# The Wave



#### Term 2 - Week 2

#### Principal's Message

Welcome to Term 2.

Staff spent the first two days of the term participating in the last day of Berry Street training, learning about character strengths and how to assist our young people in nurturing their positive traits. We also participated in a second day of learning, where we travelled to East Ballina and learned about some of the local Aboriginal history. I want to thank Eli Cook for sharing this important knowledge with us all.

#### **Postponed Movie Night**

We are so sad that we had to postpone our "Under the Stars" Movie Night!

We are looking forward to finding a new date – so keep your eye out for new details coming soon.

#### **Cooler Weather**

As the cooler weather is upon us, please ensure that your child has a navy blue jumper or jacket to keep them warm at school — especially in the mornings. If you need any assistance, then please let us know and we can help you source a BPS jumper from School Locker.

Remember to label all uniform items for your child/ren.

#### Illness

Winter can see a rise in viruses moving throughout the community, including RSV (Respiratory Syncytial Virus), COVID-19, and even Whooping Cough. The symptoms of these illnesses include runny nose, cough, wheeze, difficulty breathing and/or fever. With COVID, there is also a high chance of a sore throat. Please ensure that you take these symptoms seriously to reduce the chance of any of these illnesses affecting our school community.

Kind Regards, Stacie Luppi

# Important Dates Term 2 - 2024

#### Week 3

**Tuesday 14<sup>th</sup> May** PSSA Soccer Gala Day

Thursday 16<sup>th</sup> May
One Vision
Years 3 & 4

**Friday 17**<sup>th</sup> **May**District Cross Country

#### Week 4

Monday 20<sup>th</sup> May Assembly School Hall 1:20pm – 2:00pm

Tuesday 21st May
Years 3 & 4
Qualifying Athletics Carnival

Wednesday 22<sup>nd</sup> May
Years 5 & 6
Qualifying Athletics Carnival

Thursday 23<sup>rd</sup> May Years 3 & 4 One Vision

Friday 24<sup>th</sup> May Sorry Day



Our Canteen is open from 8:45am – 12:00pm on Wednesday, Thursday, and Friday's.

Up & Go Milk Poppers will no longer be available at the Canteen.

## Free School Dental Service – 27<sup>th</sup> to 31<sup>st</sup> May 2024

Please use the link to complete the form for your child to have a free dental check at school.

https://nswdentalcare.com.au/parental-consent-form-schools/

# Important Information School Bytes

If you have not signed up to School Bytes yet, we encourage you to do so to keep up to date with what is happening at school.

All Ballina Public School excursion information, permission notes and payment options will now be accessible through this app. If you do not have the School Bytes App, please check your email as the excursion information and permission notes will be sent to your email address that you have provided to us.

If you require any assistance with joining School Bytes, please contact our administration office.



#### **Australian Seabird and Turtle Rescue**

On Monday 8<sup>th</sup> April, Stage one had their excursion to Australian Seabird and Turtle Rescue. We learned all about how to reduce the human impact on marine life, rescue techniques and rehabilitation. There were three marine turtles at the centre at the time of our excursion that we were able to meet and learn about. All the students and staff were very engaged in this interesting, important and very informative excursion.

#### Mrs Allen





















# Cross Country – 10<sup>th</sup> April 2024































# Staff Development Day – Tuesday 30<sup>th</sup> April 2024







Staff team
building day
on
Bundjalung
Country!



#### Class 3-4C Term 1 The Heat is On in Science

Last term, Stage 2 classes learnt about Solar Energy and how best to harness the power of the sun. Students learnt which materials would be most effective in capturing and storing Solar Energy in order to successfully cook a smore. Students then designed their ovens incorporating those materials.

Our biggest lesson, however, is that smores can be a tad messy.











## **Souths Care**















We have had an exciting start to Term 2 with students having a visit from the South Sydney Rabbitohs "Souths Care" Team who visited the school on Monday this week. Students enjoyed hearing from them about resilience, team work and caring for others.









END BULLYING!
Dolly's Dream message to be kind and speak,
even if your voice shakes.

#### Class KCP - Mrs Coggan and Mr Pearson

#### KCP have been having fun in Maths!

We have been learning about friends of 10 and shapes since returning from school holidays. Have a look at our friends of 10 lady bugs and our shape houses we made, using natural materials found from around the school.



















Come one, come all! Ballina Public School would like to invite you to enjoy a out with the whole family. There will be food trucks and snacks available to purchase so no 1. — a to think about dinner. Bring a picnic blanket, chair, pillows and don't miss the fun!

This is an alcohol free family event. Children must be supervised at all times. GATES OPEN FROM 5:30PM. Movie starts at 6:15pm. Event concludes by 8:30pm

ballina-p.school@det.nsw.edu.au

48 Crane St, Ballina

Follow us on Facebook: Ballina Public School

VACCINE PREVENTABLE DISEASES

# the disease WHOOPING COUGH

# What is it

Whooping cough (also called pertussis) is an infection of the lungs and airways. It causes a person to cough violently and uncontrollably, and can lead to pneumonia, brain damage and sometimes death.

## SYMPTOMS

Whooping cough symptoms include:

Blocked or runny nose

Sneezing

Raised temperature

Uncontrolled bouts of coughing that sounds like a 'whoop' or are followed by a 'whooping' noise

Vomiting after coughing



## **VACCINATION IS BEST**

Vaccination is a safe and effective way to protect against whooping cough.

Whooping cough vaccines prevent serious disease.

Because immunity fades over time, you need booster doses to make sure you stay protected.

Pregnant mothers can protect their newborns from this disease by having a vaccine during pregnancy.





#### THE VISION

Our vision is a reduction of deaths and unnecessary suffering from vaccine preventable diseases in Australia and around the world.

#### OUR MISSION

To inspire community based immunisation advocacy, helping to protect babies and families from vaccine preventable diseases

# RSV



Respiratory syncytial virus (RSV) is a virus that causes respiratory infections. RSV symptoms are usually mild and in most cases you can safely look after your child at home.

#### Symptoms of RSV:



Runny nose



Cough



Sneezing



Fever



Wheezing



Shortness of breath



Irritability



Poor feeding

## If you are concerned:

- contact your doctor
- · call Healthdirect on 1800 022 222 for free 24 hour health advice
- speak to your local pharmacist.

If your child's symptoms are severe, visit your local Emergency Department or call Triple Zero (000) immediately.

Scan the QR code for more information:





September 2022 @ NSW Health. SHPN (HP NSW) 220617

#### **Community Notices**

### Jarjum Gamgaang Bulaang 🔥

"Learning together"

# Homework Support Centre

Wardell Pods (Gwardi Room) Wednesday 8th May, 5th June, 3rd July

4:00pm - 5:30pm

Ballina (10 Hayman Street) Wednesday 22nd May & 19th June

Years K - 6

Children must be accompanied by parent/career over 18 years to this supported H.W.C

For more information contact Letisha or Alwyn on 66 811540







# Jarjum Supported Playgroup

we welcome all Jarjums aged 0-4 years old and their families to attend our weekly Supported Playgroup. Come along & enjoy making new friends while learning & having fun!

# Wardell Hall

49 Richmond St. Wardell 2477
Tuesday 7th May,
21st May, 4th
June, 18th June,
2nd July

# **Ballina**

10 Hayman St. West Ballina 2478 Tuesday 14th May,

28th May, 11th June, 25th June.





# 🎾 Dubay Yarn Up 🙌



( comfortable clothing advised )

When: Monday 20th May 2024

Time:10:45am - 1:00pm

Where: Masonic Hall - 56 Cherry St, Ballina.

( No Children Allowed )

#### Art & craft projects to complete.

For more Information contact Letisha Roberts 0435770326 or 66 811540

Follow COVID 19 safe practises





#### **Lismore's 32nd Annual**

# Cemfest

Admission:
Adults \$5
Kids \$1

## Lismore Showgrounds

18th May 9am – 5pm 19th May 9am – 3pm ATM Available



#### Free Shuttle

**Bus** 

May 18th & 19th Proudly Sponsored by:

Northern Rivers

#### Featuring:

Jewellery, Fossils Kids Activities Crystals, Gemstones Food Stalls



#### **Proudly Sponsored by:**





**Harcourts** Northern Rivers

Event Info: www.lismoregemfest.com.au



