



Havenlee School – Yarn Up

Newsletter

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Issue 17 - Term 4 – Week 1

Friday 16th October, 2020



From the Principal

End of year Stocktake

We have just started our end of year stock take of school resources. If you find any school resources (eg: books, toys, electronic equipment) or clothes that have accidentally found their way home, would you please send them back to school so the students can use them next year.

Playground Upgrade

There have been a couple of delays with the playground upgrade. The in-ground trampoline is finished and being used (it is fantastic) and we are just awaiting on fencing for its completion. The fence panels are here and hopefully will be erected next week.

Gymnastics

The Special Olympics gymnastics program is going ahead this term at Havenlee School. It was a successful program last year. It will be starting in week 3 (27/10) on Tuesdays. Each class has a time slot and there will be specially trained gymnastics staff to run the program.

End of term RAP Award event

Due to the ongoing uncertainty of what our Covid-19 guidelines will be by the end of the term, we have postponed the students voting on where the RAP award outing should be for Term 4. Hopefully closer to the end of term the Covid restrictions will have eased and then we can decide whether we can go offsite or whether we will have another onsite reward party.

Katrina Eyland
Principal Havenlee School

Up and Coming Events

Term 4 Week 2

19 th October	Hydro
20 th October	Hydro
21 st October	Book Week mufti and crazy hat day
22 nd October	Hydro

Term 4 Week 3

26 th October	Hydro
27 th October	Hydro
29 th October	Hydro
30 th October	Immunisation Year 7 Bandana Day

TAFE 2020



Congratulations to Tobi, Dayna, Joshua and Leilani for completing their Certificate II in Retail Services (Access) at Nowra TAFE this year.

They have demonstrated perseverance during a challenging year of study. During COVID-19 restrictions when students were learning from home, they had to switch from face-to-face learning to an online workbook and assignments.

A big shout out of thanks to parents who overcame some technical issues when we were changing over to online and your ongoing support.

Also to Patrick O'Keeffe who solved all our problems and the SLSOs who worked with great patience and encouragement with students on their workbooks and assignments.

Thank you to the Havenlee Bus Committee who provided a bus and driver to get the students to and from TAFE.


Karen Wilson
Assistant Principal
14.10.2020



Havenlee Café

Myrtle will be running the Havenlee Café every Friday for lunch.
Please send your child's order in their communication book

3 x chicken nuggets	\$1.50
6 x chicken nuggets	\$3.00
1 serve of chips (with chicken salt)	\$1.00
Tomato sauce	50c
Barbeque sauce	50c
Chocolate milkshake	\$1.00
Strawberry milkshake	\$1.00



WHAT TO PACK

1. Main lunch item
2. Nutritious snacks
3. Vegetables or fruit
4. Water
5. Crunch & Sip

NSW Health
Illawarra Shoalhaven
Local Health District

WASTE-FREE LUNCHES

A waste-free lunch has no throw-away packaging. Everything in a waste-free lunchbox can be eaten, reused or composted. It's an easy way to provide a healthy lunch with less processed food.

Children learn to **REDUCE, REUSE, RECYCLE and COMPOST**

REDUCE...



Reduce the amount of waste we send to landfill.
The average Australian household throws away almost 16kg of garbage each week!



Reduce the amount the school spends on waste collection. Waste that is compostable provides food for the worm farm.



Save money and cut food waste by buying food in bulk e.g. seasonal fruit and veg, food in larger packs or tubs (such as low-fat yoghurt, cheese and crackers) and place into small reusable containers.



Use food that doesn't need packaging – such as an apple, a banana, a small carrot or a boiled egg.

REUSE...

- Use containers that can be washed.
- Drink bottles can be refilled with water.
- Prepare extra for dinner and pack leftovers in lunchboxes.



AVOID...

- Steer clear of plastic wrap and foil.
- Don't use disposable items like plates, knives and forks.
- Avoid individually wrapped serves of food or packaged items e.g. chips, small yoghurts.
- Write your name on containers to avoid losing them.



COMPOST...

- Tell your child to put any scraps into the green waste bin – or take it home for composting.
- Encourage your school to compost or have a worm farm.



Footy Colours Day



Canteen National Bandana Day Friday 30th of October

Bandanas will be for sale at school. A note will go home shortly with the details on how to purchase one.



Physical Activity

Children need to be physically active for at least 60 minutes each day. Instead of coming home and turning on the TV, get your kids to play outside for an hour or take the dog for a walk.



Illawarra Shoalhaven Local Health District

Actions speak louder than words



Illawarra Shoalhaven Local Health District

COVID-19 symptoms can include:



fever



sore throat



cough



shortness of breath.

If your child is sick, keep them at home and get them tested for COVID-19.

choose HEALTHY SNACKS

Healthy snacks are important to help meet children's nutrition needs. Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

TIPS TO PLAN HEALTHY SNACKS

- Include a vegetable and fruit snack each day.
- Keep a range of healthy snacks in the fridge and pantry.
- Add vegetables into homemade snacks (muffins, pikelets, scones and slices).
- Get your kids to help prepare snacks.
- Cut up vegetables and fruits so they are easier to eat. For snacks during the week.
- Show kids you enjoy eating healthy snacks.

WHAT IS A HEALTHY SNACK?

✓ INCLUDE FRESH FOODS & WHOLEGRAIN VARIETIES AS SNACKS

SOMETIMES FOODS - NO MORE THAN 1 A DAY AND ONLY SMALL AMOUNTS

NSW HEALTH MAKE SCHOOLS NORMAL This resource has been developed by Illawarra Shoalhaven Local Health District, published October 2017

Beeswax Wraps

Our School to Work program has expanded into Beeswax Wraps. These are an environmentally friendly alternative to single use plastic wrap.

You can use beeswax wraps to:

- Wrap sandwiches, fruit, vegetables and cheese
- Cover plates, bowls, cups and jugs
- Keep flies off food
- To wrap a bouquet of flowers
- Make a pouch or snack bag.

You just use the warmth and pressure of your hands to shape and mould them over or around your food or bowl.

Cost: \$4.00 for a SMALL wrap (20cm x 20cm)

\$6.00 MEDIUM (27cm x 30cm or 30cm x 30cm)

\$8.00 LARGE (35cm x 35cm)

We can also revive your well used wraps for \$2.00 per wrap.

Please call the school, email or write in your child's communication book if you would like to purchase a beeswax wrap. They can also be delivered on Wednesdays with our worm wee and castings.



Live Life Well @ School

STAY SAFE ONLINE

Help your children safely navigate their digital world and educate them to avoid harmful online experiences.

Stay safe online

For online safety:

- Use an internet filter
- Activate the parental control function on devices
- Supervise internet use
- Let children know that they should tell you if they have any problems online, see something that they know is wrong, or anything that upsets them.

Cyber safety is everyone's business!

For more information:
esafety.gov.au/iparent



Developed by Northern Sydney Local Health District



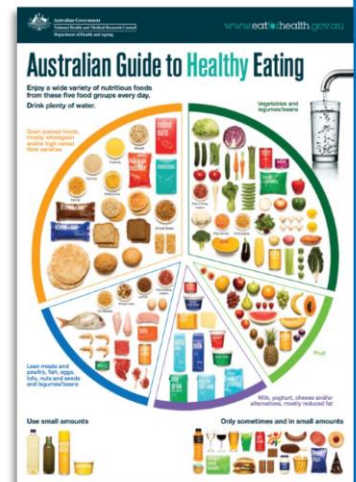
Live Life Well @ School

TEACHING GOOD FOOD CHOICES

Help make meal times less fuss.

Download the **Australian Guide to Healthy Eating** to put on your fridge.

Have children choose from the five food groups to guide their food choices and develop their food literacy.



Download a copy at:

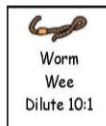
www.eatforhealth.gov.au



Developed by Northern Sydney Local Health District



Havenlee Worm Wee



Havenlee School is operating a school based vermiculture (worm farming) industry to provide our students with authentic "real world" school to work skills.

We would like to supply local businesses and community members with worm wee to fertilise local gardens. We will be delivering our product one day per week in the local area.

If you would like to purchase a 200ml bottle of worm wee for \$2.00 or castings (when available) for \$4.00 per 650ml container which includes delivery, please place your order in one of the following ways:

1. Phone the school on 44213777
2. Email the school at havenlee-s.school@det.nsw.edu.au
Please provide your address and contact number. Payment is required on delivery.

The project involves all our students through our whole school vocational education program.

Thank you for your support.

Stay informed with the SkoolBag App



The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.

1

Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store

2

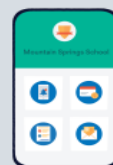
Create an account

Sign up in seconds with your email address

3

Add your school

Search for your school and add your subscription groups



SkoolBag

Disclaimer: Havenlee School advertises in this column as a service to parents.

Havenlee School does not endorse, sponsor or accept responsibility for the management or organisation of the advertised events or service

RESPECTFUL

SAFE

RESPONSIBLE

