



INGLEBURN NORTH PUBLIC SCHOOL

NEWSLETTER

Macdonald Road
INGLEBURN NSW 2565
9605 2459

'THE BUGLE'



Week 8 – Term 4 – 2013

Message from the Principal

Dear members of the Ingleburn North Public School community,

Stomach bug on the prowl. The recent rain, while welcome, has also brought a few uninvited bugs. One such bug has decided to infect a growing number of children at our school and many surrounding schools. Please advise your children to wash their hands after going to the toilet and before eating; also, that they should not share drinks or food. Please keep your children at home should they complain of feeling unwell as this illness is highly infectious.

Car park blues. As you all know I am constantly going on about safety in our car park – with good reason. **YOU WILL NOT BE ABLE TO SEE OUR SMALLEST STUDENTS IF YOU ARE REVERSING!** Please, please, please be more careful. Please do not allow your children to be in the car park unless you are **AT THEIR SIDE.**

Mr Moseley's question/puzzle for the week: Which is the loudest land animal in the world? I discovered this personally when travelling through _____. I was asleep in my tent when one of these animals, only centimetres away, began to make its sound. I was so scared I hid in my sleeping bag, shaking like a leaf.

Coming Events



December

- Tue 3rd: Christmas Concert (at Ingleburn High School)
- Fri 6th: School Captains to State Parliament
- Tue 10th: **PRESENTATION DAY**
- Wed 11th: K-2 Christmas Incursion
- Thurs 12th: Year 6 Farewell
- Fri 13th: Volunteers' morning tea
- Mon 16th: Student reports sent home
- Tues 17th: 3-6 Imax Excursion
- Wed 18th: **Last day of Term 4**

January 2014

- Wed 29th: **First day of Term 1**

Congratulations to Michaela E. and Emma B. they were first to answer last week's question correctly: *The quick brown fox jumped over the lazy dog.*

Mr B. Moseley
Principal

Disclaimer:

Ingleburn North Public School does not endorse any product or services advertised in this newsletter.

Renewal of Bus Passes



When students move from Year 2 to Year 3 it is a requirement of the bus companies that students reapply for a new bus pass. Applications have already been sent out to these applicable students. If you have not already done so, could you please complete and return to the Office no later than Monday 2nd December. Failure to have the application in before this date will result in a delay in your child receiving their new pass. Should you have any queries, please do not hesitate to contact us at the front office or on 9605 2459.

Slushies



As slushies take a long time to eat they will not be sold at recess.

Slushes will be sold during the 1st half of lunch only so students have time to finish them. Pre-order your slushy in the morning to save disappointment when the canteen is too busy to take your order during the 1st half of lunch.

Access to toilets after school

We have had several incidents where students and students' siblings are playing in the toilets after school.

Our cleaner works very hard to keep our school at the standard we expect for our children. Please ensure your children do not play in the toilets so our cleaner wastes her valuable time cleaning the toilets for a second time.

Ingleburn North PS



Commemorative Book

We are down to our last stocks of the Ingleburn North Public School Commemorative Book and are having a fire sale. Commemorative Books can be purchased from the front office for \$25.00. **Don't miss out !**

Commonwealth Student Banking

Student banking at our school is Wednesday mornings before the bell. All students with a Commonwealth Bank account are encouraged to bring their banking to the office window.

In 2014 the Commonwealth Bank will be launching a new set of exciting reward items for students to redeem their tokens. With these new items on offer, please be aware that the **Dollarmites moneyboxes will no longer be available next year.** To avoid any child missing out on claiming their moneybox, the rule of one money box per year has been removed. Please be aware that they still need to redeem each moneybox for the required 10 tokens.

Ms Keen - School Banking Co-ordinator

Library News

Chess Club



Chess club has now finished for the year. A trophy will be awarded to a junior and senior Chess Champion from the point score. Happy holidays and keep playing at home ready for next year!

Parent Helpers

I would love some helpers this week on Tuesday or Wednesday any time to help put the shelves in order.

Library Overdues

From next week the library will be closed for borrowing. All books from the Classroom will be returned and the shelves tidied before stock take in Week 9. I have reminded the students this week that they need to have all their books back as I will be sending the overdue notes home next Wednesday. Please contact me if you have any concerns about the overdue books.

Happy Reading
Kathy Wyber
Teacher/Librarian



P & C CHRISTMAS

Don't forget to send in your donation for the end of year Christmas raffle.

Please send your non-perishable items such as soft drinks, Christmas items, toys etc. **(ensuring any food items have a long 'use by' date)** with your child and they can place it in their class basket.

The class with the most items will receive a pizza party on the P & C!



Raffle tickets were handed out last week. If you need any more raffle ticket books, they are available from the front office.



Nutrition Snippet

The simplest way

to increase your fruit and veg intake

Myth: Frozen and canned fruit and vegetables don't count towards your recommended daily intake of fruit and vegetables.

The facts:

- Frozen and canned fruit or veggies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegetables are usually packed shortly after picking, so few nutrients are lost
- Varieties with no added sugar or salt are the best choice, so check the label to make sure you're making the best choice!



Hint: Look for tinned fruit in natural juice rather than syrup, and serve with a reduced fat natural yoghurt and honey for a sweet afternoon snack!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



HIGH IMPORTANCE MEDICAL FORMS

We are still waiting on a number of Student Medical Details and Health Conditions Forms sent out last week.

It is imperative that we receive these forms back for **every** child enrolled at this school even if your child does not have any allergy or medical conditions.

This is a Departmental requirement for every child enrolled in public schools in order to update the database.

If you require another form, they are available from the front office. Please send these forms in as soon as possible to avoid the necessity of making phone calls for missing forms.

Thank you for your assistance in this matter.

The office ladies.



Nutrition Snippet

The simplest way

to include 5 food groups in the Lunch Box

It's really important your kids eat the right amount of fruit and veg, and food from all 5 food groups.

Follow this easy guide to pack the healthiest lunch box:

Breads and cereals: Try wholemeal bread, wraps and pita.

Fruit: It's high in fibre, vitamins and minerals. Serve fruit in fun ways; try fruit kebabs or fruit in jelly, and remember kids are more likely to eat it if it's cut up into small pieces.

Vegies: Pack carrot and celery sticks with hummus or salsa, or even a vegie slice.

Reduced Fat Dairy: A slice of cheese, yoghurts and custards are all great lunchbox items.

Lean Protein: Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!



For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

