

# Duranbah Public School

*A quality education in a caring environment*

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## Week 1 Term 4 - Edition 15

Friday 8 October 2021

### Principal's Report

A big welcome back to all of our families after what was a well-earned break for everyone. Hopefully over the break, we all got a chance to immerse ourselves in the important things.

We return in Term 4 under the same Level 3 restrictions as Week 10 last term. A full outline of these can be found here: <https://education.nsw.gov.au/covid-19/advice-for-families/level-3-schools#AO>

### **Book Week**

Next Friday, Mrs Badger is organising for us a wonderful day for our school Book Week celebrations. More details to follow over the page, but students will be able to dress up, enjoy some fun activities and celebrate how wonderful it is to lose yourself in a good book.

Pictures and recordings of the day will be posted on our school Facebook page for all to enjoy.

### **School Improvements**

Over the holidays, we had a number of updates to our school environment. The new adult toilet is almost finished, we have a new water tank for our school use, we have new irrigation from a separate tank, supporting our new fruit trees and our chickens, and a number of trees were removed following an annual tree audit.

Along with these, our school has continued with it's Indigenous Paintings around the rooms, and it looks simply fantastic! This project was the result of our P&C Colour Run earlier this year, and we cannot wait to see the finished design.

### **Sport**

In Term 4, our students will be taking part in 2 different sports programs. Each Thursday, we will participate in a dance program, with all classes and students provided the opportunity to learn and have fun with plenty of engaging dance activities. Each Friday we will welcome Shannyn back to share lots more fun tennis games.

### **Auslan**

Last year our students really enjoyed a terrific Auslan program facilitated by Mrs Kathy Wildermuth. This year we have the same opportunity and really look forward to learning about this language each Friday.

### **Mark Your Calendar**

- 18 October New School Visitor sign-in goes live
- 8/9/10 November Yrs 4/5/6 Camp (TBA)
- 16 November BEEP (K/1/2/3 only) (TBA)
- 18 November Kindergarten Orientation and Yrs 1-6 Transition — 9.30-12.30
- 25 November Kindergarten Orientation and Yrs 1-6 Transition — 9.30-12.30
- 2 December Kindergarten Orientation and Yrs 1-6 Transition — 9.30-12.30
- 3 December Public Speaking
- 14 or 15 December Presentation Night (TBA)
- 17 December Last day of Term 4

### **Kindergarten Transition**

Plans are underway for our 2022 Kindergarten transition program. The dates are in the calendar above. Details will follow shortly for this to occur later this term.

### **School and Community Facebook Page**

Many of you will have already noticed that the Facebook page for communication between the school and the parent/ carer community was changed over the holidays. This was done to better reflect it's purpose of sharing information between the school and it's community.

A reminder that this School and Community page can't have pictures of children in them. The reason for this surrounds the 'Permission to Publish' policy that is part of student enrolment. In short, if parents/carers have some pictures they'd like to share, they can forward them to someone from the school, who can go and do so on the school's official Facebook page.

### **Swimming**

Unfortunately with the current restrictions, there are a number of activities put on hold. Our swimming scheme is one of these, and when a final decision is made on this, we will share with families information around refunds etc.

Have a fantastic weekend everyone.

Jason Ellem

## CBCA BOOK WEEK 2021



On Friday 15th October (Week 2) we will be celebrating Book Week 2021!

Come dressed up to the theme of "Old Worlds, New Worlds, Other Worlds", or as your favourite book character!



New additions to the school over the holidays...



## Office News

### NEW SCHOOL VISITOR CHECK-IN

The Department of Education, in partnership with Service NSW, has developed a digital solution that will simplify the sign-in experience for visitors, parents, contractors and school staff and provide a streamlined, accurate and secure visitor record system for schools. This system will support NSW Health contact tracing procedures and support school sign in procedures. Go-Live will happen on 18 October, 2021.

Our School will have a QR Code displayed in the reception area, or we can enter your details into a webform for those people without mobile devices, for the purpose of checking in and out of the school.

Additional information is available on this link: [School Visitor Check-in for parent & carers - YouTube](#)

### WEDNESDAY CANTEEN AND SUSHI

Sushi Friday will be commencing on Friday 15 October and is still \$2 per piece of sushi. Orders are to be handed into the office by Thursday.

Due to the COVID-19 Level 3 School restrictions we are unable to offer Wednesday Canteen to the students at the moment. When the situation changes we will require volunteer cooks for Term 4 and a request will be sent home.

### LOST PROPERTY

We have lots of lost property at the school at the moment. Please ask your child to check the lost property box which is now situated on the veranda between K/1 and 2/3 classrooms or phone us and someone will check for you.

### FINANCIAL STATEMENTS OF ACCOUNT

The Family Financial Statements of Account will be sent home in Week 2. The Music Program will be continuing in Term 4. The Music Program costs will be credited to families for the 4 weeks of missed lessons during the COVID-19 Lockdown in Term 3.

### EXCURSIONS

#### Whole School

Swimming Lessons have been postponed due to the COVID-19 Level 3 School restrictions, dates to be advised.



Join us, together with Smart Approved Watermark on **Thursday 21st October 2021** in the challenge to not use taps, showers and running water from 12pm to 12am.

The idea is to see how often we all reach for our taps and how subconsciously we do it. Then we can have a whole new outlook on how we use and save water! For more information head over to <https://waternight.com.au/>

**Aussies say that they only use taps 9 times a day**

**Do you?**

**Are you up to the challenge?**

Sign up for Water Night and don't use your taps from **12pm to 12am** on 21st October - No taps, no showers, no running water.

- You can fill empty bottles for drinking prior
- You can use one bucket of tap water
- Use of taps for COVID hygiene and religious reasons is exempt of course
- Toilets can be used during the designated period, but reduced flushes are encouraged

**Water Facts**

45% of Australians say they certainly don't think about using water

- A dripping tap uses 12,000 litres a year
- A full load of laundry uses 50-150 litres
- A full load of a dishwasher uses 20 litres
- A leaking toilet uses 96,000 litres a year
- Flushing the toilet uses 4.5 litres
- Brushing teeth uses 7.5 litres
- A 10 minute shower uses 90 litres

**Saving Water**

63% of Australians agree they could save more water than they do.

- Keep showers to 4 minutes or less
- Keep a bucket in the shower to capture water to use on your garden
- Turn off taps when washing your hands
- Fix dripping taps
- Always use a full load with dishwashers and washing machines
- Fix leaking toilets
- Turn off your water using autopilot and think before you reach for that tap

**55% of Australians are addicted to using their taps... Are you?**

The average Aussie turns on their tap nine times a day and doesn't think about it. Furthermore, 69% of people surveyed said they'd 'freak out' if their taps stopped!

Do you know how many times a day you use your taps? Well, Water Night is the perfect opportunity for you to find out. You are sure to discover you use your taps a lot more than you thought.

Sign up at [www.waternight.com.au](https://www.waternight.com.au)

**Discover how often you use yours in just one night**

500ml bottle, 10 litres bucket, 200 litres bath tub, 42,000 litres backyard pool

**Thursday 21st October 2021**

See if your household can avoid using taps and survive without running water from 12pm to 12am.

Sign up at [www.waternight.com.au](https://www.waternight.com.au) to improve your water mindfulness

**Thursday 21 October 2021**

12pm-12am

No taps. One night only.

Improve your water mindfulness

## COMMUNITY NOTICES

### Breakfast Basics

When it comes to breakfast, some children love it while others struggle to eat before they start their day.

One in five Australian children regularly skip breakfast. This can make them tired, restless and irritable. Children who skip breakfast are also more likely to be disruptive at home and school.

Eating breakfast improves memory, concentration and brain function. Something is always better than nothing. Breakfast fuels bodies ready for the day physically and mentally. Here are some helpful ideas you can try with your family.

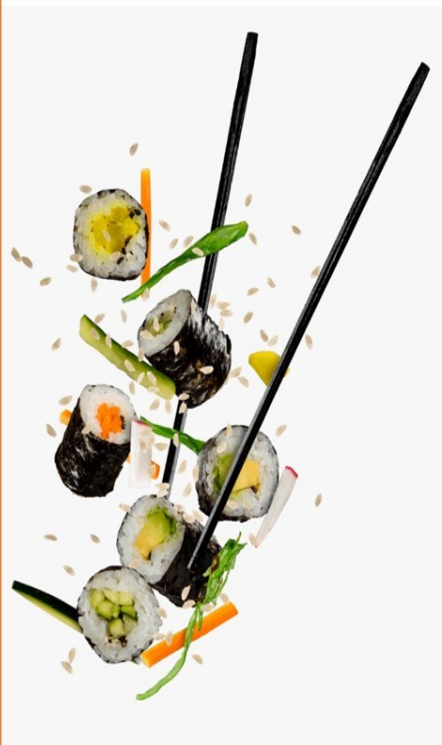
Easy ideas for kids that skip breakfast:

- Glass of milk
- Homemade [breakfast muffin](#)
- Homemade [breakfast bar](#)
- Raisin toast

Non-cereal ideas:

- Savoury or sweet pancakes, pikelets or scones: They can be frozen ready to grab and go each morning
- Smoothies are perfect: Any fruit mixed with milk & yoghurt will work. You can even try adding some cauliflower or zucchini if you are game!
- Toasted wholegrain muffins: Top with avocado, egg, beans, cheese & tomato or just peanut butter
- Toasties: Never overlook a toastie for breakfast. Use your favourite fillings – you can even try banana!
- Eggs in a muffin tin! Add any veggies you have and eat these [Breakfast Muffins](#) or [Brekkie Boats](#) hot or cold. Pre-make and keep ready to eat on school mornings.

## FRIDAY SUSHI MENU



CHICKEN TERIYAKI  
TUNA AVOCADO  
AVOCADO  
CHICKEN AVOCADO  
TUNA CUCUMBER  
SALAD  
CHICKEN KARAGE  
SALMON AVOCADO  
INARI  
PRAWN TEMPURA  
TUNA  
VEGETABLE TEMPURA

Cost - \$2.00 per piece

Student name in envelope with money to office by **Thursday**.

COMMUNITY NOTICES



TERM 4 COURSE PROGRAM 2021 – TWEED SHIRE

Parenting Courses

**Young Mums to Be**

**20 October – 24 November 2021, 10am–12.30pm**

A course for women aged 21 years or under. There will be an information session each week focusing on either pregnancy or parenting. Sessions include practical information, as well as informal time focussing on a creative and nurturing activity alongside informal chats and discussion.

Discussion topics include: empower women in choice about healthy relationships, birthing options, bonding, physical changes, nutrition, feeding and trusting your body. We will also have time for relaxation, meditation and fun. 6 x 2.5hour sessions.

**THE FAMILY CENTRE, FRANCES ST TWEED HEADS.**

**NO COST**

**123 Magic & Emotion Coaching – Online**

**16 November – 30 November 2021, 10.30am–12.30pm**

An evidence-based parenting program for parents/carers with children aged from 2–12 years. The program is facilitated over 3 sessions & supports parents/carers to feel more confident to respond to their children's behaviours. Parents/carers are provided practical strategies to engage with their child in the process of identifying & managing their own emotions, encouraging positive behaviours & building emotional resilience. 3 x 2 hour sessions.

**ONLINE (ONLINE COURSES ARE FOR BALLINA, BYRON AND TWEED RESIDENTS ONLY)**

**NO COST**

**No Scaredy Cats**

**22 October – 5 November 2021, 10am–12.30pm**

A course to support parents and caregivers to reduce anxiety and build resilience in children age 2-12 years old. The course will cover how anxiety develops, how parents/caregivers can take a preventable role in the development of anxiety problems, and how parents/caregivers can support children to develop skills to reduce anxiety and build resilience. 3 x 2.5 hour sessions.

**THE FAMILY CENTRE, AMBER ROAD SOUTH TWEED HEADS**

**COST: \$15**

**Soon They'll Be Teenagers – Online**

**6 October – 27 October 2021, 10am–12pm**

New tools and strategies as well as knowledge of your child's physical, social and emotional developmental changes. It will help you develop awareness and strategies around your own reactions when your buttons are pushed and establish clear boundaries whilst maintaining a positive connection. 4 x 2hour sessions.

**NO COST (FOR RESIDENTS OF 2484)**

**Bringing Up Great Kids**

**21 October – 25 November 2021, 10am–12pm**

Bringing up Great Kids is a parenting course that promotes and supports respectful, caring and nurturing relationships for children aged 0–12. Parents are encouraged to become more reflective and mindful in their parenting approach. The group involves fun and interactive activities that includes key learnings of brain development, attachment theory, self-care and other useful parenting strategies. 6 x 2hour sessions.

**MURWILLUMBAH COMMUNITY CENTRE.**

**NO COST**

**Tuning into Teens**

**26 October – 30 November 2021, 5.30pm–7.30pm**

A course for parents/carers of teenagers 12–17 year olds. Tuning in to Teens aims to help you and your adolescent manage the many emotional challenges of this stage of life. We will explore how to manage your own and your adolescent's emotions in ways that support you to remain close and keep communicating.

By learning these skills, you are less likely to have as much conflict within your family and your teen is more likely to talk to you about the challenging issues they face. 6 x 2hour sessions.

**THE FAMILY CENTRE, FRANCES ST TWEED HEADS.**

**COST: \$30**

**Family Centre Playgroups**

**All playgroups 9.30am–11.30am**

**Mondays – Tweed Heads  
Tuesdays – Fingal  
Wednesdays – Tweed Heads South  
Thursdays – Murwillumbah**

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

**NO COST**

**BOOKINGS ARE ESSENTIAL**

For further information on any of our courses or workshops please call 9am–12.30pm Monday–Friday (07) 5524 8711 or go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

If you are unable to pay for course fees please talk with our intake worker or the course facilitator. The Family Centre is committed to providing equal access to all the courses we offer.

