



QUEANBEYAN SOUTH

P u b l i c S c h o o l

Be Respectful

Be Responsible

Be Safe

Delivering Quality Education and Fostering the Values of Safety, Responsibility and Respect.

We acknowledge the traditional custodians of the land on which this school stands as the first people of this country.

Snippets

Monday 2 July 2018

Principal's Report

Bunnings BBQ

A big thank you to all the parents and teachers who made their way to Fyshwick Bunnings on the weekend. Over \$1600 was raised for QSPS's 50 year celebration. A big thank you to Mrs Bunton, Mr Russell and the committee for such a great outcome.

NAIDOC Assembly

Tomorrow, Tuesday 3 July, we will be holding our NAIDOC Week Assembly. We would like to invite families and friends to join us for this wonderful celebration. The theme this year is "Because of Her We Can". Students will be working with this theme all week to honour and show respect to these vital women in our community.



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

School Holidays

This Friday 6 July is the last day for Term 2. I would like to wish our students and families a safe and happy holiday period. School starts back on for the students on Tuesday 24 July.

Adam Zanco
Principal

Diary Dates

Term 2

Week 10

Tues 3 July

NAIDOC Assembly - 11.45am

Parent Teacher Interviews

Wed 4 July

Round 4 PSSA Boys Soccer

Thurs 5 July

District Athletics

Parent Teacher Interviews

Term 3

Week 1

Tues 24 July

First Day of Term

Fri 27 July

Life Education Van

Week 2

Mon 30 July - Tues 31 July

Life Education Van

Week 4

Science Week

Week 5

Performing Arts Festival

Book Week

We would like to thank Bakers Delight, Queanbeyan for their continued support of the breakfast and lunch program.

Bakers Delight
We're for real.



Library News

I am looking forward to catching up on some wonderful reading over the school holidays. Make sure that you borrow your books this week so that you go on some fabulous adventures through your reading these holidays too.

You might also like to start thinking about your costume for the Book Week Parade. The parade will be held during Week 6. The actual day and time is yet to be confirmed. I hope to get to see you too, at our Bedtime Story Night. A wonderful night where you can come to school in your pyjamas with your parents and the rest of your family to listen to stories, share stories and have a hot chocolate and biscuits. This night will be held on Tuesday 28 August. A note will come home next term. Last year we had over 100 people come! Have a great break.

"There are many little ways to enlarge your child's world. Love of books is the best of all." - Jacqueline Kennedy

Sandy Swift
Teacher Librarian





BECAUSE OF HER, WE CAN!

8-15 JULY 2018

NAIDOC WEEK AT OUR HOUSE

Tuesday July 10, 2018

10 am – 2 pm

Parliament of NSW

**FREE FUN ACTIVITIES
ALL WELCOME!**

Join us for a fun day filled with activities for the whole family including: **Didge & Dance**, **Aboriginal Art & Crafts**, **Wiradjuri Language Workshops** and **Storytelling**. Join us for the whole event or just drop in for a little while.

Sausage sizzle on the day!

(\$3 per sausage sandwich)



This event is organised by the NSW AECG Inc.
in association with Parliamentary Education

Bookings not essential

For more information:

Phone: (02) 9230 2047

Email: dps.education@parliament.nsw.gov.au

www.parliament.nsw.gov.au

Parliament of New South Wales,

6 Macquarie Street, Sydney



Inclusive Social Program

Does your child:

- Have a disability?
- Have learning difficulties?
- Struggle in a group or social environment?

The Social Connection, in partnership with the Queanbeyan Whites Junior Rugby Union Club, have developed an inclusive program specifically targeted at individuals who:

- Find following a group plan challenging
- Require extra sensory and communication support
- Thrive in highly structured and predictable situations
- Find thinking flexibly a challenge

For more information please call:

Jonathan Oddy
Occupational Therapist
Ph: 0450 762 974
Email: oddywj@gmail.com



The simplest way

...to use shade!

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75 per cent!

There are plenty of different types of shade including trees, tents and shade sails. All of these provide good protection from UV radiation.



Remember to lead by example!

Children learn from adults around them so make sure that you are seeking out shade when you go outside. Encourage children to think about where the shade is and move throughout the day to stay safe.

For total sun protection, make sure that you Slip, Slop, Slap, Seek and Slide whenever the UV is above 3.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat.

Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.