

■ 2019 ■ Term 2 ■ Weeks 5 and 6

■ R/Principal: Meg Reynolds



Illabo Public School

Newsletter



Illabo PS - Athletic Champions
Fabulous success at the recent JDSSAC!

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Learn for Life

Illabo Public School

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Education
Public Schools

A PROUD MEMBER OF THE

NGUMBA-DAL
LEARNING COMMUNITY



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Calendar

Term 2, Week 5

Thursday 30 May Connection Country Schools
 WiFi installed, **Assembly
 2:45pm** and Principal's
 Combined Network Meeting

Friday 31 May **Zone Cross Country Carnival
 at Murrumburrah** and
 Basketball for remaining
 students

Term 2, Week 6

Wednesday 5 June **Debating Gala Day** at
 Coolamon

Thursday 6 June **Riverina Touch Trials** in Griffith
 and **P&C Meeting, 6:30pm**

Friday 7 June Basketball continues

Term 2, Week 7

Monday 10 June **Public Holiday** – Queen's B/Day

Tuesday 11 June Mr Dahler's birthday

Thursday 13 June Riverina Cross Country Carnival

Friday 14 June Basketball continues

Term 2, Week 8

Friday 21 June Basketball continues

Term 2, Week 9

Tuesday 25 June Responsible Pet Ownership for
 K-6 at 11:30am

Wednesday 26 June JHS Production – The Very Un-
 merry Adventures of Robin
 Hood at 11:30am

Thursday 27 June Public Speaking at Cootamundra

Friday 28 June Basketball continues

Feature Photo



Our Sports Captains, Stella and Asha,
 with trophies won at the athletics carnival

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A message from Meg

What a wonderful couple of weeks we have had at Illabo Public School! We have experienced success on the athletics track and had our first assembly of the term, ably led by our school leaders. Stage 3 participated in a wonderful leadership day at Junee High School and K-1-2 students have been working hard in the engine room when reading every day. They have completed some lovely artwork linked to the topic of people and places. Our primary students have also been learning about volcanoes in science as well as ecosystems and natural disasters in geography.

Our habit for this week is **Remembering**. We are practising using clever ways to remember things that are important to our learning. The K-1-2 class has been using a song to learn the months of the year. Many of us often use mnemonics to learn tricky spelling rules or words.

Next week we will focus on **Empathy**. We use empathy to pay attention to other people's ideas, feelings and thoughts. We think about what it might feel like to be in another person's shoes and use this to help us learn new things.

Thursday Assembly

Our next fortnightly Assembly is on this **Thursday, 30 May at 2:45pm**. All very welcome.

JDSSA Carnival at Nangus

Congratulations to all of our students for their fantastic efforts at last week's carnival. Illabo PS came away with the Champion School trophy and the Handicap Point Score trophy on the day which was a tremendous achievement! Thank you to Nangus PS for hosting the day and our parents for transporting, cheering on our students and helping with events.

Our athletics team are looking forward to the Zone carnival in Temora on **Friday 9 August**.

Premier's Sporting Challenge (PSC) Learning to Lead Day at Junee HS

Last week our Stage 3 students participated in the Ngumba-Dal PSC Learning to Lead Day coordinated by staff and students at JHS. Our Years 5 and 6 students joined with students from all Junee schools to learn specific sports skills, as well as useful tips when coaching

younger students. The JHS student leaders did a great job and we loved all the activities!



NAPLAN

Congratulations to our Year 3 and Year 5 students who sat NAPLAN last week. We were very impressed with the student's effort, maturity and perseverance throughout the testing period. They were all prepared for the testing and came away from each assessment knowing they had tried their best.

The results from these tests will give us a snapshot of where students are up to in their learning and help teachers determine the areas we need to work on in the future. Results will be released later in the year.

Professional Learning

Mrs Reynolds is to attend a Principals' Combined Network Meeting on **Thursday, 30 May**.

Sporting Schools – Basketball

The Sporting School's basketball program with Matt, who is an instructor from the Wagga Basketball Association, continues on Fridays from 1:45-3:00pm.

CDPSSA Cross Country

On **Friday, 31 May** selected students will be competing in the District Cross Country Carnival, being held at **Murrumburrah Showground** with students needing to be there by **9:15am**. A *walk the track* will be held at approximately 9:30am with races starting at 10:15am. Canteen facilities will be available on the day. Please return outstanding permission notes and the **\$4.00 levy** per entrant. Mr Steward is accompanying our students. Riverina notes will be handed out on the day for the **first 4 placegetters** in each age group to go on to the next level on Thursday 13 June. Good luck to our team!

Junee High School visits

Each fortnight, students from JHS visit our school to participate in a range of activities for their special interest program. The students have assisted in our classroom activities and we look forward to their continued visits through the remainder of this term.

Public Speaking and Debating

Next **Wednesday, 5 June** our two debating teams will travel to Coolamon Central School to compete against Junee Nth PS and Coolamon CS. The gala day is to commence at 9:00am and finish at approx. 3:10pm. This will complete all of our debates on the one day. **A permission note is attached.** Parental transport would be appreciated. Good luck to both teams!

Our Public Speaking team will be heading to Cootamundra Public School on **Thursday, 27 June** for the Multicultural Perspectives Public Speaking Competition. A permission note and further information will be sent home closer to the date.

Riverina Touch Trials

Congratulations Sadie and Asha who have both been selected to be part of the CDPSSA touch football team travelling to Griffith on **Thursday 6 June** for the Riverina trials. Good luck girls!

Junee HS Performance

On **Wednesday 26 June** at 11:30am K-6 will be attending the JHS annual performance of *The Very Unmerry Adventures of Robin Hood*. See below for a short description:

Sherwood Forest is in danger of being destroyed and it's up to Robin and his band of dim-witted Merry Men to save the day. When the Sheriff challenges them to a contest to determine the forest's rightful owner, their skills are put to the test. Unfortunately, archery is only the first round. Robin and his men will also have to win a talent show and a beauty pageant. Will this be the end of Sherwood? Most likely.

The production involves acting, singing and dancing and is suitable for all ages.

The cost for students to attend will be **\$4.00**.

Further information to follow closer to the date.

Parent/Teacher Interviews

This year, Mrs Reynolds, Mr Dahler and Miss Callow will be available for parent/teacher interviews on **Wednesday 3** and **Thursday 4 July**.

This is an opportunity for parents to discuss their child's progress, both academically and socially. We will have 15-minute timeslots and double timeslots available for families with more than one child. Interview times will be sent home soon for filling out and returning.

Kindergarten Transition Program

We understand that a child's first year of school is an important one for both the child and their families. Our Kindergarten Transition Program is an ideal opportunity for your child to explore our wonderful school and begin their 'lifelong learning'. The program will commence for **two half days** in Term 3: **Fridays 13 and 20 September** and continue for a full day in term 4 every Friday from 1 to 29 November. A card is attached for passing on if you know of any families interested in coming to Illabo PS.

Meg

P&C News

The next meeting is to be held on **Thursday 6 June**, 6:30pm at the Illabo Hotel. All welcome!

Awards



Merit Certificates


George D, Eddie, Nell, Maeve, Ollie, Mimi and Finn

HOW2Learn

Toby, Elsie, Matthew, Scarlett, Sadie and Tom




Community News


Nutrition Snippet

The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out throughout the day.**



Breakfast: Start your vegie intake in the morning with avocado or baked beans or tomato on toast

Morning tea: try some [zucchini slice](#) or wholegrain crackers and hummus.

Lunch: Include some salad with lunch. Try our tasty [salad recipes](#).

Afternoon tea: have your favorite piece of fruit.

Dinner: Try our delicious vegie filled [recipes](#).

Dessert: Berries and yoghurt or [healthy apple crumble](#).

healthylunchbox.com.au

Photos from the athletics carnival



Did you know?

You can't taste food without saliva

In order for food to have taste, chemicals from the food must first dissolve in saliva. It's only once they've been dissolved in a liquid that the chemicals can be detected by receptors on taste buds. **During this process**, some salivary constituents chemically interact with taste substances. For example, salivary buffers (eg, bicarbonate ions) decrease the concentration of free hydrogen ions (sour taste), and there are some salivary proteins which may bind with bitter taste substances.

Here's a quick science experiment to test this out — get out a clean towel, and rub your tongue dry; then place some dry foods on your tongue, one by one, such as a cookie, pretzel, or some other dry food. After this session, drink a glass of water and repeat. Did you feel a difference?



A snapshot of last Assembly

