



BARDIA PUBLIC SCHOOL NEWSLETTER

Macdonald Road
BARDIA NSW 2565
9605 2459

'THE BUGLE'



Term 2 – Week 8 – 2015

Message from the Principal

Dear members of the Bardia Public School community,

To celebrate the school name change we are holding a **special assembly this Thursday 11th 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.

At the P&C Meeting last Thursday night it was decided that the vast majority of **communication with the community by the P&C will take place via the Bardia Newsletter, The Bugle**. This will take some pressure off our hard working office staff, and many of you have complained that you find the one-off notes stuck under squashed sandwiches and fruit at the bottom of your child's school bag *weeks* after the event concerned. However, this will make the newsletter more important than ever! I strongly advise you to read *every* issue!

During a career that spans more than 25 years it has been my misfortune to have seen the results of adults harming children too often – certainly the number would be more than 1000. One of the most harmful things a parent can do is to allow their child to consistently come to school late, or to stay at home on a school day. Please think about your child's future.

School Fundraising

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June

Thurs 11th: **SPECIAL "BARDIA PUBLIC SCHOOL" ASSEMBLY**
Starts 2pm

Fri 12th: Year 5 and 6 excursion – Powerhouse Museum

Wed 17th: Athletics Carnival

Fri 19th: Gala Day

Tue 23rd: Student reports sent home

Wed 24th: Parent Teacher Night

Fri 26th: LAST DAY of TERM 2

JULY

Tue 14th: FIRST DAY of TERM THREE!

Thurs 30th: P&C Meeting 6.30pm in Hall ALL WELCOME

Disclaimer:

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

Sports Report

Athletics Carnival

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

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.

Nutrition Snippet

The simplest way

...to work out how much fruit + veg you need.

Eating two serves of fruit and five serves of vegetables every day will help keep you and your kids healthy. But what does a serve look like?



A serve of fruit is 150 grams or:


- 1 medium fruit (apple/banana) or
- 1 ½ tablespoons dried fruit (apricots/sultanas) or
- 1 cup of chopped or canned fruit (fruit salad)

A serve of veg is 75 grams or:

- ½ cup of cooked veg or
- ½ medium potato or
- 1 cup of salad

Pack fruit and veg every day for school lunches – every bit counts towards your child's daily total – plus healthy food gives them extra strength to concentrate longer.

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

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 ¼ 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!**

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



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

Term 3 – The canteen will be closed on Friday's due to no volunteers to open.

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.

New to the Menu:

Garlic Bread - \$2.00

Olaf Ice-Cream - \$2.00

Noodle Cups (Chicken or Beef) - \$2.20

Uniform News

Tights are now available for \$10.00

Size 4-6

Size 7-11

New longer length Skorts are also available for \$18.00

P & C Meeting

**The next P & C meeting will be
held in Term 3 on Thursday, 30th
July in the hall at 6:15 p.m.
All welcome!**

ADVERTISEMENTS



WINTER School Holiday Workshops



SCULPTURE
Workshop
9am - 12am

Using air-drying clay and found materials children create their choice of fantasy creature. Learn about animal anatomy & handbuilding techniques to sculpt your own animal.

\$40
All materials included

PRINTMAKING
Workshop
12.30pm - 3pm

Using simple introductory techniques such as monoprinting, scratchfoam and stenciling children create a series of experimental prints about nature, winter and yes, FROZEN!

\$35
All materials included

Participating in both workshops? Children will be supervised during the break from 12 am.

Workshops for
6 - 12yr olds

Tuesday 30th June, 2015
@ Ingleburn North Public School Hall
Find us on Cnr Campbelltown Rd & Macdonald Rd, Ingleburn



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School Bardia Public School | Date 1.6.15

Week 7-8

It has been a very busy few weeks with before and after school care at Bardia!

We have been doing themes each week such as Mother's Day, Disney, Autumn, Talent and Barnyard.

We made our own barnyard out of cardboard and made autumn leaves and wrote on them all about ourselves.

Some of our students showed us their amazing talents like Zachery who bought his scooter and showed us some awesome jumps, Jade sung for us and it was beautiful. She was also accompanied by Danielle doing the tapping beat which sounded very cool. Aurora, Ella and Matthew performed a skipping rope routine that included a finishing touch with the Australian flag. Max, Brenten and Kayleb ran for us and showed us some super athletic speed.

Our numbers are also picking up but we would like to know if you would be interested in us opening a Holiday Club for the school holidays and pupil free days. Please fill in the form attached and return to the office ASAP so we can get an idea of numbers. We will need a minimum of 30 returned to consider it.

We would like you to come and join us on Wednesday the 24th of June. We are inviting you to see what we get up to every afternoon at Camp Australia Bardia Public School. We look forward to meeting you all From Camp Australia Kids and Staff, Corinne, Rhia and Tyra



How to get started

Before using our programs register online for an account. Registering is quick and easy.

Visit www.campaustalia.com.au/newparents to begin.



Once registered

You can make bookings and cancellations, view your statements and manage your details anytime of the day.



Save on Care

Save 50% or more on Before and After School Care with the Child Care Rebate. Almost all families

are eligible. To find out more call our Customer Service Team on **1300 105 343**



Healthy Snacks

Afternoon tea is served daily.

Menus are tailored to children's tastes, developmental and nutritional needs. Afternoon tea includes a selection of yummy sandwiches and fruit. Children may also engage in fun cooking activities.



JOIN THE FUN

Don't forget about the Camp Australia Holiday Clubs these school holidays. Use the Holiday Club Finder on the website to find the nearest program:

www.campaustalia.com.au/holidayclubs



we make kids smile
www.campaustalia.com.au

I would be interested in enrolling my child to Holiday Club in the next
school holidays

Names of child/ren _____

Number of day's _____

Contact phone number _____

Signed _____