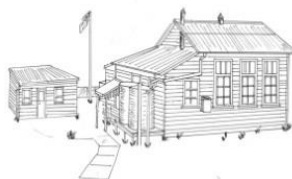




Jerangle Public School Newsletter

Week 6 Term 4
14th Nov 2016



Mrs Sonja T. Sim
Principal Jerangle P. S.
Ph: 02 6454-3127

From the Principal's Desk

Last week during the school assembly the official announcement was made that Michael Schwetz from Jennings Public School is going to take up the relieving Principal position at Jerangle for 2017. He is looking forward to being part of the community and working closely with students and the parent body to inspire and educate the students at the school. He plans to visit the school before the end of the year so he can get a feel of this lovely country school and awesome community.



Other exciting news announced at the assembly was



that Miss Lisa Coyne revealed she is due to have a baby in April next year. There was a great deal of excitement from parents and students who are now eagerly waiting to know if she is having a boy or girl. (please ring the office

to place your prediction of the gender and add it to the list the students are already compiling).

The final piece of social news is that I will be away for a couple of weeks travelling to Fiji to attend Miss Carely Toole's wedding to Ben. The students have made personal wedding cards which I will hand deliver to the happy couple on their special day. I'm sure the Jerangle community wish them all the best for a happy future together. I have promised to return to school with photos of the day for everyone to share.

Mrs S. T. Sim



Student Reports and Portfolios

Teachers are now preparing the final student reports which will be sent home in week 9. Students are also putting the final touches to their portfolios so that they can also go home in week 9 for family and friends to view and admire.



Presentation Night

This year the students at Jerangle Public School will celebrate the past 12 months of learning at their presentation night on Thursday 15th Dec. Please keep this date in your diaries and join us for a great evening and celebration.

Jerangle BMX Track

On the 2nd of November 2016, the Jerangle BMX track was officially opened.

Adam and I had invited the playgroup families but sadly they couldn't make it. However, most of the school kids parents were there to enjoy the occasion. We commenced the assembly and had to share singing the school song with the sheep. At the end of the assembly Darcy and I got on the bikes (Adam was unfortunately sick) so as I said, Darcy rode instead. Darcy did a really great job and I think the parents really liked it.

It was really good. We look forward to riding on it each Wednesday. By Tom



On the second of November Jerangle school had their BMX track opening. In the morning we got ready to go to the track. Tom, Darcy and I went to the track for a test ride. It was REALLY FUN.

After our ride it was recess then the cooking group made some biscuits to share at the opening while the computer group made movies. When we were done we had lunch then started taking things for the opening to the BMX track paddock. When we were done we set them all up and started the assembly.

For the class item Tom and Darcy rode bikes on the track. Tom rode his and Darcy rode one of the bikes Bill, our great guitar teacher

donated to the school. This was very nice of him. He also donated some helmets for the kids to use. Thank you.



We are very excited to have a new track to ride on, it really was a fantastic day. By Abby

BMX track days - Wednesday

Students look forward to using the new BMX track each Wednesday. They will need their helmets from home and if possible their push bikes. Bill Kelly has kindly donated a few bikes for the students to share on Wednesdays.



School 125th Anniversary meeting

Members of the local community are working together to discuss the celebrations of Jerangle Public School for 125 years in 2017. Saturday 4th March 2017 was selected and plans are now underway to organise events on the day. A memorabilia book is being created so if you would like to add to this amazing history about our wonderful school please contact the office.

The next meeting will be held on 29th November at 7pm in the school library. Everyone is welcome to have their say in this great event for next year. Look forward to seeing you.



Merit Awards

Congratulations to all those who have been working hard to achieve Merit Awards and Certificates. This week we celebrate the achievements of the following members of the school.

2nd November 2016

Merit Certificate

Sport Award

Reading Award

Work of the Week

Marcus Achanfuo-Yeboah

Jess Walker

Abby Hall

Georgia Harrington

9th November 2016

Ben Hopkins

Darcy Hall

Adam Constance

Arabella Achanfuo-Yeboah



Planner Calendar – Term 4 2016

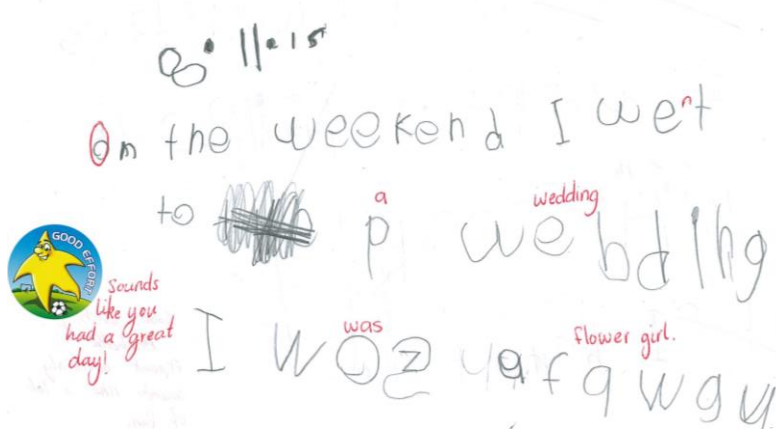
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6	14 th Nov Kindy Start Sonja on leave until 24 th Nov	15 th Nov	16 th Nov Assembly 2:40pm	17 th Nov	18 th Nov Swimming 1:30 to 2:15	19/20
7	21 st Nov Kindy Start	22 nd Nov	23 rd Nov Assembly 2:40pm	24 th Nov Sonja returns to work AECG meeting, Sonja to attend	25 th Nov Swimming 1:30 to 2:15	26/27
8	28 th Nov	29 th Nov	30 th Nov Assembly 2:40pm	1 st Dec	2 nd Dec PPA AGM Sonja to attend Swimming 1:30 to 2:15	3/4
9	5 th Dec	6 th Dec MHS Transition day, Adam to attend	7 th Dec Assembly 2:40pm	8 th Dec	9 th Dec Swimming 1:30 to 2:15	10/11
10	12 th Dec	13 th Dec Matthew Brown to visit school	14 th Dec	15 th Dec Presentation Night	16 th Dec Last student day for term 4.	17/18



Work of the week by Georgia







Ariabella's work of the week.



PAVLOVA ••

4 egg whites
a pinch of salt
1½ cups caster sugar
1½ teaspoons vinegar
1 teaspoons vanilla
300 ml cream, whipped
pulp of 3 passionfruit or 1 cup sliced strawberries

Preheat the oven to 200–210°C. Place a piece of baking paper on a baking tray and mark a 20 cm circle (the pavlova will spread a little).

Beat the egg whites and salt in an electric mixer until they stand in stiff peaks. Sift the sugar and gradually sprinkle in 1 tablespoon at a time, beating at full speed only until all sugar has been added. Lastly, fold in the vinegar and vanilla. Spoon large dollops inside the circle on the baking sheet and smooth over the top lightly. Place in the oven (reducing the temperature to 150°C) for 1 hour. Turn off the heat and leave pavlova in the oven until cold. If using a gas oven, bake at 150°C for 1 hour, reduce heat to 120°C for a further 30 minutes and then turn oven off and leave the pavlova in oven until completely cooled.

When pavlova is cooled, slide onto a large, flat cake plate and remove the baking paper. Don't worry if the pavlova collapses slightly, also expect cracks on the surface. Whip the cream until stiff and spoon over the top of pavlova. Spoon over the passionfruit pulp or strawberries to serve. Serves 8–10.



SATURDAY 19TH NOVEMBER BOMBALA BIKE SHOW

@ BOMBALA SHOWGROUNDS

Corner Forbes & Wellington St.

Entry \$25 per family (includes 2 Adults 3 kids)
Buy tickets online or at the gate on the day
Email: bombalabikeshow@yahoo.com.au
Website: www.bombalabikeshow.com.au

10am - Midnight

Heaps of
entertainment
and Novelty
events

Kids Airbrush
Tattoo Comp

Kids Tyre Toss
comp

Jumping Castle,
Kids craft
activities and
more...

Sweetened drinks: soft drinks, cordials, sports and energy drinks

Soft drinks, cordials, sports and energy drinks and flavoured mineral waters often have large amounts of sugar and kilojoules. In fact, a can of soft drink contains around 10 teaspoons of sugar.

Drinking too many sweetened drinks can cause a range of problems including tooth decay, poor appetite, picky eating, change in bowel habits and putting on excess weight. These drinks should only be consumed occasionally – not every day.

Sweetened drinks containing caffeine

Caffeine is a mildly addictive stimulant drug. Cola-type soft drinks and energy drinks contain caffeine as well as lots of sugar. Higher amounts of caffeine are found in energy drinks. There are many side effects of caffeine consumption, particularly in kids and teens. These include disturbed sleep, bedwetting, anxiety and headache – even from drinking quite small amounts. There is also a link between caffeine in soft drinks and bone fractures. Consumption by kids and teens of cola drinks, particularly energy drinks, is best avoided.

Ideas to help kids and teens drink more water

- Pack a water bottle whenever you go out.
- In summer, pack a frozen water bottle in your child's lunch box.

- Don't keep sweetened drinks at home; make cold water available instead.
- Water down sweetened drinks – such as cordials or fruit juice – for a short time and then start to replace them with plain water.
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks.
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled.
- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day.

Remember

- Choose water as a drink.
- Sweetened drinks such as soft drinks, fruit juice drinks, cordials, sports and energy drinks are not a necessary part of a healthy diet.
- Regularly offering sweetened drinks makes it harder to choose water as a drink.
- If sweetened drinks are on the menu, try not to include them every day and choose healthier options, such as watered-down versions of favourite drinks. These will still quench your thirst, but without the excess sugar and kilojoules. It can also help reduce the preference for strongly sweetened drinks.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au

Choose water as a drink



Did you know?

- ★ Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- ★ In NSW, 55% of boys and almost 40% of girls in Year 6 drink more than one cup of soft drink every day. By Year 8, these figures rise to almost 60% of boys and more than 40% of girls.

Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Milk

Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth.

From 2 years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).

Children under 2 years of age should not drink reduced fat milk as they need the extra energy (kilojoules) for their growth and development.

Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Drinking water is the best way to quench your thirst”

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