



Ben Lomond School

“Above All”

Principal's Report

C.W.A East Timor Day. The students participated in the annual C.W.A. country of study day. The country of study this year was East Timor. The students had spent time in class learning about life in East Timor and then produced some weaving, using flax grown in the school garden. The students produced baskets, placemats and seating mats. Thank you to the C.W.A. ladies for their invitation, for lunch and helping us to get to know more about one of Australia's closest neighbours.



Lake Ainsworth. Thank you to those parents who have returned all necessary paperwork. Can I please have the deposit of \$100.00 per student paid by the end of week 3 (**3 July 2012**) next term. The remaining payment will be required by the end of week 10 (**21 September 2012**).

Live Life Well at School. This term we continued to implement many of the core components of this program. We have had the cross country/fun run, daily PE and looked at Fair Play. The students looked at a video and produced some posters on Fair and Unfair play. The concept of Fair Play led to a discussion on codes of conduct and affirmations and oaths that athletes take to play by the rules. We watched some athletes from previous Olympics take the Olympic Oath. Next term we will be focussing on the fundamental movement skill of catch. (cont. pg 2)

Adult School Jumpers available to order at the office. Navy or Cream, \$53.00

Dates for your Calendar

P&C Meeting

Thursday
28th June
5.30pm

School Assembly

All Welcome
Friday 29th June
2.30pm

Last day term 2

Friday 29th June

Student Free day

Staff development
16th July

School Resumes

Term 3
17th July

Friday is Library Day. Children are encouraged to borrow and return books every week. Please remind chil-



School Fun Run 2012—Total raised \$468.00

Well Done Kate Moorhead for being our highest fundraiser

Ben Lomond School would like to thank the Glencoe Post office, the Llangothlin Post Office and our local mail carriers for their help in distributing our news.

PREMIERS Sporting Challenge.



We commenced our involvement in this program this term, with our aim as a class to achieve silver status each week. This involves achieving 320 minutes of physical activity each week. Some weeks we have reached this goal easily, others have not been so easy given the cold and wet weather. The challenge finishes early next term.



Every School Every Student. This is a departmental program to ensure students with additional learning needs are supported within their local school. It has involved a reallocation of some specialist positions within the department so that all schools have access to additional support. We will keep the one day a week support teacher allocation, currently Carol O'Hara for the next three years.

Education Week. This year will be held from 30 July until 3 August. We will be part of the Education Week Simulaunch. This will require us to perform the flash mob dance we have learnt, film it and then post in on You-tube. Last year 5,000 students across the state took part in this event. Ben Lomond students have embraced this dance with lots of enthusiasm.

Guyra Lions. Thank you to Guyra Lions Club for their monetary donation to the school. We will be using the funds to help pay for the videoconference we will be having with NASA on Friday 24 August. The students will be speaking to and conducting experiments with the Space Centre in Houston. The theme for the hour is Floating Food and Puffy Faces.

Winter clothes. A reminder the students need to bring a jumper to school each day. The weather in Ben Lomond can change very quickly and even sunny skies do not always mean warm weather.

Teaching and Learning. Next term our Connected Outcomes Group (COGS) unit will be Exploring Growth and Change.

Connection focus for each stage:

ES1: observing the way we and other living things can change in different ways over time.

S1: understanding that living things grow and change over time, in cycles and in stages. Human communities also grow and change over time.

S2: understanding the impact of change from historical perspectives and on the life cycles of living things. Our bodies are complex systems that rely on many factors to grow and to function.

S3: exploring the physical, social and emotional changes associated with growth. Our history records changes in communities and environments. Living things and environments interconnect and change within ecosystems. Creative processes involve change and refinement.

MS Fundraiser. Included in this newsletter is information relating to the formation of a MS Support group based in Armidale. The group is running a raffle to support local members. If you would like to donate an item to be included in a grocery hamper donations can be left at the front office. Mrs Clayton spoke to the students about MS and how it affects her several weeks ago.

Book Week/Book Fair. This will be held in Week 6, starting 20th August 2012.

Thank you to the students and staff for their efforts in teaching and learning this term. Have a safe and restful break.

Denise Smoother
Principal



Ben Lomond Public School

“Above All”

To have a go, do our best at all times and encourage others.

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Merit Awards



Congratulations to Kate, Joey and Samara for achieving their Silver Awards.



Congratulations to Kody, Jack, Adam and Tom for achieving their Bronze Awards.



Warm Up Day

On Thursdays students are able to bring along something warm for their lunches. Staff will collect lunches at morning tea time and ensure that it is nice and warm for lunch,



P&C News

Next Meeting

28th June @ 5.30pm

P&C Federation is committed to a free public education system which is inclusive of all, irrespective of culture, gender, academic ability and socio-economic status.

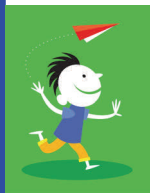
www.pandc.org.au/

August Meeting

16th August @ 5.30pm

DET News

School holidays sorted



The school holidays are fast approaching. For great activities to keep the kids gainfully occupied check out the informative Go Play website which is full of ideas for kids aged up to 18 years. You can search by age, activity, region, date, time and by government organisation. Go to:

www.goplay.nsw.gov.au



Be fire safe this winter



Winter's chill has arrived and with it our scramble for heaters, electric blankets and open fires. Entertaining is now year round thanks to portable outdoor gas heaters.



But with all these conveniences come fire dangers. Statistics reveal that almost half of all home fires are started in the kitchen and 43 per cent of all fire fatalities occur in winter.

NSW Fire and Rescue reminds us to do a fire safety audit of our homes this winter, check smoke detectors are working and ensure appliances such as clothes dryers and dishwashers are running efficiently and safely. For more household fact sheets and useful videos on how to protect your home and family from fire go to

www.fire.nsw.gov.au/

Creative Works

I'm not a tracer
or a pacer
or any other kind of racer,
To tell the truth I'm not so fast
I only ever come dead last
but there's a race I'd love to win
if only they would let me in.
I could set a cracking pace
if i could join the human race.

By Max.



Winter is so beautiful, so beautiful it can be.
In the snow it is so cold, but it so beautiful to see.
Nearly froze my toes of but I'll survive.
Tiny bits of snow dropping out of the sky.
Early in the morning I wake up to a white ground.
Really cold now and have to have a shower, the water is frozen so can't do that, I'll go to bed and hopefully get dry.

BY KATE



Car Races
Mark Webber won a Grand Prix race
. It was in Monaco

By Mervyn



Yesterday I played outside with Kyla and Anna-lee. I played with my toys in my room and I cleaned up the house and last night I cooked dinner and I brushed my teeth and I went to bed.

By samara



Yesterday we went on Phill's bus to Ben Lomond Hall.
We watched a slide show and a lady showed us some things from East Timor.
I at a sausage sandwich and a cordial.



Yesterday we went to Ben Lomond hall. Then we presented our weaving. Then we came back to school.

By Marty



Football is a great sport.

Football is a great sport because you get to make friends and fit and healthy.
My first reason that football is a great sport is, football is a good team sport.
My second reason that football is a great sport is that you have a chance to play in different positions.
My third reason that football is a great sport is that you get to tackle the opposition.
I think football is a great sport.

By Joey



Yesterday we went to the hall and I learnt about East Timor.
At the hall I had a sausage sandwich and ice-cream and a drink and then we went back to school.

By savannah



Giant Black Scorpions
Giant Black Scorpions are big maracas. They radiate in the sun and they glow in the dark at night.

By Kody



We went to Ben Lomond Hall. We had lunch with the ladies. I had a sausage sandwich

By Jayden



The CWA day at Ben Lomond Hall

We went in the bus to go to the event in the Ben Lomond Hall.
When we got there, there was a big huntsman on the inside qwall of the Ben Lomond Hall.
Than we presented our weaving.
Then it was lunchtime. I had 4 hotdogs, 3 cordials and 5 ice-creams.
I had a good time.
Also in East Timor they let the animals run wild. So if you hit one it is not your fault because the person who owns the animal is responsible, as they should keep it in a cage.

By Jack



By Adam



Live Life Well @ School

Water

Tap water makes the best drink!

Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here's what water has to offer:

it is cheap and readily available

it doesn't contain any kilojoules or sugar

it encourages optimal function of the body

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even



Fruit juices

Many people think fruit juice is a healthy option. While fruit juice contains some vitamins, they lack fibre, antioxidants and other nutrients found in fruit. Fruit juices are high in sugar and energy, often containing similar quantities of sugar found in soft drink. Drinking large amounts can lead to tooth decay and excess energy consumption. Here are some things to consider if choosing juice:

Limit fruit juices to no more than half a glass per day.

Too much juice can lead to diarrhoea.

Consider diluting juice 50:50 with water to reduce the number of kilojoules whilst still enjoying the taste of juice.

It is easy to drink too much juice. One popper of juice is equal in energy to two pieces of fruit.

Consider eating a piece of fruit instead. Whole pieces of fruit and veggies have higher levels of many vitamins, minerals, antioxi-



Great reasons to be active for children and parents

boosts confidence

improves fitness

makes bones and muscles stronger

improves posture

helps maintain a healthy weight

lowers the risk of heart disease

reduces stress

improves sleep

reduces the risk of cancer

improves self confidence

teaches you new skills

develops better motor skills

makes a person happier with their body



Turn off the TV or computer and get active

- Set a limit on the amount of time children watch television or spend on the computer. Two hours a day is the maximum. Too much screen time limits physical activity.
- On the weekend, live life instead of watching it on TV. Find a new place to hike, bike or run. When you hear "I'm bored" – think of something active to do.
- During the winter months, avoid allowing children to watch too much TV or play video games. Encourage active play, which builds social, mental and physical motor skills.

Why reduce television time?

- studies have shown we use less energy watching TV than sitting still
- TV influences the food choice of kids – Australia has a high rate of food advertising during children's viewing hours
- TV replaces time a child can be active and enjoy physical activity
- there is an association between TV watching and being overweight
- 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.



What is a serve of fruit?

One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

What is a serve of vegetables?

One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

Recommended daily intake for children

Age of child (years)	Fruit (serves)	Vegetables (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9



Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.

Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.

Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

Iodine and learning

Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:

cow's milk, yoghurt and cheese

Seafood

seaweed – as used in sushi or nori rolls

The Parents Jury

The Parents Jury is a web-based network of parents who are trying to improve the food and physical activity environments for children in Australia. The Parents Jury is currently advocating for junk food free advertising during children's TV programs and confectionery free supermarket checkouts. Members receive regular emails with links to current articles and are encouraged to add their opinions on issues that can effect families nutrition and activity levels. To find out more go to www.parentsjury.org.au

Kids love rewards

Praise healthy habits. This may be snacking on fruit, drinking water and being active. Use treats like stickers, special games and outings, hugs and praise. Avoid using food as a reward.

Dairy foods are important for strong bones and teeth.

The Australian Guide to Healthy Eating recommends children eat 2-3 serves of dairy foods, such as milk, cheese or yoghurt each day. Why not try including these high-calcium containing foods:

milk on cereal or a tub of yoghurt at breakfast

cheese on crackers after preschool

fruit smoothie as a drink

custard and fruit or as dessert.





Quick and easy breakfast ideas:

Make sure your child starts every school day with a nutritious breakfast that includes foods from at least two of the five food groups. For example

- wholegrain cereal with reduced-fat milk
- fruit smoothie
- boiled eggs and toast
- slices of fruit with yoghurt
- raisin toast with sliced banana
- muesli, chopped fruit and yoghurt
- wholemeal crumpets with sliced banana
- grilled cheese and tomato on toast
- tinned baked beans and toast
- porridge, sultanas with reduced-fat milk
- tinned fruit and yoghurt
- rice or noodles with lean meat or vegetables

Why is breakfast important?

children who miss breakfast are often reported as having poor behaviour and poor concentration
children who miss breakfast are often unable to meet their daily nutrient requirements
children who miss breakfast are more likely to have a greater risk of being overweight or obese
eating breakfast helps children learn and establish healthy eating habits early in life.

No time for breakfast?

Try some of these quick breakfasts children can enjoy “on the go”.

- reduced-fat yoghurt, or a yoghurt drink.
- reduced-fat milkshake
- healthy cereal in small plastic bag (a small carton of milk can add a calcium boost)
- slice of banana loaf or other low fat fruit loaf.

Breakfast provides brain food

Eating breakfast each morning improves children’s learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:

- wholegrain cereals and reduced-fat milk
- baked beans on wholegrain toast and a glass of reduced-fat milk
- fruit smoothie and toast
- toast topped with cheese and sliced tomatoes
- egg on toast with a glass of reduced-fat milk
- wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- reduced-fat yoghurt, fruit and raisin bread
- fruit salad and yoghurt.

Serve breakfast with a glass of water or milk to get children hydrated.





Kids love rewards

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Keep food cool

Sandwiches can be frozen for up to a week and, if removed from the freezer in the morning, will thaw by lunchtime. Some nutritious sandwiches to freeze include those with fillings of cooked meats, baked beans, eggs, fish and cheese. Most fresh vegetables do not freeze well so put them on the sandwich when it's packed in the lunch box.

Keeping lunchboxes safe

Before preparing your child's lunchbox, always wash your hands and ensure you have a clean chopping board, lunchboxes and utensils.

Bacteria that cause food poisoning grow at room temperature so it is a good idea to keep lunchboxes cold, even in winter. Include a frozen drink or ice-brick to keep sandwiches fresh and safe.

Wrap frozen drinks in a paper towel to stop condensation making lunches soggy.

Be selective about what you pack, especially on hot days. Try to avoid cold meats, chicken and eggs on hot days.

Apricot Drumsticks

Ingredients:

- 4 skinless chicken drumsticks
- ¼ cup apricot nectar
- 1 tablespoon low salt soy sauce
- 2 teaspoons tomato sauce
- 1 teaspoon lemon juice

Method:

Make a few slashes in each drumstick using a sharp knife.

Put drumsticks in an ovenproof dish.

Pour over the combined nectar, sauces and lemon juice.

Marinate for 30 minutes.

Preheat oven to 180 degrees and bake with marinade for 30 minutes turning once.

Can be served hot or packed cold in a school lunchbox with a frozen water bottle.





15 May 2012

Letter of Introduction - The Armidale District MS Branch

I'm very pleased to let you know that a volunteer fundraising branch of Multiple Sclerosis Limited has been formed in Armidale. The members are people from the Armidale region who have a keen interest in helping to promote general awareness of Multiple Sclerosis and in particular raising funds to help support the many people in the region who have this lifelong disease, for which there is no currently known cause or cure.

The funds raised help provide financial assistance for equipment and services and also provide information and support to people with MS, their families and carers. MS is a progressive neurological disease and each person's journey varies considerably and their needs vary greatly.

The Armidale District MS Branch will run a number of different fundraising events including raffles, information and fundraising stalls and a variety of functions.

Any assistance you can give to the branch to help their fundraising will be gratefully appreciated. Whether it is by the donation of goods, support or money, you can be assured that your donation will be put to good use by the Branch.

For any further information please contact the Armidale Branch Secretary, Ms Wendy Berkley on 0418 249 532.

Regards,

A handwritten signature in black ink, appearing to read 'Michael Beilby', with a stylized flourish at the end.

Michael Beilby
Regional Manager - North

- T 02 9646 0688 • F 02 9643 1486
- M 0411 098 281
- Email: Michael.Beilby@msaustralia.org.au

Multiple Sclerosis Limited
ABN 66 004 942 287

MS Australia – ACT/NSW/VIC
Studdy MS Centre
80 Betty Cuthbert Dr
Lidcombe NSW 2141
T: 02 9646 0600
F: 02 9643 1486

www.msaustralia.org.au



HELP FREEZE MS OUT OF ARMIDALE THIS WINTER!



The Armidale District MS Branch

... living life to the fullest with MS ...

Proudly sponsored by:



"The motor ing team you can trust"



Armidale Colour Copy Centre

... and many others who will be acknowledged on the night.

Please join us for an evening of fun, food, fashion and fundraising ...

Armidale City Bowling Club
92-96 Dumaresq St
Saturday, 21 July 2012
6.00 for 6.30pm

Tickets: **\$65.00**



Sidetracked

For this you will get...

- A delicious winter dinner with a cash bar
- A fabulous TAWFA fashion parade accompanied by never before seen garments from the Armidale Folk Museum
- Music courtesy of 'Sidetracked' - pumping up the dance-floor!
- A huge array of raffles, auctions, lucky-door prizes
- A warm fuzzy feeling for having helped needy people with MS in the Armidale community ...

♥ Tickets can be bought and paid for at the **Bowling Club** ... just drop in or phone: 6772 5666 or email: events@armidalebowl.com.au

♥ All proceeds going to assist LOCAL people with multiple sclerosis.

Some facts about Multiple Sclerosis (MS):

- Multiple sclerosis is the most common neurological disease affecting young Australian adults.
 - In Australia 1,000 people are diagnosed with MS every year. There is no cure.
 - Over 21,000 Australians are living with MS and 3 out of 4 are women.
 - MS is most commonly diagnosed between the ages of 20 and 40.
 - MS is much more prevalent in colder climates.

Donations of \$2.00 and over are tax deductible - ABN 66 004 942 287

Further Inquiries: Wendy Berkley 0418 249 532 wberkley@bigpond.com



July 2012 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>25</u>	<u>26</u>	<u>27</u>	<u>28 P&C Meeting</u> 05:30PM P&C Meeting	<u>29 Last Day of Te...</u> All day Last Day of Term 2	<u>30</u>	<u>1</u>
			from 05:30PM to 07:00PM	School Assembl... 02:30PM School Assembly from 02:30PM to 03:00PM		
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
<u>16 Staff Developm...</u> All day Staff Development Day	<u>17 Term 3 Begins ...</u> All day Term 3 Begins for Students	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
All day	All day					
<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>
<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>



Dear Parents and Guardians,

With winter, the season of coughs, colds and sniffles fast approaching, our class will be learning about a simple public health program, which promotes the prevention of colds and flu viruses.

Many absences are caused by viruses that are spread in classrooms where children are in close contact with one another. Good hygiene and tissue use can help protect your children from germs so that they avoid getting sick and missing valuable school time. It can also help stop the spread of colds and flu to other members of the family.

Sneezesafe is a tissue training program for schools, designed for children aged four to seven. Devised by **Kleenex**® Tissues and teachers, this resource enables schools to encourage children to practise correct respiratory hygiene and tissue use to help reduce the spread of colds, flu and other viruses.

It has been reviewed for Australian classrooms and supports Early Years programs across Australia, meeting curriculum guidelines for teaching children 'how to take increasing responsibility for their own health and physical wellbeing'.*

You can help your child stay healthy and prevent the spread of viruses by reminding them of this simple 1-2-3 message.

- CATCH IT.** Always use a tissue when you cough and sneeze
- BIN IT.** Throw the tissue away immediately after use
- KILL IT.** Wash your hands

The materials are free and include a number of fun and exciting educational stories and games to teach children about colds, cold germs and how tissues can help keep them at bay.

We encourage you to visit www.sneezesafe.com.au where you will find more detailed information on the classroom activities, as well as posters and stickers to download, interactive stories that you can read together and games to play with your child.

This year **Sneezesafe** and NPS MedicineWise have partnered to provide simple, sound advice to young children on how to help prevent the spread of the common cold. NPS MedicineWise is an independent, not-for-profit organisation providing information, tools and tips to help consumers make better decisions about their health.

For more information, visit www.nps.org.au/bemedicinewise



*BELONGING, BEING AND BECOMING the Early Years Learning Framework for Australia