Principal: Ms Jan Rogers

28

Dear Parents,

We have had a very busy term but a very productive one. Our sporting teams have been involved in numerous sporting events with a great deal of success and our choir continues to prepare for their performances at the South Coast Performing Arts Festival at Eden next term.

Garden
The garden is coming along well with the first seedlings popping up this week. Dan continues to come for the rest of this term and for a few weeks at the beginning of next term. WE URGENTLY NEED SOMEONE TO STEP UP AND OFFER TO COORDINATE THE GARDEN AS OUR GARDEN SPECIALIST. We are now officially a Stephanie Alexander Kitchen Garden School and training is available for the Garden Specialist for four days this year, so support is available to the person who takes this on. Elyce Crawford our Kitchen Specialist is going to Sydney in July for her basic training and then will follow up with the advanced course in November.

A special thank you to the Bemboka Garden Club who donated a load of mushroom compost for our garden.

Reports
Reports will go home on Wednesday and interviews will be held in Week One of next term. Please make your booking at the Office. Teacher availability is listed elsewhere in this newsletter.

Thank you to students
I would like to thank the students this term for their commitment and effort towards their learning and their care of their school. It has been a pleasure to take them out to events and I feel very proud of their behaviour and representation of our school.

Audit
Our school had a full audit this week and I am happy to announce that we passed with a very positive report. My thanks to Ellen and Jenny for their efficient, competent and compassionate management of our office and reception. We are indeed fortunate to have such wonderful staff at Bemboka PS!

Holidays
Finally I wish you all a happy and safe holiday break and we look forward to your return on Tuesday 15th July.

Yours in education,
Jan

Bemboka School won the small schools athletics carnival at Candelo last Friday.

A great effort by all our students on the day. It was a great day enjoyed by all.

Happy Birthday to.....

Chloe & Henry who have their birthday in the holidays.
Class Round up……

PARENT TEACHER INTERVIEWS
Parent teacher interviews will be held in the first week of next term. Please ring the office to book a time to see your child’s class teacher.

Mr Moses is available:
Tues 15th July—between 8.30am—9.00am and 3.15pm—5.00pm.
Wed 16th July— Between 10.15am—12.00pm and 3.30pm—5.00pm
Thurs 17th July—Between 3.15pm—5.00pm
Interview for Mark will be 15 minutes per child.

Mrs Collins is available:
Tues 15th July—between 10am-12pm and 3pm-4pm
Wed 16th July—Between 8.30am—9am and 3pm—4pm
Thurs 17th July—Between 3pm and 4pm
Interviews for Julie will be 15 minutes per child.

Ms Rogers is available:
Tuesday 15th July Between 4.00pm – 6.00 pm
Wednesday 16th July between 4.00 pm - 6.00 pm
Thursday 17th July between 3.40 pm - 5.30 pm
Interviews for Jan will be 20 minutes per child.

SCHOOL GIRLS KNOCKOUT HOCKEY TEAM
The school girls hockey team will now be playing Bega Valley Public School next Monday 23rd June at Bega Valley Fields. They will play at 12pm. Parents will need to pick up their children from school at 11am and transport them to the field.
Go Bemboka!!

FOOTBALL KNOCKOUT v CENTRAL TILBA
Our school football team won their first knockout game against Central Tilba last Wednesday at Dalmeny 7-0. Congratulations Bemboka and thank you to all the parents who transported their children to Dalmeny and were there to support them. Our next game will be against Burrumbuttock or Ladysmith School.

TRAINING SESSIONS....
Wednesday Lunch—Girls Hockey
Thursday Lunch—School Football Team

PUBLIC SPEAKING WORKSHOP
Some students from Stages 2 and 3 will be attending a Public Speaking Workshop at Tathra Public School next Thursday 26th June from 10am to 2pm. Students will leave the school by bus at 9am.
Students will need to take writing equipment (ie pen or pencil).
A permission note will be sent home shortly.

GIRLS STATE HOCKEY CARNIVAL
Jasmyn & Carla have played 4 games so far. They lost to North West (1-0) and the Combined Independent Schools (3-4) yesterday but have had a win against Sydney East (2-1) and Mackillop (catholic schools 1-0) this morning. They play the other catholic team in their pool also today before going into the final playoffs tomorrow. They are having a great time at Narellan.
COMMUNITY NOTICES…..

School Banking
Every Wednesday at the school. For more information please contact Service One Members Banking on 64930422.

Philippines Appeal—Tacloben
Ludi Gerrey is collecting items to send to Tacloben which was hit badly by a cyclone last year. This village is struggling for supplies. If you have surplus sheets, towels, kitchenware etc please bring them to the school as a collection point and Ludi will organise shipment of these items to those in need. Thank you for your support.

Bandara Vacation Care Program
Let's have fun, arts and crafts, excursions and more.
Venue: Bega Valley Public School
Commencing: Monday 30th June – Friday 11th July 2014.
8:00 am – 5:30 pm (CLOSES at 5.00 on Friday 11th July 2014)

Please phone Bandara 6492 4360 for information about bookings and programs

Bemboka Permaculture Group
We meet on Wednesday 25th June at 7.00pm.
Our guest speaker will be Patrick Reubinson from Stroudover Cottage here in Bemboka.
Please contact David for details: Ph.0400 845 841

WANTED BY TOMORROW…..
We need donations of old newspapers for our school vegetable garden. Please supply as many as you can. All donations gratefully accepted.

Athletics Carnival action
Jyve is OK
Tips for parents

Choosing drinks for children...

Do you know?

- Children who regularly drink water and other waterbased drinks are more likely to be overweight.
- In N.S.W. 50% of year 5 boys and just under 40% of year 6 girls drink more than 450 ml of soft drinks each day. By age 17 these figures rise to almost 80% of boys and more than 40% of girls.

Water

Drinking water is the best way to quench thirst without getting the sugar and kilojoules found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters. Drinking water instead of sweetened drinks helps prevent dental problems and the fluoride found in tap water also helps children develop strong teeth and bones.

Milk

Milk is a good source of Calcium and is important for the growth of strong bones and teeth.

- Reduced fat or low fats should be encouraged for children under the age of two years. Reduced fat milks contain less of the same nutrients as full cream milks except they are lower in saturated fats and therefore in energy content.
- Children under two years of age should not drink reduced fat milks as they have higher energy requirements than older children.

Fruit juice

Most juice is often regarded as a healthy choice as it contains:

Vitamin C. However one small glass (250 ml) of most juices provide a child’s daily requirement for Vitamin C. More than this provides excess sugar and kilojoules that can contribute to weight gain.

A piece of fruit is a better choice than juice as it provides fibre.

Soft drinks, cordials and sports drinks

Regular soft drinks, cordials, sports drinks and flavoured mineral waters can contain large amounts of sugar and kilojoules. These drinks are not a necessary part of a healthy diet and should only be consumed occasionally – not everyday.

MERIT ASSEMBLY

A merit assembly will be held on Monday 23rd June at 2.30pm at the school.

SCHOOL HOLIDAYS

Students start holidays from Friday afternoon 27 June and return on Tuesday 15th July 2014.

THANKS FOR VOLUNTEERING.....

School Canteen Roster Term 2, 2014

23 June Gaye Alexander Claudia Tasche

Coming Events

23 June Girls Hockey Knockout V Bega Valley PS
25 June Merit Assembly
26 June Reports Home
26 June Public Speaking Workshop
27 June Last Day Of Term 2
14 July Staff Development Day
15 July Start of Term 3 for students