

25 November 2019

THE Muluerindie Memo

from

BENDEMEER PUBLIC SCHOOL

A LITTLE SCHOOL DOING BIG THINGS

Beach to Bush visit

On Monday 18 November we had a visit from Fiona and Jack, two lifesavers from Sydney. They talked to the students about keeping safe at the beach.

Students learnt about the different signs at the beach and the hazards. They also learnt about what a rip is and what to do if they become caught in one.

Students viewed some video clips that showed what marine animals can be found at the beach as well as the equipment used in rescues.

Students were also shown samples of sand, cuttlefish and shells from Bondi, Coogee and Maroubourah Beaches.

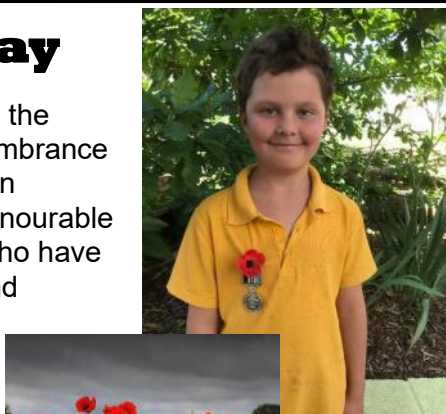
Finally, students learnt 5 tips to stay safe at the beach using the acronym FLAGS;

- F Find the flags and swim between them
- L Look for signs
- A Ask a lifesaver if you need help
- G Get a friend/family member to go with you
- S Signal for help.



Remembrance Day

On 11 November, students discussed the importance and significance of Remembrance Day and observed a minutes silence in reflection and remembrance of the honourable Australian service men and women who have suffered and died in wars, conflicts and peacekeeping operations. Students also participated in Remembrance Day literacy activities, writing about what the day means to them, and creating a colourful poppy display.



Respect Cooperate Strive



Education
Public Schools

Bendemeer Public School

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Facebook: @BendemeerPS | Web: bendemeer-p.schools.nsw.gov.au



A W A R D S

IN THE SPOTLIGHT



Week 1: Cooper Farrell



Week 2: Abby Mahlenhoff



Week 3: Connor Byrne



Week 4: Cooper Bullock



Weeks 5 & 6: Daniel Bridge

NOTICE BOARD

Reports

Teachers are busy finalising reports this week, ready to go home to parents on Monday 2 December. Please make contact with the school if you would like to arrange a parent-teacher interview.

Kindergarten Transition

Due to fires causing school closure, we were unable to hold our scheduled kindergarten transition day on Wednesday 13 November.

A catch up session has been scheduled for Wednesday 27 November. Please ensure any required documentation has been provided to the school by this date to ensure that we can finalise your child's enrolment.

Student banking prizes

There are a handful of students who are eligible for their next school banking prize or award. If you have 10 silver tokens or 1 gold token in your bank book, see Mr Goodall to trade them in for a prize from the cabinet.

Uniform Orders

The school has recently placed a large uniform stock order. If you need any new uniform items, please see Mr Goodall on Thursdays.

New Hats: \$15

Shirts: \$18.50

Jumper: \$28.50

Summer dress \$55 (Special order)

Visiting our school?

All visitors are reminded to report to the office on arrival and sign the visitors book.

Parking

Please remember that parking in front of our school gates is not permitted.

This is for student safety.





STEMShare PC Robotics Kit

STEMShare Community is an initiative that empowers schools with the technology tools to enable students to develop essential future focused STEM skills, support teachers to successfully integrate STEM concepts within their classroom and build a community that encourages and supports the use of STEM focused technologies in education.

Schools can take part in STEMShare Community by booking one of the following STEMShare Kits per term: Tablet Robotics Kit, PC Robotics Kit, 3D Printing Kit, Filming Kit or Virtual Reality



In week one, 3 Yarrowitch Public School students came over to pass on their knowledge of the StemShare PC Robotics kit. Students enjoyed making music from mandarins using Makey Makeys and building and programming a 'Lego EV3 Robot'. Since then, we've been coding Ozobots to follow colour coded pathways providing Opportunities to problem solve and learn from mistakes in the classroom. - Mrs Swain



Protect yourself in five ways from skin cancer

cancercouncil.com.au

Operation Christmas Child

Students at Bendemeer Public School sure showed their generosity when packing our Operation Christmas Boxes this year. The 15 students packed a total of 9 boxes to be shipped off to third world countries where children may not receive anything at Christmas. Mrs Swain was hoping for enough items for 2 boxes and was astounded at what children brought brought in. " The children and their families were so generous, packing items for school, a toy, hygiene items such as soap, toothbrushes as well as clothing, that we had enough for 9 boxes". The joy of giving was evident in the busy session of packing the boxes last Tuesday.

Students are pictured here in the process of packing the boxes.



- Mrs Swain

Questacon Science Circus

Early in the term, students were excited to participate in science experiments and watch the Questacon Science Circus show.

Students from Moonbi Public School and Woolbrook Public School joined us for the day and enjoyed collaborative opportunities and making new friends.

Thanks to Len and Fi from Questacon for joining us for the day and their wonderful presentations, as well as Lara Neilsen and Sophie from Tamworth High School for assisting with the science experiments.

A highlight for the 3-6 students was making canister rockets. Students mixed water, bicarbonate soda and vinegar in a film canister before placing the lid on and upside down in the sun. The canisters would then launch themselves up into the air as the pressure built up inside.



Selena Win Pe Visits

Students at Bendemeer Public School were the joyous receivers of boxes of cereal, water, biscuits and caps donated by Selina Win Pe - Founder of the organisation 'Will of Courage'

Selina is a survivor of the terrifying ordeal known as the 'Sydney Siege' at the Lindt Café in Martin Place in mid December 2014. In early 2019, she was resolute in finding purpose and meaning to her life. As a result she has dedicated the rest of her life to aiding rural and remote Australia. So far, Selina has raised \$1,000,000 for country kids and the communities that support them. For more information on Selina Win Pe's organisation - Will of Courage, head to

www.selinawinpe.com.au.

Pictured are students holding a sample of what was donated, ready for our new kitchen and breakfast club projects.



Bendemeer Art Show entries



After reading and talking about some of Jeannie Baker's picture books, the students worked in groups to make a collage picture of the Macdonald River. After planning their work, they used sand, twigs, bark and paper to complete a very impressive art work that was on display at the Bendemeer Art Show. Congratulations children!
- Mrs Anne Doak



GYMNASTICS

This term, students have been participating in Gymnastics sessions under the instruction of the Tamworth Gymnastics Club as part of Sporting Schools grant funding. By developing a child's fundamental movement skills, Gymnastics provides a sound basis for further skill development across all sports. Students have been encouraged to learn, reproduce and create more complex movement sequences. Gymnastics promotes all-round physical development, muscular strength and endurance, joint flexibility, balance, coordination and core strength required for everyday living.



Community Classifieds



HAIRDRESSER AT BENDEMEER



Introducing Hairdresser - Jess Bradbery

Now Hairdressing at Bendemeer Preschool

Ladies, Mens and Kids Haircuts

(Colour available after consultation and sets coming soon)

When: Every fortnight on Fridays 11am-4pm

Starting Friday 15th November

Where: Bendemeer Preschool, Charles Street, Bendemeer

Bookings welcome on: 0459 443 305

Cash only

- Ladies & Mens Cuts \$25
- Teenagers \$15
- Kids \$10



Next Meeting:

**Thursday 5th December
at 10am**

Country Women's Association

of New South Wales

MUSIC LESSONS



- Piano
- Keyboard
- Guitar
- All ages

Lesley Edwards
Ph: 0409 696 498

Advertising in our newsletter

Our school is committed to ensuring we are part of the community.

If you have something you would like included in our newsletters, please get in contact!

Email us at:

bendemeer-
p.school@det.nsw.edu.au

Please send any contributions through.

Newcastle Permanent's cinema under the stars

Free!



Friday 29 November 2019
Beauty and the Beast (PG)
Bicentennial Park, Tamworth

Entertainment from 5.30pm, movie from sunset
Visit newcastlepermanent.com.au/cinema or 'like' us at [facebook.com/newcastlepermanent](https://www.facebook.com/newcastlepermanent)

Event managed by



Our media partners

PRIME 7

92.9
TAMWORTH



Good for Kids good for life

TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.

HOW MUCH SCREEN TIME EACH DAY?

0-2
years



NO screen
time

Choose active toys and
play instead of screens

2-5
years



Less than
1 HOUR
per day

Less screen time can help
kids' sleep and growth

5-12
years



Less than
2 HOURS
per day

Not including homework time

Source: Make Healthy Normal and the 24hour Movement Guidelines



HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

SCHOOL CALENDAR TERM 4 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
7	25 Swim School 11:30am to 2:30pm	26	27 Kinder orientation Drama 9-11	28 No lunch orders Library	29 Swim school/ pool party 9:30am to 1pm	30	1 December
8	2 December Reports home to parents Drama 1:30pm	3	4 Mr Cavanagh Visiting	5 CWA Christmas Party No lunch orders	6	7	8
9	9 Parent teacher interviews - optional	10 Drama rehearsal	11 Presentation night rehearsals	12 No lunch orders Presentation Night 5:30pm	13	14	15
10	16	17	18 Last Day for students	19 Staff development day	20 Staff development day	21	22



stay well

Children should have a regular check-up.

Book your child in for a dental check-up these school holidays!

Call 1300 651 625 to book an appointment for your child

Hunter New England Oral Health provides FREE dental care for ALL children under 18 years of age



BENDEMEER PUBLIC SCHOOL

WE'RE ON FACEBOOK!

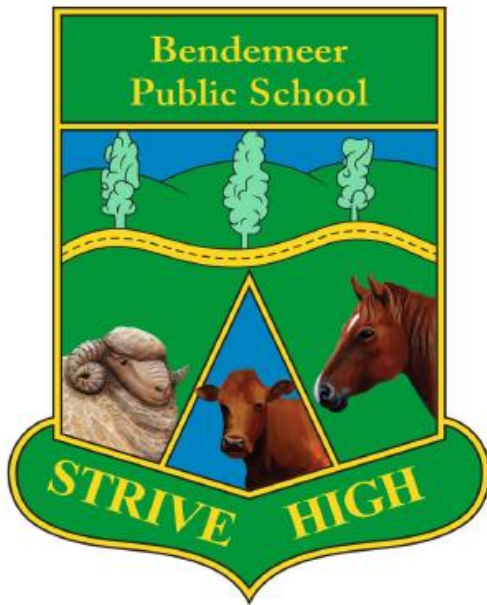
STAY UP TO DATE WITH THE LATEST NEWS




FACEBOOK: BENDEMEER PUBLIC SCHOOL | @BENDEMEERPS
WEBSITE: BENDEMEER-P.SCHOOLS.NSW.GOV.AU

SCHOOL CALENDAR TERM 1 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	27 January Australia Day Public Holiday	28 Staff Development Day	29 Students return	30	31	1 February	2
2	3	4	5	6	7 Swimming Carnival	8	9
3	10	11	12	13 School Photos	14	15	16



Respect
Strive
Cooperate

Bendemeer Public School wish to invite
Bendemeer Community Members
to join us for our
Presentation Evening

To be held at Bendemeer Hall
On Thursday 12th December, 2019
Beginning at 5:30pm

RSVP to Bendemeer Public School
17 – 27 Charles Street Bendemeer or
(02) 6769 6532
before Monday 9th December, 2019