



# Railway Town Public School Newsletter

The Best in the West

Term 3 Week 6

Ph: 08 8087 3008 Fax: 08 8087 7491

Email: [railwaytow-p.school@det.nsw.edu.au](mailto:railwaytow-p.school@det.nsw.edu.au)

School Web site: [www.railwaytow-p.schools.nsw.edu.au](http://www.railwaytow-p.schools.nsw.edu.au)

Monday 22<sup>nd</sup> August 2016

## What's On?

**Mon 22<sup>nd</sup> Aug** – Book Week & Eisteddfod 9am-12pm

**Fri 26<sup>th</sup> Aug** – Book Week Parade

**Tues 30<sup>th</sup> Aug** – Softball Clinic

**Thurs 1<sup>st</sup> Sept** – Fathers' Day Stall

**Fri 2<sup>nd</sup> Sept** – Softball Gala Day

**Fri 9<sup>th</sup> Sept** – Barrier Athletics Carnival

## Engine Driver's Message

The Eisteddfod was held today with both Junior and Senior Choirs completing against other local schools. Students were very excited in the lead up to this event. Both choirs are performing well and the combined choir with Broken Hill Public was very impressive. Thank you to Jane Vaughan for conducting our choirs.

It was a very proud week at Railway Town Public last week with staff being very excited about our NAPLAN results. We have shown growth in all areas in both Years 3 and 5. Students should be very proud of their achievements and learning. This just goes to show that all the great programs we have running at Railway Town are supporting students' success.

We are in desperate need of volunteers for our fete that is being held Friday 14<sup>th</sup> October. This is a major fundraising event for our school and is a great afternoon for all involved. If you are able to help for a couple of hours from 3.30 it would be greatly appreciated.

After a meeting with our Home School Liaison David Deacon we reviewed our attendance data. We need to ensure that students are coming to school every day to support their learning. Please ensure that you contact the school using our app, sending in a note or ringing the school if your child is away.

I will be out of the school for 2 days and Miss Liz Gleeson will be in charge. I look forward to hearing of more success stories from the students of the Best School in the West!

Have a great week!

Ruby Church  
Relieving Principal

## REMINDERS

- **Stage 2 Excursion to the Adelaide Hills**, please pay your deposits and we welcome regular payments.
- **Don't forget if you would like to help at the Fete** please contact the P & C or go into the front office and see the ladies there and let them know.



### Live Life Well @ School

Railway Town has started implementing the Live Life Well @ School program. It is a joint initiative between the NSW Department of Education and NSW Ministry of Health to:

- get more students, more active, more often
- focus on healthy eating habits.

Live Life Well @ School assists schools to:

- develop whole school strategies that support physical activity and healthy eating
- improve the teaching of nutrition and physical education through a focus on PDHPE programs
- foster community partnerships that promote and support whole of school strategies
- provide opportunities for more students to be more active, more often.

Each week we hope to include useful healthy information to the newsletter to assist with healthy living.



### Let's Move

<https://www.schoolsplus.org.au/projects/lets-move/>

You can also access through our Facebook page

Target: \$10 526.32

Amount raised to date: \$670

Supporters: 10

# Classifieds

## ASSEMBLY AWARDS

*KR* – Billy Siemer, Angelina Bloomfield

*1/2C* – Nina Hannan, Kyia Dumbleton

*1/2G* – Lily Pascoe, Rhys Pitt

*3/4W* – Kiarah Halliday, Ella King

*4/5M* – Kenneth Lohmann, Crystal Nichols

*5/6H* – Kiarra Bloomfield, Gracelyn Edge

*ML* – Morgan Langdon

*Library* – Liam Watson

*Principal* – Sherrill Curtis, Jack Camilleri-Fuller

*Class of the Week* – *KR*, *3/4W*, *4/5M* & *ML*

## CAUGHT BEING GOOD

*KR* – Deacon King

*1/2C* – Macie Trembath

*1/2G* – Rhys Pitt

*3/4W* – Lillian Singleton

*4/5M* – Makenzie Hannan

*5/6H* – Cooper Wielozynski

*ML* – Cameron O'Reilly

## Book Week

The theme for Book Week 2016 is ***Australia - Story Country***. Book Week begins on Monday the 22<sup>nd</sup> of August. Miss Vaughan has lots of activities planned throughout the week. The finale will be Friday 26<sup>th</sup> August which will be Dress-up Day. The theme is a character from your favourite story or dress to the theme.



## Home Reading Awards Congratulations!

### ***100 Nights***

Chloe Craker

### ***175 Nights***

Rehaan Uddin

Maddie O'Neill

Mia Dyson



## ***Assembly***

Assembly will be held Friday following the Book Week Parade at 12:30pm. This week it will be conducted by Miss Vaughan and the Library Monitors. All welcome.

## Father's Day Stall



The Railway Town P&C will be holding a Father's Day stall on:

**Thursday 1st September 2016**

If your child would like to purchase a gift/s please send along money on the day. There will be a variety of items available ranging in price from 50c to \$5



## Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.



## Why is breakfast important?

- children who miss breakfast are often reported as having poor behaviour and poor concentration
- children who miss breakfast are often unable to meet their daily nutrient requirements
- children who miss breakfast are more likely to have a greater risk of being overweight or obese
- eating breakfast helps children learn and establish healthy eating habits early in life.

## No time for breakfast?

Try some of these quick breakfasts children can enjoy “on the go”.

- reduced-fat yoghurt, or a yoghurt drink.
- reduced-fat milkshake
- healthy cereal in small plastic bag (a small carton of milk can add a calcium boost)
- slice of banana loaf or other low fat fruit loaf.
- milk on cereal or a tub of yoghurt at breakfast
- cheese on crackers after preschool
- fruit smoothie as a drink
- custard and fruit or as dessert.



## Breakfast provides brain food

Eating breakfast each morning improves children's learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:

- ✓ wholegrain cereals and reduced-fat milk
- ✓ baked beans on wholegrain toast and a glass of reduced-fat milk
- ✓ fruit smoothie and toast
- ✓ toast topped with cheese and sliced tomatoes
- ✓ egg on toast with a glass of reduced-fat milk
- ✓ wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- ✓ reduced-fat yoghurt, fruit and raisin bread
- ✓ fruit salad and yoghurt.



Serve breakfast with a glass of water or milk to get children hydrated.



## Eisteddfod 2016

