



Education &
Communities

Public Schools NSW

Zig Zag Public School

NEWSLETTER

23 Victoria Avenue, Lithgow NSW 2790
T 02 6351 2352 F 02 6353 1046 E: zigzag-p.school@det.nsw.edu.au



Term 4 – Week 7

Thursday, 19th November, 2015

Principals Report

Remembrance Day

On Remembrance Day our school leaders represented Zig Zag Public School at community celebrations.

The rest of the school held a small service and a minutes silence to remember those who died or suffered for Australia's cause in all wars and armed conflicts.



- Hat
- Warm clothing if it is a cool day

Students will travel to the pool by bus, leaving at 12 noon and returning to school by 2.40pm.

Tomorrow, Friday 20th November is the last day to pay for Swimming School.

Whooping Cough Alert

There has been an increase in whooping cough notifications in NSW and a large part of this increase has been among school age children.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that gets worse at night. **The infection can occur even in fully vaccinated children.**

- * Children with symptoms should see a GP
- * If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken 5 days of antibiotics.
- * Whooping cough vaccines give good protection against infection but immunity fades. If your school aged child has younger siblings it is a good idea to check that they are up to date with their vaccines.

More information is available at the following website

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/Information-for-childcare-and-schools.aspx>

Swimming School

Swimming School commences on **Monday 23rd** November. Students are reminded to bring

- Swimming costume and rash shirt
- Towel
- T-shirt

Anti-Bullying Policy

The school has reviewed our anti-bullying policy. This plan outlines the processes for preventing and responding to student bullying in our school. It is a requirement that this policy be reviewed by parents.

Please find excerpts of the Policy and Statement of Purpose. If you would like to discuss or have input into this review please contact Mrs Gillmore.



Zig Zag Public School rejects bullying in any form.

The school actively maintains a supportive and non-threatening culture, where all members of the learning community have the right to feel safe to report bullying in any form and expect that action will be taken.

The impact of bullying can be significant.

Zig Zag Public School recognises an obligation, derived from the rights of students, to do what it can to **prevent bullying and assist students** when their safety is threatened.

PREVENTION

Staff will:

- be role models for the students at all times
- teach co-operative learning, play skills and conflict resolution skills through peer support and personal development programs
- match a planned combination of intervention to the particular incident of bullying.
- embed anti-bullying messages into each curriculum area and in every year.
- be observant for signs of distress and suspected incidents of bullying;
- actively supervise to minimise opportunities for bullying;
- intervene to assist students being bullied by removing sources of distress without increasing the students' exposure.
- support students who speak out and report incidents of bullying;
- consult with students (eg individuals and school leaders) to identify issues which give rise to concern; and

report all incidents and suspected incidents to the appropriate staff member who will follow designated procedures.

Students will be strongly encouraged to:

- refuse to be involved in any bullying situation;
- when bullying occurs, take some form of preventative action;
- report all incidents or suspected incidents; and
- actively participate in school programs such as Peer Support and social skills.

Parents/Caregivers will:

- be role models;
- watch for signs of distress in their child eg unwillingness to attend school, a pattern of headaches, missing equipment, requests for extra money, damaged clothes or bruising.
- encourage their child to tell a staff member about bullying incidents and if possible allow the child to report and deal with the problem;
- Inform the school if bullying is suspected whether to or by their child;
- not encourage their child to retaliate;
- communicate to their child that parental involvement is appropriate;
- be willing to attend interviews at school if their child is involved in any bullying incident; and be willing to inform the school of any cases of suspected bullying even if their child is not directly affected.

P&C News

Next Meeting – The next P&C meeting is Tuesday 1 December to finalise end of year events.


Nutrition Snippet

The simplest way

...to add veg to a barbecue.

The weather is warming up and so are the backyard barbecues. But it need not be an entirely meat affair. Here are some ideas for adding healthy veg to the barbie:

Kebabs - capsicum, zucchini, eggplant and mushrooms work well. Add to pork, chicken or lamb.

Chips - slice potato or sweet potato, and grill on the hotplate.

Salad - grab some green leaves and toss in tomato, cucumber, carrot, beans, capsicum or whatever takes your fancy!

Vegie sticks and dip - chop up carrot, cucumber, and celery sticks to dip in yummy hummus, or an eggplant or beetroot dip.



For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.


Health
Nepean Blue Mountains
Local Health District



Calendar

Term 4

Week 8

Tues 24/11/15 Swimming School
Beach to Bush 9.15-10.30

Week 9

Wed 2/12/15 Combined Christmas
Scripture

Fri 4/12/15 K-2 Excursion to Bathurst

Week 10

Mon 7/12/15 Combined Schools Carols

Wed 9/12/15 Presentation Day

Authors Walk

Fri 11/12/15 Reports Sent Home

Chocolate Wheel @ Plaza

Week 11

Mon 14/12/15 Zig Zag Carols

Wed 16/12/15 Last day of term 4

Party Day

Thurs 17/12/15 Staff Development Day

Chocolate Wheel @ Plaza

Fri 18/12/15 Staff Development Day



Nutrition Snippet

The simplest way

...to disguise vegetables.

Can't get the kids to go near the greens? Disguise is a great way to get them eating veg, without the protests!



Here's how:

Grate vegies into meat dishes: carrot, zucchini, capsicum and celery work well in bolognaise sauce, meat patties, meatballs, shepherd's pie and tacos.

Add chopped vegies: to quiches or omelettes – try mushroom, tomato, capsicum or zucchini.

Blend vegies in to sauces: puree sweet potato, pumpkin or cauliflower.

Add extra vegies: mushrooms, capsicum and pineapple are great on pizzas.

Add in other root veg to mashed potato: pumpkin and sweet potato are favourites.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Nepean Blue Mountains Local Health District Live Life Well @ School Program.



Health
Nepean Blue Mountains
Local Health District

