

# Duranbah Public School

A quality education in a caring environment  
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## Term 1 Week 8 - Edition 4

Friday 19 March 2021

### Principal's Report

As we get very close to the end of Term 1, we are as busy as we have ever been. Lots of opportunities continue to present themselves for our students, from sporting events, to cultural activities and fun learning experiences. So many things go into the organisation and delivery of these opportunities, but the common thread is the desire from all of our school community to provide something special and memorable for our students.

This is just one of the things that makes our school a great place.

### **Covid Guideline Changes**

As we are all now aware, under the revised guidelines, parents are now permitted to enter the school grounds whilst keeping track of Covid-safe practices such as staying 1.5m apart and sanitising often.

Anyone visiting the school for an extended period of time needs to sign in at the office.

As per our discussion at the recent P&C meeting, we will be maintaining the current pick-up procedures until at least the end of term.

### **P&C Meeting**

Thank you to those parents and carers who were able to attend and contribute to the P&C meeting last Tuesday. A copy of the minutes is available on request.

On a different note, our P&C will be taking part in a Coastal Leaning Community P&C mixer next Wednesday 24<sup>th</sup> at Cudgen PS. This opportunity will provide our P&C with the chance to discuss the successes and challenges of the fellow P&C groups within our local community of schools. Brooke will provide an overview of everything learned at the next meeting in Term 2.

### **Holi Festival Day/Colour Run**

On Friday 26<sup>th</sup> March, our school and our P&C will be hosting our first ever Holi Festival Colour Run. Students and their families are invited to come along and raise funds for the creation of a new mural. The concept of a 'Holi festival' links in with the Hindu celebration to meet others, play and laugh, forget and forgive, and repair broken relationships. We are fortunate to be able to combine this with a fun day, where families will be able to join us for the fun.

### **Mark Your Calendar**

- 19 March Last day of Surfing Lessons
- 26 March Colour Run/Holi Day Fundraiser
- 31 March Free P&C BBQ
- 1 April Small Schools Cross Country Last day of Term 1
- 20 April School Resumes for Term 2

### **Surfing News**

Due to the Colour Run/Holi Day Festival, Friday 19<sup>th</sup> March will be the last day of Surfing Lessons for Term 1. Two catch-up lessons will be held in Term 4 this year.

Further information will follow closer to the date.

### **Harmony Day/Week**

21<sup>st</sup> March is World Harmony Day. Our SRC are providing a collection of activities throughout next week, to coincide with our Holi Festival Colour Run on Friday.



### **Small Schools Cross Country**

This annual event is happening on Thursday 1<sup>st</sup> April at Stokers Siding PS. As parents are allowed to attend under the revised guidelines, the P&C opted for our students to be privately transported to and from this event. Permission notes and information have been provided separately.

### **A Special Visitor**

Our students have been very excited to share our school with 'Marty', a visiting robot for the last week. They have coded with him, produced some creative writing with him and have marvelled in the processes around his functions. A big thank you to Miss Humes for providing this opportunity for our students.

Have a great weekend everybody!

Jason Ellem

Principal

**Week 7 Award Winners**

Jaden, Harper, Austin, Parker

**Week 8 Award Winners**

Macey, Melina, Thea

# DURANBAH PUBLIC SCHOOL

## COLOUR RUN

### POWDER INFORMATION NOTE

The Duranbah Public School **Colour Run** will be held on Friday 26 March 2021. This event has been organised by our Parents and Citizens Association and all measures have been taken to ensure that this event is safe for all students.

Your child can still participate in the event should you not wish for them to be sprayed with colour powder. The staff will do their best to throw the powder at the torso, however wind and other factors can cause the powder to protrude on the face. You may wish for your child to bring their own eye protection such as sunglasses or goggles.

The colour powder used in the event is non-toxic, biodegradable and environmentally friendly consisting of 98% corn starch and 2% food colouring. It will likely washout of your child's clothing, however we recommend that your child wears a plain white shirt that you don't mind being coloured. That's what the event is all about!

Based on the toxicology profiles of the powders used, their concentrations in the formulation and the mode of use, the colour powder is considered safe for use. Students with lung issues such as asthma are advised to be careful in their decision to participate.

Should you wish to view the ingredient listings and toxicology risk assessment of the powder, please see the staff in the Administration Office.

**PLEASE ADVISE THE SCHOOL IF YOU DO NOT WANT YOUR CHILD TO PARTICIPATE**

#### **SECOND-HAND UNIFORMS**

The office has a variety of second hand uniforms for purchase for \$5.00 each. Hoodies, shorts, polo shirts and sports shirts are amongst the items. Contact the office for sizes.

# HARMONY DAY



SRC and P&C Celebrate...

## HARMONY WEEK

Week beginning on Monday 22 March, 2021.

**Monday...** A brief explanation of what Harmony Day is all about will be presented by our School Leaders.

**Tuesday...** All students are invited to bring the flag belonging to their country of origin to share at our morning assembly.

**Wednesday...** All students are invited to teach us how to say "Hello" or "Good Morning" in the language belonging to their country of origin at our morning assembly.

**Thursday...** All students to wear orange or similar to school. Can be a t-shirt or something as simple as socks, ribbon, headband, etc.

Then, drum roll please...

**Friday...** P & C 'Holi Festival Colour Run' ... Yay!

Get some exercise, get wet and become colourful all at the same time! The children will need to wear OLD clothes with an old white t-shirt if possible. Make sure they have an old pair of joggers, too!

More details to follow as the event draws nigh.

If you live a long way from public transport and need to drive a student to a public transport pick up point or to school, you may be able to get financial assistance.

The School Drive Subsidy provides eligible parents and guardians twice-yearly payments to help cover some of the expenses of getting children to school.

To find out if you're eligible, and to apply online, visit

[transport.nsw.gov.au/schooldrive](https://transport.nsw.gov.au/schooldrive)

### Can't get online?

Ask about the School Drive Subsidy at your school, or call **131 500**.

## School Drive Subsidy



Transport  
for NSW

## What is The Big Veggie Crunch?

Did you know that only around 6% of Australian children eat enough vegetables? To help our community do their bit to improve this number, our school will be taking part in The Big Veggie Crunch (part of Vegetable Week) in Week 9 on Thursday the 25<sup>th</sup> March.

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables:

- 50,260 students crunching simultaneously (2018 record)
- 14,991 students crunching at other times over Vegetable Week (2019 record)

## What can you do to help?

- Pack a container of vegetables for your child to eat on Thursday 25<sup>th</sup> March.
- Remember to keep serving up the vegetables at home and in your children's lunchboxes.



## Did you know that your school is involved in Vegetable Week & The Big Veggie Crunch?

It's a no-cost school-based health promotion event that encourages kids to eat more vegetables. The event is funded by NSW Health. Read on for ideas on how you can encourage your family to eat more vegetables... and a greater variety of them!

### FAMILY FAVOURITE RECIPES

### AND SNACK IDEAS

**If you want your family to eat more vegetables, you need to keep putting them on the table.**

Make it the norm in your house that vegetables are included at most meals and snacks.

#### Some simple tips

Add extra vegetables to your regular family dishes. Many of your family's favourite meals are going to be super-easy to include more vegetables into. Think pasta sauces, curries, stir-fries, burgers, fajitas and pizzas.

Use frozen and canned vegetables if cost, availability and/or time are an issue.

Put a plate of cut up veg out and ready to go for those pre-dinner hungry hands! You can even add smashed avocado or a legume dip (e.g. hummus) to jazz it up!

Include vegetables in your family's after school and weekend snack options. Try:

- toasties/jaffles with baked beans, tomato, avocado, mushrooms and/or spinach
- vegetable fritters, slices or muffins
- vegetable soup
- mini vegetable pizzas
- san choy bao or lettuce cup tacos

#### Need some recipe inspiration?

Check out our tried and true heavy-on-the-veg recipes via the Vegetable Week & The Big Veggie Crunch website- [www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/](http://www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/).

### LUNCH BOX LEGENDS

**You can encourage your kids to eat more vegetables over the whole day by including them in lots of different ways in lunchboxes.**

**Crunch&Sip® (or your schools fruit, vegetable and water break) is a perfect opportunity to up the veg!** Options to try include: vegetable sticks such as celery, capsicum, carrot and cucumber; cold cooked vegetables such as corn cobs, small potatoes or leftover dinner vegetables; canned legumes (e.g. butter beans, cannellini beans or edamame beans); frozen vegetable pieces in a container (e.g. peas, corn and carrot mixes); or even whole raw vegetables such as carrots, cherry tomatoes, beans, and mushrooms.

**Why not try cooking some veggie-ful baked goodies for recess or morning tea?** Think pumpkin scones, zucchini slice, pea fritters or corn muffins. Many of these options can be cooked in bulk, frozen and then put straight into the lunchbox from the freezer. For recipe ideas head to the Vegetable Week & The Big Veggie Crunch website.

#### Serving sandwiches, wraps or rolls for lunch?

You can add the usual suspects like lettuce, tomato and cucumber but why not try branching out with something more likely to get the kids excited about veg:

- Use avocado or hummus as a spread
- Add a rainbow of shredded vegetables, e.g. grated carrot, grated beetroot, thinly sliced capsicum, and a variety of sprouts
- Use mashed cooked pumpkin or sweet potato somewhere in the middle of the fillings
- Cut up crunchy vegetables into small bits to add texture to creamy fillings like tuna/egg/chicken and mayonnaise. Try celery, capsicum, green beans and corn kernels



## HOW MUCH DOES YOUR FAMILY NEED?

**Did you know:** only about 6% of Australian children and 7% of adults eat enough vegetables?

**How do you know if your family is eating enough?** If your family eats vegetables at most meals and snacks then you are doing well. Check the recommendations for each family member below for more detailed amounts.



### RECOMMENDED NUMBER OF VEGETABLE SERVES PER DAY



**2 1/2 SERVES**

Very young children (2-3 years)



**4 1/2 SERVES**

Young children (4-8 years)



**5 SERVES**

Older children (9-11 years)



**5 - 5 1/2 SERVES**

Teenagers (12-18 years)

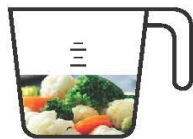


**5 - 6 SERVES**

Adults (19+)

### What is a serve?

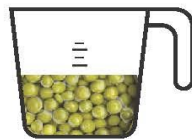
#### 1 SERVE OF VEG =



**1/2 CUP**  
cooked vegetables



**1 CUP**  
salad vegetables



**1/2 CUP**  
canned vegetables



**1**  
medium tomato



**1/2**  
medium potato

## SO HOW DO YOU ENCOURAGE YOUR FAMILY TO EAT MORE VEG?

**Be a role model.** All the adults in the house have an impact on what the kids eat. So eat lots of different types of vegetables in lots of different colours – and enjoy them!

**Talk up the experience.** When you and your kids are eating vegetables, talk about the bright colours, the varying tastes and textures of vegetables and how people feel after eating vegetables.

**Avoid telling your kids to eat veg because they are healthy.** Kids live in the moment! How they feel right now means more to them than long term health outcomes.

**Keep putting them out there.** If you avoid putting vegies in your kids' meals and snacks or hiding them so they don't know, they won't learn to eat them. Be patient, the more you offer them, the more likely they'll try them eventually.

**Make it easy and available**...especially when they are hungry!

**Use the Up the Veg poster to encourage your family to eat a wider variety of vegetables.** You can find it via the Vegetable Week & The Big Veggie Crunch website - [www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/](http://www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/).

**Be rewarding!** Give positive feedback to your kids for trying new vegetables. Steer clear of using threats or food rewards. The best rewards are descriptive praise, affection and your time!



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**Tweed Theatre Company**  
Proudly presents



# THE SNOW QUEEN

Written & Directed by  
**NATALIE TRENGOVE**  
with original songs by **JIM FURY**

**2020**  
Tweed Heads Civic Centre  
7th, 8th, 14th, 15th,  
21st & 22nd March.  
All matinees at 2.00pm

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online at [tweedtheatre.com.au](http://tweedtheatre.com.au)  
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**Eat healthy foods**

cook healthy meals for the  
family to enjoy together



**Limit screen time**

turn off the TV and phones  
away at meal times



**Keep positive**

have a positive attitude about  
making healthier choices



**Get active**

make opportunities to get  
moving as a family

**BEFORE SCHOOL CARE**  
**MONDAY- THURSDAY**  
**Phone: 0413974775**

**Welcome to the Kingscliff Dolphins  
Junior AFL Club**

We are passionate about nurturing and  
developing young individuals into  
confident, strong and fit kids whilst  
learning the skills of Australian Rules  
Football. We pride ourselves in being a  
friendly community club and welcome all  
boys and girls of any skill level.



Over the next few weeks the Kingscliff Dolphins Junior AFL Club are  
finalising their teams for 2021. We are very keen to enter a Year 6  
age group team. There are both boys and girls teams. If any keen  
Year 6 students would like to try out and take up the game of AFL,  
please get in contact with us and have the kids come along to training  
on a Thursday night and try it out.

0409 390 009  
[kingscliffjafc@gmail.com](mailto:kingscliffjafc@gmail.com)

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