

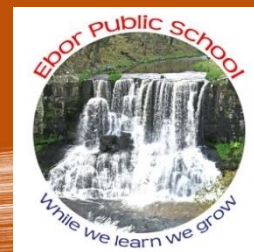
Ebor Public School

Principal: Lee Rose & Deb Locke

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Term 4 Week 3 2023

Calendar of Events

Weekly

Breakfast Club 8am to 8.45am

Monday – Explicit Learning

Tuesday – Explicit Learning

Wednesday – Explicit Learning

Thursday –

Friday – Library & Canteen – Food heating day

Keep up with the upcoming dates on School Bytes calendar.

School hours

Start time: 8.50am

Finish time: 2.50pm

Principal's Report

Welcome back to Term 4 and what a jam-packed term it is. We welcome to our school the Centacare Resilience Team with Da'ad coming five Wednesdays to help students build resilience and self-worth. These are invaluable attributes for our students. We also have Healthwise coming with Seasons of Change, another resilience program. Welcome back to Paws Up who have been coming to Ebor for a few years now, we appreciate their help. Don't forget swimming in Week 4. Students should be at school no later than 8.35 as the bus leaves promptly at 8.45am. Healthy Harold will be here in Week 7 and we look forward as always to his visit. Not only are we busy outside the academic classroom but also inside building on our knowledge of plants and their biology. This is a great unit of work and gives students the opportunity to build on their current extensive knowledge of our plant world. As always, we are looking forward to Presentation Day on 1 December and look forward to seeing you all, and of course we will finish off the year with our annual sleep over at school. Yes, a very busy term but as always full of learning and building of valuable skills.

Regards The Principals

Sporting Schools Program

Term 4 Sporting Schools sport is swimming lessons at Dorrigo Swim Centre in Week 4, 30 October to 3 November 2023 each morning. This will be double lessons each day, with two accredited swimming coaches. Please ensure your child has their swimmers, a change of warm clothes, hat, sun block and lunch.

Safety first!



Coming Up:

Week 4

Swimming Lessons in Dorrigo. Bus pick up 8.45am.

Week 5

6 November Healthwise

8 November Centacare Resilience

10 November Paws Up

Week 6

13 November Healthwise

15 November Centacare Resilience

Week 7

20 November Healthwise

22 November - Life Education Healthy Harold

24 November – Paws Up

Week 8

30 November Healthwise

1 December - Presentation Day 1pm – 2.30pm

Week 9

6 December - Big Banana Fun Park

8 December – Paws Up

Week 10

14 December – End of Year Sleep Over at School

15 December – Paws Up

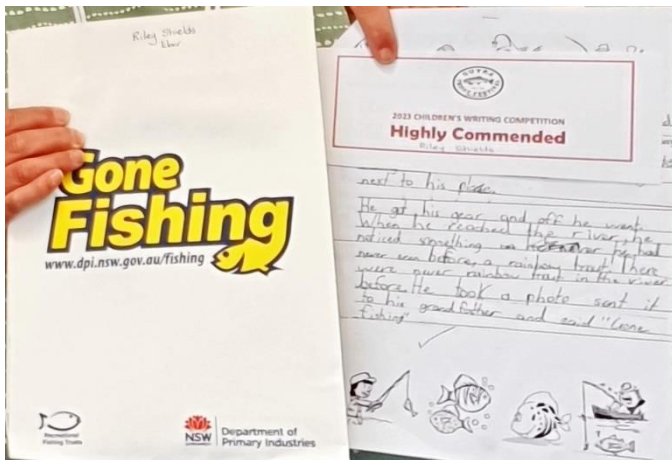
Guyra Trout Fest

In Term 3, students created a mobile for the Guyra Trout Fest. Congratulations to them on winning the sculpture section of the Schools Art contest. Jan Chapman came out and presented the students with the award and a handmade trout pencil case. Our student Riley Shields also had a Commendable Mention in the writing competition. Well done, Riley. Great work Guyra Trout Fest and students for their involvement.



Attendance Award

Congratulation to Max McKellar for his 100% Attendance Award. Max has attended every day for three terms. His attendance is also reflected in his improved reading, writing and arithmetic. Great effort Max. We also had another student with only one day absent. Well done, Lynette, another great effort.



Centacare Resilience

Ebor PS is lucky enough to have the services of Centacare Resilience services this term. Students will be learning about resilience and self-esteem to help them deal with the myriad of situations that arise in our busy lives. Thank you to Da'ad for helping us.



Learning about resilience and self-esteem

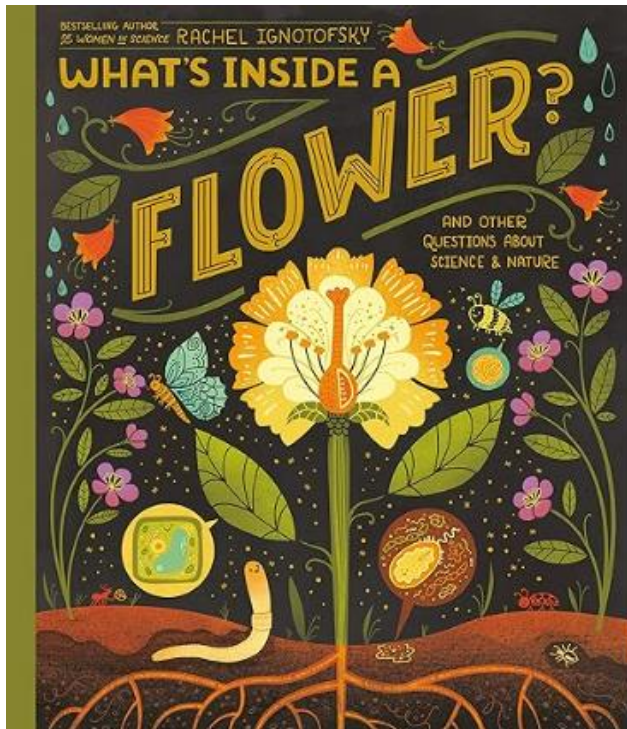


In the Classroom

This term students are learning about Growing Things in this combined English and Science unit of work. Students are studying everything about plants and learning or consolidating their knowledge of writing Information Reports.



Jackson, Lenny & Antonios



One of the books we are using is "What's inside a flower?" by Rachel Ignotofsky, an informative text all about plants and the plant world.

Lynette, Sawyer, Max, & Riley



Cooper, Henry & Dimitrios



They have also started to grow vegetables and plants.





Keep lunchboxes cool

Did you know that lunchboxes packed without an ice brick reach temperatures of 12 degrees warmer than those with an ice brick?

With the weather heating up, it is important to ensure your child's lunchbox stays cold at school to protect them from harmful germs.

Follow our top tips:

- Pack an ice brick
- Use insulated lunchboxes or cooler bags
- Freeze water bottles or reduced fat milk poppers to use as ice bricks - as the drink melts, it is also a cold refreshing drink!
- Store the lunchbox in the fridge overnight
- Freeze fruit such as berries and orange wedges to cool the lunchbox and also act as a delicious everyday snack



Source: Tips To Keep Food Safe (www.swapit.net.au)



HNELHD-GoodForKids@health.nsw.gov.au
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.