

SCHOOL NEWSLETTER

Term 4 Week 2 2024 Thursday 24th October

Rosary Park Catholic School

Station Street, Branxton NSW 2335

P: (02) 4938 1541 E: admin@branxton.catholic.edu.au

Website: www.branxton.catholic.edu.au

We acknowledge the Wonnarua people-the first custodians of this land

Built on Faith, Knowledge, Respect

The Catholic Diocese of Maitland-Newcastle has an abiding commitment to promote the safety, welfare and wellbeing of children and vulnerable adults - particularly those who participate in the life of the Diocese. All employees are required to undergo a National Police Check and, where legislated, hold a Working with Children Check. Diocesan workers are expected to personally adopt and enact the Diocese's Safeguarding Commitment Statement.

IMPORTANT DATES 2024

Weekly Mass Times: 6pm Saturday Branxton online; 8am Sunday Greta.

| OCTOBER | | NOVEMBER | |
|--|------------------------------|-----------------------|--|
| Fri 25 th | PEG - Colour Run | Tue 12 th | Year 1 & 2 League Tag Gala Day |
| Mon 28 th – Thu 31 st | Book Fair | Wed 13 th | School Assembly |
| Tue 29 th | Vocabulary Parade | Mon 18 th | Reg Kelly School Cricket |
| NOVEMBER | | Wed 27 th | Christmas Concert with Andrew Chin starting at 6:00pm |
| Fri 1st | Netball Gala Day Stage 2 & 3 | DECEMBER | |
| Wed 6 th | Assembly | Mon 2 nd | Reg Kelly School Cricket |
| Wed 6 th | Interrelate – Year 6 | Wed 4 th | Official Opening of Year 4 Classrooms |
| Mon 11 th | Remembrance Day | Tues 10 th | Year 6 Farewell Liturgy and Dinner |

IMPORTANT DATES FOR YOUR DIARY:

Friday 13th December 2024 – Whole School End of Year Awards at 9:45am (School Hall) **Monday 16th December 2024** – Swimming carnival (Singleton)K-5, Yr6 MAT workshop at School **Wednesday 18th December 2024** – LAST DAY OF TERM 4, 2024

Tuesday 4th February <u>2025</u> – First Day of School for year 1 to 6 **Thursday 6th February <u>2025</u>** – Kindergarten commences with part days **Wednesday 12th February <u>2025</u>** – Kindergarten FIRST FULL DAY OF SCHOOL

Principal's Message

The Lord is your guard and your shade; at your right hand he stands.

The Lord will guard you from evil, he will guard your soul.

The Lord will guard your going and coming

Both now and forever Psalm 120 verse 2)

Dear Parents/Carers,

Welcome back to our final term for 2024.

End of year awards

Our end of year awards, liturgy, and announcement of our 2024 leaders will take place in our school hall on Friday 13th December at 9:45am.

As we do as a Catholic community, we will begin with a liturgy to celebrate all the blessings bestowed on us throughout our 2024 school year. This will also include the naming of our 2025 school and sports leaders (from our year 6 2025 cohort).

As is our practice at Rosary Park grade (K-6) teachers will then give out awards to selected children in their class. These awards are presented for:

*Faith and Service Award (Rosary Park medal awarded to two children/class each year):

Knowing what it means to be a child of God and demonstrating this through their actions.

*Rosary Park Award for Learning (Rosary Park medal awarded to two children/class each year):

Recognising students that use their strengths and gifts as a learner – letting their light shine as a learner in any Key Learning Area (KLA-subject) at any level. This award focuses on growth, persistence, and grit. These award recipients are **NOT** necessarily the best academic achievers in their class but more those children who work consistently and persistently to achieve their personal best.

Parents, grandparents, and friends are welcome to join us for this celebration on 13th December. We will contact families of awards recipients before the day (<u>NOT</u> those receiving a student leader role for 2025) so that they can attend this event if they wish. These parents will be given priority seating on the day as will year 5 parents whose children are part of leadership nominations (2 seats/child).

Obviously, seating will be at a premium so we will prioritise families whose children are receiving awards.

Staffing 2025

Following interviews held in the school holidays, I am pleased to announce the following staffing information for 2025:

Ellen Rae and Emeilia Lindus have been appointed to the 2 permanent Full-time positions at Rosary Park.

Chelsea Edwards (currently working at St Joseph's Dungog and St Kevin's Cardiff) has been appointed to the permanent 0.6 PE RFF position for 2025.

Kylie Lunn (currently at St Therese's New Lambton) and Simone Cameron have been appointed to the 2 temporary FT positions.

Jessica Dougherty who has been appointed 3 days/week to job share on class with Tiffany Nolan in 2025.

Rhiannon Temesvary has resigned from her position at Rosary Park & will not return in 2025.

Cassandra Freeman appointed permanently to the Canteen co-ordinator position.

Jenny Bailey appointed permanently to the library assistant role.

We will continue interviewing in the coming weeks for other positions for 2025.

Kindergarten Orientation 2025

Today we began the orientation for our new Kindergarten 2025 children with their first visit to Rosary Park. It was so lovely to see them all again and their year 5 buddies were so beautiful, welcoming and caring to each of them and their families. Next Thursday 31st and Thursday 7th we will hold small group visits in the hall for the children to become more familiar with their teachers and our school

Mrs Kylie Lunn and Ms Ellen Rae will teach Kindergarten next year.

Period Positivity

As we have previously communicated in the newsletter our diocese is giving access to sanitary napkins by installing sanitary dispensers in student toilets. These dispensers were installed in primary girl's toilets at Rosary Park during the holidays. Teachers have made our girls aware of this.

Rosary Park Buildings

In exciting news, our stage 4 building works (the final 2 classrooms) will be officially opened on Wednesday 4th December. Our Bishop Michael Kennedy, state and federal members of parliament and diocesan executives will attend this special event at our school. Parents and parishioners are also very welcome.

Also in a diocesan funded project, we have had new carpet and lino laid in the year 5 and 6 rooms in the holidays.



National Children's Week

The Children's Week National Theme for 2024 is based on UNCRC **Article 24**: **Children have the right to a clean and safe environment**.

Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy

The United Nations. UNICEF. <u>Convention on the Rights of the Child</u> is an important agreement by countries who have promised to protect children's rights.

Children's Week is an annual event celebrated in Australia in October. A diverse range of events and activities are organised at National, State and Local levels. These focus the attention of the wider community on children, their rights and achievements. Children's Week celebrates the right of children to enjoy childhood.

Happy Children's Week!

Classes 2025

There will be fourteen classes at Rosary Park in 2025. We will have two classes per grade for kindergarten to year 6.

In coming weeks, teachers will begin the process of allocating students to their 2025 classes. This is a well thought out process based on academic, social, and emotional needs. If you have a specific concern or request to make in relation to your child's class placement for 2025 that is based on your child's specific educational needs, please address this to me in writing (via email: admin@branxton.catholic.edu.au) by **Friday 8 November.** Every consideration will be given to requests made that are based on student well-being.

Thank you in advance for trusting the staff to make careful, considered decisions and be guided by the expertise and advice of your child's current teacher as to what is best in an educational context for your child. Your child's class and teacher for 2025 will be sent home later in term 4 and these placements will be final.

As is our practice at Rosary Park on Monday 9 December we will hold our Step Up morning so that children spend some time meeting their new teacher and classmates for 2025. This includes new staff who are included in this meeting. Additional supports are also put in place for those children who may need it, so that the transition to their new class is as smooth as possible. Please do not hesitate to contact us if you have any questions or concerns about this.

As we begin setting classes for 2025, if you are moving your child/ren to another school for 2025, please make us aware of this as soon as possible as we have enrolment inquiries from new families for 2025.

Safe and Respectful Peer Relationships



The Kids Helpline website has a number of great resources that are child friendly to help support safe and respectful relationships. Some topics

include:

- Fights with friends
- Bullying is not ok
- Making friends

- Being ok with being different
- How to be happy being yourself
- My friends are fighting
- Wanting to fit in
- Treating others well

Please take some time to show your child the Kids Helpline website so they can learn to navigate through these resources should they ever want to know more information on some of these topics or others. - https://kidshelpline.com.au/kids/issues

Australia World Teacher's Day- 25 October 2024

https://worldteachersday.edu.au/

World Teacher's Day

Quality teaching is at the heart of our work. We continue to reflect on our practices and develop our expertise so we can better educate, inspire and support our students and make them feel safe.

As Principal I want to take this opportunity to publicly thank the dedicated teachers and support staff at Rosary Park who work so hard to support our children and their families every day. It is my privilege to lead such a wonderful team.

Rosary Park Bushfire Survival Plan

Our school is in a bushfire prone area. As a result, we have a clearly defined bushfire survival plan, attached to this newsletter. The plan has been developed in consultation with NSW Fire and Rescue, NSW Rural Fire Services, local Police and the Safety and Wellness team from the Catholic Diocese. Copies of this plan have been provided to these organisations.

As the plan outlines, it follows these principles in the event of a bushfire:

- 1. Evacuate
- 2. Shelter onsite in the hall.
- 3. Evacuation to St Nicholas Centre Branxton if we cannot remain in hall
- 4. Evacuation to Branxton Golf Club

It is important that you consider as part of this plan, how you would collect your child from Rosary Park at short notice, if this plan was to be enacted.

As part of this plan, the school follows a strict maintenance plan where surrounding scrub (Asset Protection Zone- outside of the school boundaries) is cleared annually as well as the guttering and downpipes. Arborists monitor trees on site on an annual basis as well as ongoing grounds maintenance to reduce undergrowth fuel load on the site.

Our school practices regular lockdown and evacuation procedures (every term), as well as visits from the local fire brigade. Children are also familiarised with fire safety through lessons in the Personal Development Health Physical Education Syllabus.

Thank you for taking the time to familiarise yourself with this document to prioritise the safety of all in our school community. It is important that you give consideration as to how you would collect your child in the event of a bushfire evacuation.

Mobile Phones at School

As our Mobile phone policy states, if children need a mobile phone at school for safety when travelling to/from school, it is to be kept in their school bag for the entire day. Our policy remains that if you need to get a message to your child about travel arrangements, you are to do this via the office staff. Children are NOT permitted to use their phone during the school day to contact you if they are unwell etc. Once again, our preference is that smart watches are left at home, however, if your child must wear one to school, the mobile phone facility must be de-activated or on 'do not disturb' for the duration of the school day. Thank you to the parents whose children are wearing these devices and have already done this. Your cooperation is appreciated.

Uniform Expectations

Whilst we are reaching the end of our school year, it is still important that we uphold our high standards of uniform. If your child has grown out of their school shoes it is expected that parents will provide the class teacher with a note of explanation.

As stated in our uniform policy, socks are to be plain with NO brand names. Sports shoes are to be predominantly <u>white.</u>

Hair is always to be tidy and pulled back (this includes boys with longer hair). If a child wants a mullet haircut, it must not reach the collar and must be blended in. It cannot be cut very short over the ears etc. NO tracks, mohawks or patterns to be cut into the hair.

School Holiday Maintenance

As is always the case for us at Rosary Park, during the holidays, several items on our maintenance plan were addressed:

- -Cleaning of all air conditioning filters (6 monthly service)
- -Pest, snake, and rodent spraying/baits
- -Cleaning of all carpets and hall floor
- -Roof gutters (Year 1, 2, library, admin) cleaned out (on our pupil free day on 20/9)
- -Two trees removed near the sand it area.
- All the above works carried out were funded by the school.

Kind regards,

Sallyanne Stanbridge (Principal)

Assistant Principal's Message

Welcome back to what will be a busy Term 4!

Standardised PAT Testing

Your child may come home in the next few weeks and tell you that they have completed some online testing. Children in years 1-6 will be completing testing in the areas of reading, maths and spelling. The ACER tests are standardised, norm referenced tests, which means that they give teachers lots of valuable information. Teachers gain a clear picture of which children are working

at an appropriate level for their age, which concepts have been taught well across the grade, as well as areas that both individual and groups of children are struggling with. They also show if a child is growing in their skills from year to year and give an idea of how our school is achieving compared to other schools across the state.

Across our diocese, catholic schools complete the adaptive maths and reading tests. The adaptive tests are aligned with the new NAPLAN testing style and allow students an individualised test whereby the questions will get progressively harder if the child is answering correctly, or easier until the child is actually able to answer correctly.

Each school is also invited to choose a third test that aligns with a school focus. At Rosary Park we are completing the spelling test as our chosen focus. This will help us with decision making around our explicit teaching of spelling across the grades.

Data is gathered from this testing for teachers and leaders to analyse growth, guide future learning and plan for improvement at a class, school and system level. Specific marks for these tests are not shared with parents, however significant areas of growth, strengths, or areas of need may be communicated by your child's teacher. If you have any questions regarding the PAT testing, please feel free to contact the school.

Teacher Release from Face to Face

Over the next few weeks, you may notice your child's teacher is not on class every day. There are a number of reasons that teachers have days in the office.

Firstly, we will be conducting PLT (Professional Learning Team) meetings and CMM (Case Management Meetings). These meetings are led by our pedagogical mentors and attended by the principal, learning support teacher and any other school personnel who might be able to help put strategies in place to help support a particular child's learning.

In PLT's we analyse both individual and whole class data to ensure we are following a continuum of continual improvement. This analysis of data allows us to reflect on our current realities and hold robust discussion around how we can refine classroom teaching and structures that will help improve student learning outcomes.

During our CMM's, we focus on the learning of one particular child. We bring in as many personnel as possible to discuss and identify the needs of the child and ensure we have plenty of ideas for strategies and support that will be written into a plan to ensure continued improvement for this specific child. Even though these meetings focus on one specific child, the strategies discussed often support the learning of a number of students with similar needs across a cohort of children.

Classroom teachers will also be using their allocation of release from face to face (RFF) days to collate data, moderate grades and write comments for the end of year reports.

Please know that wherever possible we attempt to maintain continuity with classroom casuals. In the current climate, with limited available casual teachers available, this is not always possible. Unfortunately, our current reality is that casuals are not generally available so if a teacher is sick, we often have no option than to split a class. In this instance, children are handed a booklet of relevant tasks across subjects, and they sit in small groups in other classrooms and independently work their way through the tasks that have been left for them.

Colour Run This Friday

Friday is our colour run. It will be a fun and exciting day for all involved! Just a few reminders to ensure the smooth running of the day. The children WILL GET WET and COLOUR STAINED!!

• The run will start after an early afternoon tea at approx. 1:30pm.

- Children should come to school dressed in a white t-shirt (or lighter coloured) if they have it as the colour will be more effective on white.
- It is our suggestion that children wear a pair of shorts other than their school sports shorts as the colour may stain.
- If your child owns old joggers or closed in shoes, these may also be a better option, rather than wearing their white school sport shoes.
- Please send a pair of old sunglasses for your child to wear if you have them as they have not been provided this year
- As there will be water involved in the run, children need to bring a change of clothes (old ones), another pair of shoes and a towel (that may end up colour stained) to clean themselves up for their journey home. If parents are coming to the colour run and taking their children home, there is no need for a change of clothes. (although we do suggest a towel for the car seat). All children catching a bus home will need to get changed out of wet clothes before afternoon dismissal.
- Children will need a plastic bag to put wet/coloured clothes and towel in.
- There is powder involved, if your child is asthmatic, please ensure your child has their puffer on the day.



Children's Week 2024!

Children's Week is celebrated from 19th-27th October. During this time we acknowledge the rights of all children as stated in the Convention on the Rights of the Child. This year the focus theme is "Children have the right to a clean and safe environment." To help students to focus on this and celebrate Children's Week our Year 6 Environmental team members conducted a few activities during lunch time that allowed children to consider this theme. The children participated in a nature scavenger hunt and created a nature collage. Our Yr 6 students did a great job facilitating these activities. Some pictures of the wonderful "Nature Collages" are included below.





Warm Regards,

Janelle Dixon, Assistant Principal

Religious Education Coordinator's Message

Andrew Chinn Christmas Concert:

On Wednesday, 27th of November, Andrew Chinn will be visiting our school. Andrew has been recording Christian music for children (and some for adults too), designed for use in Religious Education and liturgy. With an extensive background in Catholic education, Andrew taught in Catholic primary schools in Sydney for over twenty years. His concerts and workshops are a celebration of faith and fun, incorporating singing, actions, and a bit of comedy.

Throughout the day, Andrew will work with all classes, planning and learning songs. In the evening, we will host our Christmas concert, where each class will perform with Andrew. The concert will begin at 6 pm, and all families are welcome to attend. Please bring a rug to sit on for a relaxed and enjoyable evening. It is expected that children return for this.

Our Lady of the Rosary:

Last Friday we celebrated our Lady of the Rosary feast day as well as Socktober. It was so wonderful to see so many students join in on the fun and activities we had planned. A huge thank you to Year 5 staff, families and children for their contribution to our feast day celebrations today. What a wonderful afternoon of activities which clearly took a lot of thought and preparation from year 5. It was a very successful day and a massive thank you to all families who bought tokens. The money raised was a total of \$2,513.60, which we will split and divide between two charities.

At the end of last term, we held our whole school talent quest where 2 students from each grade participated in the final. Congratulations to the following students.



Infants:

1st Place: Ava Garnder Comedy

2nd place: Bad boys: Hunter and Harrison Aniely Lavis

3rd place: Ally Cortis dance

Primary

1st place: James S, Tao D, Jackson A and Hugo S Karate boys

2nd place: Rubi N and Shelle C dance group

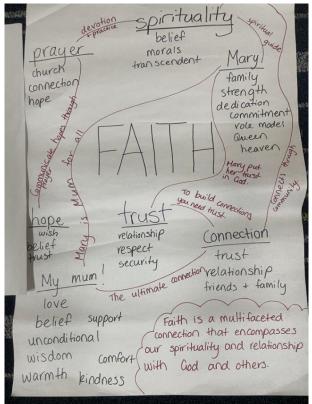
3rd place: Yr 4 dance group and Yr 3 boy band

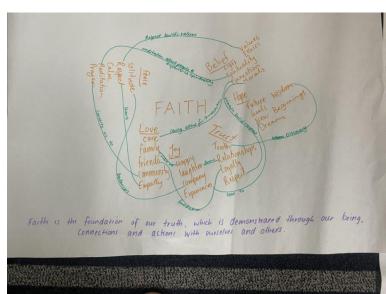
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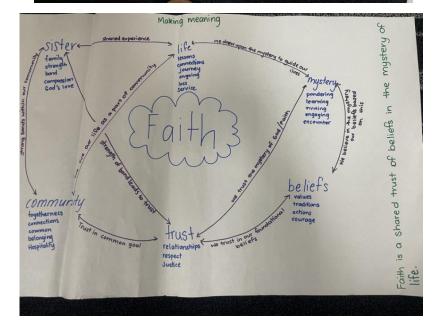
Staff development day:

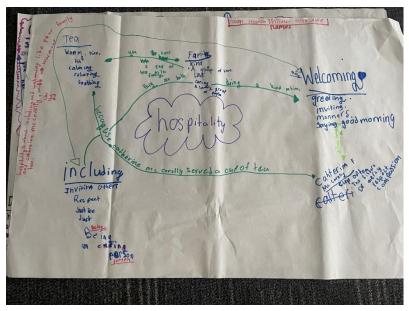
At the end of last term staff were introduced to a new thinking routine called making meaning. Making meaning is about exploring an already familiar topic, concept or idea through connection making, wondering and building explanations. See below what staff came up with for the word Faith. Our year 3 and Year 5 teachers have since then taking this learning and shared it with our students. See what Year 3 and Year 5 students came up with about their Mercy Pillars

Hospitality and Service.











Library News

Dear Parents,

For book week 2024 we are celebrating a Vocabulary Day on **Tuesday the 29th of October** starting at 9am on our basketball court.

All students and staff will need to choose a word and dress up representing their chosen word.

There are only TWO RULES for making a costume:

- 1. Show your **WORD** on the costume you are wearing.
- 2. Write the **definition of your word** on the costume somewhere, so the children can share the meaning with their class.

This can be a very simple activity, and we encourage the children to choose a word, design how they will represent it and what they will wear on the day.

Here are some examples below,







Parents are welcome to come and view this parade starting at 9am. Thank you for all your support,

Regards Melanie Flynn Teacher Librarian

Message from the Parish

Expressions of Interest for 2025 Sacramental Program

If your child is in Year 3 or above in 2025 and is ready to receive the Sacraments of Reconciliation, Confirmation and Holy Communion, please send their details through to the Parish Office at email <u>singleton.branxton@mn.catholic.org.au</u> to be placed on the list.

You will be contacted early in 2025 to attend an information session once dates have been planned. While you are waiting for this program to come, please start bringing your child/ren to Mass on Sundays as part of their faith formation. And remember to say Hi to me at Mass!

Enjoy Term 4!

God Bless! Fr Thomas Chirackal

Weekly Awards

Congratulations to those children who have received awards at the end of Term 3.

Week ending Friday 27th September 2024 (Week 10)

| Class | Class Award One | Class Award Two | MJR Award |
|--------------|-----------------|-----------------|------------|
| Kinder Blue | Titan L | Ayla K | Noah W |
| Kinder White | Tate K | Savannah R | William H |
| Year 1 Blue | Johan C | Harvey C | Baylee H |
| Year 1 White | Amarni L | Kobe M | Mia D |
| Year 2 Blue | Grace S | Ethan T | Hendrix M |
| Year 2 White | Scarlett C | Brynn S | Hunter A |
| Year 3 Blue | Baxter A | Reni S | Aubree M |
| Year 3 White | | | |
| Year 4 Blue | Aria G | Lachlan B | Tuan N |
| Year 4 White | Charlize L | James S | Matthias K |
| Year 5 Blue | Liam P | Darby T | Elijah C |
| Year 5 White | Sammy W | Kendra C | Nevaeh D |
| Year 6 Blue | Joe M | Aden P | Sienna M |
| Year 6 White | Dante S | Asha J | Samantha R |

Week ending Friday 18th October 2024 (Week 1)

| Class | Class Award One | Class Award Two | MJR Award |
|--------------|-----------------|-----------------|-----------|
| Kinder Blue | Daytona A | Mon B | Pearl B |
| Kinder White | Savannah R | Tate K | George A |
| Year 1 Blue | Connor T | Jasper W | Lara T |
| Year 1 White | | | |
| Year 2 Blue | Aiden L | Sonny R | Theo C |
| Year 2 White | | | |
| Year 3 Blue | Cruz J | Lexi D | Minh B |
| Year 3 White | Zoe H | Jesse S | Holly N |
| Year 4 Blue | Elke B | Jackson A | Tuan N |
| Year 4 White | Jye D | Ella Y | Max K |
| Year 5 Blue | Cooper C | Lilly S | Lola M |
| Year 5 White | Owen G | Sammy W | Kendra C |
| Year 6 Blue | | Scarlett T | Hudson R |
| Year 6 White | Samantha R | Elara B | Rae K |

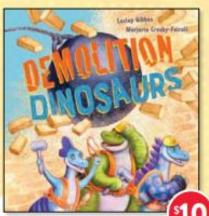
Principal's Awards

Abbey A, Oliver C, Hunter B, Jesse J, Alex L, Claire D, Cooper S, Sophia S, Thomas S, Ellie Y, Mia W, Aiden L, Caelen G, Noah W, William H, Maddie N, Ayla K, Paige L

You're invited to our

SCHOLASTIC Book Fair

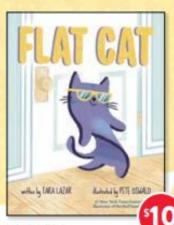




DEMOLITION DINOSAURS There's a dangerous building in the

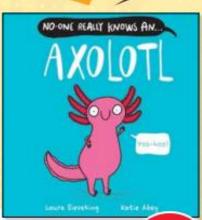
centre of town and the Demolition 100134117 | PICTURE BOOK | AGES 3+

Dinos are smashing it down!



FLAT CAT

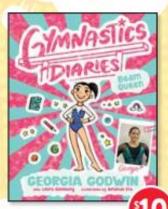
This cool cat is flat as a tack! 100134199 | PICTURE BOOK | AGES 3+



NO-ONE REALLY KNOWS AN AXOLOTL

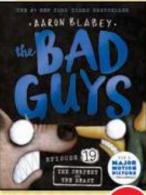
You've never seen axolotis like this before! 100132945 | PICTURE BOOK | AGES 3+

value



BEAM QUEEN

Georgia chases her dream of becoming an international gymnastics star! 100133598 CHAPTER BOOK AGES 7+



THE BAD GUYS **EPISODE 19:** THE SERPENT AND THE BEAST

This multiverse is about to get really dark... 100132838 | CHAPTER BOOK AGES 7+



LIONEL MESSI

Discover the inspirational story of this star player's journey. 100134029 NONFICTION AGES 8+



THE AUDITION Millie finally finds her people when she joins a drama club. 100134028 | PB NOVEL | AGES 9+

EVERY DOLLAR EQUALS RESOURCES FOR OUR SCHOOL



₩SCHOLASTIC

Date Mon 28th Oct - Thurs 31st Oct

Time 8:30am - 3:30pm

Place School Library

Scholastic Book Fair Pre-Payment

Your child's school is having a Scholastic Book Fair. Your child will bring home their wish list of titles they have discovered at the Fair. We encourage you to discuss the Book Fair and their wish list choices with your child. Once you have agreed which items you will purchase you can pre-pay for those titles by completing the following steps.

List the titles they are going to purchase from the fair.

| Title | Price |
|-------|-------|
| | |
| | |
| | |
| | |
| | |

Make a secure payment online by going to scholastic.com.au/payment or scanning the barcode below.



Book Fair Payment

Complete the Payment Form including the receipt number and amount paid. This form needs to be returned to the school.

| Receipt Number | Amount Paid | | |
|----------------|-------------|--|--|
| | \$ | | |
| First Name: | | | |
| Surname; | | | |
| School: | | | |
| Suburb/State: | | | |
| Daytime Tel: | | | |

S IS JUST A PRE-PAYMENT. S FORM MUST BE PRESENTED TO THE SCHOOL DURING THE FAIR TO COLLECT YOUR BOOKS



Every BOOK equals RESOURCES for our school.



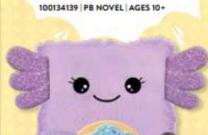
THE TOMB OF THE ZOMBIE KING

Davern and his friends must solve a mystery AND survive a zombie curse! 100134140 | CHAPTER BOOK | AGES 7+



DOOMSDAY Nolan's first mission after spy training is to go undercover

in an oceanic lab!



AXOLOTL SQUISHY SNACK DIARY

An adorably squishy lockable diary. 100133240 JOURNAL AGES 6+

■SCHOLASTIC



Hydrate with H20

Did you know your body is made up of 50-70% water?

Water is essential in a heathy diet. It helps transport nutrients through our bodies, digest food, remove waste, regulate body temperature, and also keeps our teeth and mouth healthy.

As we come into summer, it's important to keep our bodies hydrated.

Encourage your child to choose water as a drink by:

- Packing a water bottle in their school bag everyday
- · Packing a frozen water bottle in their lunchbox during summer
- · Encouraging your child to drink water when playing sport
- Serving plain water in a jug. Try adding ice-cubes and fresh fruit pieces such as lemon, orange, blueberries or strawberries for flavour
- Using a re-usable drink bottle that your child has chosen







Source: Hydration tips for children (www.healthdirect.gov.au)



@ HNELHD-GoodForKids@health.nsw.gov.au https://goodforkids.nsw.gov.au

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

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