

Term 1 Week 11 2020

Principal: Kirsten Reim



Ben Lomond Public School Newsletter



Respect, Responsibility, Leadership, Resilience

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Respect, Responsibility, Leadership, Resilience

Principals Report

In a time of significant challenges for the world the resilience of the families of Ben Lomond Public School has been remarkable. It has been heartening to receive work via email and know that students are putting a lot of effort into their work from home. As we move beyond the holidays and continue working this way into term 2 I know that students are receiving exceptional support from their families as well as all the staff at Ben Lomond Public School.

Staff have spent considerable time learning new technologies with which we can further support at home learning during term 2, and organising engaging and valuable packs of resources with which students can work from home.

In the meantime stay safe and have a relaxing holiday.

Ms Kirsten Reim

dates for your diary

APRIL

Thursday 9 – Last day of Term 1

Friday 10 – Good Friday

Saturday 11 – Easter Saturday

Sunday 12 – Easter Sunday

Monday 13 – Easter Monday

Saturday 25 – ANZAC Day

Monday 27 – Staff Development Day

Tuesday 28 – Term 2 begins

NSW Department of Education

Remote learning guidelines for students and parents



Stay connected



Workspace

Work in a quiet area, at a desk or table and try to limit distractions.



Focus

During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.



Your normal routine

Eat breakfast, brush your teeth and get dressed in the morning.



Ask questions

If you don't understand something, ask your teacher or classmates online.



Use classroom language

Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.

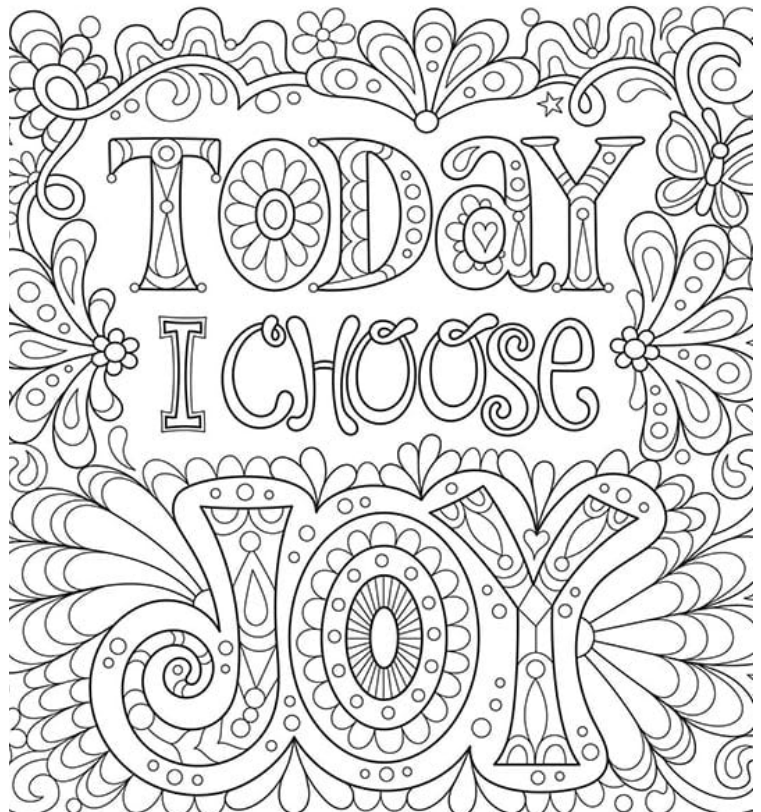


Take breaks

Take breaks away from screen. Move around and try not to sit all day.



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Good for Kids good for life

WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

Fundamental movement skills are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports. Examples of these skills can be frequently seen in popular games and activities played by children in the school playground.

These twelve skills represent a solid foundation for the development of specialised skills, enabling children to participate in a wide range of physical activities. They are:

1. Static balance
2. Sprint run
3. Vertical jump
4. Catch
5. Hop
6. Side gallop
7. Skip
8. Overarm throw
9. Leap
10. Kick
11. Two-hand strike
12. Dodge



Source: GET SKILLED GET ACTIVE
A K-6 resource to support the teaching of fundamental movement skills
NSW Department of Education and Training 2016.



Health
Hunter New England
Local Health District

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

Good for Kids good for life

RECIPE: TASTY SAVOURY MUFFINS

Ingredients:

- 1½ cups wholemeal self-raising flour
- 1½ cups white self-raising flour
- ¼ bunch English spinach, chopped
- ½ cup red capsicum, diced
- 1 medium zucchini, grated
- ¼ cup reduced-fat cheese
- ¼ cup parsley, chopped
- 1 cup reduced-fat milk
- 1 egg
- ½ cup canola oil
- 100g reduced-fat feta cheese, crumbled



Method:

1. Preheat oven to 220C.
2. Sieve both flours into a large mixing bowl then add spinach, capsicum, zucchini, reduced-fat cheese, parsley and mix together.
3. In a separate bowl, whisk the milk, egg and oil together.
4. Fold the egg mixture into the flour mixture until combined then add the crumbled feta. Do not over-mix.
5. Place an even amount into muffin tins and bake for 20 minutes.
6. Serve warm or at room temperature.

*Makes 19 muffins

Variations: Use any vegetables you think will taste good, especially leftovers.

Bush Tucker Tip: Replace spinach with Warrigal greens, blanching in boiling water for 2-3 minutes to cook.

Source: NSW Healthy School Canteens



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