



# BOBS FARM PUBLIC SCHOOL

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Emergency primary phone-49822079 (As this phone is in the Primary classroom, please only use for **emergencies** when our secretary is not in).

**Principal's mobile Number-** In case of Emergency only - 0447201312

**Caroline is in the office Monday, Thursday and Friday and every 2<sup>nd</sup> Wednesday.**

Please read our newsletter each week as this is an important means of communication with our parents and community. It is also available on our webpage each week if the hard copy is lost in a bag! Don't forget to check out our **Facebook page** which we update regularly with lots of photos and reminders for you all! Our P&C also have their own Facebook page! Check it out for P&C information as well!

## NEWSLETTER –Monday 19th November 2018 - Term 4, Week 6

### REMINDERS

Mon 19-Fri 23 <sup>rd</sup> Nov	2 <sup>nd</sup> week of Intensive Swimming Scheme. 10:40 -12.30pm
Mon 26 <sup>th</sup> Nov	Netball K-6 workshop - free!
Wed 28 <sup>th</sup> Nov	Crazy hair day- Lauren's shave session 10am
Fri 30 <sup>th</sup> Nov	P&C Movie Night K-6 Nelson Bay Cinema (Grinch!)
Mon 3 <sup>rd</sup> Dec	Ask Gran Not Google session
Tues 4 <sup>th</sup> Dec	Kinder orientation 9-11am
Thurs 6 <sup>th</sup> Dec	Year 6 Farewell dinner - Saltwater Fingal Bay 6pm
Tues 11 <sup>th</sup> Dec	Presentation Night 5.30pm BBQ 6pm start!
Wed 12 <sup>th</sup> Dec	QuizWorks SRC Christmas play 10am
Tues 18 <sup>th</sup> Dec	School Christmas Picnic
Wed 19 <sup>th</sup> Dec	Last day school - Clean up

**Special Swimming Scheme** - It's wonderful to see such great improvement in confidence and swimming ability, stroke correction and fitness of children in the last weeks of this program. Thank you to parents who help with transport and staff who go the extra mile in organising and supervising. It's more tiring than normal school days!

**DON'T FORGET-** we need your driver's licence and 3<sup>rd</sup> party Insurance photocopied before transportation of children. You cannot transport other children without the office having these details.

**AAAF Crazy Hair week** - We are supporting Lauren Harrison and organising a Crazy Hair WEEK for the week commencing Monday 26<sup>th</sup> Nov. WOW! Lauren you are so brave! We hope you had plenty of sponsors! Students can come to school any day or throughout the week with their hair in weird and wonderful styles! We will have colour to spray onto their hair if they wish. Gold coin donation for each crazy hair day! Money to go towards Lauren's cause. Thank you to our students and families for thinking of others less fortunate than yourselves and having some fun for this very worthwhile cause!

**NEWS and Talent/ Public Speaking Sessions** – K- 6 in Weeks 5/6. Before or after swim school.

Student news and talent sessions are doing well! It is so interesting to see and hear what takes their interest out of school hours. Students plan, research and practice a talent or present some interest/knowledge of theirs to the school. It can be any topic of their choosing that gives an insight into their wider area of interest and their developing life. We have had pets, soccer, dancing, Lego displays, travel highlights and PowerPoint, etc. so far. The children bring in their items, have books on the topic to display, make a PowerPoint presentation if required, prepare and practice notes to speak about the topic and bring in a parent helper if needed. Class teachers will speak further to the children. Parents please assist your children to prepare for this; we have been having some great presentations so far!

## **Get Active!**

### **Tips to reduce screen-time:**

#### **1. Talk to your family**

Explain to children that it's important to sit less and move more in order to stay healthy.

#### **2. Set screen-time limits**

Create a house rule that limits screen-time to two hours per day. More importantly, enforce the rule.

#### **3. Set a good example**

4. Be a good role model and limit your screen-time to no more than two hours per day. If your children see you following the rules, they're more likely to do the same.

#### **5. Create a screen-free time period between the end of school and dinner time**

This is an ideal time for children to be outside and be active. Encourage children to adopt activities such as kicking a ball in the backyard, playing outside with siblings or the family pet, going for a walk or ride, or joining a sporting team.

#### **6. Log screen-time vs. active time**

First, log how much time your family spends using screens (outside of school or work). Then, look at how much time the family spends being active. If you see that your family logs more hours using screens than being active, sit down together and set goals to increase your physical activity.

#### **7. Be active during screen-time**

When you spend time in front of the screen, do something active. Stretch, practice yoga poses, walk on a treadmill, or do body weight exercises such as squats or dips. Challenge the family to see who can do the most push-ups or jumping jacks during commercial breaks.

#### **8. Create screen-free bedrooms**

Avoid putting a TV or computer in your child's bedroom. Children who have TVs in their rooms tend to watch more TV per day than those who don't. In addition, having a TV in their bedroom can keep children from spending time with the rest of the family.

#### **9. Provide alternatives**

Watching TV can become a habit, making it easy to forget what else is out there in the world to experience. Give children ideas and alternatives, like playing and exploring outside, picking up a new hobby or learning a sport.

**Sand Mine Issue** - as you would be aware there is a proposed sand mine development behind our school on the ridge. This will impact greatly on our school and in the entire area, all negatively! Please follow Say No to Sand Mining in Bobs Farm Facebook page to keep up to date with developments or you can phone Callum Mercer on 0407239737 and he will keep you up to date with all the issues. We will have a school community information meeting about the sand mine again during term 4 as the EIS will probably go in just before Christmas. Everyone please start thinking about what you can contribute in your submission. The more submissions the better! We also have a petition you can sign in the office which is easy!

**P & C Next meeting** - Week 7, Wed 28<sup>th</sup> November 9.10am at BFPS. Bring a plate of nibbles to sit in the sunshine and discuss activities and P&C decisions ( Movie night, Yr 6 Farewell dinner, Yr 6 gift to school, Presentation night details, school picnic, Canteen losses due to electrical fault, P&C insurance) and programs for 2019 affecting your children.

**P&C movie Night - Friday 30<sup>th</sup> Nov**. Popcorn will be available for sale. Grinch movie will be showing just for BFPS! We need everyone to support this for a fun night. Parents too! More info from our P&C!

**Christmas Raffle** – Our P&C will buy items from previous donators to raffle this year to save parents at this busy time of the year and to support our local businesses. We ask that you support our school by buying and selling raffle tickets to cover the P&C expense. Our P&C decided not to buy a Christmas present for staff this year as they purchased classroom science resources instead.

**Year 6 Farewell dinner-** We will organise this for Yr. 6 at Salt Water, Fingal Bay Surf Club at 6pm on Thursday 6<sup>th</sup> Dec. The school pays for the students and parents pay their own costs. It's a lovely venue and afterwards we can go for a walk along the beach!

**Presentation Night** - Tuesday 11<sup>th</sup> Dec from 5:15pm for a BBQ and 6pm start. Primary class are going to do a Xmas Fairy-tale skit and medley and K-2 some Christmas songs but it will require very little costuming this year due to our big Centenary effort!! Children wear their school uniforms and Santa hats for the performances. As is customary Yr. 6 buy a gift for the school from their fundraising efforts to remember them by! (Any parents who would like to organise this, please see Mrs Elliott) All families bring a plate of supper on the night (e.g. fruit, savouries, cheese and crackers etc.) and there will be a sausage sizzle beforehand at 5:30pm for \$2 each.

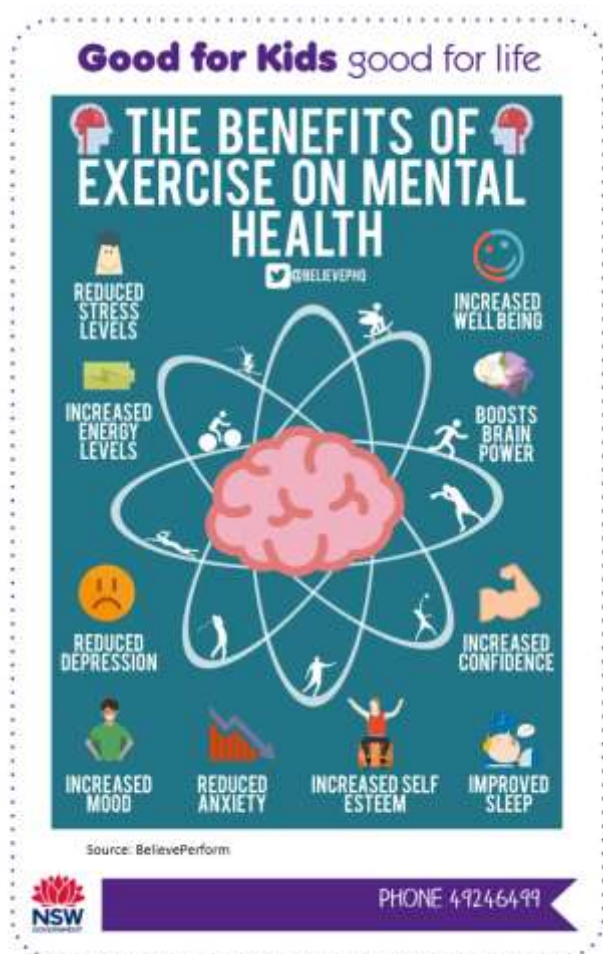
**School Christmas Picnic** - Tuesday 18<sup>th</sup> Dec. *This will be discussed at the next meeting. Parent transport will be required and permission note returned closer to the day.*

**Canteen** – Due to unfortunate tripping of the circuit breaker in the canteen and the loss of all the frozen and cold foods, the canteen has ended the year with a loss. Thank you to Jenny for volunteering with the help of Karen to clean up. The school has rectified the problem.

**Car parking** - Could we please ask all parents to reverse park outside our school each morning and afternoon before an accident occurs. Our P&C will be putting a sign up ASAP to assist.

**School Opal Cards – Term 4** - The School Opal card gives eligible school students free or subsidised travel on public transport between home and school on trains, buses, ferries and light rail in the Opal network.

For more information about the School Opal card, visit <https://www.opal.com.au/en/about-opal/opal-for-school-students>





## WE'RE BACK

Fingal Beach is again running the successful Starfish Nippers Programme, providing beach access to everyone, no matter your ability from 5 years to young adults.

Developed by Anglesa SLSC, Starfish is a series of sand and water based activities aimed at kids with mixed abilities, run alongside the iconic Surf Club Nippers Sunday mornings at Fingal Beach.

With a 1 to 1 ratio and the natural protection offered by Fingal, Starfish is a great way for families to enjoy our Surf Club in a non-competitive, fun and safe environment.



Contact: Mich 012350306 [mich@fingalbeach.com.au](mailto:mich@fingalbeach.com.au) or Tracy [tracy@fingalbeach.com](mailto:tracy@fingalbeach.com)

Dates Run: 20 week blocks starting 18<sup>th</sup> November and when school returns 3<sup>rd</sup> February

Cost Zero, Nil, Nothing