

Duranbah Public School

A quality education in a caring environment



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Term 4 Week 2

Friday 18 October 2013

PRINCIPALS MESSAGE

Welcome back, Term 4 is proving to be another busy time.

Organic Garden

Last week we had Greg James from Farmers Choice Organics visit the school and develop our vegetable garden. The whole primary class was involved and we now have a garden full of healthy organic vegetable seedlings which the primary students are looking after with great enthusiasm. Next Monday Greg is returning to create 'hay-bale' gardens with the infants class. Our thanks go to Greg for the enthusiasm he has created in the children, supplying the seedlings, straw, fertilizers etc and for his time. The students can't wait to harvest their 'crops'.

Student Teachers

I'd like to welcome Jessica Knight, Ellie Hedge and Alex Brett, student teachers from Southern Cross University, to our school. Jessica is a third year student and has been working with myself and Ms Young on the primary class and Alex and Ellie are first year students working with Ms Myler on the infants class.

Multi-Cultural Day

Next week, Wednesday 23 October, we are having our annual Multi-Cultural day. For parents new to the school the day is shared with international students from Coolangatta campus of the Gold Coast TAFE. The day consists of sharing food and activities by all students, it will commence at 11am and all parents are welcome to attend. Duranbah students will be hosting morning tea.

Excursions & Sport

A reminder that camp for primary students begins on Monday 28 October and Swimming lessons begin on Tuesday 5 November and run every Tuesday for 6 weeks.

State Athletics

Congratulations to our relay team who competed in Sydney yesterday. We believe they came 5th. A magnificent effort, we are very proud.

Chris Pritchard

Relieving Principal

MARK YOUR CALANDER

- ☺ 21 October (Monday)-Hay Bale Garden K-2
- ☺ 22 October (Tuesday)-Rugby League Development Clinics
- ☺ 23 October (Wednesday)-Multi Cultural Day with Coolangatta TAFE
- ☺ 28-30 October-Lake Ainsworth Camp Year 3-6
- ☺ 5 November (Tuesday)-6 week Swimming program commences K-Y6
- ☺ 9 November (Saturday)-Tweed River Lantern Parade

STUDENTS OF THE WEEK

Week 1
Primary
Dylan Clark
Infants
Nate Montgomery



Week 2
Primary
Cody Brownbill
Infants
Indiana Brownbill
& Tristan Kirby

P & C Meeting
Tuesday 22 October 9 - 9.30am

Agenda:
End of Year Presentation
Uniform -Is the new fabric suitable?
Lantern Parade

K-2 NEWS

Welcome back to Term 4. The K-2 class would like to welcome Miss Alex Brett and Miss Ellie Hedge from Southern Cross University. Our visiting teachers will be with us for the 1st three weeks of this term. On Wednesday the student teachers and myself attended a 'Road Safety' course at district office. The information from this course is being used in the classroom as part of our unit for Term 4. The unit begins with road and bus safety continues with pool safety during our swimming lessons and finally water, beach and sun safety leading up to the school holidays.

HATS: Please ensure that your child has a school hat (with their name clearly marked) in their bag everyday. Although students can stay under cover at recess and lunchtime if they do not have a hat, we do have to go up onto the oval for PE and sport.

SCIENCE DISCOVERY PROJECT

On Wednesday students at Duranbah PS were lucky enough to experience a special science show. Paul and Jo from the Science Discovery Project wowed us with their very interesting and informative lesson about electricity and magnets. Students were shown a variety of fascinating contraptions that demonstrated how electricity is created and how magnets are used in the world e.g. the Japanese Bullet Train. Some students even had the chance to interact with Paul and Jo's equipment, the **Van de Graaf Generator** was a favourite as it made for some crazy static hair!



ORGANIC GARDEN

Last Thursday our school garden was transformed into a productive and educational learning space under the expert guidance of Greg James from Farmer's Choice Organic Nursery (Murwillumbah).

Using the lasagne technique of hay bale gardening, Greg guided the Primary Class in soil preparation, garden design and planting activities. Students were provided with knowledge of soil and plant science as well as practical skills in using tools such as spades, hoes and hammers.

This learning experience fits well with our school's objectives to enhance student welfare through healthy eating and physical activity. It is hoped that produce from the garden will be harvested later in the term. Students also gained an understanding of the importance of sustainable gardening practice, something

which Greg is very passionate about. We also hope that students will develop satisfaction in being part of the food production process. As well this gardening technique is one that could be easily used or adapted to grow vegetables or other plants at home. A further gardening initiative, a full single hay bale garden, will be planted out by the Infants Class next Monday at 11 am. Parents are most welcome to attend to watch Greg demonstrate this gardening technique.

A huge thank you to Annie (Banjo's mum) who has volunteered her time and extensive knowledge to this project.





Nutrition Snippet

The simplest way

... to increase your vegies

90% of adults in your area don't eat enough vegies! We should aim for 5 serves each and every day!

Here's some easy tips to help you out...

Eat vegetables as a snack throughout the day

- Try vegie sticks with low fat dip like guacamole or salsa, or vegie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.

Decrease the meat in your meals + add more vegies

- For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with extra veg. Hint: chickpeas, lentils + beans are great fillers!

Add vegies to all your meals

- Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

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



