



Hermidale Public School

Newsletter Term 2 Week 4

11 May 2021

Dear Parents,

Once again all the students have been rewarded for their great artworks displayed at the Nyngan Show. Students received 1st , 2nd and Highly Commended certificates for their drawings and paintings. We also received some feedback from the public about the bright Smalls Schools display which had information reports from all the students. Thank you to Kristin for helping me put the display up and to the teachers who took it down on Monday afternoon.

NAPLAN week - Today the students completed the writing assessment. They all had a very positive attitude. The other tests will be completed each morning this week.

11th May	Writing (year 5- typed, year 3 - handwritten)
12th May	Reading
13th May	Conventions of language
14th May	Numeracy

Festival of Speech - On Thursday afternoon, the students will present their prepared speeches to 2 judges. After this, 2 students from stage 2 and 2 students from stage 3 will be selected to represent our school at the Narromine CWA Public Speaking Festival. I will send notes home on Friday for those students. Your child/ren will have their speech to practice on Wednesday night.

School Uniform survey - Please complete the survey form attached to this newsletter as we would like to place orders for uniforms by the end of this week. These are optional for winter. Some students have Long sleeve blue polos so I am wondering if this is something you would like us to order and I would also like to hear if you would like to order a winter jacket as a number of schools are doing now.

Skye Dedman

PRINCIPAL

What's coming up?

Week 4

10-14th May

NAPLAN week

13th May

Festival of Speech

Week 5

20th May

NYNGBAR Cross Country at Hermidale

21st May

Mid Term Break

Week 6

Monday 24th May

Mid Term Break

Tuesday 25th May

Yr 3-6 CWA Public Speaking at Narromine

Friday 28th May

Life Education Van at Girilambone PS

Students of the Week

Marlie for being an organised learner

Oliver for contributing to Number Talks

Working with Children Check - Can all parents please return the working with children check forms that were sent home last fortnight.

IN A
World
WHERE YOU CAN BE
anything
BE
Kind

We are on Facebook !!



Search for us on Facebook and hit the "like" button so you can follow along & stay up to date with what our school is up to.

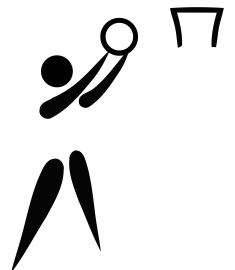
SPORT



Cross Country - Well done to all our students who competed in the cross country. We were very proud of everyone who tried their best on the day. Congratulations to Mac Lawson who will be representing Hermidale PS at Nyngbar.

Nyngbar Cross Country will be held at **9.30 am on 20th May** at Hermidale for those runners eligible to compete. Again, we will need parents to assist as we have Nyngan, Cobar PS, Marra and Girilambone students competing, thank you.

Cobar Netball - What a brilliant day we all had in Cobar for the netball. The students had the opportunity to play 4 games in a variety of positions. Their understanding of the game, rules and their own abilities improved throughout the day. We look forward to another netball competition at the end of September.



Small Schools Touch football competition - It's been a long time since Hermidale PS participated in this competition so we look forward to joining with Girilambone for our first game against Eumungerie PS. We will play in the central location being **Narromine on Friday 11th June**. Parents are welcome to come and watch. Students from Nyngan High School will run a few training sessions with us, prior to the game.

Around the School



Small Schools Netball team. Students from Hermidale PS, Girilambone PS and Marra Creek PS all played. Well done on a great day and your new singlets looked very flash!



Our Small Schools show display at the Nyngan Show

Our fabulous SLSO Kristin solving Maths problems with the students



Little munch, BIG crunch = Power-packed school lunch

Kids relish variety so swap those everyday sandwiches for fresh veggies. Loaded with colourful and crunchy seasonal produce, these dishes are sure to satisfy hungry tummies. Simply prepare the night before and refrigerate in an airtight container to maintain crispness.



HONEY & SOY CUCUMBER, CARROT & CHICKEN NOODLE SALAD

Preparation 26 mins | Makes 6

We packed the salad into 500ml disposable plastic containers however you can use any container or lunchbox to serve this salad.

500g fresh Singapore noodles
2 carrots, peeled
2 green onions (shallots), trimmed and thinly sliced
3 Lebanese cucumbers, diced
½ small red cabbage, finely shredded
1 barbecued chicken, skin and bones discarded, flesh shredded

Soy and honey dressing:

½ cup honey
2 tbs salt reduced soy sauce
2 tsp sesame oil

Step 1 Place noodles into a large heatproof bowl. Cover with boiling water. Stand for 1 minute. Drain, refresh in cold water and set aside for a few minutes to dry. Place noodles into a large bowl.

Step 2 Using a julienne peeler, slice carrots lengthways into long thin strips. Add carrots, green onions, cucumbers, cabbage and chicken to noodles.

Step 3 To make soy and honey dressing, combine all ingredients in a screw-top jar. Shake until well combined.

Step 4 Just before serving, drizzle dressing over salad and gently toss to combine. Spoon into serving containers and serve.

A Recipe from

www.freshforkids.com.au

From the 2018 Autumn
newsletter

Live Life Well @ School

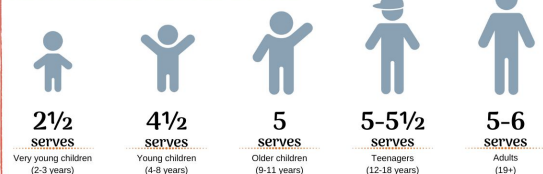
DID YOU KNOW...?

only about 6% of Australian children and 7% of adults eat enough vegetables?

HOW DO YOU KNOW IF YOUR FAMILY IS EATING ENOUGH?

If your family eats vegetables at most meals and snacks, you're doing well. It's important to remember that each family member may have a different recommended number of serves each day!

RECOMMENDED SERVES BY AGE



WHAT IS A SERVE OF VEGETABLES?



NEED SOME VEGGIE RECIPE INSPIRATION?


Check out tried and true heavy-on-the-veg recipes via the Vegetable Week & The Big Veggie Crunch website:

www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/

This resource was developed by the Western NSW Local Health District



HEALTHYEATING
ACTIVE LIVING



Term 2 Canteen

At the recent P&C meeting it was voted to trial 'The Little Brown Bag' catering for next term's canteen which was also voted to run once a week on a Thursday.

Order and payment can be made directly by **Wednesday morning 8am** as follows:

Little Brown Bag Facebook messenger

OR

Amie Taylor - 0432 788 795

Please ask for bank details so you can transfer money.

Options for canteen will include:

Butter Chicken **\$8.00 (comes with rice and Naan)**

Caesar Salad **\$8.00**

Sticky Sesame Chicken **\$7.00 (comes with rice)**

Spag Bol **\$7.00**

Lasagne **\$7.00**

Sushi **\$5.00**

Ham & Cheese Pizza Slice **\$3.00**

Pizza Scrolls **\$3.00**

A small side salad or veggies can be added to the above meals for \$1

Please feel free to discuss any queries with the P&C and I hope everyone's Easter Raffle tickets are going well.

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

NYNGAN

Museum car park, Pangee Street

Thursday, 20 May 2021 9 am to 4 pm

Friday, 21 May 2021 9 am to 3 pm

For more information, go to servicesaustralia.gov.au/mobileoffice



Services
Australia

servicesaustralia.gov.au/mobileoffice

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centres



If you live in a rural area, you may need to travel greater distances to access government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout rural and regional Australia and also to disaster affected areas to provide help and support.

Staff from Services Australia travel with the Mobile Service Centres and can help you with Centrelink and Medicare payments and services. Our Mobile Service Centres also have disabled access.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Wi-Fi is available for visitors to the Mobile Service Centre and staff will be able to help you create a myGov account. myGov is a simple and secure way to access government services online.

Our staff will provide you with friendly face-to-face service, information and support. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

More information

To view the latest itineraries for the Australian Government Mobile Service Centres, visit servicesaustralia.gov.au/mobileoffice

The stopping locations for Mobile Service Centres are promoted in each town and on social media before each visit.

Information and help you can access on board the Mobile Service Centres

We provide information, help and support to rural and regional communities, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed people.

We can assist you with:

- registering and using the agency's online services
- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare information
- information on how financial matters may impact on payments
- assistance with payment and service options
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.



Services
Australia

servicesaustralia.gov.au/mobileoffice

COMING SOON TO NYNGAN

Mobile Oral Health Centre



When:

Every Thursday and Friday
from the 14th June to the 6th
August 2021

Where:

At the Nyngan Multipurpose
Service (MPS)

Hospital Road, Nyngan

Who is Eligible to Attend?

Children (Under 18 years old)

- ◆ Must hold a Medicare card

Adults: (18 years old or older)

- ◆ Hold a Medicare card, and
- ◆ Hold or be listed as a dependent on a valid Australian concession card:

- Health Care Card
- Pensioner Concession Card
- Commonwealth Seniors Health Card

All adults and children must be normally a resident within the
boundary of the Western NSW Local Health District

To make an appointment you can:

- ◆ Call our Contact Centre on 1300 552 626
- Or
- ◆ Drop into our Mobile Oral Health Centre during opening hours



Health
Western NSW
Local Health District

COMMUNITY

CONNECTIONS WORKSHOP



TUESDAY 25TH MAY 2021 - 8.30AM TO 4.00PM

NYNGAN TOWN HALL - COBARA ST

RSVP: 18TH MAY 2021

Bookings - 68 322 6339 or

djnganlale@bigpond.com

TOPIC OF CONVERSATION:

**ABORIGINAL CULTURE - ABORIGINAL ARTEFACTS & BUSH TUCKER -
WORKING TOGETHER - DROUGHT - WELL BEING - MENTAL HEALTH -
SUPPORT & SERVICE PROVIDERS.**

Winter uniform Survey

Name _____

Yes / No I would order my child/ren a blue long sleeve polo at approx \$40 a shirt

Yes / No I would order my child/ren a gold long sleeve polo at approx \$40 a shirt

Yes / No I would order my child a wind proof lined jacket (soft shell) (with school logo) at approx \$70 a jacket



Yes / No I would order my child a warm puffer jacket for school (with school logo) at approx \$70 a jacket

