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## Blacksmiths Bulletin

### DIARY DATES

|            |  |
|------------|--|
| Thu 22 Jul | Zone Athletics                           |
| Fri 23 Jul | Zone Athletics                           |
| Mon 26 Jul | 100 Days of Kindergarten                 |
| Wed 28 Jul | Galgabba Public Speaking                 |
| Mon 2 Aug  | Pie Drive Fundraiser Starts              |
| Thu 5 Aug  | School Spelling Bee<br>P&C Meeting - 6pm |

**P&C PIE DRIVE  
FUNDRAISER  
COMING SOON!**

### PRINCIPAL'S MESSAGE

Dear Parents/Carers,

It was so lovely to welcome students back to school last week. A huge thank you to our beautiful school community for supporting changes to our school routines and diligently adhering to our drop off and pick up routines. At home time, students are exiting from both front and side gates to minimise congestion of parents collecting students. K-2 students and students riding will exit via the front gate and Year 3-6 students will exit from the side gate (oval). If siblings are needed to exit together, then they are able to exit together from either gate.

Unfortunately, a number of events that were planned to have parent and community involvement will now need to continue as student only events. At this stage our Canberra excursion is on hold as we are not allowed any overnight excursions. Hopefully a lifting of restrictions in coming weeks could see this go ahead as planned. A note explaining this went home this week to families involved. Thank you for your continued efforts in keeping our students, staff and the wider community safe during this time. Also, a thank you for all the families who kept their eye on the school during the holidays, especially to the Lysaght family for keeping a close eye on our chickens.

While we have changes to some future school events, the resilience of our students is commendable. Due to the current guidelines in place, we have made the decision to postpone our Education Week until Week 2, Term 4. Our Book Fair will be on in this week as well and we hope we can invite community on site to be part of this great school event.

I would sincerely like to thank our dedicated school staff for ensuring we provide great experiences for our students. We will continue to keep our parents informed and involved in their child's education. We ask parents to call or email if you have questions, concerns or would like to talk with your child's teacher or a staff member.

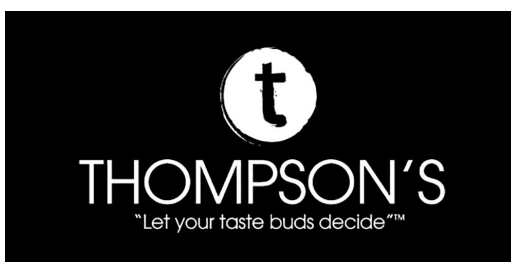
#### COVID UPDATE

You would be aware that the Premier's announcement that schools in regional NSW will continue to operate on Level 2 restrictions until at least 30 July.

Below is an easy reference guide outlining the levelled advice for all schools. Please note that the table is regularly updated by the Department as needed.

Key reminders:

- Non-essential visitors are not permitted in schools. This includes parents and carers unless for scheduled meetings with staff about serious welfare and/or discipline matters relating to their child, or invited by the Principal (eg. canteen helpers). Phone or ZOOM meetings are preferable wherever possible.
- QR Codes - parents and carers permitted on school sites for specific purposes are required to check in using the QR codes available and check out once they leave the school site.
- All essential visitors need to wear masks whilst on site, in indoor settings, as per current health orders. Thank you for your understanding and cooperation.
- All students are expected to be at school unless they have even the mildest of COVID-19 symptoms.



- Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received.
- The school has a supply of children's masks if you would like your child to wear one. Please contact the office.

### **PUBLIC SPEAKING**

Congratulations to all students who competed in the Blacksmiths Public Speaking competition. The school finals were held on Friday 16 July and showcased an outstanding standard of presentations from across the entire school. Special praise must go to the following students who were winners on the day: Elke L., Lily R., Eden A., Chloe R., Lyla N., Piper W., Brielle H. and Oscar M. These students will now progress to the next level of competitions of Galgabba and Hunter Interschool Public Speaking Competition.

### **100 DAYS OF KINDERGARTEN**

On Monday 26 July our Kindergarten students are celebrating 100 days of being in Kindergarten. Well done to these little champions!



### **NAIDOC WEEK**

Last term at BPS, we welcomed guests, presenters, performers and our community to celebrate NAIDOC Week. Students were enthusiastic to learn, share and celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

Thank you to everyone involved. You assisted in enriching the students learning experiences and helped make the week particularly memorable. Here is a link to a special collaborative NAIDOC video in which some of our students make an appearance:

<https://education.nsw.gov.au/teaching-and-learning/aec/aboriginal-education-in-nsw-public-schools/naidoc-week/naidoc-week-2021#NAIDOC5>



### **ZONE ATHLETICS**

This Thursday and Friday, 22 and 23 July, the Zone Athletics Carnival will be held at Baxter Oval. Congratulations to all the students who have made it through to this level and we wish you all the very best of luck.

### **LEARNING & SUPPORT GROUPS**

Learning and Support across the whole school has continued this term providing the opportunity to support student learning needs in small groups. The broad range of programs focus on students across all stages and levels in literacy and numeracy knowledge and skills.

### **ABSENTEE INFORMATION**

If your child must be absent from school for any reason, please contact your child's teacher, or the school office by replying to absence SMS, phone, email, Skoolbag or written note as soon as possible, or within seven days. School will inform parents via SMS daily, if a student is absent from school without explanation. Failure to explain an absence within seven days is recorded as an unjustified absence.

### **GARDEN STALL**

Unfortunately, our Thursday afternoon Garden Stall cannot run at the moment due to COVID restrictions. However, if you would like to buy eggs, please contact the office to organise this.

### **AUNTY PEACH SHOW**

The 'Aunty Peach Show' is coming to our school on Tuesday 24 August (Week 7). This performance is based around Roald Dahl's popular and very funny, twisted fairy tales. Using vibrant story-telling and magic tricks, Aunty Peach ensures all students, K-6, are thoroughly entertained and engaged during the whole performance.

Throughout the performance, students will have the opportunity to act and interact with Aunty Peach and each other. This will be a truly memorable and valuable experience for all students! More information about notes and payment to follow in the coming weeks.

### **P&C INFORMATION**

Save the Date! Our next P&C meeting will be held on Thursday 5 August. Further communication will be provided as to whether this will be via ZOOM or face to face.

### **ENROL NOW FOR 2022**

Blacksmiths PS are now accepting 2022 Kindergarten enrolments! If you know of any families, new or currently in the area, looking to enrol their child for next year, please ask them to submit their enrolment as soon as possible as we must submit our projected numbers for 2022 by next week.

Online enrolments for In-Zone Applications can be made at: <https://education.nsw.gov.au/parents-and-carers/online-enrolment-for-nsw-public-schools>

## CANTEEN UPDATE

Our Term 3 canteen menu for Monday lunches has recently been updated and is attached to this Bulletin. Recess service has been postponed until the ease of the restrictions. All orders must be pre-ordered in the morning.

## ASSEMBLY AWARDS

| ASSEMBLY AWARDS - Term 3 Week 1 |           |             |          |            |
|---------------------------------|-----------|-------------|----------|------------|
| K/1                             | Cooper P. | Mathilda H. | Finn B.  | Spencer B. |
| 1/2                             | Archie A. | Beau B.     | Louis H. | Elva D.    |
| 3/4                             | Jayden W. | Jesse L.    | Ella H.  | Daniel G.  |
| 5/6                             | Lily M.   | Levi C.     | Maili P. | Luca B.    |

| HOME READING AWARDS |           |  |  |  |
|---------------------|-----------|--|--|--|
| 75 Nights           | Amelia B. |  |  |  |
| 100 Nights          | Sonny N.  |  |  |  |
| 125 Nights          | Lyla N.   |  |  |  |

| LITERACY PRO AWARDS |          |  |  |  |
|---------------------|----------|--|--|--|
| Blue Star           | Damon M. |  |  |  |
| Red Star            |          |  |  |  |
| Bronze Star         |          |  |  |  |



*Congratulations!*

## Good for Kids good for life

### INTERNATIONAL YEAR OF FRUITS AND VEGETABLES

The United Nations has declared 2021 the International Year of Fruits and Vegetables!

Did you know that over 75% of Primary school aged children in NSW consume the recommended serves of fruit?<sup>1</sup>

BUT...

**Only 1 in 20 NSW primary school children eat the recommended amount of vegetables!**

Pack vegetables for Crunch&Sip® at school each day. Here's a few ideas:

No preparation:

- Baby cucumbers or carrots
- Cherry Tomatoes
- Snow Peas
- Frozen Peas

Some preparation:

- Cucumber, carrot, celery or capsicum sticks
- Corn on the cob



INTERNATIONAL YEAR OF  
FRUITS AND VEGETABLES  
2021

## Good for Kids good for life

### CHOOSING HEALTHY SNACKS

Healthy snacks are important to help your kids get the nutrients they need to grow, develop and learn.

Choose snacks that are everyday foods – vegetables, fruit, dairy, wholegrains or protein-rich foods.

Planning is the best way to make sure that the healthy choice is the easy choice.

Here's a few tips to help you plan your healthy snacks:

- Include vegetables and fruit in your child's lunchbox each day
- Add vegetables into homemade snacks (e.g muffins, pikelets, scones and slices)
- Cut up vegetables and fruit on the weekend so they are easier to grab during the week
- Keep a range of healthy snacks in the fridge or pantry that are easy to grab and go
- Get your kids helping to prepare healthy snacks
- Enjoy eating healthy snacks with your kids





# LOW WASTE LUNCH CHECKLIST

## WHAT IS LOW WASTE LUNCH?

Low waste lunches contain only items that can be eaten, composted, recycled or reused. To pack a low waste lunch there are three simple things to remember:

1. Pack food in a reusable container.
2. Use refillable drink bottles.
3. If packaging is essential, choose types that are reusable, recyclable or compostable.

Low waste lunches are often cheaper and healthier, and will encourage parents and students to think about what goes into their lunchboxes.

## WHY HAVE LOW WASTE LUNCH?

- To reduce packaging waste and use less resources and energy.
- To reduce garbage cost to schools.
- To reduce school littering and its impact on the environment.

The type of waste generated in schools is mainly from food packaging and wrappers. These include cling wrap, snap lock bags, wrapping from chips, yogurts and other individual serve readily available in supermarkets. These are often marketed to kids as snack options.



## RESOURCES

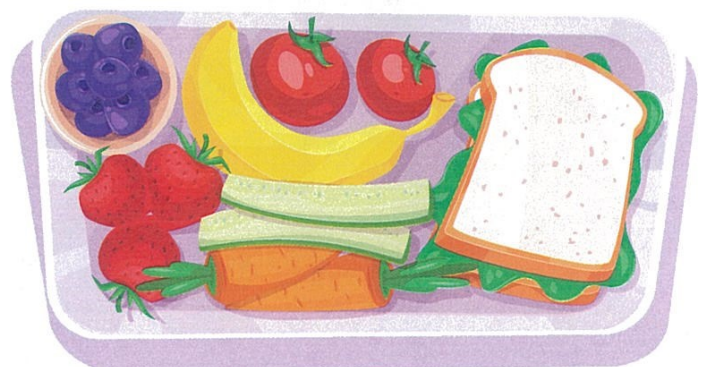
[wastefreelunch.org](http://wastefreelunch.org)

Planet Arks 'the waste free lunch challenge'  
[enviroweek.org/howtos/secondary-nude-food](http://enviroweek.org/howtos/secondary-nude-food)

## HOW TO RUN A LOW WASTE LUNCH EVENT

### This can include:

1. Letters to parents/carers outlining the date and objectives of the event (example attached).
2. Information in school newsletter in the weeks leading up to the event.
4. School wide competition to promote low waste lunches e.g. posters to involve the whole school.
5. Find out what's actually in the schools garbage bins by conducting a waste audit. Free kits and resources to help are available to borrow from Hunter Resource Recovery. Call 1800 838 884 or visit [hrr.com.au](http://hrr.com.au).
6. Discuss with your canteen's coordinator about purchasing low waste items or those with recyclable packaging.
7. Consider starting with one group or year level for your first event.
8. Give your day catchy fun names like 'waste free Wednesday' or 'nude food day'
9. Report back to the school community and parents on the events success.





# Blacksmiths PS Canteen Menu

## 2021 - Mondays - Lunch & Recess\*



### Lunch

#### Sandwiches (fresh or toasted)

- Cheese *or* Ham \$1.50 😊
- Vegemite & Cheese \$1.50 😊
- Ham & Cheese \$2.00 😊

#### Pasta (served with Garlic Bread)

- Hidden Veggie Bolognese \$3.00 😊  
with grated carrot, zucchini & mushrooms
- Healthy Mac & Cheese \$3.00 😊  
with pureed cauliflower & zucchini
- Tomato & Basil Sauce \$3.00 😊

#### Build your own Pizza

- Choose your toppings: \$2.50 😊  
Ham, pineapple, capsicum, sweetcorn  
mushrooms, shredded chicken

#### Build your own Burger

- Choose your sauces:  
Mayo, Tomato-Sauce, BBQ-Sauce
- Choose your toppings:  
Cheese, tomato, lettuce, carrots, beetroot
- Chicken Burger \$4.00 😞
  - Beef Burger \$4.00 😊
  - Fish Burger \$4.00 😞

#### Hot Food

- Lean Beef Pie \$3.00 😞
- Sausage Roll \$2.50 😞
- Crumbed Chicken Fingers, 6pcs \$2.50 😞

#### Snacks

- Ice-cream (vanilla flavour) \$1.50 😞  
in cone
- Icy Pole \$1.50 😞  
(Lemonade, Banana, Chocolate)
- Vanilla Custard \$1.50 😊
- Vanilla Yogurt \$1.50 😊

### Lunch

#### Drinks

- Just Juice \$1.50 😊  
Orange, Apple, Orange-Mango
- Low Fat Flavoured Milk \$1.50 😊  
Chocolate, Strawberry, Caramel
- Slushee \$1.50 😊

#### Fruit

- Apple \$1.00 😊
- Banana \$1.00 😊

### Recess\*

#### Hot Food

- Hawaii Pizza Roll \$1.00 😊  
1/2 small crusty roll with pizza sauce,  
ham, pineapple and cheese
- Cheesy Garlic Roll \$1.00 😊  
1/2 small crusty roll with garlic butter  
and cheese
- Café Style Raisin Toast \$1.00 😊  
with...

#### Cold Food

- Vanilla Yogurt \$1.50 😊
- Vanilla Custard \$1.50 😊
- Fruit Salad 25 % less sugar \$1.50 😊

#### Drinks

- Just Juice \$1.50 😊  
Orange, Apple, Orange-Mango
- Hot Chocolate \$1.50 😊

**Postponed until ease  
of current Covid  
restrictions**

#### Explanations:

- 😊 = everyday food
- 😞 = occasional food

\* Recess service will be available after the ease of the current Covid restrictions