

# Newsletter



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Term 1 - Week 6

Friendship & Learning

28 February 2023

Every student is known, valued and cared for in our school

Dear families,

It was wonderful to see our families attend the disco and parent information session last Wednesday. Our staff were pleased to be able to share what the implementation of the new curriculum will look like in the K-2 classrooms. Please reach out to your child's class teacher if you missed the session or are seeking further information on how you can support your child's learning at home.

**DEEC Stage 3 water project:** The team from DEEC continue to engage and support the Stage 3 class in learning about water within the local environment, school and wider Dunoon community. This project will continue each Wednesday for the remainder of the term. We thank the team at DEEC for their time.

**NAPLAN:** NAPLAN testing for years 3 and 5 will take place in weeks 8 and 9. Please make

**Intensive swimming lessons:** Notes went home last week for all students to participate in the intensive swimming program for 2023. This program will cater for the swimming ability of all students, Please ensure you return notes and money as soon as possible.

**Voluntary Contributions:** While this is a voluntary payment, the school uses this money to purchase much needed teaching and learning resources to support each and every child's learning progress. Items such as paint, technology and other important consumable items. We thank you for your understanding and support. Payments can be made online or in cash to the office.

Amanda van den Berg  
Principal



[www.facebook.com/DunoonPS](http://www.facebook.com/DunoonPS)

## Upcoming Events

- 1 NR PSSA SWIMMING & MEAL DEAL
- 2 P&C AGM DUNOON SPORTS CLUB 5.30
- 7 & 8 LIFE EDUCATION VAN
- 7 YEAR 6 INTO 7 RIVERS PARENT INFORMATION SESSION

## School Uniforms

School shirts & hats are available for purchase from the office.

Shirts: \$25      Hats: \$20

Bucket Hats: \$5

Hardship funds can be used to purchase uniforms in 2023.



## Swimming Carnival

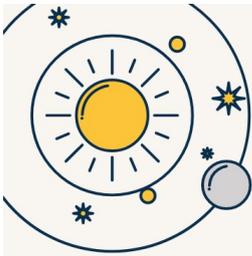
Congratulations to all of the students that participated in the Dunoon District Swimming Carnival. It was a wonderful day, with lots of impressive swimming and supportive attitudes. Many of our students placed in their races and a particular mention to Xavier and Huey for taking out Senior Boy and 11 Year Champion respectively. Kiri, Willow Mc, Cooper and Ashley all came runners up in their age division. It was great to see all of the students supporting each other, as well as some very encouraging parents/coaches! Good luck to the students competing at the Zone carnival tomorrow!



## Disco

Last Wednesday, we held an 80s themed school disco to raise money for our Stage 3 camp. Thank you to our 5/6 students for helping out with the preparations, serving food and for your diligent work as Disco Bouncers. It was lots of fun and we raised just under \$400 to help with the cost of the camp.

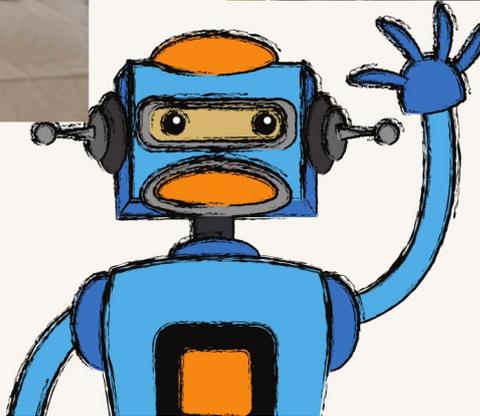
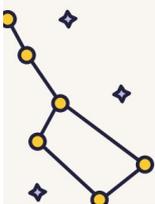




# UNIVERSITY OF SYDNEY STEM ENRICHMENT ACADEMY



OUR STAFF ENGAGED IN A 2-DAY WORKSHOP WITH THE UNIVERSITY OF SYDNEY AND RASE TO SUPPORT THE IMPLEMENTATION OF STEM AT DPS. THIS WILL BE AN ONGOING JOURNEY THROUGHOUT 2023, WITH 5 MORE PROFESSIONAL LEARNING SESSIONS AHEAD.



To  
Eli, Autumn & Tex



COVID is once again going around the school. If you need more RAT tests, please collect some from the office– we have an abundance!

### **Absences**

All NSW public schools use a digital roll marking system. Rolls are marked before 9.30am each day.

If you arrive late with your children or need to pick them up early for appointments, please sign them in and out at the office.

If your child is absent from school, we require a written or verbal explanation for legal reasons. Attendance notes will be sent home fortnightly for any unexplained absences.

Thank you.

## **Congratulations!**

### **Term 1 Week 4 & 5**

#### **Merit Awards**

**K** Louis, Dakota, Audrey

Mannix, Sophia, Arwen

**1/2** Adelaide, Georgia H, Sylvie

Indi, Leo, Lilliana

**3/4** Franklin S, Layla, Heron

Logan, Lucy

**5/6** Lotte, Huey, Lily

Thalia, Lily, Amala

#### **Student of the Week Awards**

**K** Ela, Jamie

**1/2** Killian, Georgia P

**3/4** Frank S/C, Indigo

**5/6** Thalia

#### **Gold Awards**

Max S/C, Frankie S/C, Charlee Rose

Abby P, Georgia H

## **Dunoon Shop Lunches**

Dunoon shop is offering lunches Monday and Friday to the school. Please order and pay at the shop.



# School Photos

ALL PHOTOS this year need to be ordered online.

Use the hyperlink below to access The School Photographer Secure Online Portal.

<https://store.theschoolphotographer.com.au/>

You will also need the order code; X6022PC49D



**The School Photographer**

[www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)

Unit 20, 14-16 Stanton Road  
Seven Hills, NSW 2147  
ABN: 47 083 674 613

E enquiries@theschoolphotographer.com.au  
P 02 9674 9824  
F 02 9602 5399

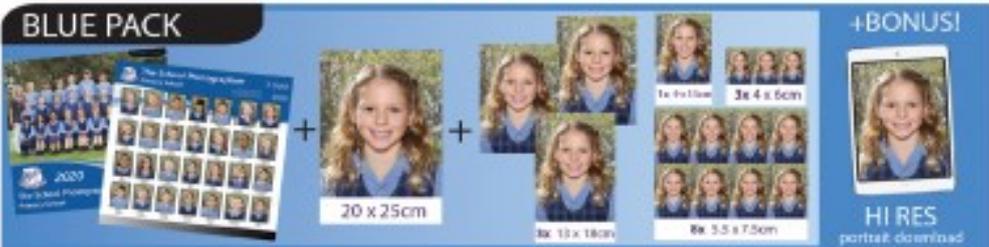
PARENTS' CHOICE



TO VIEW PRICES AND PAY ONLINE PLEASE GO TO OUR WEBSITE & ENTER THE PURPLE CODE BELOW.

X6022PC49D

BLUE PACK



RED PACK



GREEN PACK



GROUP ONLY

PORTRAIT ONLY



1x 20 x 25cm  
Traditional Group Photo  
1x 26 x 25cm  
Composite Group Photo



13 x 18cm  
4x 4.5 x 6.5cm  
Does not include portrait download

The products below may only be ordered with the purchase of one or more of the above options



**Drink Bottle**  
500ml



**Mug**



**Keyring**  
Image size  
3.5 x 4.5cm



**Magnet**  
Image size  
4.5 x 6.5cm

\*All image sizes are approximate.

Dunoon Public School

Please note: Due to potential Covid Restrictions at the time of photography, the traditional group in your photo package may be substituted for a composite group or equivalent



# Crunch&Sip<sup>®</sup>

## Information for parents

### what is Crunch&Sip<sup>®</sup>?

Crunch&Sip<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip<sup>®</sup> 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<sup>®</sup>. 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.



## 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.

Note: Your child's school may request some food items not be brought to school.

# 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.**



### 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.

ought to school where there are students with severe allergies.



# 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

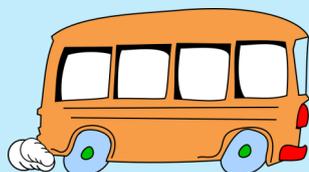
### Include it in every meal

Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.

## Community News

Mobile Library

Dunoon 11.15am—12.15 pm



FEB	28
MAR	14, 28
APRIL	11, Public Hol.
MAY	9, 23
JUNE	6, 20





**Scan me for more info**



**WEEKLY ONLINE LESSONS AVAILABLE**

Weekly online chess lessons with qualified coaches

Access to the Chess Squad Academy website

Chess games and tournaments in a safe environment

**Enrol now for 2023**

[www.sydneyacademyofchess.com.au](http://www.sydneyacademyofchess.com.au)  
(02)9745 1170

**Lesson times during the week Mon-Fri**

7:30am - 8:30am  
3:45pm - 4:45pm  
5:00pm - 6:00pm

**Advanced Extension lesson**  
6:10pm - 7:10pm (Mon, Wed, Fri only)



**JOIN DUNOON UNITED FOOTBALL CLUB**

**REGISTRATIONS OPEN NOW**

Age 5 and up male and female are welcome to join in the fun, train and play games.

Training and home games are at Balzer Park fields (off Crowley Rd, Dunoon).

Active kids vouchers welcome.

To register go to [www.playfootball.com.au](http://www.playfootball.com.au)

Find Dunoon United Football Club [www.dunoonunitedfc.org](http://www.dunoonunitedfc.org)





Northern NSW Football  
Community Club of the Year  
2017

**@DunoonUnitedFC**  
Jed 0409674289