



Havenlee School – Yarn Up

Newsletter

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Issue 18 - Term 4 – Week 8

Friday 26th November 2021



From the Principal

Adjusted Report

Due to the COVID-19 lockdown and home learning happening for part of Terms 3 and 4, students will receive an adjusted report at the end of the year. It will consist of information about English and Maths outcomes, topics and programs; as well as an Application and Effort comment outlining the other Key Learning Areas (KLAs) your child participated in and their overall achievements and progression during Semester 2. The reports will be sent home in Week 11 via email or as a paper version, if you have indicated this to the office.

International Day of People with a Disability

Next Friday 3rd December is International Day of People with a Disability. For anyone who is interested, there is a Disability Expo on at the Shoalhaven Indoor Sports Centre from 10am – 2pm. Due to COVID-19 restrictions we are unable to take our senior students along this year. Parents/carers are welcome to take their child if they would like to. Please see the flyer at the end of this newsletter for more information.

Brooke Goodger

Assistant Principal
Havenlee School

Up and Coming Events

Term 4 Week 9

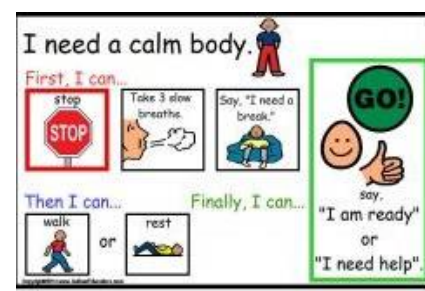
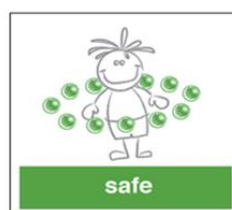
Monday	-	Hydro Therapy
Tuesday	-	Hydro Therapy
Wednesday	-	Hydro Therapy
Thursday	-	Hydro Therapy

Term 4 Week 10

Monday	-	Hydro Therapy
Tuesday	-	Hydro Therapy
Wednesday	-	Hydro Therapy
Thursday	-	Hydro Therapy

Weeks 7-11 - Safe 'Responsible for my body'

In weeks 7-11 of this term the PBL focus is safe and students being responsible for their bodies. Explicit lessons are being taught in classrooms including following a 1,2,3 and complex instruction, waiting for a cue and purposefully acting with the intention of a specific result. This can be demonstrated in classroom activities, sport, work crews, following instructions and using equipment safely e.g. in the playground or using scissors in the classroom. PBL tickets are given out to students being responsible for their bodies.





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.



Havenlee Canteen Price List (Term 4 2021)

Open Wednesday 9:45am to 10:30am
in Lilli Pilli Classroom

How to order: Write order in student diary or on a paper bag and place money with order. Your child will be taken to the Havenlee canteen (in Havenlee) to purchase their items with their class.

Menu and Price List

Mini Choc Chip Muffins	60c each	Mini Choc Chip Biscuits	\$1.00
Mini Chocolate Muffins	60c each	Arnott's Shapes Cheese Toastie Biscuits	\$1.50
Apple Juice	\$1.20	Fruit Toast 2 slices with butter	\$1.00
Tropical Juice	\$1.20	Fresh Fruit Salad Small	50c each
Havenlee Jelly Cups	\$1.00	Fresh Fruit Salad Large	\$1.00
Winter Special Ham and cheese toastie	\$1.50	Sipahh Flavoured Drinking Straws Chocolate, strawberry, banana, mint-chocolate, cookies and cream. (Milk from Food Bank is free)	60c each

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 nugget	\$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

Snuffle Mats

Snuffle mats are interactive feeding mats for dogs (can also be used for cats and guinea pigs). It keeps them entertained looking for food treats that you can hide in the snuffle mat.



Our Year 12 students (and Myrtle) are making snuffle mats to sell as Christmas gifts for pets. Money raised will support Vocational Education programs at Havenlee School. **Cost: \$20 per snuffle mat (cash only)**

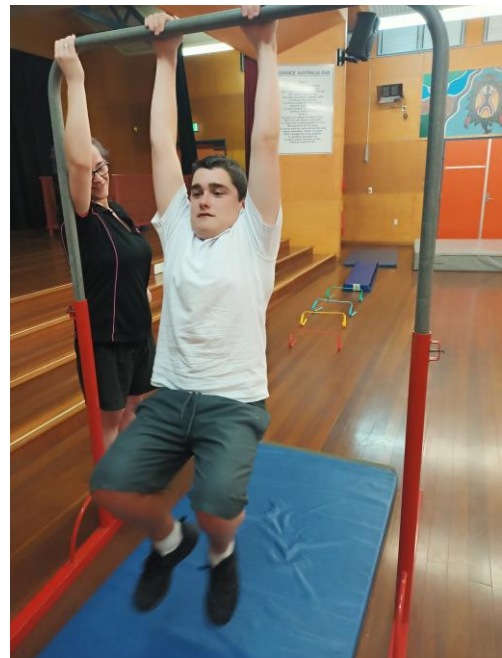
Please phone the school office on 4421 3777 if you would like to purchase a snuffle mat or write a note in your child's communication book



Gymnastics Program

Havenlee School recently received a grant from Sporting Schools, which was used to run a gymnastics program for Term 4. The Sporting Schools initiative aims to help students build the confidence and capability to be active for life.

Students have been enjoying a range of movement activities each week using equipment such as trampolines, wedges, springboards, bars and balance beams.



Boccia

Myrtle students have been participating in a state wide Boccia competition.
In Round 2 they received certificates for their performance



Special mention this round goes to:

Six Dots	Team 4	Dapto High School	41.3 points per player
Six & Out	Team 1	Havenlee	17.0 points per player
Tick Tock	Team 4	Dapto High School	105 points per player
Down the Aisle	Team 1	Havenlee	76.0 points per player





GUIDELINES

For optimal health benefits, children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities;
- Several hours of a variety of light physical activities;
- Limiting sedentary recreational screen time to no more than 2 hours per day;
- Breaking up long periods of sitting as often as possible;
- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years; and
- Consistent bed and wake-up times.

Activities that are vigorous, as well as those that strengthen muscle and bone should be incorporated at least 3 days per week.

For greater health benefits, replace sedentary time with additional moderate to vigorous physical activity, while preserving sufficient sleep.



6 tips

to increase fruit and vegetables at home

- 1. Be a role model**
Let your kids see you enjoying fruit, vegetables and water.
- 2. Get the kids involved**
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- 3. Make it accessible**
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.
- 4. Try Crunch&Sip® at home**
Make time on weekends or during school holidays for a quick snack of fruit or veggies.



- 5. Keep trying!**
Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!
- 6. Include it in every meal**
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.



Health

Crunch&Sip®

Information for parents

What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

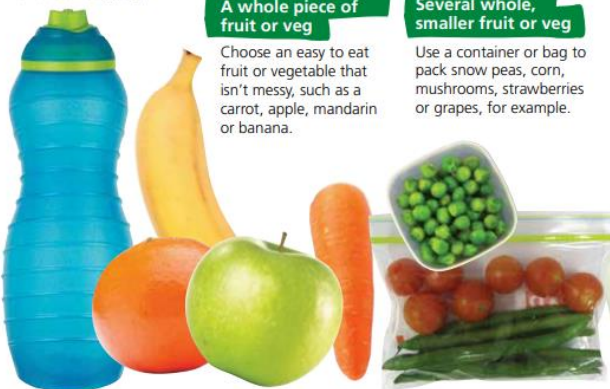
What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.

what to pack

A bottle of plain water

When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.



A whole piece of fruit or veg

Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg

Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

for Crunch&Sip®

here are some examples

Chopped fruit or veg

Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

Veggie sticks

Cucumber, capsicum, celery and carrot are great options.

Canned fruit

Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

Dried fruit

For example, apple, mango, apricots or sultanas, a maximum of once a week.



Helpful tips for Crunch&Sip®

- 1. Only fruit and vegetables are suitable for Crunch&Sip®.** The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.
- 2. Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables.** Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.
- 3. Make sure whatever you pack is a suitable amount for your child and ready for them to eat.** No chopping or preparing can be done at school. Include a fork or spoon when needed.
- 4. Prepare Crunch&Sip® snacks in advance.** Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.
- 5. Crunch&Sip® is an excellent opportunity to encourage vegetables.** Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.
- 6. Dried fruit should only be eaten occasionally,** such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

Note: Your child's school may request some food items not be brought to school where there are students with severe allergies.



Lunch Boxes

WHAT TO PACK

Crunch & Sip

- Pack some veggie sticks or fruit & water for a quick refuel



Drink

- Always pack water
- Light milk

Morning Tea

- Fresh fruit
- Wholemeal crackers with cheese
- Yoghurt tubs
- Homemade muffins
- Air-popped corn
- Boiled egg

Lunch

- Pick & mix with veg sticks, hummus & tzatziki
- Sandwiches & wraps with lean meats & salad fillings
- Leftovers

QUICK TIPS:

- ✓ Involve kids in packing their lunch box.
- ✓ Pack a waste-free lunch.
- ✓ Keep it simple and fresh.
- ✓ Use left overs.
- ✓ Plan ahead and save.
- ✓ Provide healthy afternoon tea and some time outside to play.



Health
Illawarra Shoalhaven
Local Health District



Low-waste lunch box ideas



Check your school or service policy when packing foods like eggs, nuts and other high-allergen foods.

MORE INFO:



Follow: @kidseatmoveplay



Receive fortnightly e-newsletters by sending your name, email address and postcode to lookatlunches@gmail.com

Let's Look at Lunches is a Northern NSW Local Health District resource.



HEALTHY FOODS & ACTIVE PLAY

are what growing bodies need

RIDE &
WALK



CRUNCH
ON FRUIT
& VEG



PACK
FRESH



DRINK
WATER



GET
MOVING



SWITCH
OFF



CLICK ON EACH TOPIC
FOR MORE INFORMATION

There are programs available to help you and your child.

Go4FUN
HEALTHY ACTIVE HAPPY KIDS

A 10-week healthy lifestyle program for kids aged 7 to 13 years who are above a healthy weight. It runs each school term and is available online. Call 1800 780 900 or visit go4fun.com.au

get healthy
Information & Coaching Service

A free telephone health coaching service that provides the help and motivation you need to help reach your goals. Call 1300 806 258 or visit gethealthynsw.com.au



**HEALTHYEATING
ACTIVE LIVING**

Healthy Living is about making small lifestyle changes that can make a big difference to your health. Visit healthyliving.nsw.gov.au




HEALTH PROMOTION
Illawarra Shoalhaven

The Health Promotion Service works with schools, early childhood services and community groups to improve your child's health and wellbeing. Visit isld.health.nsw.gov.au



Health
Illawarra Shoalhaven
Local Health District





Shoalhaven Disability Expo 21

"I FEEL INCLUDED WHEN..."

Shoalhaven Disability Expo 2021
Friday | 3rd December | 10am to 2pm
Shoalhaven Indoor Sports Centre
Cambewarra Road, Bomaderry NSW

Shoalhaven's biggest annual event for people with disabilities, their families, carers and friends. The Shoalhaven Disability Expo is free and will have information stalls from over 30 service providers, fun activities and local entertainers.

To register please scan the QR code

