to check they have brushed thoroughly.

EAT WELL
Children need to eat a variety of healthy meals and snacks.
~ Limit packaged snacks such as biscuits and bars.
~ Instead base snacks and meals on the everyday foods below.

Everyday foods include:
 حتى Fruit – fresh or frozen
 حتى Vegetables – raw, steamed and roasted
 حتى Grains, breads and cereals – wholegrain and high fibre
 حتى Cheese and yoghurt
 حتى Lean meat, chicken, fish, lentils, beans, tofu, eggs, nuts and seeds.

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It is all in the cleaning, eating and drinking!
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Remember to limit sometimes foods:
~ Muesli bars, fruit bars and snack bars made from breakfast cereals
~ Sweet biscuits, cakes, slices, donuts
~ Chocolates, lollies, lollypops
~ High sugar spreads - honey, hazelnut and jam
~ Ice cream and dairy desserts
~ Dried fruits can leave a sticky coating which can harm teeth.

DRINK WELL
Healthy drinks are important for healthy Teeth.
~ Encourage your child to drink plenty of tap water.
~ Plain milk is better than flavoured milk.
~ Eat fresh fruit instead of drinking fruit juice.

Everyday drinks:
- Water
- Plain milk
- Soy milk with calcium.

Limit sometimes Drinks:
~ All fruit juices and fruit drinks
~ Soft drinks (including diet varieties)
~ Cordials
~ Sports drinks
~ Fizzy (carbonated) drinks
~ Energy drinks
~ Flavoured water and flavoured ice teas
~ Flavoured milk and yoghurt drinks.


TRANSITION TO HIGH SCHOOL
Year 6 students headed to High School last Tuesday for the first of their Transition days. Students participated in a variety of subjects during the day.

By all reports, students had a great time and are looking forward to returning to the High School.

The next transition day is this Tuesday, 3rd November – again a full day at the High School.

LAST WEEK OF KINDERGARTEN ORIENTATION
The final day of Kinder Orientation is this Wednesday. The pre-schoolers will stay for a full day and sample all that a day in Kindergarten has to offer.

Parents of the visiting pre-schoolers are also invited to come in and spend some time with the children to see what happens in the classroom and to look around the school. Parents are welcome to come in the morning when they drop students off, or during the final session prior to picking their child up.
Mrs Laughlin and the children will though welcome you at any time so do come in when you can, and help out with some of the learning.

School Information packs will be available at the classroom or from the front office for those parents who have not yet picked one up.

APPLICATIONS FOR YEAR 7 ENTRY TO SELECTIVE HIGH SCHOOLS

Information about applying for Year 7 entry to selective high schools in 2017 are now available for interested parents. Please contact the school for a copy of the Information Booklet.

Paper application forms are not issued. Applications must be made online at www.schools.nsw.edu.au/shsplacement

Selective High Schools are located across NSW, and Aurora College (the virtual secondary school) is available as an option for any gifted and talented students.

Applications for entry in 2017 can be made online between 13 October and 16 November 2015. All applicants are required to sit a Selective High school Placement Test to be held on Thursday 10th March.

Please contact Mrs Peach at school this week if you would like to discuss this option further.

INTENSIVE SWIMMING

The Intensive Swimming Program will run during Week 9 and 10 this year. Information will be sent home to families later in the term.

Parents assistance with this program is needed and greatly appreciated. If you are able to help out, please contact the school to let Mrs Radywonik know. We will then set our groups and schedule for the lessons.

Mrs Radywonik will be running training sessions for parents on Wednesdays in Week 7 and 8 to give information about how to help with and conduct swimming instruction. Further details will be issued in the coming weeks once we have names of people who are able to assist.

‘SENTENCE A DAY’

Students at BPS participate in this program each day as part of their learning in English. Students learn about punctuation, grammar word use and sentence structure, and aim for success against set criteria.

Here are some samples.

As the boy was eaten away by his own hunger, he fell to the ground, terrified.

Trinity Burger

As the single man returned to his memories of the best chapter of his life, he remembered his beautiful wife, Mary.

Ella Lodge
As the lionessess launched their ambush, they found that it was very difficult to attack the prey.

Mason Laursen

As the memories came flooding back to him, he got a strange feeling in his stomach.

Gaby Davis

**KITCHEN NEWS...**

Last week, Class 1/2 made bread rolls and jam tarts for their picnic lunch. The bread rolls filled with ham, cheese, avocado & garden salad were a hit. The jam for the tarts came from our kitchen jam stash – apricot and rhubarb & vanilla and we made some lemon butter ones too.

![Image of children with basket]

The bread recipe chosen had two of my very favourite words - EASY and AWESOME - in the title so we gave it a try and it was totally easy and totally awesome. Quite a few students asked for the recipe so we have included it in today’s newsletter. You can make rolls, loaves or breadsticks.

**EASY AWESOME BREAD**

- 500g Plain Flour
- 2tsp yeast
- ½ tsp sugar
- 1 tsp salt

Mix dry ingredients. Add 375 ml warm (not hot) water.

Mix to a soft dough. By hand or with a dough hook on a mixer.

Cover with glad wrap and leave @ least 20 minutes in a warm spot (we chose the sun).

Heat oven to 220C.

Shape dough into required shape. Leave for another 20 minutes covered in a warm place.

Bake for 15 – 20 minutes.

**RED AND BLUE CERTIFICATE RECIPIENTS**

Congratulations Harry and Matilda.

**ZOOWHIZ LEARNING**

Our school is participating in the ZooWhiz Learning Community Subscription Plan.

Through the Community Subscription Plan (CSP) your school now has full access to ZooWhiz during school hours and using the Home Access Discount Card accompanying this letter you are now able, at a very special price, to use ZooWhiz at home with your children.
ZooWhiz is the new intelligent, automated online learning system that enables you to partner with your children’s school to support their progress in maths, spelling, word skills and reading.

Please Note: The ZooWhiz Learning Home Access Discount Card must be used to activate a subscription by 30th December 2015 as it will expire after this date.

The ZooWhiz Home Access Discount Cards have recently been distributed to children. If you cannot locate yours contact the school.

**GUN CLUB ROSTER - November 8th**

9.30am - 12.30pm:
Wilson (Lachlan)

12.20 - 3.00pm:
Gorey and Paterson (Emma)

**Cake:** Hare

**Slice:** Verhey

**Salad Items:** Maney

We are a family short on the early shift. If anyone has some time on Sunday morning to donate, please contact Alleena.

If you cannot make it on the day please organise a replacement or let me know - Alleena 0428278277 so that the day runs smoothly.

**P&C DINNER MEETING**

The next P&C meeting will be a dinner meeting at the Happy Elephant Thai restaurant.

**DATE:** Wednesday 11th November

**TIME:** 7.30PM

**WHERE:** Happy Elephant Thai restaurant

Please note change of night to Wednesday.

Please contact Kerry Stirling on 0407 844 067, if you would like to attend.

**ALL WELCOME**

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Enrolments for Long Day Care are now open!

Are you planning to enrol your child in long day care at the Gannawarra Children's Centre in 2016? Go to www.gannawarra.vic.gov.au to access application forms or call into the Gannawarra SHIRE Children's Centre at 2 Murray Street, Kerang.

For more information please call the Children's Centre on 5452 1357
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Zipzicles
What: Zipzicles are re-useable zip-lock ice stick moulds.

Why: You can make your own flavoured ice sticks without preservatives or colours – there is no plastic rubbish to dispose of – fill – eat – rinse ... and start again.

Try orange juice, pineapple-orange & ginger, mango & greek yoghurt, iced coffee, mango & orange, strawberry & lemonade, blueberry & banana smoothie, apple–lime& ginger ... limitless ideas and very, very easy.

Cost: $10 for a pack of 18

Ordering: If you would like to purchase a pack or two for the summer ahead please fill out order form below and return to office by end of this week.

Name: _____________________________
Class: ____________________________
Number of packs @ $10 each: ________

BDSMC Bar-rook Swimming Club Swimming Training

Junior/ learn-to-swim group at 5:00 - 6:00pm on Tuesday the 10thNov
(Junior/learn-to-swim swimmers must be able to swim 33 meters)
Intermediate group at 5:30 - 6:30pm on the 9th & 10th Nov
Advanced group at 5:30 - 7:00pm on 9th & 10th Nov

All membership cost: $55.00

Swimmers can come & try for two weeks before they are required to pay membership fees on the third week.

The sizes of the swimming groups will be capped at:
10 swimmers Junior/ learn-to-swim
12 Intermediate
15 Advanced

The Junior/learn-to-swim group may be split into 2 groups & train for 30 minutes sessions, depending upon the coach’s decision & the number of participants.

All swimmers need to apply sunscreen prior to training & bring a water bottle.

Enquiries: Sharon McInnes
BDSMC Bar-rook Swimming Club
Secretary
0428531428
## WAKOOL TOWN GARAGE SALE & CAR WASH

**Saturday 21st November**  
8.30AM-1PM

All proceeds support the Wakool Pre School and Wakool Burrabool Public School!  

This is a great opportunity to clean out the cupboards, grab a bargain and have your car sparkling clean!!

- $10 for a site at the Public School or to be placed on the town map  
- Gold coin donation to purchase a map on the day  
- Breakfast, lunch, drinks and maps will be available at the school from 8.30am  
- Carwash to be held on the school grounds  
- Any donation of goods will be accepted for the Preschool stall to sell

To register please contact  
Sandy Pratt-lotter 0419388622 or Emma Gleeson 0420871556  
By the 1st November

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<th><strong>2015 Term 4</strong></th>
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<td><strong>WEEK 5</strong></td>
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<td>HOW2Learn PL, Narrandera</td>
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<td>3 Year 6 Transition to BHS</td>
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<tr>
<td>Kinder Orientation (full day)</td>
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<td>Police Liaison Officer visiting with K-6</td>
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<td>Assembly 2.00pm Led 2/3; Item 3/4</td>
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<td><strong>WEEK 8</strong></td>
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<td><strong>NOVEMBER</strong></td>
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<td><strong>WEEK 11</strong></td>
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<td><strong>DECEMBER</strong></td>
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<td>2015 Presentation Assembly</td>
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<td>Staff Development Day – for all staff (pupil free)</td>
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#This Planner shows events for students, teachers and parents scheduled for Term 4.  
Additions and variation may occur so please check the newsletter each week for updates.
APPLICATION FOR SEASON TICKETS 2015 / 2016

This membership only covers general admission to the pool, special and fundraising events will come at an additional cost.

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<th>Please select membership type</th>
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<tr>
<td>Family Ticket $155.00</td>
<td>2 adults plus children (single parents may nominate other adults as guardians eg. Grandparent)</td>
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<td>Adult Ticket $90.00</td>
<td>1 Adult</td>
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<td>Student Ticket $60.00</td>
<td>Full time student (Primary, High School or Uni)- student card to be presented for Uni</td>
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<td>Aged Pensioner $60</td>
<td>Age Pensioner (Seniors card not valid)</td>
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Replacement Membership Card Fee - $5.00 – please do not mis-place this card – NO CARD, NO ENTRY (except for booked School Events)

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Address: ________________________________________________________________

Phone: ________________________________________________________________

Office Use Only:
Date Paid: ___/___/___
Amount Paid: $__________
Circle Payment: Cash/Cheque, Direct Deposit/

Direct Banking Details
Koondrook Swimming Pool INC
BSB: 032 869 ACC: 55 0371
Please email confirmation of payment to: koondrookswimmingpool@bigpond.com
Please note: All rules of the pool are there for the safety of all pool patrons and to ensure that all swimmers can enjoy their time at the pool. Any suggestions or complaints should be sent in writing to The Koondrook Swimming Pool INC.