

STRATFORD PUBLIC SCHOOL

A proud member of the Bucketts Way Community of Schools



Term 3, Week 4, 2022

We have had another busy fortnight at Stratford Public School, with students enjoying creative and environmental education activities. As the mornings have been very cold recently, it has been great to see all of our students wearing their Winter uniform.

A reminder to our families that this year we will be combining Education Week activities with Book Week. We are looking forward to sharing a story, enjoying a picnic lunch then hosting our Book Week Parade on Wednesday 24 August from 1pm. Please see the flyer attached to this newsletter.



Gardening Time



This term for Wellbeing Wednesdays we have been using our sustainability knowledge from Term 2 by giving our gardens a makeover! The students have looked at the importance of taking care of your physical and mental wellbeing and how gardening can be a great opportunity for doing that. So far, we have weeded the gardens and soon we will be planting some fruit, vegetables, and flowers! Miss Franks

CALENDAR:

Term 3

- Week 6 - Book Week - picnic and parade
- Week 7 - 31/8 Oakvale Wildlife Park excursion
- 31/8 - 1/9 - Primary Coffs Harbour Excursion
- Week 8 - 7/9 - P & C Meeting - 3pm in the Library
- Week 10 - Friday - End of term assembly - 2.15pm



Term 3, Week 4 - 11th August 2022

Music Time

This term we are fortunate enough to have the wonderful Gina McClure teach our students Music. So far, the students have learnt about rhythm and beat and have played with some awesome instruments. I'm sure by the end of term assembly we will have something fantastic to show everyone! Miss Franks



Fortnightly Awards

Infants: Zarlia R

Primary: Matthew R

Birthday Celebrations:

No birthdays this fortnight.



Choice time Fridays - Creative Lego play!

Stratford Public School's Core Values

Show
Respect

Care for
Others and
the
Environment

Act
Responsibly



Facebook

We love sharing our achievements, events and what has been happening around the school via multiple platforms including our newsletter and facebook page.

Please like our Facebook page and get notifications of all our exciting learning!

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight



= 4 weeks

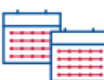


= Over 1 year missed

1 day per week



= 8 weeks



= Over 2.5 years missed

education.nsw.gov.au

Pauline Smith, Relieving Principal



Screen time and physical play

Movement and play are important for kids development



Choose small screen games and Apps that reduce kids sitting time and encourage physical activity.

- 📺 Choose videos, games or Apps that get your kids moving e.g. dancing, sports, yoga. Join in using the App or game with your kids
- 📱 Plan a walk using a digital map. Take photos of interesting things along the way
- 📺 Video your kids learning a new skill e.g. hopping, a new skateboard trick. Replay the video to track their progress over time
- 👤 Be a role model! Show your kids how to track their physical activity. Talk about how being active is fun & feels great! Show them how far you walked or swam last week!

Source: Screen time & physical activity: Supporting Children's Health. <https://www.childrenandadolescent.org.au/health/physical-activity/screen-time>



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

Developed by Hunter New England LHD



Start your day with breakfast

Breakfast refuels your body, ready for the day!



Kids who eat breakfast have more energy to be physically active. They can concentrate, problem solve and focus better at school.

- 🍎 Involve kids in planning, shopping and making breakfast. It teaches kids how to plan, prepare and cook meals
- 🍎 Prepare the night before e.g. get out kitchen utensils, plates, cups, cut up fruit
- 🍎 Sleep in? Try healthy grab and go options; fruit, trail mix, fruit smoothies, bag of wholegrain cereal, reduced fat yoghurt, baked beans
- 🍎 Encourage your kids to start the day with breakfast. Make time to sit and enjoy eating breakfast together

Source: Breakfast: encouraging children to eat and enjoy it. <https://www.childrenandadolescent.org.au/health/physical-activity/screen-time>



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Drink water for healthy teeth

Make water your family's drink



Tap water is free, good for your skin, digestion and helps protect your teeth!

- 💧 Teach your kids to enjoy water. Drink water throughout the day
- 💧 Take refillable water bottles on outings and car trips
- 💧 Serve water with meals and snacks. Change it up by adding sliced fruit, mint, cucumber or serve in a decorative jug
- 💧 Choose water when playing sport
- 💧 Pack a water bottle with lunchboxes. Freeze water bottles in summer. They make a great ice-brick and double as chilled water

Source: Choose Water as a Drink (NSW Health). <https://www.health.nsw.gov.au/healthy-living/Documents/choose-water-as-a-drink.pdf>



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Serving up veggies!



Vegetables have nutrients, minerals, vitamins and fibre essential for kids growth, development, health and wellbeing.

Tips to get kids eating 5 x serves of veggies daily

- 🥕 Eat as a family. Offer kids a variety of cooked and raw vegetables daily
- 🥕 Be a role model! Fill your plate with a vegetable rainbow. Talk about what veggies you like to eat and why
- 🥕 Add raw or cooked veggies to lunchboxes e.g. veggie pikelets or muffins, carrot & cucumber sticks with salsa
- 🥕 Veggies are a great snack! Keep sliced veggies in a container in the fridge e.g. capsicum, celery, carrot
- 🥕 Ask your kids what veggies they'd like to eat. Involve them in shopping for, choosing and cooking veggies

Source: Queensland Government (How to get your kids to eat more fruit and veggies - Healthier, Happier). <https://www.healthier.qld.gov.au/recipe/how-to-get-your-kids-to-eat-more-fruit-and-veggies>



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Stratford Public School Book Week Parade and Picnic!

This year for Book Week we will be having a share
a story picnic and parade!

- 1pm - open classrooms to explore
- 1:30pm - picnic where you can read with your child/children
- 2:15pm - Book week costume parade!



Share a story with your
loved ones!

All family members are welcomed to join in.

Wednesday 24th of August at 1pm



Contact the office if
you have any
questions: 6558 8234

CBCA BOOK WEEK 2022

Dreaming with eyes open...



#CBCA2022