



# Harrington Public School

ISSUE 8 – TERM 2 – WEEK 9  
24 June 2022

## Principal's Report

### LNC Dance Festival

I was privileged to be able to attend the Lower North Coast Dance Festival last Tuesday 21 June and watch our junior and senior dance groups perform on stage.



Both performances were outstanding, and I would like to thank Mrs Moore, Miss Smith, Miss Sharee and Miss Jasmine for all of the time spent with the dancers, both inside of and outside of school.

Congratulations to our wonderful students who should all be very proud of their achievements, both in their dedication leading up to the event and the actual performance on the night. Thank you also to the devoted parents, carers and families who also attended the performance. I'm sure they will all agree it was such a pleasure being able to watch the children shine!



### Attendance Matters

Congratulations to those students who are currently in contention to receive a Club 90 award for the second half of this term.



We understand the difficulties families are experiencing during these winter months, with a higher incidence of illness throughout the whole Mid North Coast area, and I continue to encourage families to aim at ensuring students are at school greater than 90% of the time, allowing them to reach their full potential.



Congratulations to Jayde and Ella-Rose, and Betty, and Jaxon, for achieving 100% attendance for Weeks 7 and 8 respectively.



Take care,

Paul Haste  
Principal



## Parent Information

### Notes

Please note the following permission slips and notes are due to be returned to the school office as indicated:

NOTE NAME / TYPE	STUDENTS	DUE
Athletics Carnival	All	OVERDUE
High Jump Permission	Age 8+	OVERDUE
Girls Night In Note	Years 4-6	24 June
Gymnastics – Permission	All	1 July
Sausage Sizzle Orders and payments	All	1 July
Gymnastics – Payment	All	29 <sup>th</sup> July

### Digital Learning Packs

#### for Students Required to Learn from Home

We remind parents and carers that, in the event your child receives a positive Covid-19 result and needs to isolate, our Assistant Principal – Curriculum & Instruction, Julie Gray, will be overseeing online Digital Learning, as provided by the Department of Education. The link to access the digital learning is:

<https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/2022-digital-learning-packs>

## P&C News

### Timbertown Pie Order Collection

Thank you to everyone who supported this years Timbertown Pie Drive. It has been a successful event and our P&C are excited to see how we can put these funds back into the school for the students.

Timbertown have advised the order will be delivered to our school canteen on Wednesday

29 June. Thank you to our wonderful volunteers who have been involved in this whole process. The pies arrive frozen, so orders MUST be collected as below:



• **Timbertown Pie Collection** •  
**Wed 29/7/22 – 2pm to 3.15pm**

### Meetings

P&C meetings are usually held in Week 3 and Week 8 of each term.



The Week 8 meeting of the Harrington Public School P&C was postponed and is now set to be held on **Monday, 27<sup>th</sup> June** at the school. Should you wish to attend a meeting, or if you would like to become a member, please email [harringtonpspandc@gmail.com](mailto:harringtonpspandc@gmail.com).

### Uniform Shop

P&C Uniform Contact: Jenny Peters  
Open: Every Wednesday  
from 8:30am to 9:00am  
Please check in at the school office prior to attending  
Payment Options: Cash  
Order Form/Price List: Available to download via Skoolbag or Facebook, or from the school office

### Canteen

Please remember recess orders can also be placed with the canteen in the morning, for students to eat at second break. Simply add your order of non-perishable items to the bottom of your lunch order and items will be supplied to your child with their lunch order (in a separate bag). **Please also see our new menu, effective Monday 25 July (Term 3)** at the end of this newsletter.

When placing an order, please provide correct change (if possible).

Canteen Contact: Susan Peterkin  
Open: Every Monday, Wednesday and Friday  
Payment Options: Cash only  
Price List: Available to download via Skoolbag and Facebook  
Wanting to help?: Please contact the school office on 6556 1267.

### Canteen Week 1

Our school canteen will be **closed for Week 1** of Term 3 in order to prepare for our Sausage Sizzle lunch which will be held at the school Athletics Carnival.

Order forms have been sent home with students this week and we ask these please be returned with full payment to the canteen before the end of Term 2.



## 150 Year Celebrations

2022 will see our school celebrating 150 years of Excellence in Education.

If you would like to help with this event, please contact the school office.



## Student News

### Green Room

Over the last fortnight Green Room students have been:

1. Learning the most efficient ways to multiply large numbers.
2. Researching and creating a presentation about natural disasters.
3. Tightening up our skills when annotating our close reading passages.
4. Creating some great bushfire artworks.



### Invitation - Ride or Walk to School

Mr Haste is again inviting students aged 10 and above, and their families, to join him as he rides to school next Friday, 1 July.

He will be leaving from the boat ramp at Gordon Smith Park at 8.00am sharp and riding along the Beach Street pathway to the school.



## The Resilience Project

### Part 4: Mindfulness

Today's presentation from [The Resilience Project](#) is all about Mindfulness.

Mindfulness is our ability to be calm and present at any given moment. We practice this by slowing down and concentrating on one thing at a time.

Thousands of studies have proven benefits include reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.

View Part 4 of the series here - Mindfulness <https://theresilienceproject.com.au/parent-and-carer-hub/>

Mindfulness can be practiced through meditation, yoga, flow-states and daily activities such as cooking.



### LNC Dance Festival





## Assembly Photos – Term 2 Week 8



PRINCIPAL AWARDS:

HONOUR AWARDS:

GOLD AWARDS:

ORANGE:

PINK:

PURPLE:

BLUE:

GREEN:

QUICKSMART AWARDS:

Bobby, Tigerlily, Jayde, Addison, Lily W

Georgia

Charlotte T, Georgia, Gus, Emily

Jed, Brookie, Hudson, Kandace, Charlotte A

Sarah, Indianna, Summer, Charlotte T, Hannah

Alivia, Harry, Lilly, Sienna, Alexis

Noah B, Mia, Kruze, Laylah, Sienna-May

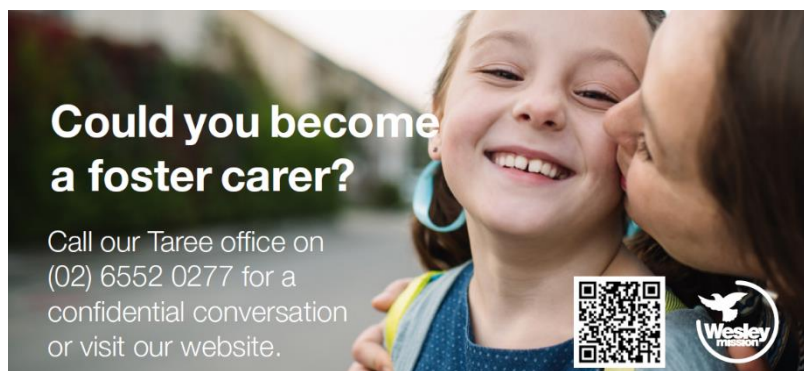
Finn, Alayah, Jimeer, Mikey, Charlie

Chance, Jordan



**Could you become  
a foster carer?**

Call our Taree office on  
(02) 6552 0277 for a  
confidential conversation  
or visit our website.





## Good for kids good for life



### Tips for Fussy Eaters: Involve your Child

- Talk to your child – what do they like? Discuss healthier options
- Involve your child in planning and preparing their lunch
- Try new foods at home before adding them to the lunchbox
- Role model how to enjoy everyday foods
- Remember, it can take a few tries to like a new food



Visit the Good for Kids website for more tips for fussy eaters.

Source: Tips For Fussy Eaters | Good for Kids, Good for Life (nsw.gov.au)  
<https://www.goodforkids.nsw.gov.au/primary-schools/swap-it/tips-for-fussy-eaters/>



Developed by Hunter New England LHD

HNEHLHD\_GoodForkids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## HOT OFF THE PRESS!



### WEAR YOUR TEAM'S COLOURS DAY

We will be holding a **Mufti Day** next Friday, 1 July. It doesn't matter what sport or team you follow, wear your colours to support your team!



# FOR THE FRIDGE

## Term 2/3 – June/July 2022

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
<b>10</b>	27 Jun P&C Meeting at 6pm	28 Jun Girl's Night In	29 Jun Timbertown Pie Orders to be collected from the school canteen between 2pm and 3.15pm	30 Jun Planned Industrial Action Limited Supervision Available	1 Jul Ride/Walk to School Day Assembly from 9am Green Room Item Mufti Day	2/3 JUL
<b>SCHOOL</b>	4 Jul SCHOOL HOLIDAYS	5 Jul SCHOOL HOLIDAYS	6 Jul SCHOOL HOLIDAYS	6 Jul SCHOOL HOLIDAYS	8 Jul SCHOOL HOLIDAYS	9/10 JUL
<b>HOLS</b>	11 Jul SCHOOL HOLIDAYS	12 Jul SCHOOL HOLIDAYS	13 Jul SCHOOL HOLIDAYS	14 Jul SCHOOL HOLIDAYS	15 Jul SCHOOL HOLIDAYS	16/17 JUL
<b>1</b>	18 Jul Term 3 commences Staff Development Day Staff only onsite	19 Jul Students return to school Term 3	20 Jul Canteen closed Week 1	21 Jul	22 Jul Athletics Carnival at Esmond Hogan Oval P&C Sausage Sizzle	23/24 JUL

# Harrington Primary School Canteen Menu



## SANDWICHES (rolls extra 50c)

### NO EXTRA FOR TOASTED

Vegemite or jam <b>R</b>	\$1.00
Cheese <b>R</b>	\$1.50
Vegemite & cheese <b>R</b>	\$1.50
Ham, chicken or tuna	\$2.30
Ham or chicken & cheese	\$2.60
Ham, cheese & tomato	\$3.00
Chicken or tuna, lettuce & mayo	\$3.00
Egg, lettuce & mayonnaise	\$2.80
Salad	\$3.20
Ham, chicken or tuna salad	\$4.00

## WRAPS

Salad & mayonnaise	\$3.50
- add ham, chicken or tuna extra	\$1
Chicken tender (warm) cheese, lettuce, tomato & either mayonnaise, sweet chilli or Mexican salsa	
• small (1 tender)	\$3.60
• large (2 tenders)	\$5.00

## SALAD BOWLS

Mini	\$1.00
Small	\$3.00
Large	\$4.00
- add ham, chicken or tuna extra	\$1
- add egg extra	50c
- add grilled or tender chicken	\$1.50

## HOT FOOD

Corn on cob	50c
Garlic bread	50c
Cheese & bacon roll <b>R</b>	\$1.50
Spaghetti Bolognese (with or without cheese)	\$3.50
Sausage roll	\$4.00
Meat pie	\$4.20
Chicken Nuggets (3 in a bag)	\$2.20
Nachos (corn chips, cheese, salsa)	
• small	\$3.50
• large	\$5.00
Tomato, BBQ or sweet chilli sauce	30c

## PIZZA

Small (English muffin)	\$1.50
Large (Turkish bread)	\$3.00
Toppings -	
• ham or chicken & cheese	
• ham or chicken, pineapple & cheese	

## BURGERS

Chicken, cheese, lettuce & mayo	\$4.50
Chicken, salad & mayonnaise	\$5.00
Cheeseburger	
- beef, cheese & sauce	\$4.50
Hamburger	
- beef, salad & sauce	\$5.00

## SNACKS **R**

4 Crackers & cheese	50c
Boiled Egg & mayo	50c
Carrot or cucumber sticks (4 sml)	20c
Muffins – blueberry or banana	30c
Jelly cup	50c
Fruit- apple, banana or orange	\$1.00
Sea salt chips	\$1.20
Grainwaves	\$1.20

## FROZEN

Milk (strawberry or chocolate) & juice cups	
small	20c
large	50c
Juice sticks	50c
Juices tubes	\$1.20
Ice cream cups	\$1.00
Twisted frozen yoghurt	\$2.00
Slice of pineapple or orange	20c

## DRINKS

Cup of milk (plain, choc or straw) & hot chocolate	\$1.00
Juice (apple, apple/blackcurrant or orange) bottle <b>R</b>	\$2.00
Water bottle <b>R</b>	\$1.00

## THROUGHOUT MENU

Salad = lettuce, tomato, carrot, cucumber & cheese

Add beetroot, corn or pineapple extra 20c each

Sauces – mayonnaise, sweet chilli, tomato, BBQ & salsa

**R** = items which can be ordered for recess

John Smith Purple Room	
LUNCH	
2 bags Nuggets	\$4.40
1x Apple Juice	\$2.00
Lunch Total	\$6.40
RECESS	
1x Blueberry Muffin	.30
1 x Sea salt chips	\$ 1.00
Recess Total	\$ 1.30
TOTAL ORDER	\$ 7.70
Money Given	<u>\$10.00</u>
Change	\$ 2.30