

Up & Coming Events Term 1

Week 5

Tue 26 Feb-

High School
Orientation

Fri 1 Mar—Clean
Up Australia Day
at school

Week 7

Fri 15 Mar—
Crazy Hair Day for
Leukaemia

Foundation

P & C News

Week 6

Thur 7 Mar—
AGM & General
meeting—5.30pm
in the school
Library. All
Welcome.

The more
that you read,
the more things
you will know.
The more that you
learn,
the more places you'll go.



Term 1 Week 3

Monday 11 February 2019

District Swimming

Well done to Luke, Jack, Ryan, Jasmine, Liam and Charlee-Rose for their participation in the District Swimming Carnival that was held at Alstonville today. Thank you to Mrs Marriott and the other parents and carers that went along to support them today.



AWARDS WEEK 3 TERM 1

Merit Awards: *Isabella—For not being afraid to try new things*

Joseph—For learning to embrace challenges & discover new things

Imogen—For her high level of engagement & achievement in all her learning areas

Jovana - For a positive approach to her new role as School Captain

Charlee-Rose— For actively extending herself in all areas

Luke—For positively & effectively embracing his role as a School Leader

Student of the week: *Luke*

Moving into Year 7 2019

Students in Year 6 will be attending an Orientation Day at their zoned high school on Tuesday 26th February between 10am & 2pm, which for Wyrallah Public School is Lismore High School. A flyer with more information is on the back page of this newsletter and notes will be sent home in the near future.

Student Attendance

In NSW it is law that children between the age of 6 and 17 attend school each and every day that school is open (unless they have left school for work). To support this expectation our school sends emails and/ or text messages to advise of unexplained student absences. All absences need to be explained within ONE week of the absence or it is deemed unjustified. Attendance records cannot be adjusted after this week so all parents/carers are asked to notify the school promptly of reasons for absences. Sending in notes may at times explain an absence, but the explanation may not be considered as justifiable. Habitual absences, unexplained or unjustified absences, can be cause for child well-being concerns to be considered. Where such a concern is raised referrals to appropriate agencies may be required. Please support and encourage your child to have a positive relationship with school, which includes high levels of regular attendance.

Facebook

If you are a parent or carer on Facebook please remember to like our Facebook page. We regularly share photos and posts about what our students are having such a wonderful time doing.

School Facebook: <https://www.facebook.com/pg/WyrallahPublicSchool>

Life Education

All of the students had a thoroughly enjoyable and educational time during last weeks Healthy Harold visit.



Healthy lunchboxes

Healthy lunches and snacks are important for active children. It is most important to offer healthy lunch box choices. Tips include fresh fruit or vegetables which can be eaten during our Crunch & Sip time, a combination of protein, dairy and carbohydrate foods. Eating healthy food helps children concentrate and learn.

Encourage your children to help with this process. They can help choose and/or prepare their own lunches, or they might help you make a list of the foods they enjoy. Please remember that the students have access to a fridge to keep their lunches cold.

This link has lots of helpful information and a lunchbox builder which contains recipes etc—

<https://healthylunchbox.com.au/healthy-lunch-box/>

Zucchini and cheese hashbrown cups

 LEFTOVERS FOR LUNCH BOXES



Makes: 12
Serves: 12
Preparation time: 10 minutes
Cooking time: 30 minutes



Ingredients

Olive oil spray
500g potatoes, peeled, grated & liquid squeezed out
2 tbsp olive oil
Pinch of salt
Freshly cracked pepper to taste
6 eggs
4 egg whites
¼ cup reduced-fat cheddar, grated
2 zucchinis, grated & liquid squeezed out
4 spring onions, diced
1 cup frozen peas

Method

Pre-heat the oven to 200°C. Liberally spray a standard 12-cup muffin tin with olive oil spray.

In a large bowl, combine the potato and olive oil. Add a pinch of salt and pepper. Divide the mixture evenly into the muffin cups and press firmly into the bottom and up the sides to form a well. Bake for 15-20 minutes or until the edges turn golden.

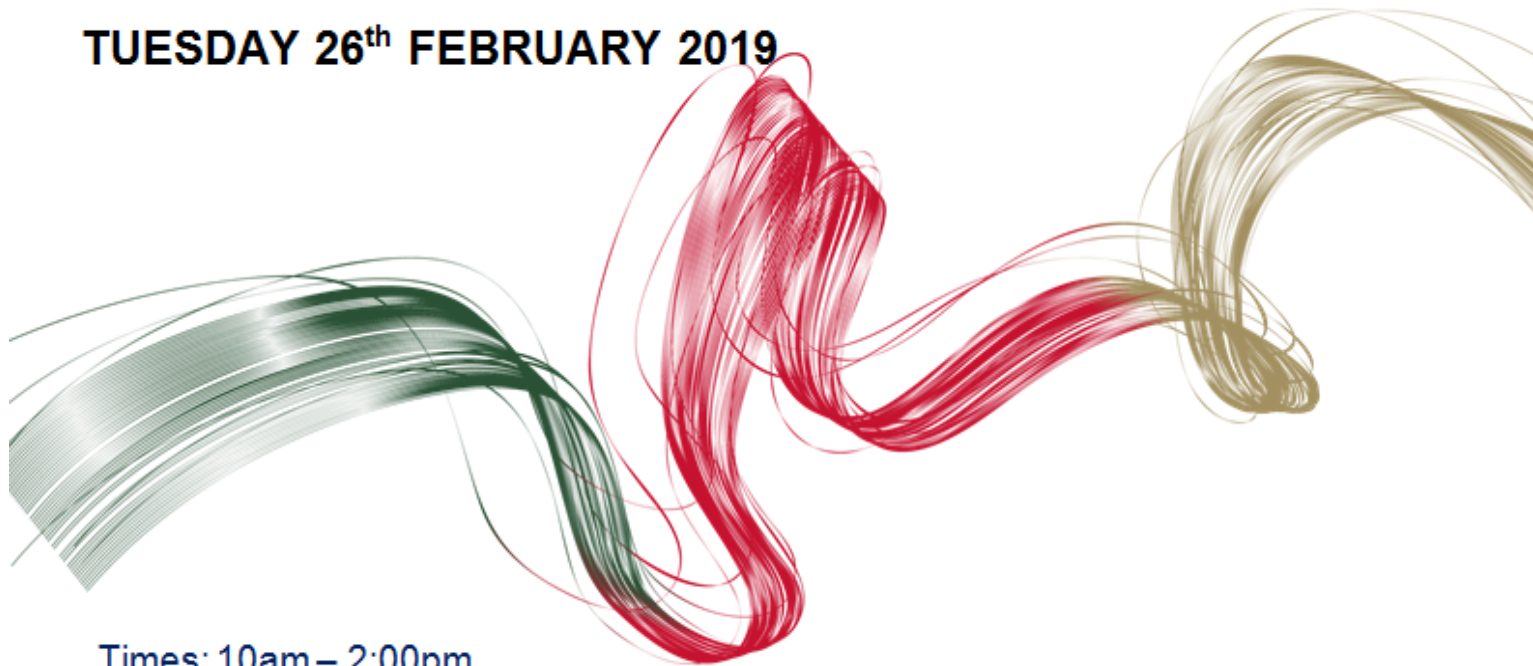
In a separate bowl, whisk together the eggs and egg whites. Add the cheese, zucchini, spring onion and peas and mix to combine. Once the hashbrowns are cooked, remove from the oven and slowly pour the egg mixture into each cup. Return to the oven and cook for 15 minutes or until the eggs are set.

Run a knife around the outside of each cup and ease them out of the tin.



YEAR 6 TERM 1 ORIENTATION DAY

TUESDAY 26th FEBRUARY 2019



Times: 10am – 2:00pm

Venue: The Rivers Secondary College Campus that Year 6 are zoned for 2020.

Purpose: To provide Year 6 students with the opportunity to experience a day at High School early in the school year.

Details: The event is run as an excursion by our partner Primary Schools

A variety of activities will run during the day that may vary a little from campus to campus. Each principal will provide activity details to the schools coming to their campus.

We look forward to welcoming you to The Rivers Secondary College.



