

2019, Term 3, Week 6

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

Education Week 2019 was celebrated with the theme "every student, every voice". This has been an ongoing theme at Ben Lomond this year as our students have taken a range of opportunities to 'speak' in our community and beyond. From representation at sports events to our most recent forays into the media with our 'Frock Club' appearance making front page news, and students being interviewed for the ABC NSW Country Hour, students at Ben Lomond are heard. They are also known, valued and cared for.

Ben Lomond Public School celebrated Education Week combining it with the annual Highland Fling. Along with the other schools in our Snow Gums Alliance we visited Black Mountain Public School where we celebrated achievements across all schools. Ben Lomond awarded certificates to Gail Costantini, Lillianna Eddy, Ruben Jolly and Alexander Loeb for their enthusiasm across all areas

of school life. The Ben Lomond Winter Fair organising committee received a certificate of appreciation for all their contributions to the school and Mr Jon Oxenbridge received a certificate of recognition for his commitment to Ben Lomond Public School.

The following Friday saw students travel to Sandon for another celebration. This time students were involved in all things scientific. K-2 students engaged in workshops based around sound, the human brain, healthy eating and robotics, while students in years 3-6 investigated mini beasts and chemical reactions.

Recently we borrowed playground stencils from New England Hunter Health and have been able to update a few of the playground paintings. This has added a colour to our concrete, and provided some more opportunities for learning and play. Keep checking in to see what happens next.

Last week I attended professional learning in Sydney as part of the two year extended Principals induction program. This three day conference entitled "Thought Leaders" was an amazing experience and enabled me to hear from three of the foremost educational researchers currently working in the field. I would like to thank all the staff who stepped in to help out in my absence. It certainly felt like a long time away from school.

Many thanks to those who came and assisted Jenni Lloyd-Ward and the Glen Innes Seventh-day Adventist Church, Glen Food Hub and Woolworths Glen Innes. The breakfast was once again a great success and enjoyed by all.

Ms Kirsten Reim



Celebration of Science

On Friday 16th August we participated in a Science Week celebrations at Sandon Public School. We were put into groups to then move around the activities, Chemistry, Plants and Insects, Electrical Circuitry with Matt from Thalgarrah and finally Coding.

In Chemistry we made Elephant Toothpaste. Elephant Toothpaste is where you use 6% Hydrogen Peroxide, dishwashing liquid, food dye and yeast to set it off were the foam blew up.

After that we had to find the pH levels in different liquids and finally we sat down and watched the UNE scientist use ethanol, a water jug and a match to make a bang!

Cody McLeod and Alex Loeb



Dates for the Diary

SEPTEMBER

Friday 27th

Last day of Term 3, Assembly, Rewards Day
Book Week Celebrations & Dress up

OCTOBER

Monday 14th

Term 4 begins, students return

NOVEMBER

Tuesday 12th

NECOM Orchestra visit, 10am

DECEMBER

Friday 13th

End of Year Presentation, 2pm

Wednesday 18th

Last day of Term 4, 2019

Highland Fling

Friday 9th August, Ben Lomond Public School students travelled to Black Mountain Public School for the annual Highland Fling and Education Week celebrations.

Once we got there we were with all the schools from the Snow Gums Alliance. An assembly was held for the presentation of the Education Week awards, Alex, Ruben, Gail and myself got one for participation in all school areas.

We then broke into groups. Mr Eddy taught us about technology mixed with music, our group made a creepy music video about zombies. The littler kids went to music and stood on a giant floor keyboard and made music then they did dancing with their group. Overall the day was a good experience where we all had fun.

Lillianna Eddy

Music Lessons

We have done the video conference twice and the 2 times we have done it we have learnt new notes to play on the flute, trombone and clarinet.

If we were wrong with the notes, Miss Champion would tell us and if we were right she would tell us some more new notes.

We have also been provided with new music books that have new songs and notes.

Georgette Loeb





Good for Kids good for life

RECIPE

Spinach Pesto Pasta with Cherry Tomatoes



Ingredients

100g baby spinach leaves	2 lbs olive oil
1/2 cup firmly packed fresh basil leaves	1/4 cup shredded parmesan cheese
2 lbs toasted slivered almonds	375g short pasta shapes (e.g. penne, fusilli)
2 cloves garlic, crushed	250g panned small cherry tomatoes, halved

Method

1. To make spinach pesto, place spinach, basil, almonds and garlic in a food processor. Process until finely chopped. Add oil and parmesan. Process to form a thick paste.
2. Cook pasta in a large, deep pan of boiling water for 10 to 12 minutes or until just tender (al dente). Drain and return to same pan.
3. Add spinach pesto to pasta. Stir over low-medium heat until pasta is coated with pesto and heated through.
4. Stir in tomatoes. Serve hot.

Tips: To toast slivered almonds, spread over an oven tray. Bake in a moderate oven (180C) for 3-5 minutes until light golden. This pasta is also delicious served cold. Keep covered in refrigerator for up to 2 days. Great for school or office lunches.

Sourced from Healthy Kids at www.healthykids.nsw.gov.au



Health
Hunter New England
Local Health District
<http://www.goodforkids.nsw.gov.au/>



FREE

Toolkit for Dads

A 3 hour session for men

Fatherhood – the best job on the planet!

Join us to learn about:

- What gets in the way
- What to do if you lose it
- What children need
- Smarter ways to parent
- Neuroscience and kids
- Helping children thrive
- New ways to discipline
- Self-care for dads

WHEN: Thursday 5th September 2019
TIME: 9.30am to 12.30pm
WHERE: Centacare Armidale - 150 Rusden St, Armidale
Bookings essential:
1800 372 826

Centacare NSW acknowledges the traditional custodians of this land and pays respect to the elders past and present.

New England Antique Machinery & Heavy Horse Field Days

33rd Annual Rally ARMIDALE SHOWGROUNDS 9th - 10th Nov 2019

Vintage Working Machinery - Small Engines - Steam Engines
 Tractors—Working Draught Horse Demonstrations- Vintage Cars,
 Trucks & Motor Cycles—Tractor Pull - Military Vehicles -
 Post Ripping—Raffle—Swap & Stalls. Mini tractor pull for kids

Grand Parade Sat & Sun Catering on site Contact

Gavin - 0428 625 812 or Bronwyn - 0408 658 594

**Admission \$8.00
 Concession \$5.00
 School Children Free**

**Sat - 9:00 - 4:00
 Sun - 9:00 - 2:00**

N.E.A.M.C - P.D. Box 1144 Armidale, NSW 2350
 N.E.A.M.C In Conjunction With the Armidale Draught Horse Group

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Department of
Primary Industries

Kids' fishing workshop

Kids 8-14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and size limits, and fish handling for best release techniques.

COST is \$40 PER CHILD, and includes = rod and reel combination = shirt = hat = tackle box = show bag—all to take home!

BOOKINGS ARE ESSENTIAL. Maximum 25 participants.

Guyra TroutFest

Friday 4th October 2019

Location: Mother of Ducks Lagoon, Guyra Bowling Club, Guyra
 To book: e-mail roger.cupples@dpi.nsw.gov.au or ring Roger Cupples, 0267 631 242 or 0419 662 508 **Bookings are essential.**

Web details: <http://www.dpi.nsw.gov.au/fisheries/recreational/info/workshop>

NSW DPI fishing workshops are run with the assistance of the Fishcare Volunteers and are supported by funds from the Recreational Fishing Trusts