



NANGUS NEWS



Nangus Public School
Hulong Street
NANGUS NSW 2722

Phone: (02) 69 447 221
Fax: (02) 69 447 258
Principal: Mrs Bronwyn Annetts
E-mail: nangus-p.school@det.nsw.edu.au

BULLETIN No 2 Term 1 Week 2 Thursday, February 06, 2020

Dear Parents, Caregivers, Families and Friends,

LIBRARY LESSONS

This year, Library lessons for the infants and primary students will be on Fridays. Students are asked to bring their library bag and borrowed books on Fridays.

ASSEMBLY

Our first Assembly for this year, will be tomorrow 7th February at the new time slot of 2:45pm.

Parents, caregivers, family members and friends, are invited to attend. Our Year 6 leaders will be inducted into their leadership roles at tomorrow's Assembly.

SCHOOL BANKING

Student school banking is optional for families. It will be carried out on Thursdays. For additional information or forms, please contact Mrs Allamby. School banking is an excellent way for students to develop good money/finance management skills.

SWIMMING

Thank you for the return of permission notes for next Tuesday's swimming carnival in Gundagai. Please return any outstanding notes tomorrow so canteen orders can be placed. Thank you.

Students need to be at the pool by 9:15am.

We wish our swimmers who are attending this carnival, an enjoyable day of participation.

HEALTHY FOOD and SNACK INITIATIVE

Thank you to those families who have been sending an extra item for a healthy snack at the start of the school day in the form of fruit or vegetables or a boiled egg or nuts/seeds, for example. As mentioned earlier, whole apples are not recommended for this particular snack time but are good for recess or lunchtime when more time is available. If however, your child would like an apple for this early snack, then sending it already cut up is an option. Thank you.

Students are asked to bring a full bottle of water to school each school day throughout the year. Students can refill their bottles with our bottled refrigerated water. Thank you for your co-operation in ensuring your child brings a full bottle of water each day, a healthy small snack for the morning snack and healthy items for recess and lunch.

Please note and remind students that they can place water bottles and lunchboxes containing food, such as cheese, cold meats and yoghurt, in the refrigerator at the start of the school day. In this extremely hot weather, all students can place their lunchboxes in the refrigerator.

INVITATION

Please see an invitation and information accompanying this newsletter regarding a Health Promotion Coordinator, visiting on Tuesday 18th February, who will provide valuable information about healthy eating for students.

BOOKCLUB

The first Bookclub brochure for this year is accompanying this newsletter. Any orders are due back at a school, by next Thursday 13th February.

The gift of reading and associated benefits to individual students, is encouraged by Bookclub purchases, and the school also benefits with commission to purchase books and resources.

SCHOOL SHADES -SUNGLASSESS

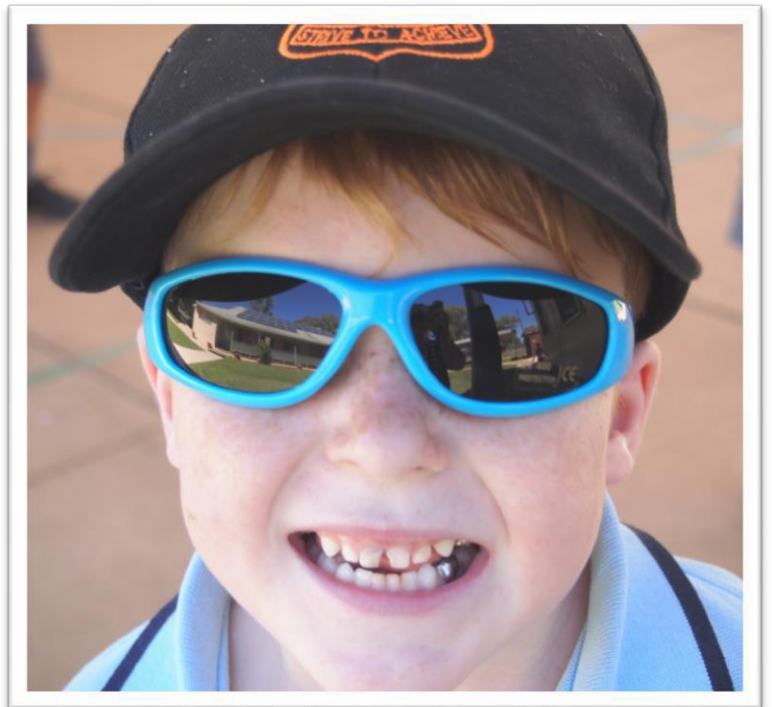
The school has pairs of sunglasses for purchase for students to wear for eye protection. These can be worn at recess and lunch times and during other outdoor activities for eye protection from sun damage.

They are available in different sizes. The sunglasses have a panel for a child's name to be written for easy identification. The glasses come in a protective case, which can be clipped to a student's school bag.

The glasses are [Sky Blue](#) to best match our school uniform from the colours available. One black pair is also available. The glasses are fully compliant with the highest AS/NZ 1067:2003 UV rating. Please read additional information at the bottom of this newsletter. If you are interested in purchasing a pair for your child, please contact the school. There is no compulsion to buy but families are encouraged to consider the investment in the long-term eye health of your child/ren by wearing such quality sunglasses in our Australian conditions.

Your child is able to wear other sunglasses that you may have already purchased from another supplier.

Ryley, a few years ago, modelling the sunglasses.



 **School Shades™**

Invest in the eye-health of your students with School Shades sunglasses.

Prevent this...  **Macular Degeneration**
Source: Macular Disease Foundation of Australia
<http://www.mdfoundation.com.au>

With this... 

School Shades is dedicated to assisting schools to complete their SunSmart policy by providing the highest quality UV protective eyewear.

It is no longer adequate for primary children to simply wear a hat when outside

Founded by a primary teacher passionate about the pastoral care of students, School Shades sunglasses will ensure that the long-term eye health of your students is protected.

Recent medical research has revealed that:

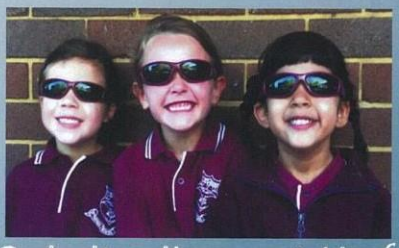
- Children under the age of 10 years are unable to block as much UV radiation as adult's eyes, making their eyes more susceptible to the damage caused by UV rays.
- UV rays are at their strongest between 10am and 2pm, the times during which students are at recess, lunch or playing school sport.
- A broad-brimmed hat has been an integral part of primary school uniforms since the mid- 1990s, but only offers 50% protection from UV rays, with sunglasses completing the final 50% of protection.

Damage to the eye from prolonged exposure to UV rays can result in:

- Skin cancer around the eyes and eyelids
- Cataracts (cloudiness of the lens)
- Macular degeneration (damage to the retina)
- Pterygium (an overgrowth of the conjunctiva onto the cornea)
- Squamous cell cancers on the conjunctiva (membrane covering the white part of the eye)
- Climatic droplet keratopathy (cloudiness of the cornea)


School Shades sunglasses:

- Integrate seamlessly with your school's uniform
- Come in **three sizes** (S, M, L) to fit all students
- Have your **school's name** printed on the side arm, integrating with the uniform
- Have an **ID panel** for each child's name to be written for easy identification
- Come with a protective **hard-cover case** and handy clip to attach to a schoolbag
- Also have a quality micro-fibre **polishing cloth**
- Are **fully compliant** with the highest AS/NZ 1067:2003 UV rating
- Are an investment in the **long-term eye-health** of your students



Protecting the eye-sight of your students is easy with School Shades.

Visit www.schoolshades.com.au or email sales@schoolshades.com.au to place an order for your school.



School Shades will work collaboratively with Schools and P&C Committees to ensure that your school will also have a very profitable fundraiser, with a percentage of each pair sold being paid back directly to your school.

Testimonial

"School Shades sunglasses are fantastic- the best fundraiser our school has done. Not only this, but as parents and teachers we now feel comfortable that the eye-health of our students is protected."

Carrie, Eastwood Heights Public School

www.eastwoodheights.com.au 2019

SCRIPTURE

Scripture lessons will again be offered at Nangus PS in 2020 as part of the Department of Education's Policy and Guidelines. These lessons will take place on Fridays.

SUPER DOOPER FRIDAYS

Each Friday this term, students are able to purchase a 'super dooper' ice block for 50c. Students will only be able to purchase one per day. Students do not have to purchase an ice-block.

DATES TO REMEMBER

Term	One	2019	
Week	Day	Date	Event
Wk 2	Friday	07//02/20	Super Dooper Friday First Assembly for year at 2:45pm
Wk 3	Tuesday	11/02/20	Small Schools' Swimming Carnival in Gundagai for some students
	Wednesday	12/02/20	First Paint 'n' Play in 2020 for babies, toddlers and pre-schoolers
	Friday	14/02/20	Swimming for Sport for some students Assembly at 2:45pm Super Dooper Friday
Wk 4	Thursday	20/02/20	Mrs Annetts at Principals' Meeting for two days
	Friday	21/02/20	Black Billy Cup Swimming for some students Super Dooper Friday
Wk 5	Friday	28/02/20	Highlands District Swimming Carnival in Tumut for some students

Bronwyn Annetts
Principal