



BERINBA BULLETIN

REMINDER
Berinba is an
allergy aware
school



We value being: **Respectful, Responsible and Safe**

We acknowledge the traditional custodians of this land, the Wiradjuri and Ngunnawal nations, and pay our respects to Elders past, present and future

Term 2, Week 6, May 2018

Yaama

We are celebrating success everywhere in our school at the moment! Our Rugby league team took out the Mortimer Shield last Wednesday, with some of our girls selected to represent the region at the female Rugby League 7's State final in September. A huge congratulations to all who attended on the day. You represented our school with respect and showed amazing sportsmanship.

Congratulations also to our students who attended the Regional cross country carnival last Friday, which a lot of students achieving PB's. We also have some students writing on display in the town library as they were chosen as the winners from our school for the Binit Binit writing competition. If you are able to get down and have a look, it is well worth it with some amazing writing coming from our students. We have also had some of our students chosen to take part in the Binit Binit writers camp next week. We know those students will gain a lot out of this opportunity. We are looking forward to our senior athletics carnival on Thursday. The weather is meant to be kind so I'm sure it will be a great day. While on the subject of the athletics carnival, a big

thankyou to the P&C who have organised the canteen for the day. I know how much work goes in to things like this and that volunteers are giving up work for the day to help out. It is greatly appreciated. The P&C are always looking for more volunteers, even if it is only for one hour.

If you are aware of anyone who has a child starting school in 2019, please let them know about our school open night on Tuesday the 19th June starting at 5:30pm. It is a great way for people to see how great our school and what we have to offer. All are welcome.

Yaalu



Tuesday June 12th ,students are asked to come dressed as someone who they wish to be as an adult . Firefighters, nurses, truck drivers, farmers, teachers are just some examples students are discussing.

Tuesdays 9-11am: Playgroup at Berinba Hall

Uniform shop opened at Berinba Friday mornings fortnightly





This term 1/2H have been having fun with the Science unit *Up, Down and All Around* .

We have been looking at what is up in the sky, down on the ground and all around us in space.



1/2H have planted sunflower seeds and bulbs in our class garden, created beautiful artworks and researched and presented reports about the cycle of day and night, seasons and our solar system. We enjoyed using the model to find out more about where the sun goes at night and why we have seasons.



COMING UP

June 7th — Athletics Carnival

June 8th — State Knockout Netball and Soccer

June 11th — Queens Birthday

June 12th — Dress up Fundraiser, P&C Meeting

June 14th — Writers Camp Begins

June 19th — Berinba Open Night

June 21st — Junior Athletics Carnival

Expression of interest Forms are due back
for Students moving into Year 7 in 2019

Our Writers festival competition winners were announced. Congratulations everyone who entered. Writing will be displayed in or school front office as well as in the town library shortly.







Berinba Public School

Education Evening

**2018 & 2019 prospective parents welcome
Tuesday 19th June 2018**

Dear Families

We would like to invite prospective parents to discover the many opportunities available to your child in readiness for when they commence school. At an information evening on 19th June 2018, 5.30pm at Berinba Public School, families will receive an information package and resources in preparation of starting school.

Our school is a caring, exciting and proud establishment that prides itself on providing students with an excellent education built upon individual student wellbeing, self esteem and enjoyment of learning. Our staff are strongly supportive of educating the whole child whilst always striving for educational excellence. Our school has implemented the KidsMatter program to empower every child to self regulate their behaviours and emotions. Staff have been trained to work with students in building resilience and inner mental health strength. Our school offers a wide range of sporting opportunities from Tennis to Soccer, Netball to Rugby League.

Our curriculum offerings in Science, Technology and Engineering include Robotics and coding classes for all children. Building on firm foundations, the school now looks to the future in a 21st century approach to learning. Educational literature on 21st century thinkers emphasise a range of qualities that our future will need: open mindedness; the ability to work collaboratively with others; to engage in problem solving; to analyse and integrate knowledge; to think creatively and imaginatively; to apply knowledge to respond to emerging needs and trends; and to communicate accurately, clearly and effectively.

Come along and hear about how we as a school have set up a strong transition program from our students and work closely with Early Childhood providers to support this crucial transition program. We will also be discussing further ways you can support Kindergarten readiness and answer questions you may have about starting school. In the mean time, follow us on facebook for further exciting updates.

We look forward to meeting you
Brian Giles-Browne (Principal)

***For further information and RSVP contact
Mrs Belinda Brown (Assistant Principal) on 6226 2110***



The simplest way

...to buy produce in season.

Buying fruit and veg in season is much cheaper than other times of the year. Plus it's better quality and tastes better too!

Winter – June, July, August

FRUIT

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew), Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb.



VEGETABLES

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

The simplest way

...to love your freezer.

To help beat the morning school rush, spend a couple of hours on the weekend doing a big cook up of freezer friendly lunches and snacks that can be ready on hand to add to the kid's lunch boxes.

Home-made baked goods such as muffins, scones, pikelets, bliss balls, pizza, frittata and mini quiches can be made in advance, then wrapped individually and frozen.



Items such as sandwich bread, milk poppers, yoghurt tubs and smoothies can be frozen. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.

Many vegies in season can be cut up and frozen to save time with food prep later on (i.e. spinach, zucchini and pumpkin).

Visit healthylunchbox.com.au for more freezer-friendly recipes.

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/wholemeal bread and wraps.

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat.

Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.