

Bonshaw Public School Newsletter

Thursday, 6 May 2021



RESPECT

PARTICIPATE

CHALLENGE



Welcome to our first newsletter for term 2 at Bonshaw.

What a lovely ANZAC Day service we had on the 25th April, it is a service we hold great respect for and we are very appreciative to the RAAF representatives that attend each year, along with our community members who take part in and attend the service. We were very proud of the roles our young students carried out on the day. Saskia read The Ode of Remembrance with clarity and sincerity. Patrick and Nevaeh stood very quietly and respectfully at the flag pole during the Last Post and minutes silence before raising the flag to full mast.

Our new school plan for 2021 – 2024 has been published and we are now focusing on the implementation of the initiatives and activities for 2021, which will involve us monitoring, tracking and evaluating our practices against the key initiatives and progress measures.

We are off to Boggabilla for our Small Schools Cross Country this Friday, students and staff have been improving their fitness through daily laps of the oval. Athletics practice is also a focus for this term as we will be participating in the Small School Athletics Carnival in week 9. We will also continue our tennis coaching lessons with Karl this term.

As part of our One School Small School cluster we are learning about Heat, Light and Sound in Science. We are looking forward to a science day at Yetman Public School in a few weeks.

Mrs Kim Newton,
Relieving Principal



Good for Kids good for life

START THE DAY RIGHT WITH BREAKFAST



We've all heard that breakfast is the most important meal of the day and it's true! Research has shown that children who eat breakfast before school have higher levels of concentration and are less likely to feel lethargic.

Below are some ideas for a nutritious breakfast:

- Wholegrain cereal such as Weetbix, Porridge and Sultana Bran
- untoasted muesli topped with low fat yogurt
- Wholegrain toast topped with avocado, tomato or low fat cheese
- Raisin toast
- Fruit & vegetable smoothies

If you're short on time, some quick ideas to send to school with your child includes: a tub of low fat yoghurt, cereal to munch such as fruity bites, breakfast drinks such as Up & Go or some fruit.

It is really important that we, as parents and teachers, encourage our children to eat a healthy nutritious breakfast every day, Here are some reasons why:

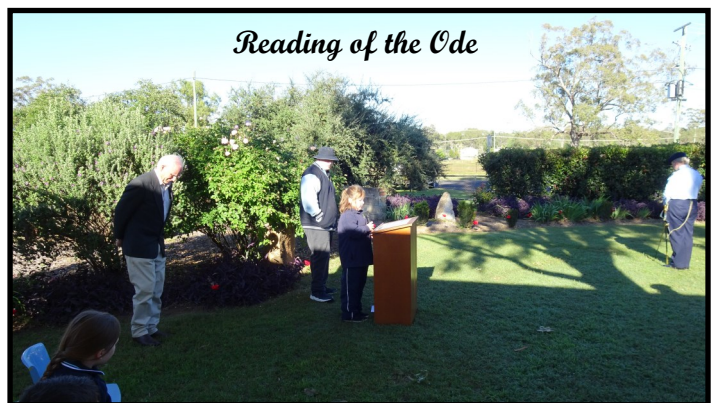
- Breakfast increases your child's concentration levels and improves their ability to learn
 - Helps them to maintain a healthy weight and decrease the likelihood of obesity
 - Strengthens heart, bones, muscles and joints, which will help reduce serious childhood health problems
 - Brightens their mood by providing them with energy which helps build positive self-image
 - And helps to develop positive breakfast habits that they will take into adulthood.
- Every child, every day, needs to eat a healthy nutritious breakfast.



Bonshaw Public School was proud to again hold an Anzac Day Service at the school on Sunday the 25th of April 2021.



*Bonshaw Public School students took part in the ceremony which included members of the **RAAF** Catafalque party*



*Looking for something fun and educational for your children
to do in the next school holidays.....*



THE CUSKELLY COLLEGE OF MUSIC PRESENTS

Winter School **M**usic Program

28 JUNE - 2 JULY, 2021
TENTERFIELD NSW

There is something for every age and stage in our Winter School Music Program; from Primary School-age to adult Community Access or Professional Development.

Specialisations are available for Vocal, Music Education, Song Writing and a range of instruments from Piano to Brass & Woodwind - all taught by expert teacher-musicians from all over Australia.

Visit our website for more information or to register:

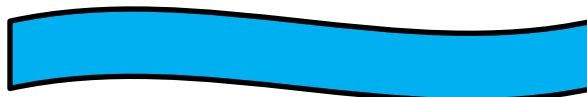
cuskellycollegeofmusic.com/winter-school/



THE CUSKELLY
COLLEGE OF MUSIC



*Registrations
opening
soon!*





Thanks to the expertise of Karl, our tennis coach, tennis skills of Bonshaw Public School students have definitely improved.



Parents and Careres are reminded of the following advice from the department; (updated 15 April 2021)

In accordance with [advice from NSW Health](#)External link, parents and carers are reminded **NOT** to send children to school if they are unwell, even if they have the mildest flu-like symptoms.

NSW Health has requested that schools encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner or one of the [COVID-19 clinics](#)External link.

Students and staff with flu-like symptoms need to be tested and provide a copy of a negative COVID-19 test result and be symptom-free before being permitted to return to school.

Students who do not undertake a COVID-19 test will not be permitted to return to school for a 10-day period. Additionally, they must be symptom-free for at least 3 days prior to returning to school.

Did you know.....

Good for Kids good for life

GET ACTIVE WITH YOUR 'DISCOVER NSW' VOUCHERS!

Have you heard about the recent NSW Government "Dine and Discover NSW" initiative? Every adult in NSW is eligible to receive 2 x \$25 vouchers to spend on registered entertainment and recreation venues.

Why not consider using your vouchers to get active with your kids? Here are a few ideas:

- Indoor Rock Climbing
- Ten Pin Bowling
- Putt Putt/Mini Golf
- Ice Skating
- Lawn Bowls
- Trampoline Park
- Sport and Recreation Centre



To see a full list of registered businesses near you and to apply for your vouchers, head to the ServiceNSW website.

Get in quick – vouchers expire 30th June 2021!



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

NSW School Dates 2021

Bonshaw comes under Western Division

2021 NSW term and vacation dates*



- Term 2 - Monday 19 April to Friday 25 June (*Students return Tuesday 20 April*)
- Winter vacation - Monday 28 June to Friday 9 July
- Term 3 - Monday 12 July to Friday 17 September (*Students return Tuesday 13 July*)
- Spring vacation - Monday 20 September to Friday 1 October
- Term 4 - Tuesday 5 October to Friday 17 December
- Summer vacation (Eastern division) - Monday 20 December to Thursday 27 January 2022
- Summer vacation (Western division) - Monday 20 December to Thursday 3 February 2022

Dates to remember;

- ◆ Friday 7 May—Cross Country at Boggabilla
- ◆ Wednesday 26 May—Yetman One School visit
- ◆ Monday 14 June—Public Holiday
- ◆ Friday 18 June—Athletics at Tulloona
- ◆ Term 2 RDO's—14 May, 28 May, 11 June, 25 June.



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