

The Wave



Term 1 – Week 7

Principal's Message

Covid Restrictions

It's great to see these restrictions easing in NSW schools – it was wonderful to have our first whole school assembly for the first time in a long time! It is still essential that any visitors to the school check in with the QR Code, and sign in through the front office. Guests to the school are also asked to maintain social distancing while on site.

School Leaders and SRC

Our School Leaders and SRC team received their badges at assembly this week. I am sure that they will do a marvellous job of representing our school, especially under the guidance of Mrs Eadsforth our SRC coordinator.

Student's Belongings

Please ensure that your child's belongings, including uniforms, drink bottles and lunch boxes have their name clearly marked on them. This helps us return these items easily to students, and saves you having to buy any more bits and pieces.

P&C AGM

The Annual General Meeting for the school P&C 2021 committee will be held at 4pm on Monday 15th March in the staffroom. For all our new parents, please consider coming along to join and or nominate for a position on the P&C, as it is a vital part of our school community. We are looking to build up our P&C and have a dynamic group of parents and carers who want to find a way to support the students at Ballina Public School. Come along and see how you could get involved.

Clean Up Australia Day

On the 5th March 2021 Ballina Public School took part in Clean Up Australia Day. Classes were assigned areas located in and around the school grounds. We provided gloves and garbage bags for the rubbish collected. The school looked nice and fresh, thanks to the combined efforts of all students. Thanks to Mrs Cameron for her organisation of this event.

Kind Regards,
Stacie Luppi

Important Dates

Week 8

Monday 15th March

P & C

Annual General Meeting
4:00pm

Week 10

Thursday 1st April

Crazy Hat Parade

Last Day of Term

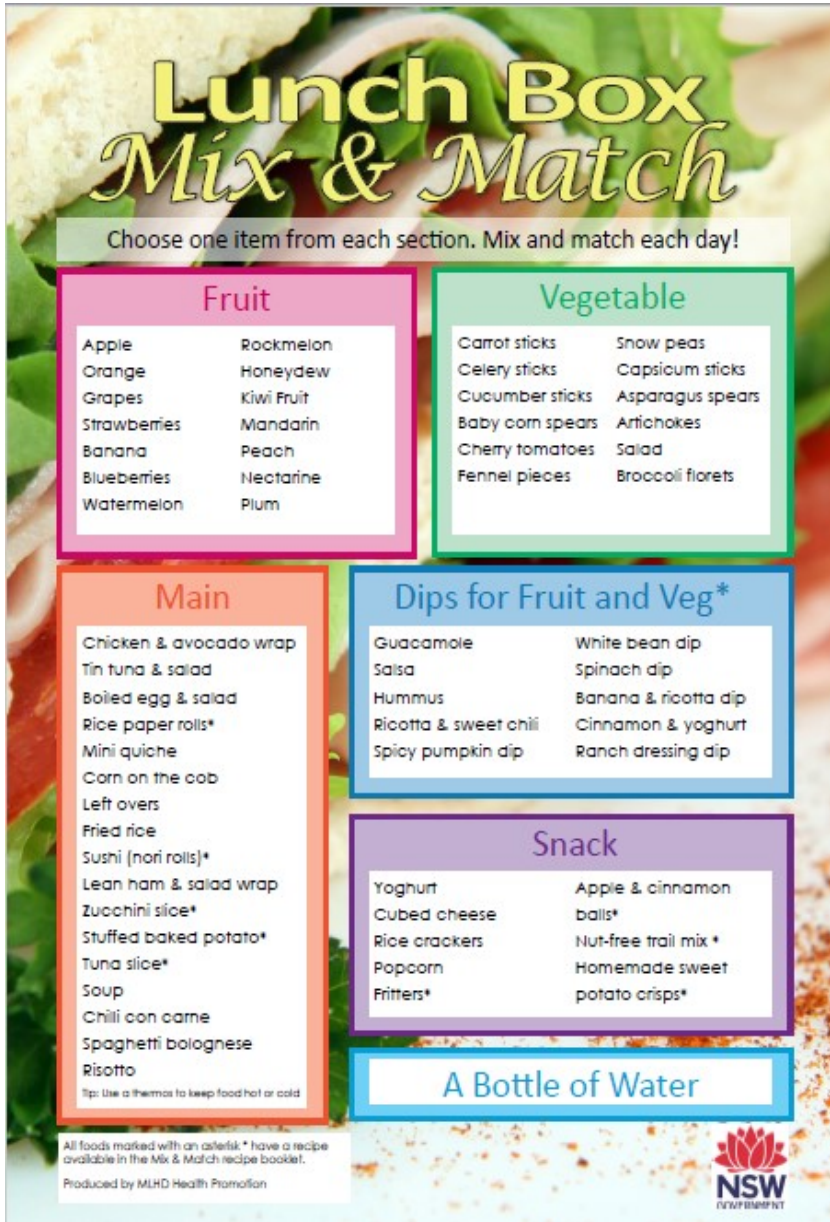
School Banking
every
Wednesday

School P & C Association
Meetings are held the 3rd
Monday of every month
at 4:00pm in the
Staffroom Admin Building

Canteen

Lunch Box Tips

It's always tricky packing kids lunchboxes. Here are some ideas to try!



Lunch Box Mix & Match

Choose one item from each section. Mix and match each day!


Fruit		Vegetable	
Apple	Rockmelon	Carrot sticks	Snow peas
Orange	Honeydew	Celery sticks	Capsicum sticks
Grapes	Kiwi Fruit	Cucumber sticks	Asparagus spears
Strawberries	Mandarin	Baby corn spears	Artichokes
Banana	Peach	Cherry tomatoes	Salad
Blueberries	Nectarine	Fennel pieces	Broccoli florets
Watermelon	Plum		

Main	Dips for Fruit and Veg*	
Chicken & avocado wrap	Guacamole	White bean dip
Tin tuna & salad	Salsa	Spinach dip
Boiled egg & salad	Hummus	Banana & ricotta dip
Rice paper rolls*	Ricotta & sweet chili	Cinnamon & yoghurt
Mini quiche	Spicy pumpkin dip	Ranch dressing dip
Corn on the cob		
Left overs		
Fried rice		
Sushi (nori rolls)*		
Lean ham & salad wrap		
Zucchini slice*		
Stuffed baked potato*		
Tuna slice*		
Soup		
Chilli con carne		
Spaghetti bolognese		
Risotto		

Snack	
Yoghurt	Apple & cinnamon balls*
Cubed cheese	Nut-free trail mix *
Rice crackers	Homemade sweet potato crisps*
Popcorn	
Fritters*	

A Bottle of Water

All foods marked with an asterisk * have a recipe available in the Mix & Match recipe booklet.
Produced by MLHD Health Promotion



THIS WEEK'S SPECIALS

\$6 Meal Deal
Ham & Cheese Wrap
Vege Sticks or Fruit
Popper
Prize

New to the Menu – Butter
Chicken & rice \$4.50



Alison Mann
Canteen Manager

The **lunchbox** canteen

Book Club

Book Club closes on Thursday 18th March, 2021.

No orders will be accepted after this date.



WHY “DO” P&C?

I volunteer at my child’s school. I find that giving up an hour or two each month to attend meetings where we as a group get to have a impact on our children’s learning is priceless. I appreciate the fundraising that the P&C needs to do to ensure that our children have access to educational materials and great facilities.

IT IS THE LEAST THAT I CAN DO EVERY NOW AND THEN.

My children like that I am involved in their school life and they love it when they see me at the canteen or helping out at school community events.

P&C has allowed me to develop my skills. I have a better understanding of meeting practices and I have made lasting friendships. P&C for me also offers opportunities for my children, I get to show them the good that people can bring to their community.

I am giving them a model to aspire to, I am showing them that I value their education, that they are not alone.

I AM INVOLVED.

These reasons may not interest you but I bet there is something for you at P&C. Our Annual General Meeting is 15th March and Ballina Public School P&C Association is looking for members of the community who are willing and able to represent and advocate for your children. Our school is a richer place for the contribution of parents and others.

SIGN UP TODAY!

Ballina Public School P&C Association monthly meetings held the 3rd Monday of every month at 4.00pm in the staffroom admin building.

Covid-19 Update

For any student who is unwell or has even mild flu-like symptoms, free testing is available at the Ballina Respiratory Clinic, without the need for a referral from a GP.

If your child has any of the symptoms listed below please get tested.

Email your results to us at ballina-p.school@det.nsw.edu.au.

Students can only return to school when they are symptom free.

Important information regarding student attendance and COVID-19

Dear Parent or Carer,

In accordance with advice from NSW Health, parents and carers are reminded NOT to send children to school if they are unwell, even if they have the mildest flu-like symptoms.

The School will arrange for students who present as unwell or have flu-like symptoms to be sent home.

Any student who is unwell or has even mild flu-like symptoms, can be tested for COVID-19.

Students and staff with flu-like symptoms may need to provide a copy of a negative COVID-19 test result before being permitted to return to school.

Free Testing is available at the Ballina Respiratory Clinic, without the need for a referral from a GP.

Ballina Respiratory Clinic can usually accommodate same or next day appointments, with results received within 24-48 hours.

If patients require a medical review for flu-like symptoms, they can be seen by a doctor at the Ballina Respiratory Clinic free of charge at the same time as their COVID-19 test.

TO ENSURE YOU CAN BE SEEN ON THE DAY, BOOKINGS ARE PREFERRED.

Online bookings can be made online at fihhealthcare.com.au/ballinarc/ or by calling 6685 6326.

Please book a test if you have any of the following symptoms, no matter how mild:

- fever
- respiratory symptoms
- coughing
- sore throat
- shortness of breath
- runny nose
- headache
- muscle or joint pains

If you have any questions, please do not hesitate to contact our team by calling 6685 6326.

Sincerely,
Dr Tonya Coren, Principal GP
Ballina Respiratory Clinic & First Light Healthcare



Ballina Respiratory Clinic

Fast, free assessment and COVID-19 testing for people with mild to moderate respiratory symptoms such as fever, sore throat, cough or fatigue.



Ballina Respiratory Clinic, Tamar Village, 92 Tamar Street, Ballina.
Book online fihhealthcare.com.au/ballinarc/ or by calling 6685 6326.
Bookings preferred. 8.30am–4.00 pm Monday to Friday



Respiratory clinics are part of the Australian Government's \$2.4 billion health package in response to the COVID-19 outbreak. Ballina Respiratory Clinic is supported by North Coast PHN.

Welcome to 1-2T

We are lightning workers in 1/2T!

We have started the year off well, making friends and working hard toward our Literacy and Numeracy goals.

Here is what some of the students have to say:

I love playing with my friends. Anara

*I like playing cricket and getting Dojo's because when we get 100 points we go somewhere special.
Khynden*

In 1/2T we eat, learn and play and follow the expectations. Tristan

*I like colouring in because its creative and it's nice to make things for people. We are a class family
and we look out for each other and never give up. Amelia*

I like playing tip. Grant

I like Maths. Zhali

I like free play when we fill up our dolphin chart. Oscar

I like playing Minecraft at lunchtime. Peter

I like making new friends, meeting new teachers and seeing new classrooms. Kani

I like making chains with all my friends at playtime. Skylah

I like learning new things. Ricki

I like school because I get to meet new friends. Buttercup

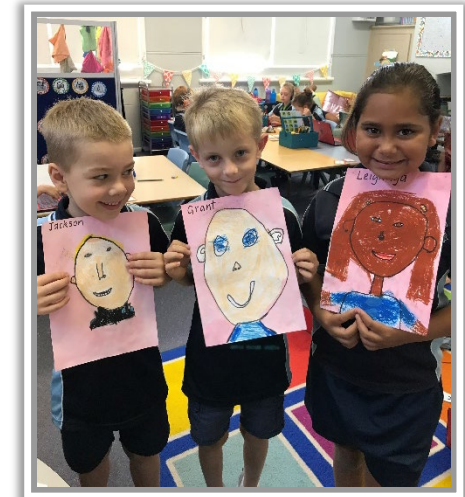
I like learning new things and trying really hard to get Dojo's. Candace

I like playing tips because it's fun and fit. Jackson

I like playing bears in the sandpit with my friends. Eve

I like school because I get very smart by doing my work and listening to the teacher. Leighaya

I like school because it is fun. I like colouring in. Lauren





KL, KF and K/1W - Teddy Bear Picnic



School Leaders Badge Presentation



SRC Badge Presentation



Interview with Mrs Taylor

- 1. How many years have you been teaching?**
27 Years.
- 2. What is your favourite colour?**
Yellow.
- 3. What is your favourite movie?**
UP.
- 4. What is your favourite thing to do outside of work?**
Kayaking.
- 5. Do you have any pets?**
Yes, a Kelpie named Banjo.
- 6. What is your favourite stage to teach?**
Kindergarten to Year 2.



Supporting our Local Community



Coraki Hockey Club 2021 Season

All ages welcome
No experience necessary
Family friendly club



Come and try muster days:

Thursday 4th, 11th and 18th March from 5pm at
Goonellabah Turf Complex

Fitness training:

Tuesdays 6pm Windsor Park Coraki

Turf Training from 25th March:

Junior – 5pm
Senior Women – 6pm
Senior Men – 7pm

Season starts 9th April

FIND US AT:

Coraki Hockey Club

corakihockeyclub@gmail.com

Or contact: Anne-Maree Cheffins 0448346476



Football Fun Days

at Saunders Oval, Ballina

Football tournaments
Penalty shoot-outs
Fully qualified coaches

Skills training
Prizes
Safe and friendly environment
(25+ years working with children & WWIC Checked)
Ex-Bristol City Football Player
Indoor games room
Public Liability Insurance

You will need to bring:
A packed lunch and drinks, Shin pads and football boots or sneakers. Please complete the booking form overlaid and return to Wendy Britton via email: wbsoccerschoolsaustralia@yahoo.com or phone 0490 806 105 to book a place.



We Need You

Out of School Hours Care
Central Ballina
Operates

Before School Care 7:00am to 9:00am
After School Care 3.20pm to 6.20pm
Vacation Care 7.00am to 6.20pm




Applications are available at
www.rainbow.nsw.edu.au

Also Rainbow 4 John Sharpe St East
Ballina

Government Child Care benefits and
rebate available.

All enquiries phone Jan or Jodie at the
Rainbow Children's Centre for
Information (02) 6686 6621

GOORI GUMAGUY BLAGGANG MIRR

Jarjum Gangaang Bulaang
Learning Together

Homework Support Centre

Wednesdays 4.00 to 5.30

Community Room
10 Hayman Street West Ballina

Bring your homework and get support

DATES: March 3rd, 17th & 31st
April 21st, May 5th, 19th, June 2nd, 16th

Come along to our free Aboriginal bicycle safety workshop

Register your interest to participate in a bicycle safety workshop that includes bicycle checking by qualified staff.
Morning tea will be provided.

Where: Ballina (Jarjum Bugal Nah Childcare & Family Centre)
10 Hayman Street West Ballina

Date: Tuesday 13th April 2021
Time: 9.30 am – 12.30pm

Free bicycle checks and minor repairs
Learn new cycling skills

For more information please contact:
Jason Sipple 0418 150 217 or 0266 225 775

