

community
classifieds

Joss
Facility Management

CLEANERS REQUIRED

Joss Facility Management are looking for cleaning staff to work at local Government sites.




PPE, Training and Uniforms provided.

Applicants need to provide a valid Working With Children Check upon application and successful applicants will be required to undertake a pre-employment medical prior to commencement.

Please contact
Joss Facility Management via email on
cleaning@jossgroup.com.au
Check us out of Facebook **Joss Cleaning** or visit our webpage
www.jossgroup.com.au

NSW Department of Education

Why attendance matters
When your child misses school they miss important opportunities to...

 Learn
education.nsw.gov.au
  Make friends
  Build skills through fun
education.nsw.gov.au

Days missed = years lost
A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight	= 4 weeks	= Over 1 year missed
1 day per week	= 8 weeks	= Over 2.5 years missed

education.nsw.gov.au



THE Mulverindie Memo

from **BENDEMEER PUBLIC SCHOOL**

25th September 2020

A LITTLE SCHOOL DOING BIG THINGS

From the Principal...

Wow, what a term we have had!

Firstly I would like to take this opportunity to thank Mrs Doak for taking on the challenge of Relieving Principal during my leave. I know that Mrs Doak had a fabulous time however, is glad to be relaxing back into retirement mode.

If 2020 has taught us anything, it is that social isolation is a challenge and we depend on our community to thrive. It has shown us that we have strengths and resources within us that we didn't know we had. It has made us step out of our comfort zones and engage in our day to day lives in ways we hadn't considered. It has shown us that all of these challenges have made us stronger, more resilient and wiser. We are all in this together!

All of this being said, our school community is facing a new world challenge—the influence and impact of digital and social media. As most of you are reading this the words, *when I was a child or back in my day* are probably coming to mind as you begin to compare your childhood to that of children today—I know because I do this! A lot of the digital media that our children have access to displays behaviours that are unacceptable in most contexts and feature inappropriate language, not to mention the other aspects. Some of these behaviours, attitudes and language can be displayed by our children from time to time — check out our centrefold for online safety advice for parents and ways to support yourself and your young person.

Wishing all of our families a safe and healthy holiday break.


Happy reading!

Mrs Magann
Principal

The essence of education is to help you discover **YOUR UNIQUENESS,** Teach you how to develop it. **AND SHOW YOU HOW TO GIVE IT**

- LEO BUSCAGLIA

P&C Meetings
Will be postponed until further notice



A little **PROGRESS** each day adds up to **big results**

BACK TO SCHOOL TERM 4 2020!

Bendemeer Public School
Students return **Monday 12th October**

Hope you all had a safe and relaxing holiday!

MUSIC LESSONS

- **Piano/Keyboard**
- **Guitar**
- **All ages**

Lesley Edwards
Ph: 0409 696 498

SCHOOL CALENDAR TERM 4


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	October 12	13	14	15	16	17	18
2	19	20	21	22	23	24	25

“Every time you eat is an opportunity to nourish your body.”

Unknown

Swap It!

Learning is fuelled by many things including sleep but most importantly our diet. The present and future health of students can be enhanced by quality learning and positive experiences at school (NSW Government Nutrition in Schools Policy). See www.goodforkids.nsw.gov.au for more information.



How does your plate look?

Whole grains fill your tummy

Milk builds strong bones and teeth

Beans, eggs, seeds and nuts are protein, too!

Fill half your plate with fruits and veggies

Fruits

Grains

Vegetables

Protein

Dairy

NOURISH YOUR PLATE

Respect Cooperate Strive

Bendemeer Public School
17-27 Charles Street, Bendemeer NSW 2355
T: 02 6769 6532 | E: bendemeer-p.school@det.nsw.edu.au
Facebook: @BendemeerPS | Web: bendemeer-p.schools.nsw.gov.au




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Choices

Over the last couple of weeks we have been learning about and practicing choice. We all get to make choices every single day but sometimes the choices we make are not always the best ones.

We have also been looking at how some of our choices are influenced by other factors like the weather, where we may be going and what our adult tells us!

Students have learnt that the words we choose to use, our actions and the way we choose to behave depend entirely on ourselves. No other person has control over our words, actions or behaviour—we have the power!

With this in mind we have been practicing how to make the better choice to be kind, use our words for good and be a good friend to others.



From Mrs Tolosa

Last week students received friendship fans from their peers.

Students had to write kind and positive words of affirmation for each other, which were recorded on hand made paper fans.

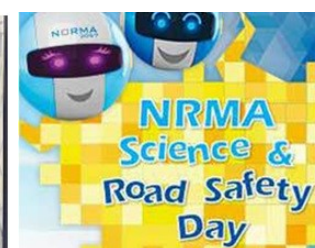
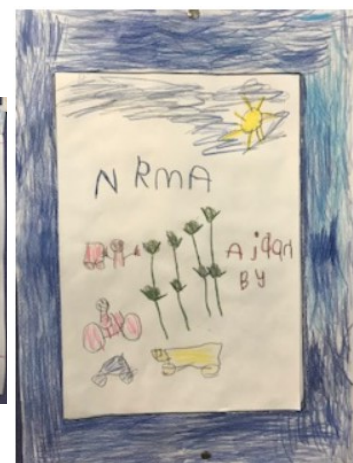
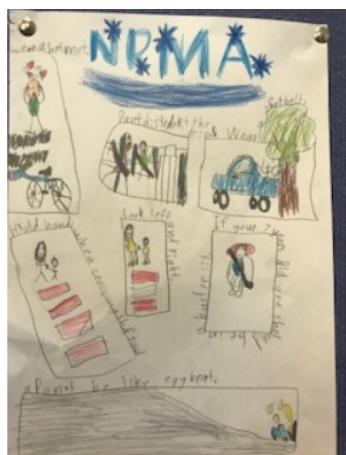
This thoughtful and reflective activity was enjoyed by all - they especially enjoyed reading what their peers had written for them.

This term we have been learning about road safety through the NRMA Online Science & Road Safety program. Through this program students learnt how to fit safety equipment correctly such as seatbelts and helmets, and why safety equipment is essential to keeping them safe in a crash.

Using science, the program debunks road safety myths held by children and teaches safety strategies they can apply to keep them safe.

The students enjoyed the program, especially the demonstration by Eggbert, whose escapades with and without a seatbelt while in a car explained the forces that act on individuals while in motion.

Students participated in class discussions, watched online safety videos, completed work booklets and drew posters with road safety messages as part of the program.



Are You OK?

Every day is *Are you OK?* Day!

2020 has had a multitude of challenges for many of us and it is important to be brave and reach out for support. We all have days when we feel

flat or down or just not quite right and that's ok. If these days become too much though find the strength inside to talk to someone because just one conversation might help. As parents we do the very best we can for our children but on occasions they too might need someone else to talk to and that is ok too. One of these might be able to help you;

eHeadspace
1800 650 890. Open
9am-1am daily
(AEST). [https://
headspace.org.au/](https://headspace.org.au/)
eheadspace/

Lifeline
13 11 14

Phone support all day,
every day. Online
support 7pm-4am
daily (AEST). [https://
www.lifeline.org.au/](https://www.lifeline.org.au/)

Beyondblue
1300 22 4636

Phone support all day,
every day. Online
support 3pm-midnight
every day. [https://
www.beyondblue.org.au/](https://www.beyondblue.org.au/)

Kids Helpline
1800 55 1800

Phone support is there all
day, every day. Online
support is open from 8am-
midnight every day
(AEST). [https://
kidshelpline.com.au/](https://kidshelpline.com.au/)

Online Safety Advice for Parents

Online content can be inappropriate and harmful for your child. The following advice is to assist parents and carers in limiting your child's exposure to harmful online content.;

- ☑ Engage in your child's online activity
- ☑ Discuss the types of apps, websites and games they are viewing to ensure the content is age appropriate
- ☑ Make use of parental controls on devices to help limit your child's online exposure
- ☑ Help your child report and block inappropriate content on social media or apps
- ☑ Encourage your child to talk to you about anything upsetting they view online
- ☑ Visit <https://www.esafety.gov.au> for further advice on apps, social media and online safety issues

Term 3 Assembly



With restrictions in place our Term 3 Assembly looked a little different. Classroom merit awards were received by Toby, Cooper B, Aidan and Wyatt. Respect was awarded to Jayden, Cooperate to Ava and Strive was tied with Sasha and Lucas. Daniel was the recipient of the Principal's Award and Connor received an award for his participation in the MS Read-a-thon raising over \$550. A video of our assembly is available to our families.