

Term 2 Week 5 2023



Ben Lomond Public School Newsletter

Mother's Day Afternoon tea



Respect, Responsibility, Leadership, Resilience



Education

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A PROUD MEMBER OF THE





Ben Lomond Public School

Respect, Responsibility, Leadership, Resilience

Relieving Principals report

Ben Lomond Public School has continued to be a hive of activity over the last three weeks. During this time the students have been involved in multiple activities both here at school and on excursions. It was lovely to see all the mother, fathers and community members attend the Mother's Day afternoon tea. The students loved seeing you all here at school and the staff enjoyed the opportunity to catch up with you in an informal way.

Our sport for this term is hockey and that has been provided by Hockey NSW. This involves a member of Hockey NSW coming to school and developing the skills in this sport. In addition to hockey, we have been working on athletic skills and marching in preparation for the Finlayson Sporting Carnival. This carnival took place on the 19 May at Chandler Public School, and I would like to congratulate everyone on their efforts.

On Thursday 18 May we participated in Walk Safely to School Day and Bridget attended Glen Innes Public School to listen to John Coutis an inspirational speaker that had to overcome his disabilities to achieve his dreams. To participate in Walk Safely to School Day the students got off the bus, walked to the classroom to hang up their bags and then walked one or two laps of our beautiful school grounds before the normal morning routine. Every student received a row of tattoos for completing the laps this morning.

The fun and adventures will continue over the coming weeks. On Wednesday 24 May all students will be attending Red Range Public School for the National Simultaneous Storytime excursion. At this excursion we will participate in a variety of activities based around the National Simultaneous Storytime focus book and join the two million other people to watch the focus story at 11:00am. On Fridays, starting, 26 May the Backtrack program will recommence between 10:00am - 11:00am each week. The Backtrack program involves backtrack bringing their dogs to the school and running literacy activities with the students.

It has been lovely to meet most of you over the last few weeks. I would like to remind you that parents and carers are always welcome to come into the school to talk to your child's teacher. All that we ask is that you ring or come through the office and make a time, so that the teacher can be prepared and be available to take the time needed to discuss your child's needs. Please remember that parents, cares and staff at Ben Lomond Public School are a team to ensure that every child can achieve the best of their abilities.

Regards,

Elizabeth Opie - Relieving Principal Ben Lomond Public School

WALK TO SCHOOL DAY



Bridget and Ibbby
leading the
marching at
Finlaysons



John Coutis an inspirational speaker



Lunch Boxes

WHAT TO PACK

Crunch & Sip

- Pack some veggie sticks or fruit & water for a quick refuel



Drink

- Always pack water
- Light milk

Morning Tea

- Fresh fruit
- Wholemeal crackers with cheese
- Yoghurt tubs
- Homemade muffins
- Air-popped corn
- Boiled egg

Lunch

- Pick & mix with veg sticks, hommus & tzatziki
- Sandwiches & wraps with lean meats & salad fillings
- Leftovers

QUICK TIPS:

- ✓ Involve kids in packing their lunch box.
- ✓ Pack a waste-free lunch.
- ✓ Keep it simple and fresh.
- ✓ Use left overs.
- ✓ Plan ahead and save.
- ✓ Provide healthy afternoon tea and some time outside to play.



Health
Illawarra Shoalhaven
Local Health District

DATES FOR YOUR DIARY

May

24 May - National Simultaneous Storytime

26 May - Backtrack program

26 May - Hockey

26 May - National Sorry Day, years 4-6

29 May - 2 June - Check-in assessments

June

2 June - Hockey

9 June - Hockey

12 June King's Birthday holiday

16 June - Hockey

23 June - Hockey

UPCOMING EVENT

National Simultaneous Storytime

Backtrack program

Check-in assessments



REMINDER

PERMISSION NOTES ARE DUE BACK BY

Great Aussie bush camp

P&C news

Let the school know if you want a memorial engraved brick to be placed at school on the path. The P&C will contact you further information once they know approx numbers.

