

2020, Term 1, Week 5

Principal: Kirsten Reim



Ben Lomond Public School Newsletter



Respect, Responsibility, Leadership, Resilience

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Education

A PROUD MEMBER OF THE





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Principals Report

I would like to take this opportunity to welcome everyone back to a fantastic new year at Ben Lomond Public School. All students have had a great start the year. We welcome Sophia to Kindergarten, Elliot and Harrison to our transition to school program, and we welcome Elle back to year 3.

Our school leader for 2020 is Cody and I know he will be ably assisted by students in year 5. Cody has made an outstanding start to his leadership at Ben Lomond, during our recent Small Schools Swimming Carnival Cody rallied the student body to form a successful and motivated relay team who came third in their race. A big congratulations to all the students who participated on the day, it was wonderful to see, and to Elliott who was announced 11 year Boys Champion. Many thanks to our Relieving School Administrative Manager Mrs Jessica Watters for coordinating a very enjoyable and successful swimming event for the Snow Gums Alliance.

Our Tennis, Gym and Music programs continue this term and students were also able to enjoy a visit from Hockey NSW representatives who worked with students on skills and drills. We are now looking at Hockey forming a part of our winter sports program.

Congratulations go to all the students who entered artworks into the Glen Innes and Guyra Shows, and to Mrs Kelly Vimpany for working so hard with the students. It was also wonderful to see students entering other items from photography to vegetables,

highlighting the diverse nature of student expertise at Ben Lomond Public School.

Next Friday March 6 will see a visit from our Director Educational Leadership, Mr Matt Hobbs. He will spend time with me looking at our school goals and working with me on aspects of our School Plan. Friday will also see the commencement of the Ben Lomond Public School P&C Association Playgroup. It will be very exciting to welcome these special visitors to our school on the first Friday of every month, with thanks to the P&C and the Playgroup Subcommittee for their work to implement this initiative.

Coming up this term are a number of other special events that students

will be attending. Harmony Day coordinated by Black Mountain Public School we be on March 17. Harmony Day this year focuses on the idea of 'Everyone Belongs' which is something embraced by staff and students at Ben Lomond Public School. On this day students will be able to sample food and activities from a range of countries around the world. The Finlayson's Cup will be held at Chandler Public School on March 31.

Once again welcome back to another exciting year in which staff at Ben Lomond Public School look forward to working with you in partnership to get the best possible outcomes for each of the students in our care.

Ms Kirsten Reim



dates for your diary

FEBRUARY

Friday 28 – Assembly 2.30pm

MARCH

Wednesday 4 – P&C AGM 2.30pm

Friday 6 – Playgroup 9.30am – 11am

Wednesday 11 – School Photos

Tuesday 17 – Harmony Day, Black Mountain Public School

Tuesday 31 – Finlayson's Cup, Chandler Public School

APRIL

Friday 3 – Playgroup 9.30am - 11

– Assembly 2.30pm

Thursday 9 – Last day of Term 1

Monday 27 – Staff Development Day

Tuesday 28 – Students return for Term 2



NEW ENGLAND CONSERVATORIUM Music for everyone



Mini Minstrels Pre-School Program
Babes in Arms - For babies and parents
Music-in-the-Lap for 1 Yr Toddlers, 2 Yrs & 3-4 Yrs
Family Classes



Foundation Instrumental Program K - Yr 8
The best intro for children K-Yr 8 to learn a brass, piano, string or woodwind instrument - includes lessons, ensembles and concerts.



Singing for All
Find your voice and learn to sing - lessons for upper primary students through to adults.



Choral Program
Minisingers for K-Yr 2
Cantilena for Yrs 3-6
New England Singers for Yrs 7-12



Chamber Music in Schools Program
For schools across the New England region, NECOM brings live musicians and music resources into the classroom so book a concert now.



Perform on-stage with Opera Australia
Opera Australia will give NECOM choristers the opportunity to be part of the Children's Chorus when they bring Carmen to Armidale this year!

Enrol Online Today!

www.necom.org.au 6788 2135 admin@necom.org.au



Good for Kids good for life



Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase veggie intake for Crunch&Sip® include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

Source: Crunch&Sip® www.crunchandsip.com.au



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

PROUDLY HOSTED BY THE GUYRA LOCAL HEALTH COMMITTEE AND SUPPORTED BY THE HNECCPHN AND THE BURRUMBUCK HAY RUN

Ben Lomond community family fun day

Free BBQ dinner and drinks

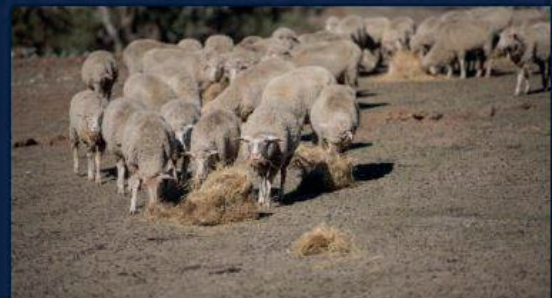
Free jumping castles and kids activities

Leave your money at home and join us to thank our Ben Lomond community for sticking it out through this drought-Bring your camp chair or picnic blanket and your friends, family, neighbours or just by yourself.

Free face painting

Free live band 7pm-11pm

Free event starting at 3pm-6pm for family fun activities, from 6pm for BBQ Dinner and from 7pm-11pm live band.



Saturday 11th July from 3pm - 11pm.
Ben Lomond Recreational Grounds and Hall



FOR CATERING PURPOSES PLEASE RSVP TO
ALISA 0431 720 958.
(PLEASE STILL ATTEND EVEN IF YOU HAVEN'T SENT AN RSVP)

