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2nd December 2022

Principal's Report



Welcome to our Term 4 Week 8 Newsletter.

I hope this newsletter finds everyone well and happy. We are looking forward to 10 days of important and fun school events at Barnier as we head very rapidly to the last day of term for students.

Last Day of Term 4

As announced earlier this term, the last day of the year for students is now Friday 16th December.



Celebrations of Learning

We are very much looking forward to our Celebrations of Learning assemblies next week. At these assemblies we recognise and acknowledge the wonderful achievements and talents of all our students. It is such a positive and memorable occasion for our students and their families. Parents are most welcome to attend in person. These assemblies are also on Zoom for parents and family members unable to attend on site.

Year 6 Camp

Our Year 6 students had a wonderful time at their Canberra camp thanks to the hard work, dedication and commitment of our teachers: Mr Whitney, Mrs Feltham, Ms Habib, Mr Sims, Mrs Hayhow, Mr Cheong and Mrs Housbey. These teachers gave up their personal and family time to ensure that our Year 6 students were able to enjoy and learn during their camp experience. Experiences like this do not happen without the goodwill of teachers.

Year 6 Farewell

On Thursday night, 9th December we will formally say farewell to our year 6 students at The Marsden. We are looking forward to a great night for our graduating students. We know that this will be an evening of happiness, joy and excitement but also a little sadness for those leaving Barnier after so many years and so many special friendships made. I wish all our Year 6 students my very best as they commence their journey through high school next year and into the future beyond school. We know that you will all have precious memories of your time at Barnier that will never leave you.

Barnier's Got Talent

We look forward to enjoying 'Barnier's Got Talent' again after Covid prevented this event happening in the usual way in 2020 and 2021. I'm always amazed at the high quality of the student performances at this important event! Special thanks to Miss Brindley for organising.


Student Reports

Student reports will be sent home with students on Wednesday 14th December. Please do not hesitate to speak with your child's teacher if you have any questions or concerns regarding the information provided to you in your child's report.

K-6 Presentation Assembly

Our K-6 Presentation Day is on Thursday 15th December. Parents of students who will be receiving special awards have been notified of this in writing. We look forward to a wonderful day celebrating the outstanding achievements of our students this year. We will also announce the 2023 student leadership team.

Parent Helper's Morning Tea

 I am looking forward to acknowledging and thanking all those parents who have assisted us throughout 2023 at a special morning tea at 10:30 – 11:15am on Monday 5th December in our school hall. Invitations have been sent but there have been times when people have not received their invitation due to lots of unintentional reasons. If you have helped our school in any capacity at all this year, please consider this to be your personal invitation to come a long and allow us to show our appreciation and gratitude of your time and energy.

Snacking – the new way of eating?

A grandmother at a school sports event expressed her amazement at the amount of food and drinks on offer.

Parents had packed bags full of biscuits, snacks, dried fruit and bottles of drink and the grandmother observed that some children never seemed to stop eating or drinking. She said her children would have used the school drinking fountains for water when they were thirsty and she always had a meal waiting for them when they got home. There was no between-meal snacking apart from an apple and a glass of milk or the occasional homemade biscuit when they got home from school and before they went outside to play. She never bought bottled drinks for them. How times have changed!



Parents now take it for granted that children need supplies of food and drink even for events that last only an hour or so. Snacks seem both mandatory and constant. Have we collectively decided as a culture that it is impossible for children to take part in any activity without simultaneously consuming food and drinks?

Children used to come home, change into play clothes and go outside and play with other children. There were no snack machines, and petrol stations only sold petrol. Now there are many more opportunities to snack and many activities after school to have snacks.

Food is everywhere now. Why, for instance, are snacks needed at every event, even those taking place at 10am or an hour before lunch? And, more often than not, children are holding snack food in hands that are sweaty and dirty after games without washing them first.

Hygiene, health, diet and cost are all factors in snacking.

Unsurprisingly, marketers have picked up on the snacking trend and supermarkets are well stocked with snack-size packets of mainly high-fat, sugary and processed foods. These involve more packaging and higher costs than buying similar items in larger packets but are, of course, convenient. They are targeted at parents, who are always looking for something to toss into the schoolbag for after-school time.

Fast-food restaurants are in on the act, and have begun to introduce their own mini-meals.

Of course parents don't want their child to go hungry but it may be time to think about the long-term outlook for the child who has every request for food met, whatever the time of day.

Many nutritionists believe the key is to end grazing.

The parents' job is to do the what, when and where of feeding. The children do the how much and whether of eating.

In order to have successful family meals, snacks have to be structured. Children who have been snacking before dinner won't want to eat the meal and will be hungry again before going to bed.

Snacks tend to provide less nutrition than a balanced meal of meat and vegetables.

Snacks between meals can quickly start to supplant the meals themselves.

Is this the way of the future – small amounts of food consumed throughout the day rather than sitting down to what our mothers used to call a 'proper meal'?

Or should we bring up our children to enjoy fresh water and fruit and to wait for their next meal rather than having to eat all the time?



And what example is being set for them by the adults in their lives? Are we as guilty of constant snacking and sipping?

Have a great fortnight, everyone!

Warmest regards,

Mandy Hollis

Principal

Stage 3 Camp

In Term 3 and Term 4, Stage 3 Barnier students had a jam-packed educational trip to Canberra, the national capital of Australia. The students were extremely excited and were given the opportunity to participate in a variety of educational programs with a focus on Australia history, culture, heritage and democracy. This included venues such as the Old Parliament House, Parliament House, National War Memorial, Australian Mint, National Gallery, Questacon, The National Arboretum and more.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed \$30 per student towards the cost of the excursion under the Parliament and Civics Education Rebate program. This enabled the school to reduce the cost of the excursion at the time of organisation. The rebate is paid directly to the school upon completion of the excursion.

Students displayed exemplary behaviour and represented their school proudly in the Australian capital. Stage 3 teachers hope all students had an amazing time and created memories to last a lifetime.



28 Fun School Holiday activities

© 2018 <https://themumeducates.com>



Visit the library

Play board games



Make an artwork for wall

Make play dough



Write someone a letter

Play hopscotch



Plant a plant

Invite a friend over

friends



FLy a kite

Read book to someone special



Do a science experiment

Make cupcakes



Make a thank you card

Go to the beach



Make a homemade pizza

Help cook dinner



Blow bubbles

Look at the stars at night



Go for a bike ride

Dance to music



Have a picnic

Colour in



Solve puzzles

Make sock puppets



Visit a museum

Visit a park



Ride on a bus or train

Feed the ducks at a pond



Learn to knit

Kick a ball around



Make an imaginary game

Create a sports tournament



Event Reminders

2022 - Term 4

Week 9

Monday 5th December

- Kindy Celebration of Learning

Tuesday 6th December

- Year 1 Celebration of Learning
- Year 2 Celebration of Learning

Wednesday 7th December

- Year 3 Celebration of Learning
- Year 4 Celebration of Learning

Thursday 8th December

- Year 5 Celebration of Learning
- Year 6 Celebration of Learning
- Year 6 Graduation Farewell

Friday 9th December

- Early Stage 1 Party Day
- Stage 2 Assembly

Week 10

Monday 12th December

- Stage 2 Party Day

Tuesday 13th December

- Stage 3 Party Day

Wednesday 14th December

- Stage 1 Party Day

Thursday 15th December

- Whole School Presentation
Assembly

Friday 16th December

- Last Day of Term 4
- Teacher VS Students
- Year 6 Final Farewell

Classroom News

5J

This term, 5J has had a great deal of fun learning about poetry. We have mastered the use of poetic devices to add excitement and interest to our poems. We can identify idioms, personification, similes, metaphors, and onomatopoeia in each other's writing too! It has been fantastic turning our poetry into amazing artwork



5N

have been doing great things in class! Our sport program this term is focused around inclusivity and opportunities for all. 5N played Volley-all, a game designed for people with disabilities to participate in Volleyball. Students had discussions about how the sport is different, and how modifications to sport can create fun games.



Enrol Today!

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Richard Johnson Anglican
Riverbank Public School
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With over 140 staff, we provide exceptional care for over **1,000 children** on a daily basis.

Contact us **today!**

**OUR MISSION
STATEMENT**

To engage our
**community with
empathy**



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We acknowledge the Dharug people who are the traditional custodians of the lands in which our services are located. We pay respect to the Elders past, present and emerging.

