

2018, Term 3, Week 5

Relieving Principal: Kirsten Reim



# Ben Lomond Public School Newsletter

Photo Courtesy of Matthew Bedford



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Ben Lomond NSW 2365



Education

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NEWSLETTER

## Calendar

### Term 3, Week 5

23rd August 2018 School Sport  
24th August 2018 School Assembly

### Term 3, Week 6

GREAT AUSSIE BUSH CAMP  
30th August 2018 School Sport

### Term 3, Week 7

6th September 2018 School Sport

### Term 3, Week 8

13th September 2018 School Sport

### Term 3, Week 9

20th September 2018 School Sport  
21st September 2018 NECOM Presentation

### Term 3, Week 10

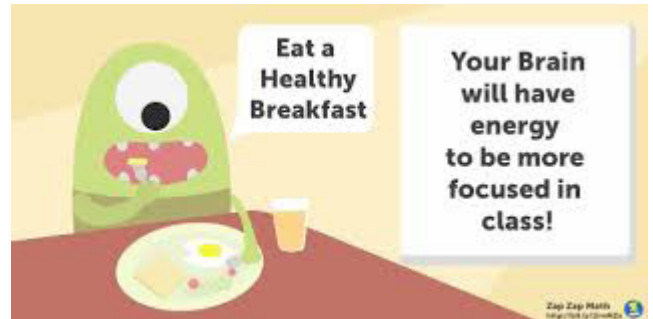
27th September 2018 School Sport  
28th September 2018 School Assembly  
28th September 2018 Last Day Term 3

### Term 4, Week 1

15th October 2018 Term 4 Commences

## Breakfast . . . .

There are a large number of students coming to school who are not having breakfast of a morning. If you are unable to provide your child with breakfast of a morning could you please consider making a food donation so that we can ensure that all students are fed before classes commence.



## Good for Kids good for life

### RAINBOW CRUNCH&SIP®

Feeling like you're stuck in a rut when choosing what to pack for Crunch&Sip®? Why not pack a rainbow? You could pack a different colour for each day of the week.

**Red:** Red capsicum sticks, cherry tomatoes, strawberries, red grapes.

**Orange/Yellow:** Carrot sticks, yellow capsicum sticks, oranges, mandarins, pineapple.

**Green:** Cucumber sticks, celery sticks, snow peas, green beans, kiwi fruit.

**Purple/Blue:** Red cabbage in salads, plums, blueberries.

**Brown/White:** Mushrooms, cauliflower rice, banana.



PHONE 4924 6499

2018 End of Year  
Assembly is Thursday,  
6th December



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SNOW GUMS  
LEARNING ALLIANCE

## Principals Report Relieving Principals Report Week 5 Term 3 2018



We've had a flying start to term 3 with a visit from our School Director, Matt Hobbs, the Highland Fling for Education week at Black Mountain Public School and an exciting visit from ABC New England radio and television. Unfortunately due to a bus breakdown we weren't able to participate in the Science Week activities and an alternate celebration of science and STEM is being organised.

School Director Matt Hobbs spent time in the classroom on August 6, taking time to speak to students and myself about student learning and attitudes to school. Matt also spent time formally meeting with me to talk about the Ben Lomond School Plan and my Professional Development Plan.

During education week students successfully participated in the Highland Fling, this day had a focus on technology, with students in mixed groups across the Snow Gums Alliance of Schools. Students created music on Garage Band, used bomomo to design inspired patterns and programed a range of robots, such as spheros and ozbots to perform simple tasks.

However our education week highlight must have been a visit from ABC New England radio and television, and while we were edited out of BTN, the process of filming and being interviewed and photographed was interesting for all students – and our appearance in the BTN News Break was exciting to see.

In what was an event designed to bring community together and just to have some fun, Ben Lomond students opened the evenings performances with a rousing rendition of "If you're happy and you know it",

even having to perform an encore, before enjoying a performance by Russell Bauer. Then it was the much anticipated play, by ABC New England Radio stars, of "Little Red Riding Hood". Thank you to all involved in making this event a success.



We welcome back Julie Burey and thank you to Sally Johnstone who ably filled in for her during Julie's travels. We are excited to hear more about her adventures during the next few weeks.

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Finally, to those students travelling to the Great Aussie Bush Camp, have an amazing time, and lots of fun.





## Great Aussie Bush Camp Packing List

The school excursion is to take place in Week 6 of next term and is fast approaching. To provide you with time to ensure your child has all of the appropriate clothing and equipment for the excursion, below is a list of requirements. Please contact the school should you have any questions.

The checklist below is a guide only. It is a good idea for students to pack their own bags so that they can re pack for the trip home.

PLEASE CLEARLY NAME ALL ITEMS

- . Plate, cup and fork (Non disposable)
- . Water bottle
- . Raincoat
- . Hat or cap
- . Sleeping bag
- . Pillow
- . Sunscreen
- . Pyjamas
- . Small backpack
- . Torch (make sure it works before you leave home)
- . Toiletries (toothbrush)
- . Insect Repellent
- . 2 pairs of runners (1 old pair for water activities)
- . Thongs (to wear to and from shower)
- . 5 T-shirts (no singlet tops or midriff tops)
- . 5 sets of underwear
- . 5 pairs of shorts (no mini shorts if hot weather)
- . 5 pairs tracksuit pants (if weather is cold)
- . 4 sloppy joes/windcheaters
- . 5 pairs of socks
- . Bath towel
- . Beach towel & swimmers
- . Tissues/hankies
- . Plastic bags for wet cloths / towels

**Please note:**

What your child packs, they must be able to carry.

MEDICATION WILL NEED TO BE GIVEN TO THE ORGANISING TEACHER – *Medication forms will be sent home early next term, closer to the date of departure, so that the information in them is current.*

*Respect*

*Responsibility*

*Leadership*

*Resilience*

# GUYRA MENS HEALTH NIGHT

**Date: 19<sup>th</sup> October 2018**



**Location: Ben Lomond Hall  
(1233 Ben Lomond Road, Ben Lomond)  
Time: 6pm to late  
RSVP: 5<sup>th</sup> October 2018**

**Current Sponsors:**  
Guyra MPS, NSW Government Adam Marshall, Cronulla Sharks, Parramatta Eels, North Queensland Cowboys, Regional Express Airlines, Australian Turf Club, J.M & G George Investments and The Whitehall.

**FREE EVENT!**

**Partners welcome.**

**Free return bus travel  
from Guyra.**

**Dinner supplied.**

**Lucky door prizes,  
Auction and raffle.**

**This night will target  
health; matters such as  
mental health, depression,  
prostate cancer and  
general health and  
wellbeing.**

**Guest Speakers and  
presentations by: Wendell  
Sailor, Justin Karcher,  
Rob Anderson, Centacare  
and Local Health  
Clinicians.**

For further enquiries, RSVP, Or to  
offer assistance with sponsorship  
please contact Alisa Kennedy:  
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**Health**  
Hunter New England  
Local Health District