

The Delegate Dialogue

Delegate Public School

Learning to Learn



Education

10 Campbell Street
Delegate NSW 2633
PH: 02 6458 813

Newsletter Term 1 Week 1

Thursday February 2

Welcome back to our 2023 school year!!!!

It was so amazing to see everyone's smiling face on Tuesday as the students and staff returned.

We welcomed Ellen and Jolanda to Kindergarten this week and we wish them well as their educational journey begins at Delegate Public School.



I would like to wish Bella, Michaela, Ally, Layla, Ella, Cooper, Wyatt, Logan, and Elouisa all the best as they embark on their high school journey, and we look forward to hearing positive reports from Bombala HS and the other high schools they are attending about their progress.

We welcome Mrs Ingram to our school on a more consistent basis in 2023 as she takes on the library role. Library will be slightly different this year in that it will be every fortnight and students in each class will spend the entire day in the library with Mrs Ingram. 3456 will be on the Tuesday and K12 will be on the Wednesday. Library weeks and days are as follows for Term 1:

3456	K12
Tuesday 7 February	Wednesday 8 February
Tuesday 21 February	Wednesday 22 February
Tuesday 7 March	Wednesday 8 March
Tuesday 21 March	Wednesday 22 March
Tuesday 4 April	Wednesday 5 April

Please ensure library books are returned on these days. Over the past few years, our borrowing numbers for each child have increased dramatically, which is a fantastic reflection of their reading willingness and the new library. However, this also has led to many books not being returned. Please ensure library books are returned.

Delegate Public School PSSA Swimming Carnival

Notes went home on Tuesday for next week's Swimming Carnival. Please return the note as soon as possible. Parents, carers, and family are welcome to attend and support the children on the day. Our Delegate Public School PSSA Swimming Carnival will be held at Bombala Swim Centre on Thursday 9 February 2023.

Young Australian of the Year

On Saturday 28 I had the great pleasure in attending the Snowy Mountains Regional Council Australia Day Celebrations in Bombala. It is with great pleasure and excitement that I can announce that Miss Ella French was awarded the Young Australian of the Year for the



Bombala District. This is an outstanding recognition for a young lady who achieved many things during 2022. We wish Ella all the best as she heads to high school in Bombala this week.



Assemblies

School Assemblies will return in Week 4 and will now be held every second Thursday. The first of these assemblies is on **Thursday 23 February 2023**. Our new School Leaders in Dustin and Tyrone are looking forward to delivering these assemblies to us all. These assemblies are each fortnight and are an opportunity for us all to celebrate student's successes. Year 5 students will be delivering the Stephanie Alexander Kitchen Garden and Sports Reports on a rotating basis and other Year 6 students will be managing the Sound and Lighting. Fred and Harry will deliver the Acknowledgment of Country. We congratulate our Year 5 and 6 students for showing such wonderful leadership in organising and presenting our school assemblies. Assemblies will occur each fortnight on the even school week, i.e., Week 4, 6, 8 and 10 of each term. Start times will be **2:20pm** each Thursday in the COLA. We welcome back parents, carers, and visitors to be an audience at these assemblies.

NSW Government Back to School Vouchers

Our school is registered as a place of business for use of the NSW Government Back to School Vouchers. If you wish to use these vouchers to purchase and uniform supplies, please don't hesitate to contact Louise in the office for further support.

Before and After School Care Service

There has been a slight delay in the operation of the Before and After School Care Service. The service will be provided by TheirCare and will begin on Monday 27 February 2023. To enrol in the service, please visit TheirCare website: www.theircare.com.au and click on 'Book Now' in the top right-hand corner to register your child's details.

Road Safety

Please work with us to encourage students to follow Road Rules, by crossing at the designated crossing point, parking correctly and fastening seatbelts prior to driving off. It is very important not to stop at the school gate to drop children off in the morning, this is a 'No Stopping' Zone and by doing so, other children's safety is at risk.

If students wish to ride their bikes to school, please remember that students under the age of 10 need direct adult supervision for the entire journey to and from school, either walking or riding with them. All students regardless of age are required to wear a correctly fitted helmet at all times.

Please work with us to ensure the safety of our entire school community.

Change of Details

Please let us know if any of the following details have changed so we can update our records:

- ◆ Home address
- ◆ Phone numbers (including mobile phone)
- ◆ Email address
- ◆ Emergency Contacts
- ◆ Medication changes

Please support us in keeping our records up to date.



School Attendance

Students at Delegate Public have an outstanding attendance rate and I would like to congratulate all on ensuring students attend school each and every day. It is important to remind parents that it is their responsibility to provide a verbal or written notification to school within seven days of the absence, informing us of the reason for the absence of their child. If a student is away for two consecutive days, teaching staff will make contact to ensure absent students are well and if the school can provide any support needed. An interesting fact is, if a child misses as little as 8 Days in a school term, by the end of primary school they'll have missed over a year of school.

Community Use of School Grounds

It has been wonderful to see children and community using our wonderful sporting facilities here at school after school and on the weekends. Can I please ask that when using the facilities, can community members and children please leave them in the same state as they found, this includes taking any rubbish with you after finished and shutting the gate when leaving.

Smoking

Please remember that smoking is prohibited within 10 metres of school grounds.

Have a great fortnight, Brad and Staff

Lunch Box Ideas

Nutrition Snippet

HOW TO PACK A HEALTHY LUNCH BOX



A good lunch gives children energy and nutrients to learn, play and grow.

But what does a healthy lunch box look like? Find out in our [short video](#).

healthylunchbox.com.au  Cancer Council
Healthy Lunch Box

Chocolate and coconut bliss balls

0.25 serves of fruit in each serve

Featured in:
Snacks, Quick and easy

Preparation time: 10 minutes

Serves: 12

0.25 of a serve of fruit per bliss ball

Diet and Allergies:
Dairy Free, Nut Free, Vegetarian

[Print recipe](#)



Ingredients

- 1 cup instant oats
- 12 pitted dates, chopped
- 1 cup desiccated coconut
- 2 tbsp cocoa
- ¼ cup raisins
- 2-5 tbsp warm water

Method

Place all ingredients except the water and 2 tablespoons of the coconut in a food processor. Slowly add water starting with 2 tablespoons and process until smooth. Add more water if required. Roll into balls and then roll in the remaining coconut.

Place on a lined tray in the fridge for 1 hour to set. Store in an airtight container in the fridge for up to 2 weeks or freeze for up to 2 months.



monaro family
support service

Dear Families/Carers

We would like to thank you all for your ongoing support in 2022 and let you know of the services we have available for 2023.

We have

- **Speech Pathologists** who are servicing Jindabyne, Cooma, Bombala, Delegate and Berridale.
- **Early Childhood Specialists** who support children under 7 to work towards milestones and support families with their applications to EACH for early NDIS plans, this model is aimed at supporting families with children under the age of 7.
- **Key workers** – who support children under 7 to co-ordinate their services and supports to allow families stress free NDIS management
- **Social groups** in Cooma at 6 Hill St on Wednesday for children aged 7-14. This term the session will have Art therapy supporting children to understand their emotions and how to regulate these. (Limited places available Book now)
- **Social groups** for children below school age with our Early Childhood Specialist. These groups are to support children transitioning from home to care and will support parents in demonstrating and encouraging skills with their children. These sessions will be Wednesday mornings at 8 Hill St. (Limited Places Book now)
- **Physiotherapy with Snowy Mountains Physiotherapy** to clients in Cooma and Jindabyne
- Therapy assistant model available if Therapists believe that your child may be able to take part in these sessions they will have a discussion with you.
- We will be holding **Circle of security Parenting Program** and **Key word signing** workshops throughout the year.
- **My time session** will be held throughout the term with guest speakers with topics discussed to support your and your children. In Bombala, Cooma and Jindabyne. Notices will be posted on the local facebook notice groups and through school newsletters. Childcare is provided for these events.
- **Food School for fussy eaters** – Speech therapist to support children and families with children who have difficulty at meal times 10-12 intensive program

Monaro Family Support continues to improve our Service and are continually advertising for additional staffing.

Please let us know if you wish to take part in any of these services in the coming year or if you have experienced difficulty obtaining specialist support for your child so that we can work toward better services for our community.

COOMA 154-156 Sharp Street PO Box 855 P 6452 3450 F 64521747 E cooma@mfsa.org.au	COOMA 6-8 Hill Street P 6452 7424	BOMBALA HACC/Library Centre 163 Maybe Street PO Box 257 P/F 6458 4888 E bombala@mfsa.org.au	JINDABYNE 17 Bent Street Jindabyne P 6452 1908 E cooma@mfsa.org.au
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www.mfsa.org.au • www.facebook.com/MonaroFamilySupport • ABN: 45 539 846 991



monaro family
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- Occupational Therapy
- Nutritionist
- Psychologist
- Equine Therapy

In addition to NDIS services we may be able to support your family with some of the other programs that MFSS offers our broader community.

Jump onto our facebook page [\[20+\] Monaro Family Support Service | Cooma NSW | Facebook](#) to see upcoming events and programs as well as our website www.mfsa.org.au

If you would like to refer a friend please contact our Office on 64523450 for a conversation about our referral process.

We look forward to working with you in 2023.

Renee Drew

NDIS Manager
and
Compliance, Risk and Governance Specialist

Calendar Dates to Note

EVENT	DATE
TERM 1	
3456 Library K12 Library	Tuesday 7 February Wednesday 8 February
Delegate PS Swimming	Thursday 9 February
K12 Potaroo Palace Excursion	Thursday 16 February
Snowy Monaro PSSA Swimming	Friday 17 February
3456 Library K12 Library	Tuesday 21 February Wednesday 22 February
School Assembly PARENTS WELCOME TO ATTEND-PLEASE SIGN IN AT OFFICE	Thursday 23 February
ASPIRE Canberra University Visit	Tuesday 28 February
Clean Up Australia Day	Thursday 2 March
RETURN SCHOOL PHOTO ENVELOPES (Yet to be handed out to students)	Monday 6 March
3456 Library K12 Library	Tuesday 7 March Wednesday 8 March
Assembly PARENTS WELCOME TO ATTEND-PLEASE SIGN IN AT OFFICE	Thursday 9 March
South Coast PSSA Swimming	Friday 10 March
School Photo's	Monday 13 March
Delegate PS Cross Country	Thursday 16 March
3456 Library K12 Library	Tuesday 21 March Wednesday 22 March