



THE GOORA GAZETTE



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educating hearts and minds

Ms Winston's Message

Welcome Back

Hello Somerton PS Families!

It is wonderful to be back at school for the last week of term after 5 weeks of learning and working from home! I would like to thank everyone (staff, students, and parents/families) for their efforts during this time. It was certainly not easy, but as a team I feel we have done really well.

Thank you!

A reminder that under our current Covid Safe Plan and Level 3 restrictions parents are NOT permitted to enter the school grounds. If you need to collect your child/ren please call the school in advance and we will bring them to you at the school gate. Thank you for your cooperation and understanding.

School will finish for Term 3, this Friday 17th September, and resume for Term 4 on Tuesday 5th October. I wish everyone a very happy, safe and Covid19 free holidays!

Attendance

From Term 4, Somerton PS will be trialling a text message system for student absences. If your child/ren are absent from school and/or late (and you have not notified us) you will receive a text message asking for an explanation of the absence / lateness. Weekly attendance letters will be sent home if there has been no response to the text messages.

Regular attendance at school is important, and all absences that are not explained require us to mark the



absence as unjustified. This then effects your child's overall attendance percentage and impacts on their learning.

Please ensure your contact details are correct and/or up to date.



School Photos / Scholastic Book Fair

School photos are being distributed today. Everyone looks great!

Our Scholastic Book Fair went online during our learning from home period, and I thank those parents who made orders at the time. Scholastic have been very generous in offering for us to keep the books a little longer, so we will have a proper book fair towards the end of October. More information will be available closer to the time.



Ms Winston's Message continued....

Sun Safety / School Uniforms

As we head into the warmer weather and Term 4 all students should be wearing a hat during play time. At Somerton PS we follow the "No Hat – Play in the Shade" policy. Students without a hat will be required to play under one of the two COLAS or attend the library. Students are also encouraged to wear sunscreen during the summer terms.

School uniform should be worn each and every day. Non school clothing should only be worn in the event of an emergency. Students should keep a school jumper in their bag when the weather is unpredictable. All items should be clearly labelled with your child's name.

SASS Recognition Week

SASS Recognition Week was last week and slipped by us due to Learning and Working from Home. I would like to take this opportunity to thank Mrs McNiven; Mrs Markwick; Ms Clark; Mr White and Mr Tochel for their contributions and tireless efforts to the students and school community of Somerton. We greatly appreciate it, and you!



From the classrooms....

Cockatoos' Call

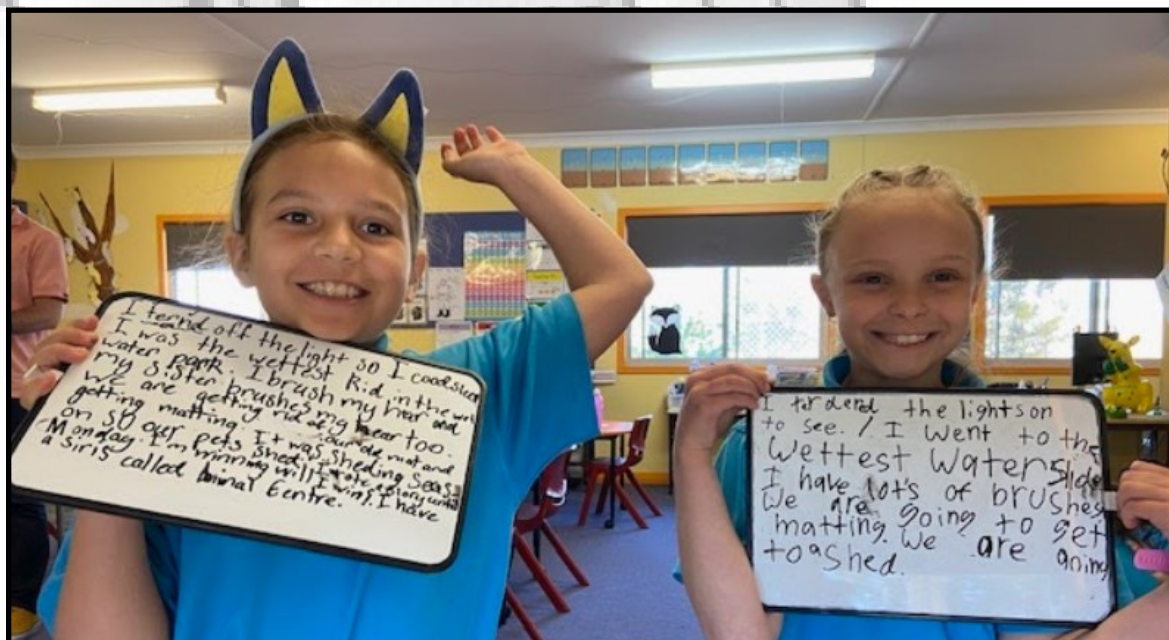
Welcome back everyone! It has been so wonderful to see all of our happy, eager students at Somerton PS.

The past 5 weeks have been a different and tricky time, but in true Cockatoos' fashion, the efforts seen by all students has been outstanding. Also, congratulations and thank you to our wonderful Cockatoos' Parents and Carers, who have successfully supported their learning through this unusual time.

While it has been quite some time out of the classroom for all of our students, this week no one would have known. The return to the classroom has been a busy time of learning and revision for our Cockatoos; with everyone stepping straight back into our fun filled learning. It is truly wonderful to see how enthusiastic our Cockatoos have been to get back into our learning for one more week before the Term 3 holidays.

Super Spellers

The Cockatoos have been quite the experts this week, sharing all of their newfound spelling knowledge, and sharing ideas and ways to remember tricky parts of words together. It is so very clear that students have been doing their spelling regularly and in meaningful ways whilst learning from home!



From the classrooms....

Cockatoos' Call

Marvellous Math Moments

This week Math has had so many exciting moments, with students attempting new math challenges with brilliant eagerness. The Cockatoos have been revising their work from across the term this week ... clocks and telling the time, friends of 10, and building more and more confidence as they count, are just a few of the topics of the week.

As we near the end of the Term, we celebrate the triumphant efforts across the whole term for all of our Cockatoos, who have all showed great persistence, care for themselves and others, and love for learning. We hope everyone enjoys their well-earned break. You all so deserve it!



Ms Winston, Mrs Knapman, Mr Lalor and Miss Clark



Champion chickens require champion handlers. Great job Noah!



From the classrooms....

King Parrots' Chatter

Well after all of us being in lockdown for the length of time, both King Parrots and myself were very happy to be back at school.

This week we have settled into our learning and have enjoyed some additional activities. The kids have been learning how to use their learning pack (just in case) and we've discovered there are some parts of maths we still need to master.

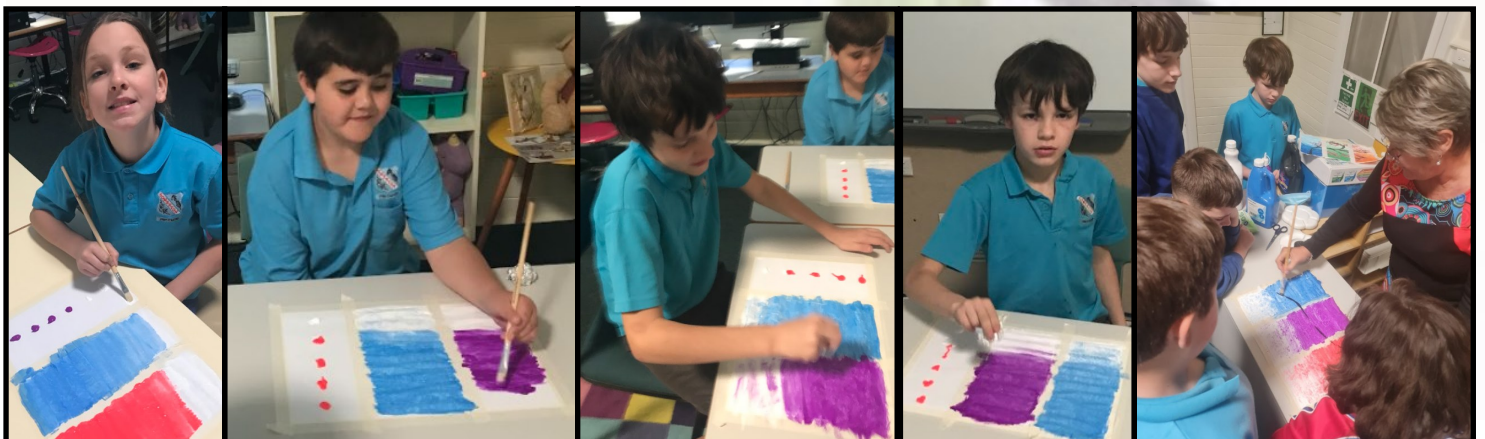
We have learnt a new way to produce outstanding paintings, and look forward to continuing this unusual process.

We have had a WOW moment with our Year 5 NAPLAN.

Jayden Genoli has demonstrated an outstanding improvement with his reading and mathematics, where he surpassed the expected goal and topped his previous learning from year 3.



Mrs Penberthy and Mrs Markwick



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 bolognaise, 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

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.

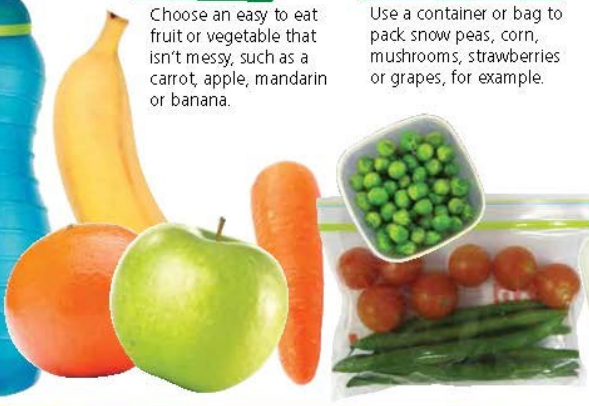


A whole piece of fruit or veg

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.



for Crunch&Sip®

here are some examples

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

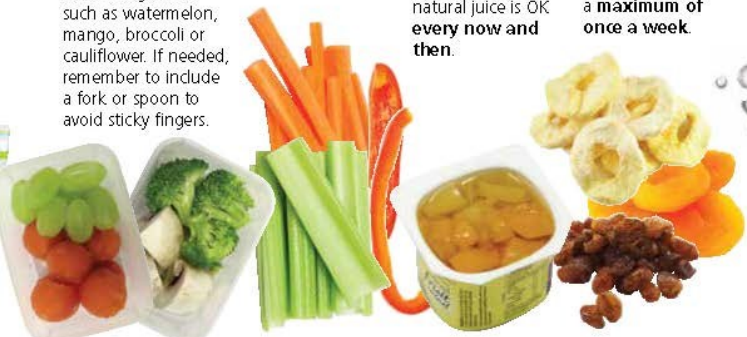
Cucumber, capsicum, celery and carrot are great options.

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.



ENROLLING NOW FOR 2022

*Educating
Hearts and Minds*

What we offer:

- Small class sizes
- Personalised attention
- Outstanding pastoral care
- Qualified, experienced staff
- Quality teaching and learning programs in literacy and numeracy
- Aboriginal Education, sport, and environmental programs
- Active and passionate P&C Association
- A great community feel with friendly students, parents and staff
- And so much more....

We are accepting students in all grades, and we are looking forward to meeting our 2022 Kindergarten students soon. If you would like to enrol your child/ren at Somerton Public School, please call the office on Ph: 67697520 or complete the online enrolment form - <https://somerton-p.schools.nsw.gov.au/about-our-school/enrolment.html>

School tours can be arranged, and our Preschool to School Transition program will commence when possible. We look forward to welcoming your family to Somerton Public School in 2021 – 2022!

Michelle Winston
R/Principal

