



A Message from the Relieving Principal

We are half way through this term at Week 5 and the term is rolling along nicely. We will be conducting another BBQ at school for parents and carers in Week 7 (Wednesday 3rd September, 2025).

Also coming up this term will be the NRL Participation "Simply Your Best" to be run at our school. Further information regarding this activity will be available in School Bytes soon.

The Kindergarten Transition is on Wednesdays all this term. These days are offered to provide a 'taste' to any Kindergarten students whose parents may be considering enrolling them in our school next year. Please contact the school, if you intend sending your child for any or all of these days or pass this information onto any prospective students. See the attached flyer.

The Upper Clarence District Athletics Carnival was held at Tabulam Public School and all students represented our little school well. I was nice to see some families came along to encourage our students. A special mention goes to the Junior Relay Team for doing very well, even with a younger member in the team.

This year's Book Fair is now finished and thank you to the families who supported this school venture once again this year. Book Week, this week, focused on "Where the Wild Things Are". Our students made a monster then described it and they made yummy monster cup cakes as well. The students who dressed as a character from a book for Book Week looked amazing and I have included photos in this newsletter.

NAIDOC Day was celebrated on Friday 1st August at our school. We offered various cultural activities on the day including sand art, scratch art and cloth frisbees.

A few reminders - school staff are not permitted to heat food for students due to the possibility of the food being too hot and burning the child. Also the use of bad and offensive language is creeping back into the school, please remind your child to be respectful of fellow students and staff at all times. School commences at 9.00 am and it is very disruptive for those students who have arrived on time and are already engaged in learning, when the late students arrive.

Our next **P&C Meeting will be held on Monday 25th August** in the school library commencing at 3.15 pm. All families and community members are welcome to come along and have input into our small school.

We will be running our Fabulous Friday Fundraiser (Canteen) again this term, commencing next Friday 29th August. Look out for the order forms which will be sent home early next week. Please return the order forms to the school office with the correct cash.

Thank you.

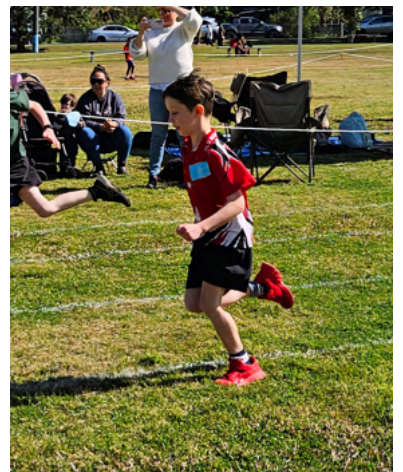
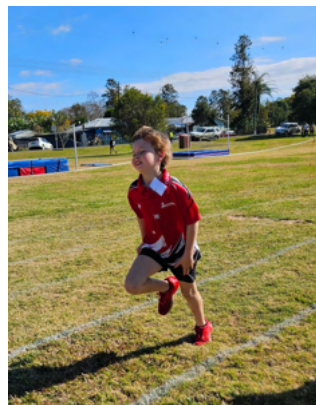
Mrs Raylee Ryan
Relieving Teaching Principal



Book Week Activities

Dress up as a character







Old Bonalbo Public School

Kindergarten Transition

Old Bonalbo Public School welcomes all 2026 Kindergarten students to attend their Kindergarten Orientation days!

Students are invited to attend transition at the school on Wednesdays from 9.00 am to 11.30 am in Term 3, 2025.

If you would like to register your child to attend our transition days please contact the school on (02) 66653124 or drop into the schools' front office to collect Transition forms.

A small school offering big opportunities!

Contact us:

Phone: 02 66653124

Facebook: Old Bonalbo Public School

Email: oldbonalbo-p.school@det.nsw.edu.au



A Healthier Lunchbox

is as easy as 1 + 2 + 3 +



1

Sandwich, roll, wrap or alternative



2

Veggies
+ Fruits



3

1-3 healthier
snacks



Scan the QR codes for more practical tips, ideas and information

Deadly Tucker
Box



Cancer Council
Healthy Lunch Box



Swap it!
recipes



Tips to reduce
screen time



Sleep tips



Healthy
Teeth



1 Pack a sandwich, roll, wrap or alternative

Sandwiches

- Use bread, rolls, wraps or pita bread. Include some high fibre, wholemeal or wholegrain varieties.
- Include a variety of fillings

Sandwich alternatives

- Leftovers, e.g pizza, pasta, fried rice
- Quiche or frittata
- Veggie slice or veggie fritters, e.g zucchini slice or corn fritters
- Savoury muffins e.g. cheese & corn
- Homemade pizza
- Salads with cold meats, egg or tofu
- Pasta, rice, bean or noodle salads
- Tuna or lentil/chickpea patties



2 Add a vegetable and a fruit snack

- Use one of the vegetable or fruit snacks for Crunch&Sip
- Check with your school how they prefer Crunch&Sip to be packed e.g. in a separate container

Ideas

- Corn on the cob
- Vegetable sticks like carrots, cucumber, celery, capsicum
- Tub of baked beans
- Fresh seasonal veggies and fruits are best and cheaper
- Chopped bite-sized pieces of fruit or vegetables
- Grapes, strawberries, cherry tomatoes or other fruits and veggies that don't need to be chopped.



3 Pick 1-3 more snacks

Try

- Yoghurt or custard with fruit
- Cheese cubes/sticks
- Pikelets or pancakes
- Scones or muffins - e.g. pumpkin or corn & capsicum
- Fruit loaf/raisin bread
- Wholegrain rice crackers with cheese, salsa, or avo dip
- Homemade popcorn or trail mix
- Pancakes with grated apple or banana
- Pitted dates
- Falafel and hummus



Community Notices

Get up to \$500 for education costs

Achieve a savings goal for 10 months,
and **ANZ will match it up to \$500.**

To be eligible, you need to meet these requirements:



18 years
or older



A regular
income
(you or your
partner)



Attend
free online
financial
education
workshops



Are studying
yourself or
have a child
at school, or
starting next
year



Current
Health Care
or **Pensioner**
Concession
Card



Saverplus.org.au
1300 610 355

saverplus

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street. It is funded by ANZ and Department of Social Services.

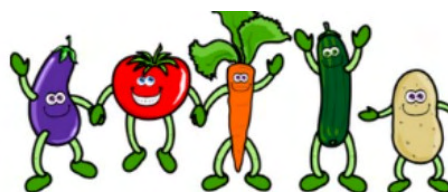
School Drive Subsidy



If you live a long way from public transport and need to drive a student to a public transport pick up point or to school, you may be able to get financial assistance.

The School Drive Subsidy provides eligible parents and guardians twice-yearly payments to help cover some of the expenses of getting children to school.

To find out if you're eligible, and to apply online, visit
transport.nsw.gov.au/schooldrive



Breakfast and Crunch&Sip Programs
Sponsored by Bonalbo

FOODWORKS
Supermarket

Thank you so
much to
Foodworks
Bonalbo for your
continued
support of our
Breakfast Club
and Crunch and
Sip Program

FREE dental care for children under 18 in Northern NSW

Children need a dental check-up every year. Don't wait for a hole or a sore tooth. Services are available in the Richmond, Clarence and Tweed/Byron regions.

Why book a check-up now?

- ✓ Prevent toothaches before they start.
- ✓ Catch small problems early.
- ✓ Visits are quick (about 30 mins) and painless.
- ✓ Every child deserves a healthy mouth for life.



☎ Call 1800 679 336 (Monday to Friday, 8:30am to 4:30pm) to book.

How to brush:

Move soft toothbrush in circles over teeth and gums



Northern NSW
Local Health District



Don't let screens replace what matters most

Build a schedule that
puts **sleep, play, and**
family time ahead of
devices!



For tips:
raisimechildren.net.au



WHAT'S HAPPENING IN TERM 3 2025

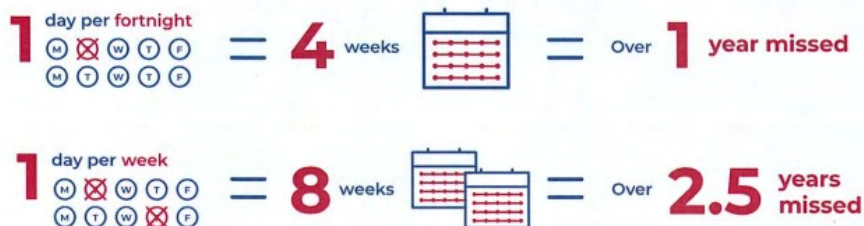
Week 6	August 25 P&C Meeting commencing at 3.15 pm	August 26	August 27 Kindy Transition	August 28	August 29 Friday Fundraiser Canteen
Week 7	September 1	September 2	September 3 Kindy Transition Simply Your Best NRL Parent BBQ	September 4	September 5
Week 8	September 8	September 9 NC Athletics - Coffs Harbour	September 10 Kindy Transition	September 11	September 12
Week 9	September 15	September 16	September 17 Kindy Transition	September 18	September 19
Week 10	September 22	September 23	September 24 Kindy Transition	September 25	September 26 Last day of Term 3

NSW Department of Education

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life



More information

Further Information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

Please visit the Department of Education's Policy Library AND The Department's Attendance Matters Website

The school leaving age:

Please visit the Department of Education's Wellbeing and Learning website

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on **131 450**. You will not be charged for this service.