

SADLEIR PUBLIC SCHOOL

NEWSLETTER

PRINCIPAL MESSAGE

Dear Parents and Carers,

Student Leadership

Yesterday I attended a sitting of the 2168 Liverpool Student Parliament at the Liverpool Council Chambers. The topics addressed by students from 12 local schools included racism and bullying. As always, the students spoke passionately and extremely articulately. Special mention to Hassan El Masri for his presentation. The parliament members not only spoke well but asked some great questions to the Ambassadors that include the Mayor of Liverpool, Director of Education - Liverpool and representatives from Western Sydney University.



Attendance

Attending school is vital. Our attendance data this year indicates that 63% of students attend 90% or more of the time. This is slowly improving, and I thank all parents and carers for ensuring that all children are at school unless they are unwell.

Student Assistance Funds

Times are tough for many families at the moment and Sadleir Public School receives additional funds to ensure that all students get what they need to succeed at school. If you are unable to pay for any school activity including camps and excursions, please come and let us know. I do not want any child missing out.

New Staff

Danielle Chew has been appointed as our new Deputy Principal. Ms. Chew will take up the position held previously by Mrs Carruthers. Mrs Duricic will remain in her DP position, replacing Mrs Hogg, for the remainder of 2023.

P&C AGM

This morning I attended the P&C Annual General Meeting. Jenny Blunt was elected president for the coming year. Congratulations to Jenny. Thanks to Maria Tsoukalas for her P&C leadership over the last few years. I look forward to working with Jenny and the team to make our school a better place for all.

Preschool

The new equipment in the preschool has been installed and is up and running. Fantastic to see the children enjoying the new equipment.

Regards

Matthew Ralph
Principal

THANK YOU TO FOOD BANK



We would like to say a huge thank you to Food Bank Australia.

Foodbank supports programs that give students the opportunity to eat a wholesome, nutritious breakfast on a regular basis. Having breakfast has been shown to have a positive impact on factors such as physical and mental health, social skills, concentration, behaviour, attendance and academic outcomes.

Here at Sadleir we have been so lucky to have access to Food Bank.

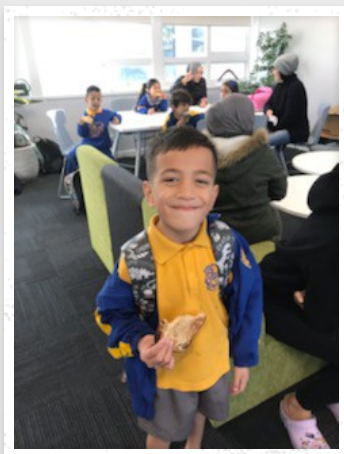
We would like to thank Food Bank staff and all of our volunteers that help to keep our program running.

We would also like to thank Mrs O'Grady for all of her hard work in making sure that our students have a full tummy and are ready to start the day.

We have between 50 and 100 students attend our breakfast club program daily and it is always a good feeling knowing that our students are happy, smiling and ready to learn after leaving breakfast club.

Please encourage your children to drop by breakfast club in the morning if they have missed breakfast that day.

Thank you



WHAT'S ON!



June

- Assembly 6 Wildflower hosting - 9th
- Playgroup - 13th
- Stage 3 excursion (The Rocks) - 14th
- Assembly 4/5 Rosella hosting - 16th
- Healthy Harold visits - 19th
- Krispy Kreme Day - 20th
- NAIDOC Celebrations - 30th

July

- **Students 1st day back for Term 3 - 18th**
- 2 - 6 Athletics carnival - 18th
- Assembly 2/3 Orchid hosting - 21st
- Stage 3 Camp to Canberra - 24th
- Education Week - 31st

NOTES SENT HOME

- Term 2 Library days
- Stage 3 Excursion - Australian Colonies
- Krispy Kreme
- Sydney Trains - Parent Info Session

ATTENDANCE

Attendance requirements and student absences

We are committed to working with you to offer support and remove any barriers that may be preventing your child from regularly attending school.

Please remember that the NSW Education Act requires that all student absences must be explained within 7 days of the first day of them being away from school. Please contact us promptly whenever your child is absent and let us know the reason for them being away. This allows us to provide the right support and make sure your child's absences are recorded correctly.

In the event your child has repeated or ongoing unexplained absences, we will continue to try to contact you about each absence to provide appropriate support for you and your family. We know that for our students every day of school matters.

Missing a day here or there may not seem like much, but absences add up and can negatively impact your child's learning and wellbeing. When your child misses one day a week, that's 40 days of school and 8 weeks of learning in one year. Over an entire school journey this adds up to 2.5 years of lost learning.

If you have any questions or if you need support with your child's attendance, please contact the school on 9607 8201.

Kind regards

M.Ralph

Principal

FROM THE CLASSROOMS

STAGE 2

Stage 2 Excursion to George's River

As part of the Science and Technology unit – Earth and Space, students in Stage 2 went to an excursion to the George's River Environmental Education Centre to learn about The Earth's Surface.

During the day, students explored the Georges River and Chipping Norton Lake parklands and discovered the impacts and solutions to erosion. This very hands-on erosion excursion involved students conducting experiments to observe the process of erosion and discovering how to implement simple, low-cost technology solutions.

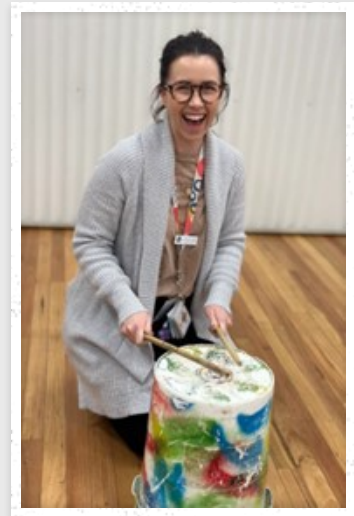




PRESCHOOL, KINDERGARTEN AND STAGE 1

On Friday 19th June, students from Preschool, Kindergarten, Year 1 and Year 2 participated in a music incursion with people from 'Junkyard Beats'. This awesome incursion focused on making music with our bodies as well as everyday objects, like plastic bags, lids and buckets.

Students enjoyed a very lively performance and a 45minute workshop – it was so much fun, even the teachers got to have a go! Junkyard Beats also made us a really cool music wall out in our playground, that we love playing at Lunch and Recess. We think we have lots of musical talent at Sadleir Public School.





ATHLETICS (SPORTSPRO)

This term students in Years 1 to 6 have been participating in an Athletics program run by SportsPro. Students have been learning the necessary skills and techniques used in shot put, relay running, discus and high jump. Students are having a wonderful time improving their Athletics skills and being active. Thank you to Mr G and Mr E for teaching our students each week.





CRUNCH & SIP

6 tips

to increase fruit and vegetables at home

- 1 Be a role model**
Let your kids see you enjoying fruit, vegetables and water.
- 2 Get the kids involved**
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- 3 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.
- 4 Try Crunch&Sip® at home**
Make time on weekends or during school holidays for a quick snack of fruit or veggies.
- 5 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!
- 6 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 overleaf for suggestions.




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

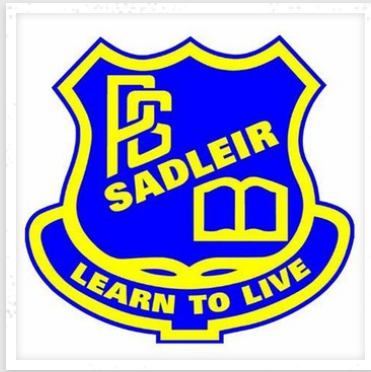
For example, apple, mango, apricots or sultanas, a maximum of once a week.



Helpful tips for Crunch&Sip®

- 1 Only fruit and vegetables are suitable for Crunch&Sip®.** The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.
- 2 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.
- 3 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.
- 4 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.
- 5 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®.
- 6 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 swish 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.



SADLEIR PUBLIC SCHOOL

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