

2018, Term 3, Week 10

Relieving Principal: Kirsten Reim



Ben Lomond Public School Newsletter



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Respect, Responsibility, Leadership, Resilience

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Education

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NEWSLETTER

Calendar

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

Term 4, Week 2

24th October 2018	Healthwise Primary Health Care Nurse Visit
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Term 4, Week 3

Term 4, Week 4

Term 4, Week 5

15th November 2018	Life Education Van
16th November 2018	School Assembly

Term 4, Week 6

2018 End of Year
Assembly is Thursday,
6th December

Good for Kids good for life

SANDWICH ALTERNATIVES IN THE LUNCHBOX

Sandwiches are a great addition to an everyday lunchbox but if you feel like branching out here are some other great ideas:

- Vegetable fried rice,
- Pasta salad,
- Zucchini slice,
- Savoury muffins packed with vegetables,
- Chicken and vegetable rice paper rolls,
- Vegetable sushi rolls.

For more great ideas visit the Cancer Council's Healthy Lunch Box website: <https://healthylunchbox.com.au/>



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Principals Report Relieving Principals Report Week 10 Term 3 2018



Monday 27 August saw six intrepid students from years 3-6 wake up very early in order to catch the bus from Guyra to Great Aussie Bush Camp (GABC). Reports from all students have revealed that all the activities and guides were excellent, and though some may have appreciated a bit more sleep over the week, they would all go back again. Many thanks go to Mrs Baker (Black Mountain Public School), Ms Rose (Ebor Public School) and Mrs Edwards (Bald Blair Public School) for travelling with, and watching over the Ben Lomond students during this week. As expected students from Ben Lomond demonstrated all our core values; Respect, Responsibility, Leadership and Resilience, and received nothing but praise from the accompanying teachers.

So with six students away it was work as usual for the eight who remained at school. All of whom noted that it was "very quiet", and when pressed admitted they missed their classmates a whole lot.

Nigel from Kings Gym has continued to bring fun and challenging fitness activities to students, and we will continue to have Nigel teach us in term 4. The homework of listing the most words containing four letters that Nigel devised has been keeping students and some families very busy over the past week. So far our highest number is 560 words, what a great extension to vocabulary! Thanks Nigel.



With the expert guidance of Mr Jon Oxenbridge, the pizza oven was put through its paces. After an explanation of the design of the oven and much anticipation, students chose a range of different toppings to build their pizzas from salami through to capsicum and pineapple. These were then cooked by our own pizza master, Jon, and enjoyed by all. There may also have been some marshmallows roasted!



Friday morning Ben Lomond Public School was visited by Chamber Music in Schools programme. Run by the New England Conservatorium of Music, a trio of musicians spent about 1.5 hours with the students performing a variety of classical pieces and explaining their instruments and a range of musical concepts. It was pleasing to see our students interacting so enthusiastically with the classical music and working out why the music evoked certain emotions and images.

Finally we will be celebrating the end of term 3, and everyone's exceptional behaviour with a book character dress up day and viewing *The Man from Snowy River*, as the end of our study of poetry.

I trust that you will all have a safe and relaxing holiday break. I look forward to seeing you in Term 4.

GUYRA MENS HEALTH NIGHT

Date: 19th October 2018



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

Current Sponsors:
Guyra MPS, NSW Government Adam Marshall, Cronulla Sharks, Parramatta Eels, North Queensland Cowboys, Regional Express Airlines, Australian Turf Club, JM & 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