



BRUNGLE PUBLIC SCHOOL

NEWSLETTER

Gadhaang Galingabangbur Yalbiligirri – Happy Children Will Learn

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Term 3 Week 2

1 August 2019

Principal's Message

Dear Parents and Carers,

Lantern Making

We were thrilled to host a lantern making day on Monday for this year's Lanterns on the Lagoon (held on the first Saturday of the school holidays). Visiting students from Adelong PS and Gadara worked with artist Cassandra Bossell from Sydney. She was delighted to show some of our older students how to construct a fish from cane and paper it for this festival. Congratulations to those who participated to make a fantastic creation!

We need your Help

Although students have been at school for the past six months this year, we are noticing a recent trend. Our students are **overtired** which is having a huge impact on their ability to learn, retain information, complete learning challenges or socialise in a positive manner. This newsletter contains a chart to help parents and carers to make an informed choice regarding regular bedtimes. Another helpful attachment is Sleep Help Facts and recommended screen time before bed. The National Sleep Foundation also recommends a consistent bedtime routine.

This could include a pre-bedtime bath or shower and a good book. But whatever you choose to incorporate into your bedtime routine, know that a regular routine can set you and your children up for success.

How much Regular Sleep is Needed?

- Infants from 4 to 12 months should get 12 to 16 hours of sleep (including naps)
- Children 1 to 2 years old should get 11 to 14 hours (including naps)
- Kids 3 to 5 should get 10 to 13 hours (including naps)
- **5 year olds 10 to 12 and a half hours**
- **6 year olds 10 to 11 and a half hours**
- **Children 7 to 12 year olds should sleep 9 to 12 hours a night**
- **Teenagers should get from 8 to 10 hours of sleep a night**

We do understand the odd night might be a late one when you have visitors or special events. Regular disruption to healthy sleep patterns is detrimental to the health of our young Australians.

Annette Hartley
Relieving Principal

Coming Events

TERM 3 - 2019

Week 3 **EDUCATION WEEK**

Tues 6 August - EDUCATION WEEK
CELEBRATIONS - 11:30am OPEN
CLASSROOMS - 12 midday TREE
PLANTING - 1:00pm HOT LUNCH -
2:00pm ASSEMBLY

Wed 7 August - Wiradjuri Language

Thurs 8 August - Ed Centre visit
Murrumburrah PS

Week 4

Wed 7 August - Year 6 Tumut High
Transition 9-11

Please also send in fruit or vegies for fruit break. As fruit is to share for all students to enjoy, this needs to happen on a regular basis when possible.

Thank you to the parents who already do so.



Your kids love fruit break



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PLEASE REMEMBER
TO MAKE REGULAR
PAYMENTS ON YOUR
CHILDREN'S JACKETS



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website healthylunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](http://healthylunchbox.com.au) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthylunchbox.com.au

Please join us on the day to celebrate your child's education – family, friends and community members all welcome!



Ed. week
Aug 5th - 9th
2019

Every student,
every voice.

education.nsw.gov.au/education-week
#EdWeek19

BRUNGLE
PUBLIC SCHOOL

NSW
GOVERNMENT

WORK TO ACHIEVE

Education Week Celebrations

Tuesday 6th August

Please join us in the winter sunshine for the following activities:

11:30am – Open Classrooms come and see your child's classroom learning.

12:00 midday – Tree Planting
Our National Tree Day activity

1:00pm Lunch – join us for a delicious hot lunch

2:00pm – Education Week Assembly

national tree day
PLANETASK TOYOTA



Lantern Making Workshop

