

2021 ♦ Term 2 ♦ Week 8-9

Principal: Christina Haisell



# Barmedman Public School

## “BPS Bulletin”



New readers for our school.

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**Our Motto: Desire to do well**

# CALENDAR

WEEK 8	
Tuesday 8 <sup>th</sup> June	ITAV with Bland Shire Council
WEEK 9	
Monday 14 <sup>th</sup> June	Public Holiday
Tuesday 15 <sup>th</sup> June	Mrs Burke visiting BPS
Dates to Remember	
Tuesday 8 <sup>th</sup> June	ITAV with Bland Shire Council

## Book club

Book club orders are due to school by Friday 11<sup>th</sup> June (**THIS FRIDAY**) to ensure they will arrive before the holidays.

Thankyou for all your support with book club in the previous years as this enables Barmedman Public School to receive points to purchase books for our library.



## InitialLit

This term students have been working through the InitialLit program as part of their English each morning. Students have had fun working through the activities with the teacher and we are excited to continue to see great achievements from the students.

We have just purchased some new readers to assist with the program. We are very excited to use these.

## ITAV

It takes a Village (ITAV) is a community based program offered by the Band Shire Council. Their aim is to reach out to members of local communities within the Bland Shire through workshops and events.

### How much does ITAV cost?

ITAV sessions are free, except when running specialist training or workshops.

Any enquiries please contact Julie or Kyre on 69722795.

**The next session held at Barmedman Public School is on Tuesday 8<sup>th</sup> June.**

**TOMORROW**

## Snippets

**Good for Kids** good for life  
EASY HEALTHY LUNCH IDEAS

Learning from home can be a great time to try out some new lunch ideas. You could try:

- Chicken and vegetable rice paper rolls
- Pasta salad
- Zucchini slice
- Corn fritters
- Vegetable fried rice

Get the kids involved to help cook, or make these as part of dinner one night and portion out lunches for the week. They are all easy to pack in the lunchbox too.

All recipes available at: <http://goodforkids.nsw.gov.au/healthy-recipes/>

NSW Health Hunter New England Local Health District

**Good for Kids** good for life  
GET ACTIVE WITH SKIPPING

Grab your rope and have some fun!

Tips on skipping:

- Search for 'jump rope tricks' and learn some tricks.
- Master a skipping routine by putting the skipping tricks together maybe to music.
- Set some skipping challenges e.g. who can skip for the longest time or do the most tricks.
- Involve the whole family in a routine.
- For inspiration, search 'jump rope tricks' online or check out the 'teacher manual' at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day.

Variety is important!

Source: Northern Sydney Local Health District

NSW Health Hunter New England Local Health District

**Good for Kids** good for life  
STAYING ACTIVE AT HOME

Children should be getting at least 60 minutes of physical activity that makes them 'huff and puff' across the day. Staying active as a family will support your physical and mental health. Try doing some of these activities together each day.

**FAMILY EXERCISES**

Family boot camp, Aerobics, Skipping, Walk the dog, Hide and seek, Make a game from chores

NSW Health Hunter New England Local Health District