

Newry News

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TERM 3 WEEK 2

22nd July 2020

Term 3	
Week 3	
Thursday 6th August	School Photos
Friday 7th August	Book Club orders due
Week 6	
Friday 28th August	Final day to submit Premiers Reading Challenge entries

School Photos

Our annual School Photo day will be next Thursday the 6th of August. Please make sure your child brings back their photo envelope either before or on the day, even if you aren't purchasing any photos. If you would like to purchase sibling photos just let the school know and we can send home a sibling photo order envelope prior to the day. If you are paying cash for the photos please ensure you place the correct amount in the envelope as no change can be given.

Byron Bay High School — Transition Days

A message from Kelly Todoroska—Transition Coordinator for Year 6 into Year 7:

The Transition Day that was scheduled for the 12th of August has been cancelled due to COVID-19. The next expected Orientation Day is scheduled for 1st December, this will be confirmed closer to the date. The Lighthouse class process will go ahead on 13 August—information has been emailed to the families involved.

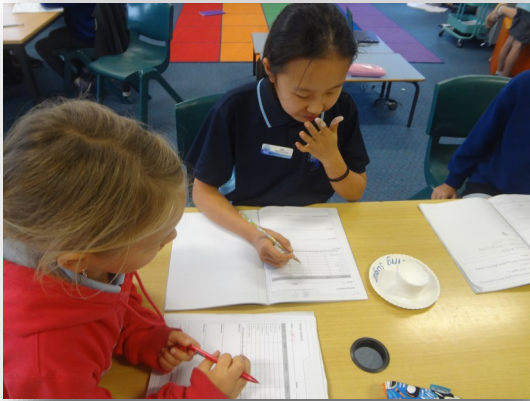
Junior Maths

The Juniors have been creating a range of patterns in Mathematics. Our zebras are AB patterns. We have also been creating ABB, ABC and AABB patterns using dance moves.



Inquiry

This term we will be learning about matter and states of matter and how we can tell if something is a solid, liquid or gas. We commenced our Inquiry journey by investigating a range of materials.



Senior Art

During the term we will be observing a number of well known art works and acknowledging the artists and their styles. This week we looked at Claude Monet's work and created our own version of his famous masterpiece, Monet's Garden.



Junior Art

The Junior class are also observing a number of well known art works and artists. We have been painting using a range of colours, tints and shades and creating artworks in the style of artist Wassily Kandinsky.



Junior Maths

The Junior class have been learning about fractions and dividing objects and groups of objects in to halves, quarters and eighths.



Junior Maths

We have been creating patterns with colours, shapes, objects and numbers. We also spent time outdoors creating patterns with items found in nature.



TEN Games

In the Junior Maths classroom, we continue to participate in TEN (Targeting Early Numeracy) games each day to ensure that all students are on track in their numeracy learning.



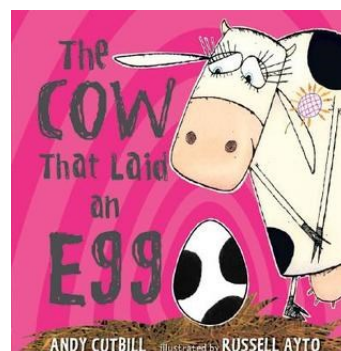
Tennis

The children were excited to play tennis this week on our newly refurbished tennis court. Our coaches Bianca and Lachlan will be joining us each week.



The Cow that Laid an Egg

The Junior class have been listening to 'The Cow that Laid an Egg' and writing recounts of the story. Here are some parts of our stories.



Marjorie was a plain cow and she couldn't ride her bike, but she laid an egg. She sat on her egg. Tap! Tap! She knitted some clothes for her baby. Her egg hatched and said 'mooo'! She named her baby Daisey. The other cows were sad. The farmer's wife called the town to come to their house because Marjorie is our best cow. She laid an egg. We just think the crafty chickens did it.

- Written by Leo (Kindergarten)

Marjorie felt bad. Marjorie felt bad because she could not do anything cool. In the night time the chickens hatched a plan. In the morning time the chickens had put an egg in the barn yard. Marjorie screamed, "I have laid an egg". All the other cows came to see Marjorie's egg, even the farmer was astonished. The wife of the farmer called the local news papers. People came from far far away to see Marjorie. *To be continued...*

- Written by Dante (Year 1)

Marjorie sadly watched the other happy cows play in the grassy paddock. When Marjorie and the cows went to bed the chickens hatched a plan. The chickens had an egg that they had laid another day. In the morning Marjorie woke up all the farmer's cows and chickens. Marjorie screamed with excitement, "I'VE LAID AN EGG", she squealed.

- Written by Amelia (Year 2)

Live Life Well @ School

COOK A HEALTHY TREAT

French Toast

with Berries and
Pistachios

www.MakeHealthyNormal.com.au



Ingredients:

- 2 eggs
- Light milk
- 1 tablespoon sugar
- ½ teaspoon vanilla extract
- 4 thick slices wholegrain bread (or 8 small)
- 1 cup raspberries
- 1 cup light vanilla yoghurt
- 1/3 cup roughly chopped unsalted pistachios.

Method

1. Beat eggs and whisk in milk, sugar and vanilla.
2. Soak bread in egg mixture one slice at a time and turn to coat both sides.
3. Heat a non-stick pan over a low-medium heat.
4. Pan fry bread for around 2-3 minutes each side until golden.
5. Serve with a dollop of yoghurt and top with pistachios and berries.

Tip: Serve with any of your favourite fruits

More recipes: www.makehealthynormal.nsw.gov.au



Developed by Northern Sydney Local Health District

Sleep and Screen Time: What does the research say?

It may seem like an easy form of entertainment and distraction, but tots and tech don't mix well. Research shows that high use of screen-based devices may be linked to cognitive delays and obesity in little ones. What's more, they can also impact a child's sleep. Children who spend a lot of time in front of a screen tend to go to bed later, take longer to fall asleep, and sleep fewer hours than those that use these devices less.

That lost sleep is significant - For every hour spent using a tablet device, infants and toddlers get about 16 minutes less sleep. Older children miss out on about 26 minutes of sleep nightly per hour spent on a device. It is recommended that infants get 12 to 15 hours of sleep a day, while 1- to 2-year-olds require 11 to 14 hours. Every missed minute matters!

To improve your child's chances for a good night's sleep, follow these three rules when it comes to screen-based devices:

1. Keep kids younger than 2 years away from touchscreens altogether, with the exception of video chatting.
2. Should you decide to introduce your child to screens after that age, look for apps and shows that will engage a child's mental and motor skills. Use the device together where possible!
3. Avoid screens the hour or two prior to bed time. Screen time may excite your child, and the blue light from the screen can suppress melatonin levels, delaying sleepiness.

