

Duranbah Public School

A quality education in a caring environment

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Principal's Report

It's hard to believe that we are halfway through this term!

New Play Equipment

Everyone would have seen our new playground equipment being built last week. The funding for this project was a partnership between the school, the P&C and the community. At last our (very patient) students were finally able to climb and explore it on Wednesday. They really enjoyed it and I am sure our students will continue to enjoy the chance over the next decade or two.

Ms Humes Teachers Federation Diversity in Education Conference

On Tuesday, Miss Humes attended the Diversity in Education Conference. This international conference was linked with World Pride, Sydney 2023 and was represented by over 200 delegates and speakers from around the globe. The themes were Community & Culture, Justice & Freedom, Visibility and Inclusion. As a school that values inclusion of all we are extremely happy to have a member of our staff attend such a big event and strive to continuously create a safe school space where students are celebrated for all of the things that make them who they are.



Week 7 Term 1 - Tuesday 7th March, 2023 -Edition 3

Car Wash

Our 4/5/6 Norfolk Island Fundraising students will be hosting a car wash on Wednesday 8th March. Each car will cost \$15, and it will be conducted here at school from 12:30pm. Bookings can be made with Kerry at the office.

Music Trivia Night

Our annual 'Music Trivia Night' is set for Friday 31st March at the Kingscliff Bowling Club. Tables of 6 or 8 can now be booked at the office at \$15 per person. Heaps of fun.

Thanks to everyone, have a good week.

Jason Ellem
Principal

what to pack for Crunch&Sip
here are some examples

- A bottle of plain water**
When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.
- A whole piece of fruit or veg**
Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.
- Several whole, smaller fruit or veg**
Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.
- Chopped fruit or veg**
Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.
- Veggie sticks**
Cucumber, capsicum, celery and carrot are great options.
- Canned fruit**
Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.
- Dried fruit**
For example, apple, mango, apricots or sultanas, a maximum of once a week.

Helpful tips for Crunch&Sip

- Only fruit and vegetables are suitable for Crunch&Sip. The following are NOT suitable: fruit juice, fruit products such as roll-ups, lollies or chips, potato or veggie chips, olives, fruit canned in syrup, popcorn.
- Crunch&Sip is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.
- Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or preparing can be done at school. Include a fork or spoon when needed.
- Prepare Crunch&Sip snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip at one time. Or simply cut extra vegetables when preparing dinner the night before.
- Crunch&Sip is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip.
- Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to wash water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.

6 tips to increase fruit and vegetables at home

- Be a role model**
Let your kids see you enjoying fruit, vegetables and water.
- Get the kids involved**
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- Make it accessible**
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.
- Try Crunch&Sip at home**
Make time on weekends or during school holidays for a quick snack of fruit or veggies.
- Keep trying!**
Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!
- Include it in every meal**
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.

Crunch&Sip
Information for parents

What is Crunch&Sip?
Crunch&Sip is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:
Crunch&Sip encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip gives them the opportunity to drink water, avoiding dehydration.

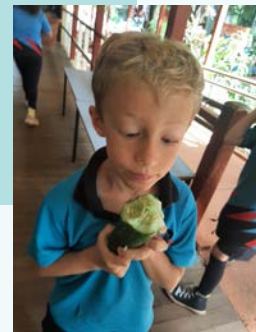
Crunch&Sip helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

What you need to do:
Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip. The fruit or vegetables need to be ready to eat in the classroom. See overview for suggestions.

NSW Health

This fortnight in sustainability has been a busy one of preparing for Autumn planting along with our normal jobs. We had fun getting our hands dirty by ripping out many of our old plants (the chickens enjoyed them) and building up our soil in our garden beds ready for some new plant additions soon. The K1 class got to plant a sunflower seed each around the outside of the chicken shed to try to brighten it up a bit but also as a bit of an experiment to see which side of the shed will grow best- the side with morning sun or the side with afternoon sun...hmm I wonder?

We have pulled apart our old scarecrows and hopefully will have 2 lovely new ones come next fortnight to defend our garden patch



Office News

MOVING INTO YEAR 7 IN A NSW GOVERNMENT SCHOOL 2024

It's time to start the transition of your child from Year 6 to Year 7 and this process is now Online Enrolment System (OES).

Parents and caregivers of all current Year 6 students will need to complete an Expression of Interest (EOI) or Placement Not Required (PNR) online and this process is available to parents on all primary school websites from 6 – 31 March 2023. These can be accessed from the 'Moving to high school' section on the Enrolment page of the school's website:

<https://year7.enrol.education.nsw.gov.au/?schoolCode=1801>

If parents/caregivers are unable to access the online EOI or PNR process, please contact the school and a paper copy will be sent home for completion. All applications must be submitted online or a paper EOI or PNR returned to the school by 24 March 2023

NSW Government schools have designated intake areas so that all school-age children will be eligible to attend a government school – their local school. Your child's permanent residential address determines which school is your child's local school. The School Finder tool at <https://schoolfinder.education.nsw.gov.au/> can help you locate the local school.

WARM HOODIES

With the upcoming change in weather, your child may need a warm Hoodie. We have Hoodies with and without zippers available for sale in all sizes in the school office. Still at the low price of only \$34. You may use your NSW Service Back to School Vouchers and any remaining Flood Hardship funds to purchase Uniforms.



AUSSIE KIDS FUN & FITNESS
Outside School Hours Care
@ Cudgen Public School
Before & After School Care
Transport Service Available
Enquires Phone: 0413974775

Week 7 Term 1 - Tuesday 7th March, 2023 -Edition 3

UPDATE YOUR CHILD'S YEAR LEVEL IN FLEXISCHOOLS

Don't forget to update your child's year level in Flexischools each year, to avoid missing correspondence directed to individual year levels.

IN AREA ENROLMENTS ONLINE

If you live in our intake area and would like to apply to enrol at our school, start by submitting an online enrolment application, which can be accessed on all browsers and mobile devices including iOS and Android on the School Website in the Enrolment Section. Online enrolment is currently only available for Australian or New Zealand citizens and permanent residents.

EXCURSIONS AND INCURSIONS

SCHOOL PHOTOS

School photos will be taken this Wednesday 8 March.

Please ensure your child/ren are in their school uniform (ie the polo shirt not the sports shirt) for this day. All order forms were to be into the office by last Friday, if you have a late order please phone the photographer directly 0415816363 or email info@evphoto.com.au to advise them and then send the order form to school for collection by them on Wednesday.

SURFING

Surfing continues for all year levels this Friday 10 March. Please ensure you collect your child/ren from Kingscliff at 2.30 pm.

SOCCER Years 3, 4, 5 and 6

We are asking students in Years 3, 4, 5 and 6 to volunteer to participate in the Small Schools Soccer Gala Day on Thursday 30th March (Week 10) at Burringbar. Transport will be to and from the venue by bus at the cost of \$10 (payable to the school). Permission notes and payment are to be returned to the school by Friday 24 March, 2023.

P&C MEETING

The next meeting has been postponed from Thursday Week 7 to Week 3 in Term 2. Please contact Kathy (duanbahpandc@gmail.com) on with Agenda items and to pass on your apologies. Hope to see you all there.



CONGRATULATIONS TO OUR AWARD WINNERS

Week 6: Melina, Ace, Grace, Sonny, Byron, Damon, Hayden.



Week 7: Otto, Summer, Billy, Tarlow



NORFOLK ISLAND CAMP FUNDRAISING

The Norfolk Island Fundraising crew have been beavering away on a range of fundraising events that will significantly contribute to the cost of Yr 4/5/6 class camp later this year. We had a fun Sunday working the BBQ and sweating it up at Bunnings, South Tweed. Thanks to all the volunteers and those that came along to grab a sausage in support of the group. It was a great day with about \$1,400 raised for this event. This takes the total raised to date to over \$4,600 with many more activities still to come.

Because we love BBQs so much, we are running a Sausage Sizzle & Bake Sale on election day, on Saturday 25th of March, at the Casuarina Hockey Club. Pop down and grab yourself a treat and a cold drink if you are voting on the day, or if you are in the area. Don't forget to tell your friends and neighbours also. This will be a cash only event.

We hope that you have your teams ready, and your leather pants aired, in preparation for our Music Trivia night on Friday the 31st of March. We will open up the bookings to the wider community soon and you won't want to miss out on the fun, so get in quick! To book your table, please contact the office on 02 6677 7221 or text 0474 375 542.

The Colour Fun Run is fast approaching on the 6th of April also. This is an action-packed day that the students, and adult helpers, absolutely love. The cost is \$15 per child, the cost of making your kid happy and exhausted. Priceless.

Don't forget, The Duranbah Car wash is on tomorrow from 12:30 – 2:30 pm. Show your car some love and have it looking brand-spanking-new for only \$15. Book your spot by contacting the office.

Thank you DPS for your continued support.



Sat 1st April 2023
ST AMBROSE COMMUNITY FAIR
 2 pm - 7 pm

Fair Rides • Live Entertainment • Stalls • Food • Face Painting • Kids Craft • Carnival Games • and much more •

St Ambrose Primary School
 1 Charles Street Pottsville

KIDS LESS THAN 1M CAN RIDE WITH ADULTS
 HEIGHT 1M+
 KIDS LESS THAN 1M CAN RIDE WITH ADULTS
 HEIGHT 1M+
 RIDE PASSES \$30 PRE-PAID OR \$10 ON THE DAY
 SINGLE RIDES \$5 EACH

BOOK NOW

CUP & SAUCER
 SUPER SLIDE
 LASER SKIRMISH
 CAVEMAN CAPERS
 STORM
 ROUND UP

Young Carers Connect

18-25 YEARS
 Wednesday 1st March 2023
 AEDT - 4 to 7 pm
 Registered Young Carers will receive on this reminder the day before group

12-17 YEARS
 Wednesday 8th March 2023
 AEDT - 5 to 7 pm
 Registered Young Carers will receive on this reminder the day before group

U Kids Canberra
 Canberra
 Carers Australia

Young Carers Connect (YCC) is a safe online space for young carers aged 12-25 years to engage with each other and find support. Our sessions run fortnightly in two age groups, 12-17 years and 18-25 years.

Join us for a series of fortnightly YCC sessions facilitated by Relationships Australia Canberra and Region in partnership with the Young Carers Team at Carers Australia.

Young Carers Connect is about meeting other young people from across Australia who care for others. We share stories, play games, and have a laugh.

This space has been created especially for you, so join us to share ideas, topics and activities you would like to participate in.

Details

12-17 years old
 8th March 2023
 5pm - 6pm (AEDT)
 Please check the times in your state or territory.

18-25 years old
 Wednesday, 1st March 2023
 6pm - 7pm (AEDT)
 Please check the times in your state or territory.



Woolworths are giving you the chance to score lots of prizes this season on their Pick Fresh Play Fresh Hub!



Become A Surfer For Life

SurfGroms forms the base of Surfing Australia's sport development pathway for children who want to learn surfing! Sign your little surfer up today!

Nutrition Snippet
 HOW TO PACK A HEALTHY LUNCH BOX

A good lunch gives children energy and nutrients to learn, play and grow.

But what does a healthy lunch box look like? Find out in our [short video](#).

healthy lunchbox.com.au Cancer Council Healthy Lunch Box

DOROTHEA MACKELLAR POETRY AWARDS 2023

The Winding Road
 DOROTHEA MACKELLAR

March 1 - June 30, 2023
 COMPETITION DATES

FOR FULL ENTRY DETAILS VISIT WWW.DOROTHEA.COM.AU

dorothea mackellar poetry awards
 Phone: 02 6742 1200 Fax: 02 6742 1201 Email: dorothea.mackellar@nsw.gov.au



Kingscliff TRIATHLON 19 MARCH 2023

There's no better place to try out your first triathlon than right here in King!

7-9 Years: 100m Swim, 3km Ride, 500m Run
 10-12 Years: 200m Swim, 6km Ride, 1km Run

All registered Kids receive a free gift, sausage sizzle and medal at the finish line.

www.kingsclifftri.org



Upcoming P&C Federation webinar
 for parents and carers

P&C FEDERATION NSW

eSafety 101: how eSafety can help you
 Thursday, 23 March 2023, 7:00-7:35 pm AEDT

The P&C Federation is pleased to be partnering with the eSafety Commission to host this webinar for our parents and carers.

The webinar is designed for parents and carers of young people in primary and secondary school.

It will cover:

- What we mean by "eSafety"
- What you can report to the eSafety Commission
- helpful advice and resources for parents and carers

Speaker

- **Greg Gebhart**, Senior Trainer, eSafety Commissioner

This webinar will be facilitated by P&C Federation NSW.

Registration

This webinar is presented via the eSafety Commissioner's platform. It will not be recorded for viewing later. However, there are a range of resources and links to other webinars for parents on the eSafety website.

Please note that when you click on the webinar registration link you will be taken to the website of the eSafety Commissioner. The information you provide e-Safety at registration will only be used for the purpose of communicating to you about the webinar.

REGISTER NOW <https://register.gotowebinar.com/register/4963028791335636311>

We encourage you to promote the webinar to other parents and carers, and through your local school communities.

P&C Federation Team



Active Kids VOUCHERS

3 out of 4 children in NSW don't meet the physical activity guidelines of at least 60 minutes each day.

Active Kids Vouchers provide \$100 towards sport and active recreation costs for children.

Apply for vouchers via the Service NSW website or app.

Vouchers can be used for a range of activities including:

- team sports
- swimming
- dance
- surfing
- martial arts
- gymnastics
- tennis
- skateboarding

ACTIVE KIDS
 APPROVED PROVIDER
 NSW

NSW

Mon

Tue

Wed

Thu

Fri

W7

March 6**March 7**
Newsletter**March 8**
School Photos

Car Wash

Wednesday
Lunch**March 9****March 10**
Surfing

Friday Pie-Day

W8

March 13**March 14****March 15**
NAPLAN

Wednesday
Lunch**March 16****March 17**
Surfing

Friday Pie-Day

W9

March 20**March 21**
Harmony Day

Newsletter**March 22**
Wednesday
Lunch**March 23****March 24**
Friday Pie-Day
March 25
Election Day
Sausage Sizzle
and Bake Sale

W10

March 27**March 28****March 29**
Wednesday
Lunch**March 30**
Soccer Gala
Day**March 31**
Music Trivia
Night

Friday Pie-Day

W11

April 3**April 4**
Easter Hat
Parade

Newsletter

Hockey**April 5**
Wednesday
Lunch**April 6**
Colour Run**April 7**
Last day of
term

Friday Pie-Day

Return Stewart
House
Donations