

# Chillingham

## Public School



SUCCESS THROUGH TEAMWORK



30 July 2020

### K/1/2 celebrate 100 days at school this year.

Wow! Mrs Ward has worked us so hard in that 100 days, we're feeling like we ARE 100 years old! It was a busy day counting to 100 several different ways; doing 10 different fitness activities and eating 100 (not quite) party treats while we turned 100 into a variety of different pictures - monster trucks being the most popular. Naturally being 100 we needed some 'designer' glasses to see our work.

Mrs Bergquist helped us 'visualise' how we might look when we are 100 years old. Make sure you read the students' predictions about their future lifestyle when you come to Book Fair next week.

Can you guess who I am? See page 4 to guess the rest.



### IMPORTANT DATES

#### **Week 3 – Mon 3 to Fri 7**

Education Week  
Book Fair

#### **Tuesday 4 August**

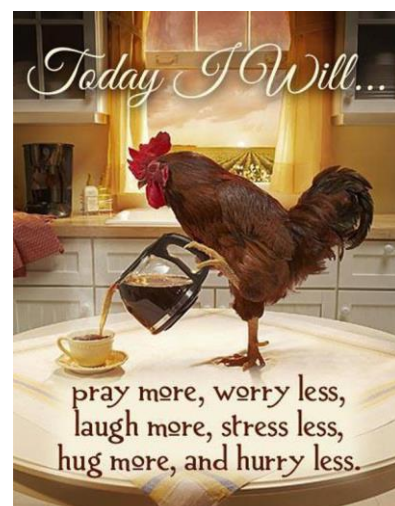
Yr 6 Orientation Day at  
Wollumbin High School

#### **Thursday 13 August**

P&C meeting 1.30pm

### 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.



## From the Principal's Desk

We are back to beautiful weather. The weekend rain was a welcome relief for all our farmers.

What a great first week back we've had. Everyone is settled and focused on a great learning term.

Please continue to be vigilant with your child/ren's health. Thank you to those who have been keeping their child/ren home when they have not been feeling well. 'We have a flat curve'.



I would also like to thank parents for adhering to the carpark situation. It is looking a lot safer and easier at the moment.

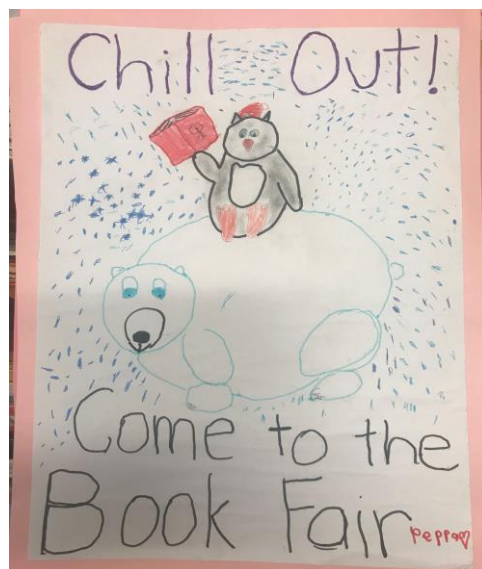
Parent teacher interviews are going well. If you have not been able to see any of the teachers you needed to this week, can you please phone the school so we can find a time to see them.

A NRL sporting program will commence this Friday, 31 July. This is financed by the Sporting Schools Grants. The program will run for the next 4 weeks. Mrs Mason is vigilant in securing these sporting programs for our students – thank you Mrs Mason

Education week is next week. The theme is 'Learning Together' something we have all done this year with our virtual schools. Student works will be displayed throughout the school and the Book Fair will be starting on Monday, 3 August, and will run all week. Please make your way to the library whenever you can during the week. If Mrs Mason is not in the library, please head over to Mrs Window and she will support you to purchase your books. We will be accepting cash on the day of the sale otherwise you can pay online. We are super excited to be running the Book Fair and thank you, in advance, for the new books we can purchase for the library because of your support. Please spread the word to all in our community. Everyone visiting the Book Fair will need to sign in, so thank you also for your cooperation with this.

### BOOK FAIR PROMOTIONAL POSTER COMPETITION

Thank you to all students who submitted their promotional posters for next week's Book Fair. The competition was stiff with teachers having a very difficult time deciding on the winners. The three winners will be presented with their \$15 vouchers at Monday's assembly



A reminder from the SRC- hot chocolates started this week and will be on-going, every **Wednesday** until the end of term. - \$1.00 per cup!

The Year 6 students will have their orientation day at Wollumbin High School on Tuesday 4 August. An information sheet and permission note is attached for those students.

### Student Banking

Student banking has commenced again! Bring your bank books to the office on Mondays for Mrs Window to process.

Book club is due on Monday 3 August, however given that the book fair is happening it may be wiser to look for the books you want there.

Vicki Roach,  
Principal



# Happy Birthday

*Henry R-N for tomorrow 31 July  
and Grace for 5 August*

## Canteen / P&C Notice Board

**The next P&C meeting is Thursday 13 August at 1.30pm**

Sushi orders need to be at the school office before 9.30am on THURSDAYS. Order forms can be found in Mrs Ward and Mrs Roach's classrooms or from the office.

We are looking for a canteen volunteer for the last day of this term, if you are able to help can you please contact Mrs Window.

Mrs Window has attached invoices for those who still owe money to the canteen from last term. Please send the money along tomorrow Friday 31 July.

### CANTEEN ROSTER

**Friday 31 July**

**Volunteer: Karen**

**Cake: Karen, Natasha, April**

**Friday 7 August**

**Volunteer: Erika**

**Cake: Erika, Chrissy and Kelly**

## Sleep and Screen Time: What does the research say?

It may seem like an easy form of entertainment and distraction, but tots and tech don't mix well. Research shows that high use of screen-based devices may be linked to cognitive delays and obesity in little ones. What's more, they can also impact a child's sleep. Children who spend a lot of time in front of a screen tend to go to bed later, take longer to fall asleep, and sleep fewer hours than those that use these devices less.

That lost sleep is significant - For every hour spent using a tablet device, infants and toddlers get about 16 minutes less sleep. Older children miss out on about 26 minutes of sleep nightly per hour spent on a device. It is recommended that infants get 12 to 15 hours of sleep a day, while 1- to 2-year-olds require 11 to 14 hours. Every missed minute matters!

To improve your child's chances for a good night's sleep, follow these three rules when it comes to screen-based devices:

1. Keep kids younger than 2 years away from touchscreens altogether, with the exception of video chatting.
2. Should you decide to introduce your child to screens after that age, look for apps and shows that will engage a child's mental and motor skills? Use the device together where possible.
3. Avoid screens the hour or two prior to bed time. Screen time may excite your child, and the blue light from the screen can suppress melatonin levels, delaying sleepiness.

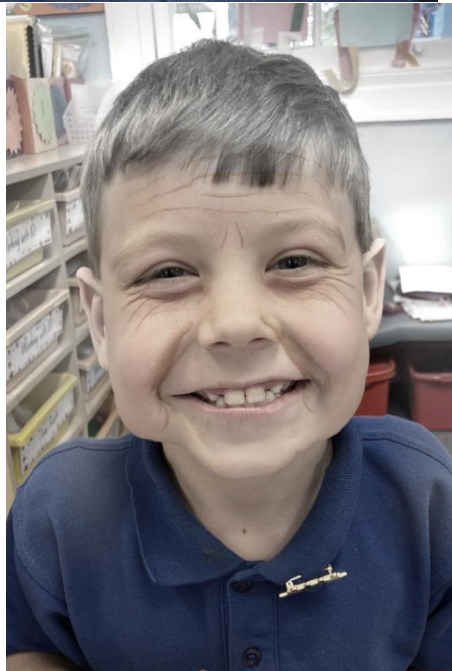




Can you guess who I am?









# ADVERTISING



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 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


Simone Ryan  
 Contact: 0439 454 334

**Mobile  
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Based in Chillingham



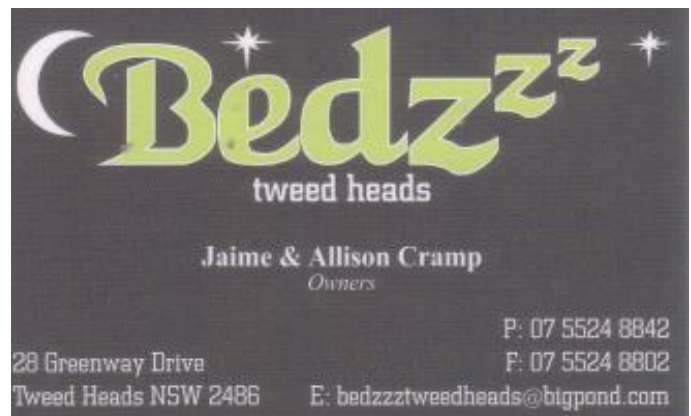

## **BLOOMWELL OT** Mobile Paediatric Occupational Therapy **NDIS Registered Provider**

### **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](mailto:jane@bloomwell.com.au)    Mobile: 0428 422 346  
 Web: [www.bloomwell.com.au](http://www.bloomwell.com.au)



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 tweed heads

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