



# BARDIA PUBLIC SCHOOL NEWSLETTER

Macdonald Road  
BARDIA NSW 2565  
9605 2459

## 'THE BUGLE'



Term 2 – Week 6 – 2015

### Message from the Principal

Dear members of the Bardia Public School community,

We have been very fortunate to be able to replace Miss McLachlan with **Miss McEwan**. Miss McEwan is an experienced teacher who has also worked at our school on numerous occasions throughout the year. This, of course, is of tremendous advantage to the students of **1/2M**: the disruption to their learning will be negligible and they already know Miss McEwan. We welcome her to our fabulous school.

To celebrate the school name change we are holding a **special assembly on Thursday 11<sup>th</sup> June at 2.00 pm**. You are all warmly invited to come and celebrate with us what is without doubt the second most important development in this school's history.

### *School Fundraising*

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### **May**

Thurs 28<sup>th</sup>: Whole school assembly – Starts 2.10pm

Fri 29<sup>th</sup>: Kindy excursion – Calmsley Hill Farm

### **June**

Tues 2<sup>nd</sup>: Stage 1 excursion – Woogilemai

Thurs 4<sup>th</sup>: P&C Meeting 6.15pm ALL WELCOME (in Hall)

Fri 5<sup>th</sup>: Gala Day

Mon 8<sup>th</sup>: PUBLIC HOLIDAY

Thurs 11<sup>th</sup>: **SPECIAL "BARDIA PUBLIC SCHOOL" ASSEMBLY**  
Starts 2pm

Fri 12<sup>th</sup>: Year 5 and 6 excursion – Powerhouse Museum

Wed 17<sup>th</sup>: Athletics Carnival

Tue 23<sup>rd</sup>: Student reports sent home

Wed 24<sup>th</sup>: Parent Teacher Night

Fri 26<sup>th</sup>: LAST DAY of TERM 2

### **Disclaimer:**

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

## **Sports Report**

### **Zone Cross Country Carnival**

Well done to our Zone cross country team that competed on Friday 8<sup>th</sup> May 2015 at Eschol Park. Every student tried their heart out and that was seen through their sheer physical exhaustion at the end of their 2km or 3km run. The whole day ran very smoothly (minus the toilet situation) and we had some amazing results. Once again, we were pipped at the post for winning the small schools award.

Students that placed and will be representing our zone at the area carnival include:

Max Dawson- 1<sup>st</sup> 8yrs boys

Blake Bolwell- 2<sup>nd</sup> 8yrs boys

Denzel Tarabay- 3<sup>rd</sup> 8yrs boys

Oliver Kuk- 4<sup>th</sup> 8yrs boys

Toby Curry- 1<sup>st</sup> 11yrs boys

Andrew Kelly- 2<sup>nd</sup> 11yrs boys

Latisha Bulloch- 8<sup>th</sup> 11yrs girls

Jordan Watt- 1<sup>st</sup> 12/13yrs boys

### **Zone Netball**

Well done to Jade Dawson who represented our zone at the Sydney South West Area netball championships. Jade was an outstanding player during this tournament and has now been selected for the Sydney South-West netball team! A huge achievement! We wish her all the best of luck.

### **Athletics Carnival**

If you are able to lend a hand on our athletics carnival day, Tuesday 17<sup>th</sup> June, could you please fill out the form below and return it to the office.

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#### **Athletics Carnival Volunteer**

**NAME:** \_\_\_\_\_

**TIMES AVAILABLE:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

Miss Morgan



### School Banking

Wednesday is school banking day and students should bring in their weekly deposit to the front office before 9:00 a.m.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for a school banking reward item in recognition of their continued savings behaviour. Remember our school earns 5% commission on every deposit made (to a maximum of \$10 per individual deposit). Thank you for supporting the School Banking program at Ingleburn North Public School.

# BIRTHDAY CAKES

We love to help celebrate the birthday of students and partake in singing "Happy Birthday" and eating birthday cake that parent's provide – especially if there are leftovers for the office.

However, as it is difficult to cut a cake into 30 pieces and with safety issues having a knife in the classroom, we ask that parents provide cupcakes (or the like) for easy distribution.

Thank you for your assistance.



Nutrition Snippet

## The simplest way

... to add healthy snacks to lunch boxes

Kids have little tummies and need small amounts of food often. Try these simple + healthy snack ideas in your child's lunch box:

- **Plain air-popped popcorn** (without salt or butter) mixed with sultanas + dried apple
- **Dried fruit snack packs**: buy them ready made, or make your own at home in reusable containers
- **Fruit salads**: buy small tubs of diced fruit in natural juice, or cut up small pieces of fruit + make your own!
- **Crackers + veg**: Slice up some avocado or tomato + send with some rice crackers
- **Little veggie bags**: cherry tomatoes, capsicum, carrot and celery sticks
- **Frozen fruit bags**: freeze grapes, orange quarters or strawberries + then send to school!

**Remember**: kids love small portions, so cutting up fruit + veg will help make sure they don't bring it home at the end of the day!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to understand Health Star Ratings.

You may have noticed **Health Star Ratings** on the front of many packaged foods.

**The Health Star Rating.**



The more stars, the healthier.

**What do they mean?**  
Health Stars will help you make healthier choices when choosing packaged foods at the supermarket. The star rating is based on an assessment of the nutrient content of the food including the kilojoules, saturated fat, sugars and sodium (salt) as well as fruit, veg and fibre content. The more stars, the healthier the product.

**Why?**  
63 percent of adult Australians, and 1/4 children are now classed as overweight or obese. The **Health Star Ratings** help us make healthier choices for our whole families – with a quick glance at the packet.

Cancer Council NSW helped develop the Health Stars – because we want healthy eating to be easier for everyone. **Remember, nothing beats fresh – but if you need to buy a packaged snack – look for five stars!**

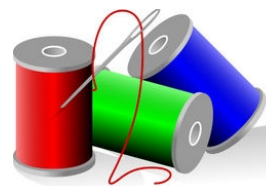
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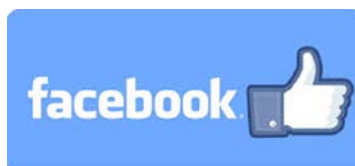
## VOLUNTEERS NEEDED

We are calling on volunteers to help with our embroidery service. No experience required!

If you have a few minutes to spare and can assist us with our embroidery service, please see the office staff.



## P&C NEWS



### **Ingleburn North Public School P & C now on Facebook**

"Like" our page to keep updated on:

1. Events happening at the school such as Assemblies, Easter Hat Parades, Cake Days etc;
2. Fundraising Events;
3. Uniform Changes and Updates;
4. Canteen Changes - Menu, New Products, Opening Times;
5. Play Group for parents and carers with children 5 years and under.

All that and more at <https://www.facebook.com/ingleburnnorth>

#### Canteen

A wonderful way to be part of the school community is through volunteering. We currently have some amazing volunteers in our canteen to ensure we maintain a full-time canteen for our students. However, the canteen is in desperate need for some new volunteers. No experience necessary. If you are able to donate any of your precious time, please contact the canteen or office staff. Your children also gain a sense of pride when their parent helps at the school.

#### P & C Meeting

The next P & C meeting will be held on Thursday, 4<sup>th</sup> June in the hall at 6:15 p.m.  
All welcome!

## ADVERTISEMENTS



**Term 2 starts 25th April**

**Saturday Art Classes**

Ingleburn North Public School Hall

Kids (7 - 12 yrs)  
9.30 - 11.30am or 2 - 4pm

Youth (13+) / Adults  
11.45am - 1.45pm

**ENROL TODAY**  
**0437 493 008**

SIENNA Art Space Children - Youth - Adults [www.siennaartspace.com](http://www.siennaartspace.com)



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&  
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**fun or focus**

**FUN!**  
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