



# THE ECHIDNA

Afterlee Public School Ph 66333163 Email [afterlee-p.school@det.nsw.edu.au](mailto:afterlee-p.school@det.nsw.edu.au)  
Term 1 Week 4 Thursday 19th February 2021



## Important Dates to Remember

**Weeks 4-9 Fridays are swimming days.**

**Week 5 and 6- Parent Teacher information and Goal setting meetings— Make an appointment at your earliest convenience.**

**Week 6— Clean up Australia Day— Friday 5th March**

**Week 7— COLOURSS Disco 5:30 pm— 7pm @ Wiangaree Hall**

**Week 8— Harmony Week Friday 19th March— Dress in Orange for Harmony week and anti bully day.**

**Week 9— practice NAPLAN online**

**Week 10— Science Excursion to Dorrroughby Environmental Learning Centre.**

**ASIA Day—Wed 31/3 dress up day at school**

## From the Principal's Desk

This term is flying by, with Week 4 nearly over. We are super excited to welcome 2 new students, Aya and Huxley, to Afterlee. That brings our grand total to seven beautiful souls. We are so lucky to be in such a great position to explicitly meet the needs of every student.

Students have been learning about living things and their requirements in science. In geography, they are learning about the oceans, countries and continents of our world, including cultural diversity. Sounds Write continues with one on one lessons targeted at individual student's levels and mathematics support is also individualised.

Swimming begins this Friday and students will be picked up from the pool at 2:45 by most parents. Thank you so much to all the parents who responded very quickly with their permission notes and availability to pick up. We are thankful not be chasing up permissions at the last minute.

This term is a busy one. Please ensure you look over our calendar over the page and keep this on your fridge or notice board.

We wish Peppa and Juliet the best of luck when representing our school and the COLOURSS schools at the Zone swimming Carnival in Alstonville, Thursday next week. Go girls!

Unfortunately, I am out and about quite a bit over the next few weeks with Principal's meetings, planning days and professional learning. The only consolation is that hopefully I will be able to do my job even better in future as a result.

I would love to sit down with parents over the next few weeks and look at Individual Education Plans and Goal setting. Rather than overwhelm you with possible dates I'd prefer to arrange meetings more flexibly depending on your needs and my schedule. Thursdays are generally not feasible, nor Friday afternoons but please ring or organise an appointment at drop off and pick up.

Once again thanks everyone for a great start to the school year.

**Regards Kirsty Kelly**



Science plant experiment with marigolds

# Term 1 Calendar Weeks 4-10

Term 1 2021	Monday Mrs Kelly Miss Bendall Mrs Tessmer Wendy	Tuesday Mrs Kelly Judy	Wednesday Mrs Kelly Miss Fish Wendy Judy Wayne	Thursday Mrs Kelly Miss Fish Judy	Friday Mrs Kelly Miss Fish Wendy
Week 4	15th Feb Library & Music Day	Sounds Write	Sounds Write	Sounds Write Big Write– Life cycle of frogs	Sounds Write Swimming 1:30-2:45 Pick Up from Pool
Week 5	22 Feb Library & Music Day	Sounds Write	Sounds Write	Sounds Write Big Write– Narrative Peppa and Juliet represent at Alstonville Zone Swimming.	Sounds Write Swimming 1:30-2:45 Pick Up from Pool
Week 6	1 Mar Library & Music Day	Sounds Write	Sounds Write	Sounds Write Big Write– Narrative	Sounds Write Swimming 1:30-2:45 Pick Up from Pool <b>Clean Up Aust Day</b>
Week 7	8th Mar Library & Music Day	Sounds Write	Sounds Write COLOURSS Disco @ Wiangaree Hall	Sounds Write- Big Write– Narrative	Sounds Write Swimming 1:30-2:45 Pick Up from Pool
Week 8	15th Mar Library & Music Day <b>World Womens Day</b>	Sounds Write	Sounds Write	Sounds Write Big Write– Narrative	Sounds Write <b>Wear Orange</b> Swimming 1:30-2:45 Pick Up from Pool
Week 9	22 Mar Library & Music Day <b>Anti Bullying Week</b>	Sounds Write <b>Harmony Week "Everyone Belongs"</b>	Sounds Write	Sounds Write Big Write– Narrative- Asia Theme	Sounds Write Swimming 1:30-2:45 Pick Up from Pool
Week 10	29th Mar Library & Music Day	Sounds Write Science Excursion– Dorroughby	Sounds Write <b>Asia Day</b> —Dress up, Culture and food day	Last Day of Term Cold Write– Narratives	<b>Good Friday 2nd April</b>



Learning to read is getting so much easier with our Sounds Write synthetic phonics approach.

Our new decodable texts have arrived and Judy has been hard at work covering them in between working with students one on one.

Did you know Judy has taken hundreds of books home to be covered in her own time over the past 12 months?

**THANK YOU JUDY!**



# Healthier for your body and your bank balance!

## Cost Comparison

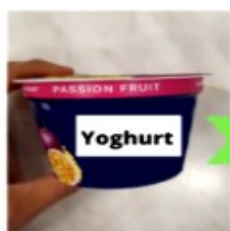
Buying foods in bulk & making your own lunchbox size portions can make a big difference to the grocery bill at the end of the year!



Save \$0.18 per serve, \$36 per lunchbox per year



Save \$1.13 per serve, \$213 per lunchbox per year



Save \$0.50 per serve, \$100 per lunchbox per year



Save \$0.18 per serve, \$36 per lunchbox per year

## Tip

Planning ahead & reducing food waste will save money! Use the same types of snacks or lunches for a week so you can buy in bulk & reduce your shopping bill.

This will also mean you can prep a week of lunches ready to pack each day. Store leftovers in the freezer & for variety, change the lunchbox fillers each week.



### Feed your brain

We eat nutritious foods so that our bodies can grow, repair, and function well. Our brain needs nutritious foods too. In fact, it's quite hungry – the brain accounts for around 20% of our total daily energy requirements. When we choose nutritious foods, we're providing our body (and brain) with the building blocks needed to be at our best. From vitamins and minerals to healthy fats and fibre, all nutrients play a role in brain health and function.

Following a healthy pattern of eating is linked with better stress management, improved sleep quality, increased concentration, and better mental wellbeing in general.

Just as our food choices affect our physical and mental wellbeing, the opposite is also true – we're more likely to follow a healthy diet when we're in a good headspace.

**Fruit and vegetables** provide us with fibre to support a healthy gut environment. Fibre is a favourite food of the beneficial bacteria in our gut that play a range of roles in supporting our overall health. Fruit and vegetables also give us a wide range of vitamins, minerals, and antioxidants to support brain health. We should aim for two serves of fruit and five serves of veg a day.

**Wholegrains** are another important source of fibre to feed our good gut bacteria, plus healthy fats for brain function, and 'slow' carbohydrates for a steady source of brain fuel.

The protein in **lean meats, fish and eggs** provide building blocks of many brain chemicals that can influence our mood. Fish, especially oily fish, along with **nuts, seeds and legumes** are also a good source of those healthy fats and vitamins that support positive mental health and are known to protect against dementia and depression.

**Dairy foods like yoghurt** contain living beneficial bacteria (known as probiotics) that can boost our gut health, which influences our mood and mental wellbeing.

Drinking plenty of fluids, especially **water**, prevents dehydration – a common cause of headaches, tiredness, and 'brain fog' that can affect our ability to concentrate. However, avoid quenching your thirst with drinks that are high in sugar, such as soft drinks.

Taken from <https://www.health.qld.gov.au/new>





Peppa and Juliet both gained Runner Up Champions in the 11 and 12 years girl's divisions at the COLOURSS Swimming Carnival on Friday of Week 2. Thank you to Wiangaree School for organising and all the other schools for being great competitors. Our students were thrilled to compete and come home with the trophy for highest percentage point score. Well done everyone!

Peppa and Juliet head to Alstonville to compete at the Zone Swimming Carnival next week. Good Luck!