Wiangaree Public School's

Parent Information Session

I would like to acknowledge the traditional owners of this land the Gullible people of the Bundjalung nation and pay my respects to elders both past, present and emerging.

Starting 'Big School'

The main changes for your child include:-

Physical Environment- For example, the size of the playground, classroom and school buildings.

Expectations and Procedures- more structure to class times, eating, lining up and putting hand up to speak.

Relationships – Meeting new children and adults, responding to different ages

Learning- More formal experiences, structured time and set tasks

Things to help your child prepare:

- Practise the morning routine- Getting up early, eating breakfast, packing lunch and putting their school uniform on.
- Set up a regular bedtime- Ensuring they are well rested and will wake up fresh and ready for the day.
- Practise lunch time- pack lunch as you would for school and see if your child can manage to pack it into their bag.
- Talk positively about starting school
- Put on and take off jacket/jumper
- Shoes that they can put on and take off by themselves – consider Velcro

The First Day:

On the first day, you may like to:

- Allow extra time in the morning. You may want to take photos to capture the moment!
- Talk positively about the day ahead on the way to school and remind your child where you will be at pick-up time.
- Manage your own anxiety. You may like to plan a relaxing activity the night before or arrange to have coffee with another parent after the school drop-off.
- Have a small snack ready at the end of the day to help your child re-energise. Remember that your child might be exhausted when they get home. Give them some down time and try not to overwhelm them with too many questions about the day.
- Celebrate the first day of school as it is a huge milestone to achieve.
- Kiss and drop – phone in a half hour to check in

English

PD/H/PE

Maths

Key Learning Areas

Creative and Practical Arts

Science and Technology

History and Geography

A day in Kindergarten

8.45-9.15	MORNING PLAY
9.15-11.15	SESSION 1- ENGLISH
11.15-11.55	LUNCH
11.55-1.25	SESSION 2 - MATHS
1.25- 1.45	RECESS
1.45-3.00	SESSION 3 –KEY LEARNING AREAS

* Nursery Rhymes
* Setting the table
* Reading Books together
* Writing own name – Capital letter

followed by lower case letters

eg: *Colton*

P&C- Parent and Citizens Association

We have an active P&C who meet twice a term. A small dedicated team that help support and provide for the Wiangaree staff and students.

The P&C look after the Uniforms for Wiangaree and provide canteen to the students on special days. They are involved in many fundraising activities through out the year.

They are always looking for more support and involvement from new parents.

Wiangaree Public School

School Expectations

'AIM HIGH'

Be Safe

Be Respectful

Be a Learner

Packing a healthy lunchbox

Choose a food from each of the 5 food groups.
Don't forget to include a water bottle too.

Healthy Eating Active Living NSW
@healthyeatingactivelivingnsw

NSW GOVERNMENT

Vegetables

Benefit: Vegetables are packed with vitamins, minerals and fibre to keep kids feeling fuller for longer.

Lunchbox ideas

- Fresh vegetables* like carrot, cucumber, corn, celery, capsicum, tomato, mushroom, peas
  Tip: you could dip the vegetables in a corn relish dip or hummus. Try adding baby spinach, tomato and cucumber to a sandwich
- Canned or frozen vegetables and legumes like corn*, peas*, chickpeas*, or kidney beans*
- Baked vegetables like pumpkin, sweet potato, zucchini, carrot
- Baked vegetable pancake or slice

Proteins

Benefit: These foods have protein for growth and iron to carry oxygen around our body.

Lunchbox ideas

- Canned tuna or salmon and lean cold meats like chicken or beef can be used as fillings in a sandwich, roll or wrap
- Hard boiled eggs
- Baked beans, canned mixed beans* or tofu cubes

Grains

Benefit: Grain foods provide carbohydrates to give kids energy throughout the day.

Lunchbox ideas

- Rice, noodles, pasta or cous cous
- Plain crackers and corn or rice cakes
- Sandwiches or rolls, raisin or fruit bread, damper, scones or pikelets
  Tip: try to choose wholemeal or wholegrain options if these are available

Fruit

Benefit: Like vegetables, fruit is packed with vitamins, minerals and fibre to help kids stay well.

Lunchbox ideas

- Fresh fruit* like apples, bananas, oranges, pears, papayas, plums, peaches, mangoes, strawberries
  Tip: try to eat different types of fruit and vegetables each day. You can use canned or frozen fruit or vegetables if fresh is not available
- Tub of diced fruit in natural juice
- Dried fruit like a box of sultanas* or dried apple rings

Dairy

Benefit: Dairy has calcium to help strengthen bones and teeth for growing bodies.

Lunchbox ideas

- Plain milk
- Yoghurt in a tub
- Cheese slice, stick or cubes
- Custard (choose types with a Health Star Rating of 3.5 or more)
- Creamed rice

If your child is dairy-free, choose plant-based milk, yoghurt or cheese with added calcium.

Water

Water is the best drink for kids and tap water has added fluoride to help protect teeth. You can freeze a water bottle overnight to help keep the lunchbox cool and safe.

*Fresh, raw and hard fruit and vegetables can cause choking in young children. Softened, steamed or baked fruit and vegetables are recommended to prevent choking. Dried fruit like sultanas or foods that have the skin on like chickpeas, canned beans, corn or peas can also cause choking. Try cutting these foods up into smaller pieces to reduce the risk of choking in children.

SHPN (CPH) 240745
September 2024

For more lunchbox ideas go to
healthyliving.nsw.gov.au/healthy-lunchboxes

NSW GOVERNMENT

Packing your school bag!

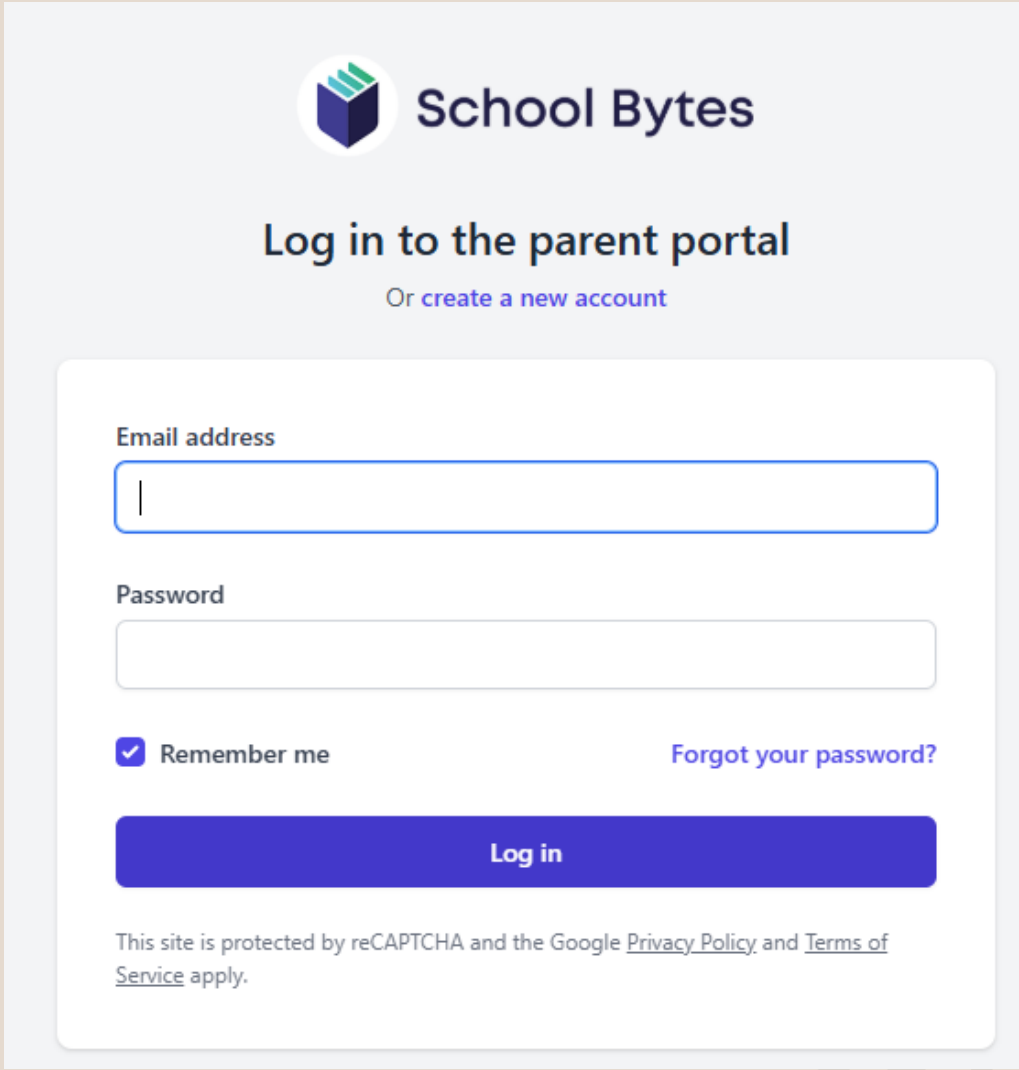
- Fruit
- Drink Bottle
- Lunch
- Recess
- Hat
- Change of clothes

Uniforms

Follow us.....

SMALL SCHOOL
BIG OPPORTUNITIES

'AIM HIGH'



Wombat Dates for Term 3 & 4

Term 3, 2025 Program Dates:

Monday 25th August
Monday 1st September
Monday 8th September
Monday 15th September

1:00- 3:00pm

Term 4, 2025 Program Dates:

Monday 27th October
Monday 3rd November
Monday 24th November
Monday 1st December

9am to 3pm.

First Day of School is Monday 2nd February