

Chillingham

Public School



SUCCESS THROUGH TEAMWORK



18 June 2020

Hot chocolate – YUM !

Hot chocolates were a huge success yesterday... with 19 ordered. I think the marshmallows on top were the best sellers.

We will do this again next week.. BUT it will be on Thursday instead of Wednesday.

REMEMBER to bring your \$1.



IMPORTANT DATES

1 July

Sports day at Chillingham sports oval

3 July Friday

Student Reports go home
Last day of Term 2

VISION STATEMENT

Our students are happy, literate lifelong learners. We empower them with the knowledge, skills and confidence enabling them to make a positive contribution to society. Chillingham Public School is a great school. Join us.

Running Club is up and running!

All students are taking part in the running club on Tuesdays and Thursdays before school. They are running around the school grounds as many times as they possibly can.



always REMEMBER
YOU ARE BRAVER
THAN YOU BELIEVE
STRONGER
THAN YOU SEEM
SMARTER
THAN YOU THINK
AND LOVED
-MORE THAN YOU KNOW-

From the Principal's Desk

Wow only 2 weeks left of this term! We are all looking forward to the holidays.

I have attached a letter to this week's newsletter regarding COVID-19, please take the time to read it and if you have any concerns or questions ring the school.

This week we had our first school assembly, running club (here at school) and an afternoon of play at Chillingham sports fields. All of these will continue until the end of term. The students enjoyed the open space at the sports fields and are very enthusiastic about running club on Tuesday and Thursday mornings.

The first 'Hot Chocolate' Wednesday, run by the SRC and Mrs Mason was a huge success as you can see from the front page of the newsletter. NOTE just for next week 'Hot Chocolate' will be on Thursday not Wednesday.

Thank you to those who returned the 'Two Stars and a Suggestion' sheet, your feedback is greatly appreciated.

REPEAT Student reports will go home on Friday 3 July. Semester 1's reports have been adjusted in recognition of the many changes encountered during these last two terms: whilst in the virtual school, learning from home, staggered return to school and again back to full time face-to-face learning. The report focusses primarily on the learning undertaken in English and Mathematics, as per the Department's requirements. Other Key Learning Areas may also be included in the general comment. Attitude and effort are always a priority as they underpin each student's progress and are included for each area of assessment.

We will be holding parent teacher interviews at the beginning of Term 3.

Vicki Roach
Principal



Happy Birthday

*Cooper for today and Indi A.
for Sunday 21 June.*

On a Board"



Merit Award recipients

Lily, Luke, Marley, Tahlia, Caleb E., Timana

Beeeeees Knees recipients

Grace, Lily, Zoe, Bejay and Sapphire



Canteen / P&C Notice Board

The next P&C meeting is to be announced

CANTEEN ROSTER

Friday 19 June

Volunteer: Erika

Cake: Erika, Carly & Simone

Friday 26 June

Volunteer: Zen

Cake: Zen, Lauren & Laura

AUSTRALIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUNG PEOPLE (5 TO 17 YEARS)

AN INTEGRATION OF PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR, AND SLEEP

PREAMBLE

These guidelines are relevant to all apparently healthy children and young people irrespective of gender, cultural or linguistic background, geographic location, or the socio-economic status of the family. Children and young people are encouraged to live an active lifestyle with a daily balance of physical activities, sedentary behaviours and sleep that supports their healthy development. These guidelines may be appropriate for children and young people with a disability or medical condition; however, a health professional should be consulted for additional guidance.

Children and young people should participate in a range of physical activities in a variety of environments (e.g. home/school/community; indoors/outdoors; land/water) and contexts (e.g. play; recreation; sport; active travel; hobbies; jobs). Limited time should be spent sitting. For recreational sedentary screen time, establish consistent boundaries (e.g. duration; content; quality). When using screen-based electronic media, positive social interaction and experiences are encouraged. Children and young people should establish and maintain healthy sleep patterns; this includes having a consistent bed time routine, avoiding screen time before sleep, and keeping screens out of the bedroom.

Following these guidelines is associated with better body composition, cardiorespiratory and musculoskeletal fitness, cardiovascular and metabolic health, academic achievement and cognition, mental health and quality of life, emotional regulation, and pro-social behaviours. Adhering to these guidelines may be challenging at times; however, the benefits of following them far exceed potential harms. For those not currently meeting these 24-hour movement guidelines, a progressive adjustment toward them is recommended.

These guidelines were informed by the best available evidence, expert consensus, stakeholder consultation, and consideration of values and preferences, applicability, feasibility, resource use (cost) and equity. More details on the guidelines, including the background research, and their interpretation and guidance on how to achieve them, are available at www.health.gov.au.

GUIDELINES

For optimal health benefits, children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities;
- Several hours of a variety of light physical activities;
- Limiting sedentary recreational screen time to no more than 2 hours per day;
- Breaking up long periods of sitting as often as possible;
- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years; and
- Consistent bed and wake-up times.

Activities that are vigorous, as well as those that strengthen muscle and bone should be incorporated at least 3 days per week.

For greater health benefits, replace sedentary time with additional moderate to vigorous physical activity, while preserving sufficient sleep.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

ADVERTISING



Joey's Nest
 Australian Native Flower Specialist
 Weddings & Events
 Jo Carey
 0401 927 201
 joey222@icloud.com
 www.joeysnest.com.au

**The Laser, Skin &
 Beauty Specialist**

Beauty Salon
 Chillingham

Offering
 IPL/Laser Permanent hair Reduction
 IPL Pigmentation Removal
 Diathermy/Capillary removal
 Cosmetic Tattooing
 Waxing
 Tinting
 Nails
 Facials

Ph Kathy for appointment
 0427 047 138 02 6679 1054



Hair on Hopkins
 Fully Equipped Home Hair Salon

Ladies cuts from \$30.00
 Men's cuts from \$15.00
 Kids cuts from \$10.00

Colours From: \$45.00
 Foils from \$50.00 (1/4 head)
 Toner from \$20.00

My name is Megan and I have been a hairdresser for over 20 years. I set up my salon here in Chillingham after selling my business at Tweed Heads which I owned for over 10 years.

Now that all my children are at school I feel it's time for me to expand my clientele. I offer a professional friendly service in a private air conditioned room.

I use only industry professional products, with my passion being hairdressing. I look forward to seeing you soon.

Contact Me:
 0429 833 234

98 Hopkins Creek Road, Chillingham



BALANCED TREE CARE
 DAVE WARNE

Cert III Arborist Specialising in Tree Pruning
 Removals and Tree Planting

Mob: 0488 065 641 | Email: dvarne.arb@gmail.com



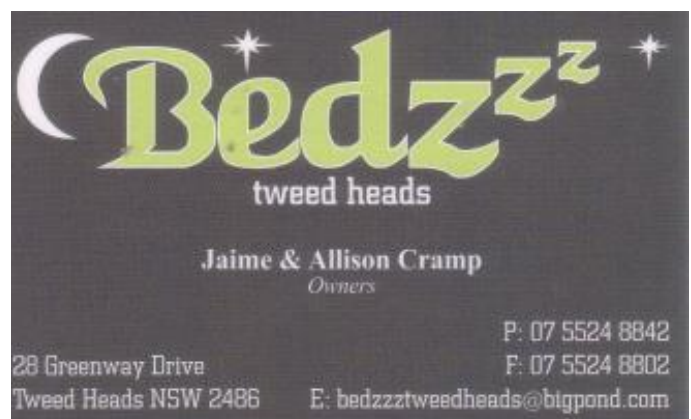
BLOOMWELL OT Mobile Paediatric Occupational Therapy NDIS Registered Provider

Supporting children up to 17 years old

- Fine and gross motor skills
- Cognitive skills
- Emotional skills / management
- Social skills
- Sensory processing
- Visual motor skills
- Visual perception
- Toileting and self-care

Servicing Regional Tweed Valley south to Ocean Shores & west to Kyogle
 Call us and discuss how we can support you.

Jane Ganser – Bach Occ. Therapy, AHPRA Registered, Member OTA
 Email: jane@bloomwell.com.au Mobile: 0428 422 346
 Web: www.bloomwell.com.au



Bedzzz
 tweed heads

Jaime & Allison Cramp
 Owners

28 Greenway Drive
 Tweed Heads NSW 2486

P: 07 5524 8842
 F: 07 5524 8802
 E: bedzzztweedheads@btgpond.com