

TEAM CANADA. WINNERS OF OUR TABLOID DAY GOLD MEDAL TALLY



MPS Eggstra



Week 3 Term 4

STRIVE FOR PERFECTION

PRINCIPAL NEWS

Early Detection of Speech, Language, and Hearing Disorders

Do you have a child 3 years old or younger? Are you worried because your child doesn't seem to listen? Has your child started to say any words? Does your child cry a lot or have tantrums? Your child may have early signs of a speech, language, or hearing disorder.

My 2½-year-old, Evan, doesn't talk at all. He doesn't respond when I call his name. He turns the pages of a book, but doesn't pay any attention when I read to him. He shows me what he wants, but doesn't use words. He doesn't do what I ask him to do. He gets upset when I don't understand him. Is this normal? Does he just need more time to catch up?

Don't wait and hope your child will outgrow a communication problem. Early spoken language disorders can result in problems with reading, writing, and learning. They also may lead to problems with social skills, like making friends. Early detection leads to early treatment. The earlier you get help for your child, the better.

Speech-language pathologists (SLPs) help children of all ages who have spoken and written language disorders, speech sound disorders, stuttering (disfluency), and voice disorders. Audiologists help children with a hearing loss. Children may have one or more of these communication disorders.

Act Today

Early intervention leads to better results. Do not wait to get help if you have concerns. Free or low-cost public services are available for infants and toddlers (birth to age 3 years). Contact your school to find out about early intervention programs.

<http://www.asha.org/public/Early-Detection-of-Speech-Language-and-Hearing-Disorders/>

OUR PURPOSE

GROW....SHINE....FLY

Grow in Learning

We aim for our students to grow and achieve success in all areas of school and community life.

Shine like a Star

We aim for our students to be inspired through learning, to be positive, resilient and confident in order to develop their talents and abilities.

Fly to New Horizons

We aim for our students to confidently off into bright futures and contribute to make our world a better place.

Improved Attendance

This term we are targeting improved attendance – school wide. Each class will earn points for every 'Whole Class Here' day and will be rewarded with a special treat on Monday 12 December. Which class is in the lead at the moment? Keep up the great work everyone.



Enrolments K – 6 for 2017 now open

Contact the office: 67603151



WHAT IMPRESSED ME THIS WEEK

This week I have been impressed by how quickly all our classes are learning their Count Us In Too song and accompanying AUSLAN sign language.

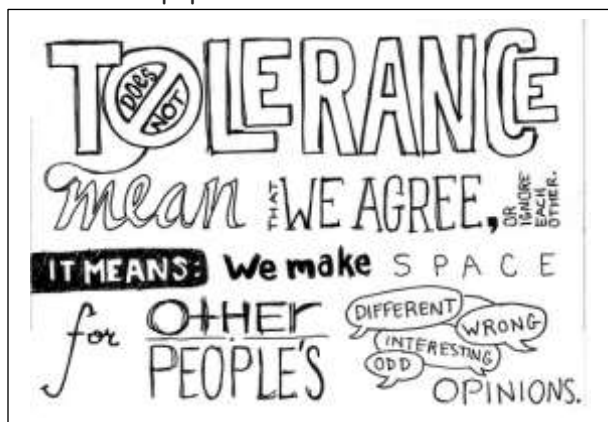
I was also impressed by how well each class is coming along with their "RIO" musical performances and costumes. I am sure your parents and the community will enjoy the fruits of your hard labour on Speech Night.

Our VALUES for the week are:



TOLERANCE

"Laws alone can not secure freedom of expression; in order that every man present his views without penalty there must be spirit of tolerance in the entire population." Albert Einstein



Your school now has a **FREE** app

Receive school information, instantly and directly to your smartphone



How to download your **FREE** app

- 1 From your mobile device go to the **App Store (iPhone/iPad)** OR **Google Play (Android)** search for **School Stream** and download the app to your phone
- 2 Make sure you agree to **push notifications**
- 3 Once School Stream has finished installing, open the app, type your school name into the search **THEN** select your school

For more detailed instructions go to schoolstream.com.au/download

schoolstream
A smart solution for smart schools

Library News

by Bonita Broughton

NEW BOOKS

HELP NEEDED

If you have some spare time, even if it's just for an hour. We have a large number of new books in need covering. All help will be greatly appreciated.

Please return completed Book Club orders and payment to the office by this Friday 28 October 2016. Thank you.

HIGHLIGHTS FROM THE CLASSROOMS



Budgies.

Kindergarten students finished their procedures for how to steal a chicken this week and these are some of our best. It was a very hard job for Mrs Nash to choose which ones were the neatest with the most informative pictures. Everyone did a great job and i am very proud of the improvement in writing.

I have also been very impressed with the homework feedback and effort that I have seen so far. It was great to see parents emailing me pictures of their kids doing great work at home. I cant wait to show the other teachers the amazing work we've been doing.

Mrs Begley

Rosellas.

Students have been focusing on learning their 8 and 9 times tables in Maths. The students have learnt a trick to help them learn their 9 times tables. Be sure to ask them to show you, as it is very impressive. Well done to the Pearl students who have been completing their homework on the class blog!

Miss Reilly

Hawks

Over the last few weeks we have been choreographing our Rio performance. All students have been given the opportunity to have their ideas heard and possibly incorporated into the routine.

Mrs Harris.

OUR VISION

Is that we are producing lifelong, responsible learners and that every member of our school community at Moonbi Public School is supported to achieve success and happiness.

SRC;

The SRC will be selling ice sticks during lunch times, Please bring 50c if you would like one.

School Olympics



It was exciting to see our five olympic teams challenging each other for the Gold, Silver and Bronze medals at our recent Tabloid Day.



ATSEC

We're very happy that Mr Len Waters is helping us with our Bush Tucker Garden this term.

If you have any suggestions, we would love to hear from you, you can call in at the office, telephone or even drop us an email.

Transition

The transition students were learning some poetry this week with Mrs Begley. They were learning Itsy Bitsy Spider and the actions to the poem. The students have also been participating in gardening, sport and library. Don't forget to bring your library bags every Friday!

If you know of a child turning 5 by 31 July 2017 that would be interested in joining us, please contact the office PH: 67603151



How to steal a chicken

By Faith

Step 1



Tunnel Through

Step 2



Come out to

The woods

Step 3

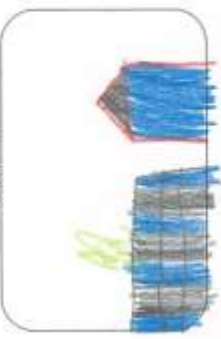


Tunnel under

fence to Coop

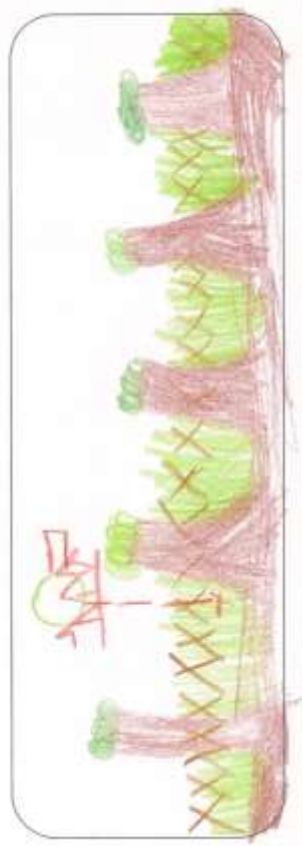
Shift coop

Step 4



Steal Chi cren,

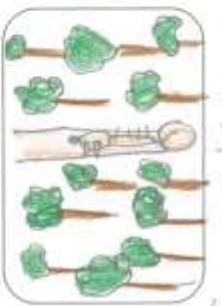
take it home



How to steal a chicken

By NATHAN

Step 1



Tunnel through

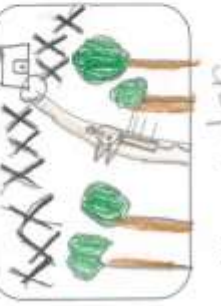
Step 2



Come out to

the woods

Step 3



Tunnel under

fence to coop

shift dahger

Step 4



Steal Chi cren,

take it home





How to steal a chicken

By Buby



Step 1



Tunnel through the woods.

Step 2



Come out to sniff danger.

Step 3




Tunnel under fence to coop.

Step 4




Steal chicken and take it home.






How to steal a chicken

By Jaylake




Step 1



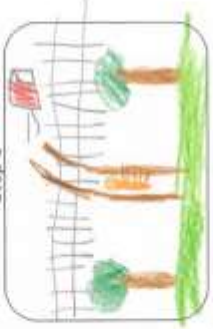
Tunnel through the woods.

Step 2



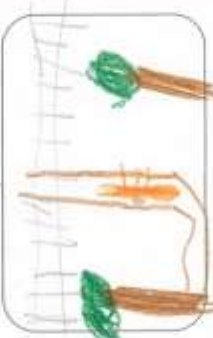
Come out to sniff danger.

Step 3

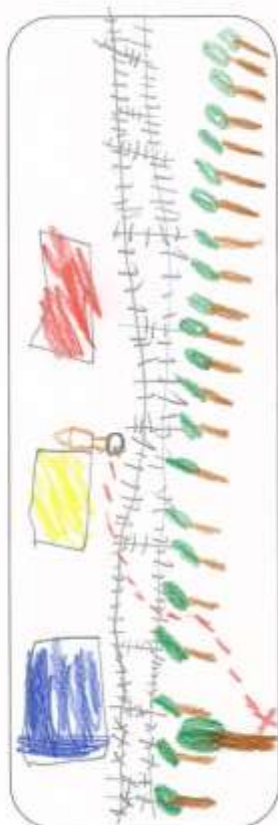


Tunnel under fence to coop.

Step 4



Steal chicken and take it home.





RULES FOR GOOD SPORTSMANSHIP



Good sportsmanship

Good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect.

- Play fair.
- Be a team player.
- Stay positive.
- Respect the rulings of officials.
- Respect the opposing team.
- Support your team, even when they lose



Bad sportsmanship

Always remind yourself before the event of what sorts of behaviors are unacceptable

- Cheating
- Losing temper
- Negative criticism of teammates, coaches, referees, and opposing players
- Blaming teammates for mistakes or a poor team performance
- "Trash talk" and taunting opponents
- Arguing referees' calls and judgments
- The need to congratulate one's opponents after a game



Learn to Swim classes
Swimming is an important life skill that can help save a life!

Programs are available for all ages and abilities both during school terms and during the school holidays

Please contact us for further enquiries and bookings on 02 6762 2631

Sarah's Family Daycare

Moonbi



Seeking expressions of interest



SEEKING Expressions of Interest

My name is Sarah and I will be starting family daycare in Moonbi in November. I will be offering care for children Monday – Friday with before and after school care available.

Please call me on 0421 140 711 for more information.

SRC News

The SRC will be selling ice sticks at second half lunch this term. Please bring 50c if you would like one.

Tomorrow, Thursday, 27th October, the SRC will be holding a RED day and lunchtime disco. If you wish to participate, come to school dressed in red. There will be a gold coin donation to dress in red and a gold coin donation to attend the disco. All money raised will be given to the Daniel Morcombe Foundation.

The foundation sees its role in the community as assisting educators and parents in the education of children about their personal safety by funding the development of child safety educational resources; assisting young victims of crime through financial support, in addition to that provided by Government agencies; and empowering all Australians to make their own local communities safer places for children.

<http://www.danielmorcombe.com.au/>

Moonbi Explorers Points

FLINDERS

76



OXLEY

68



MITCHELL

85





THIS WEEK IN THE KITCHEN GARDEN

What's Growing?



This week the students were all very busy adding new hanging garden pots from the clothes line, planting more herbs in the herb garden, mulching, weeding, watering the garden and cleaning the garden shed. It is great to see the students working hard and excited about all the produce growing in the garden. The students have planted giant pumpkin seeds and are hoping to enter the Kootingal Pumpkin Festival next year. Fingers crossed we grow a BIG one!



Miss Reilly

Last week students cooked Adzuki Bean Burgers and Fudgy Adzuki Bean Brownies.

Hannah: it was a great experience seeing how the patties were made and tasting the different textures.
Summer: I loved eating the brownies.



Adzuki Beans

Health Benefits of Adzuki Beans

Some of the most unique and important health benefits of adzuki beans include their ability to aid in weight loss, prevent and manage diabetes, optimize digestion, contribute to growth and repair, increase energy, lower blood pressure, reduce birth defects in infants, and detoxify the body.

Adzuki Beans

This small bean is native to East Asia and the Himalayan region, and is commonly eaten in Japan, China, Korea, and other Asian nations, although it can be found in other parts of the world due to exportation. The name adzuki comes from the Japanese language, although the pronunciation often sounds like "azuki". These beans are primarily red in color, but white, black, and mottled cultivars can also be found in certain areas. The scientific name of this bean is *Vigna angularis*, and they grow annually.

These beans are primarily used for sweetened culinary applications in Asian nations, such as in the preparation of natto in Japan. When adzuki beans are boiled and sweetened into a red bean paste, the applications are endless, in savory dishes, sweet desserts, sushi, candy, cakes, or as a topping for waffles, biscuits, or bread. It can even be used to make ice cream! Most people think of beans as savory, but adzuki beans are meant to be sweet! Now, besides the unique flavor, the nutrients of adzuki beans are also quite important; let's take a look at the health benefits of adzuki beans.

Health Benefits of Adzuki Beans

Digestive Issues: Like most bean varieties, adzuki beans are high in dietary fiber, one of the key elements of digestive health. Fiber stimulates peristaltic motion, moving food through the digestive tract and enabling the smooth intake of nutrients from food. Fiber also helps to eliminate constipation, diarrhea, and bloating, as well as more serious conditions like colon cancer.

Diabetes Prevention and Management: The dietary fiber in adzuki beans has a second purpose, regulating the activity of insulin receptors in the body to ensure that blood sugar levels remain normal. This can help prevent the onset of diabetes, or manage the symptoms and prevent those spikes and drops that are so dangerous for diabetes patients.

Heart Health: Folate, potassium, magnesium, and dietary fiber all combine into a powerful cardiovascular boost in adzuki beans. Dietary fiber helps to balance cholesterol levels, while potassium relaxes blood vessels and increases blood flow, thereby reducing blood pressure and strain on the heart. This can help lower your chances of developing atherosclerosis, which means protecting you from heart attacks and strokes.



Adzuki Beans (cont'd)



Growth and Repair: There is a significant amount of protein in adzuki beans, which is a crucial element of our diet, particularly for vegetarians and vegans who don't get protein from animal sources. Proteins break down into essential amino acids that our body needs to create new cells, tissues, and organs for both growth and repair. Foods like adzuki beans can also provide us with an energetic boost due to that high protein content.

Weight Loss: Many people in Asian countries and abroad turn to adzuki beans (and other bean varieties) for weight loss. The dietary fiber and protein content sates the appetite and makes you feel full, without contributing a sizable amount of calories. 115 grams of adzuki beans (1/2 cup) is only equivalent to 150 calories, which means that you can get a whole lot of nutritive benefits without packing on any pounds!

Detox the Body: Adzuki beans contain a unique mineral known as molybdenum in quite high concentrations. This is a trace mineral and is not found in many foods, but it plays a crucial part in the detoxification of the liver. Even a half-serving of adzuki beans provides 100% of the daily

Birth Defects: The high content of B vitamins, particularly folic acid, can prevent the development of birth defects in unborn babies. Neural tube defects are a direct result of a folate deficiency, so the high content in adzuki beans can ensure a healthy delivery!

Bone Strength: If you want to prevent osteoporosis and delay the onset of "old age", adding minerals like zinc, copper, and magnesium to your diet can seriously boost your bone strength and prevent bone demineralization. Adzuki beans also contain these important minerals to keep you feeling young!


A Final Word of Warning: Red bean paste is often an acquired taste, and many people are disgusted by the smell. However, other people find it to be very pleasant. If you are the former, try a different bean, but if you're the latter, then enjoy! Adzuki beans are not known as an allergenic food.

<https://www.organicfacts.net/health-benefits/other/adzuki-beans.html>

Legumes are loaded with antioxidants, and adzuki beans are no exception. The small, dark red beans have a sweet, nutty flavor and are often used in Asian desserts. They are easy to digest and filled with flavonoids, which are part of a bigger family of antioxidants called polyphenols. These compounds may lower your risk of heart disease, cancer, and stroke. Among beans, adzukis are one of the highest in protein and lowest in fat. Other benefits include high levels of potassium and fiber, B vitamins, and minerals such as iron and zinc.

<http://www.vegetariantimes.com/article/adzuki-beans>

Health Benefits of Adzuki Bean



Nutrients*	Vitamins*	Minerals*
Dietary Fiber 51%	Folate 156%	Manganese 87%
Protein 40%	Thiamin 30%	Copper 55%
Carbohydrate 21%	Vitamin B6 18%	Phosphorus 38%
Calories 16%	Pantothenic Acid 15%	Potassium 36%

Beneficial in losing weight

Aids in maintaining healthy heart

Helps to prevent and manage diabetes

Aids in digestion and helps to detoxify body

Helps in growth and repair of cells in body

Boosts bone health and helps to prevent osteoporosis

Prevents development of birth defects in unborn babies

*% Daily Value per 100g. For e.g. 100g of adzuki beans (raw) provide 87% of daily requirement of manganese.

www.facebook.com/organicfacts
pinterest.com/organicfacts
<http://goo.gl/P6l0be>
twitter.com/OF_organicfacts

<http://www.vegetariantimes.com/article/adzuki-beans>

P&C News

by Jen Hernando (President)



Have you joined the P&C?
Everyone is welcome. Forms
are available at the office.

Come along to our meetings
with your ideas or lend a hand
during our fundraising.

The funds we raise go back
into our kids education.

Jen Hernando
0429181727

Busy Bee Canteen

by Jackie Robertson

Don't forget that our lunch and recess
times have changed back to recess first
and lunch second. We had a lot of
children that were hungry at recess so
please make sure you have changed it
around or that you pack some extra
food in their lunch box.

The weather is warming up so children
might like an ice cream at lunchtime.
Have a look at our menu and see what
they would like to cool them down.

This week Volunteer is: Jackie.

Don't forget if you can help out on any
Friday in our canteen please let me
know.

Jackie Robertson - Canteen Supervisor
0458201127

Clothing Pool

As of Wednesday 2 November 2016
Clothing Pool will be run from the
school residence. Please enter via the
front door.

Families, please note that clothing pool
will be closed from Friday 2 December.
Everyone is reminded to finalise
uniform for 2017 before then.

If you require any uniforms I am
available at school Wednesday
afternoons from 2:30pm or by
appointment only on other days.

You can contact me on 0432614097.
Clothing Pool Supervisor –
Jessica Freeman



MEETINGS

LAST MEETING FOR 2016
Tuesday 15 November at
2pm

**LONE PINE COMMUNITY
ROOM**

JEN HERNANDO
President

Ph: 0429181727

Student Banking

by Lisa Madden

Hi bankers.

**There will be no banking this
week Friday 28 October as
I will be away.**

Gold Token prizes for term 4 are

***Bush Fly Fan**

***Wriggly Glow Worm Slinky**

This term I will be running another
competition. All you need to do is bank
at least 4 times from week 2 to week 6
and a winner will be drawn. The prize
pack is in the office to view.

Parents, if you would like to open a new
account for your child, please don't
hesitate to contact myself at the school
Wednesday or Friday mornings. If they
have an existing account with
Commonwealth all I need is their
account number and I can simply put
them straight in the system.

Find out more at
www.commbank.com.au/schoolbanking

Lisa Madden - School Banking
Coordinator

Upcoming Events

Term 4

Week 3

Wednesday 26 October

Food & Fibre Day – Farrer HS
Years 3 and 4 students

Thursday 27 October

SRC RED DAY – Day for Daniel

Friday 28 October

Awards Assembly gam

Week 4

Thursday 3 November

Music – Count us In

Week 5

Tuesday 8 November

Police Liaison visit

Friday 11 November

Remembrance Day

VIRTUE OF THE WEEK

TOLERANCE

HONOUR BOARD

Nominate somebody this week that has demonstrated Tolerance.



SCHOOL MISSION

Our motto is to
'STRIVE FOR PERFECTION'
and our students are expected to strive for
the highest standards
academically, socially, physically,
emotionally and culturally.

Aurora College

The virtual selective school for rural and remote students

Aurora College is NSW's first virtual selective school offering a mix of online and residential school classes. The school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and learn globally.

Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students connect with their teachers and classmates in timetabled lessons through a virtual learning environment.

The college also gives Year 11 and 12 students the opportunity to study subjects not available in their own school. For details please visit our website.

Aurora College offers students expanded career options through innovative partnerships with businesses and with scientific, cultural and tertiary education institutions.

Students in the selective classes are chosen in the same way as students in all other selective classes in NSW government schools.



Applications for entry to Year 7 in 2017
OPEN 11th OCTOBER 2016 AND
CLOSE ON 14th NOVEMBER 2016

Visit Selective High Schools website
<http://bit.ly/shsyear7>

For further information about Aurora College, visit the our website:
www.aurora.nsw.edu.au or phone 02 9886 7560



FARRER MEMORIAL AGRICULTURAL HIGH SCHOOL

Registering for the 2017 Selective Schools Test

If you have a son in Year 5 who would like to attend Farrer in 2018 you **MUST** register with the Selective Schools Unit mid October through to mid November. Log onto the Farrer website - www.farrer.nsw.edu.au and follow the Selective Schools link.

Enrolments Officer: Kerry Hussey 6764-8607
Or email: kerry.hussey@det.nsw.edu.au

Moonbi Sports House Points Score

BULLIMBALLA



CARRAGUNDI



Moonbi Public School Eggstra

Ph:0267603151

Fax:0267603871

Charles St, Moonbi, NSW, 2353
moonbi-p.school@det.nsw.edu.au

Moonbi Horse Sports Team Events

