



Barmedman Public School Newsletter

Week

2

Term 4 2017

Coming up

18/10—Hot Food Day

25/10—Temora Excursion

27/10—Book club due

Day for Daniel

Stay
positive,
work hard,
make it
happen.



DA VINCI CODE EXCURSION

On Wednesday October 25th, students will be travelling to Temora to visit the Aviation Museum's exhibit The Da Vinci Code. Students have throughout the year explored Leonardo Da Vinci's artworks. The excursion will cost \$10 per student. This will cover travel, admission costs and lunch.

BOOKCLUB

Book club orders are due to the School by Friday 27th October. If you wish to order book club could you please have your orders and payments to the School by this time please.


SUN SAFETY

Term 4 will be a hot one this year based on the weather forecasts so I would like to remind parents and students about sun safety. It is very important to stay covered up when playing under the sun. The school will implement our Sun Smart Policy this term. Students will not be permitted to play under the sun **without a hat** and will be contained to covered areas.

MUSIC LESSONS

Students have really been enjoying their music lessons with their teacher Val who lives in Western Australia. She has taught them many different short songs which the students have loved playing. They are

now
work-
on
learn-
the end
year

 SunSmart Snippet


The simplest way

...to be a good role model!

Did you know?
Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

How you can be a role model:


- Slip on clothing which covers as much skin as possible.
- Slop on 30+ broad-spectrum, water-resistant sunscreen.
- Slap on a broad brimmed, legionnaires or bucket hat.
- Slide on some wrap-around sunglasses.
- Seek shade when outdoors.



Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

Set a positive example and your kids will follow your lead!

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



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 Nutrition Snippet

The simplest way

...to add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.

Here are four easy ways to add more Spring vegies and fruit to your day:

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognaise sauce, add canned lentils to your sausage roll mix.
- **Put vegie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast vegies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Desire To Do Well

Da Vinci Code Excursion

Temora Aviation Museum

Permission Note

I give permission for my son/daughter _____
to attend the Da Vinci Code Excursion in Temora on Wednesday 25th October
2017.

I understand that the staff at the School have kindly donated their own cars to
transport the students to Temora to see attend the Aviation Museum Display

Students will leave the School at 9:15am and will be back by 2:45pm. Students are
to pack a normal recess for the day.

HOT FOOD DAY

WEEK 2 WEDNESDAY 18TH OCTOBER

NAME: _____

CHICKEN BURGERS + FRUIT BOX \$3

Please find enclosed _____ for hot food day

