

BONDI BULLETIN

The latest news and updates from Bondi Public School



DATES FOR YOUR DIARY

MARCH

- **Wed 3rd** - Zone swimming carnival
- **Wed 3rd** - P&C Meeting
- **Thu 11th** - Selective High Schools Placement Test

APRIL

- **Thu 1st** - Last day of Term 1

Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.

-Albert Einstein

Principal's Post

Dear parents and caregivers

As I write the piece for this fortnight's newsletter, our campers have returned home safely. Thank you for trusting our teachers to take care of your children while they learn more about themselves and each other through the educational activities offered whilst visiting Canberra. Special thanks to our teachers who willingly gave up time with their families to be with your children.

Thank you also to our active P&C members who work tirelessly behind the scenes to ensure positive experiences are on offer for our students. We are fortunate to have been able to celebrate the Lunar New Year, a wonderful Bondi tradition. Our past P&C have been working behind the scenes to finalise plans for our Outdoor Classroom, which will be further showcased at the upcoming P&C meeting.

We look forward to seeing as many of you as possible at the next P&C meeting to assist us with writing the school vision statement, which will describe our school's shared values and high level aspirations for ongoing school improvement for the new school plan. We will also run a few focus group sessions to gather more parent input.

Uniform update

Wearing school uniform, promotes a sense of belonging for students and creates a positive identity for the school community. School uniforms also contribute to the personal safety of students by allowing easier recognition of students inside the school and in the community.

We are beginning to review our current school uniform and we would like to gather input from parents, students and staff! A survey link will be coming out via email, so please take the time to share your views on creating a uniform fit for the future of our students.

Meanwhile, students are still asked to wear the current school uniform and any changes will be phased out over an agreed period of time.

Canteen update

Our history: Canteen Bondi began when our school was quite small. It serviced around 70 students five days a week and was run by a couple of parents working part time. It was set up not only to nourish through food, but to nurture students as a safe haven. If a kid was having a bad day, or simply feeling a bit overwhelmed, the canteen was the place to come to have a friendly chat or just to have some company. Over the years, through many P&Cs and staff turnovers, the canteen has remained a constant and is one of the draw cards, alongside the Stephanie Alexander Kitchen Garden program, for prospective students and their families. It is a real point of difference and is unique not only in the local area, but further afield. Over the years we have grown as a school cohort and this has resulted in a massive growth in demand for the canteen's services.

Today: fast forward to today with over 500 students, we now employ five staff members; two full-time and three casuals. We serve up well over 1000 orders (about 2000 items) per week and not a packaged or processed product in sight. Our fridges are packed with fresh produce, not flavoured milk. Many students and staff order daily, some have it as a weekly treat and others use it when the cupboard is bare. We make everything from scratch including favourites like Nanna Wendy's Garlic Bread with our secret garlic butter recipe, and our Mexican Dip Cups fly out the door because our house-made guacamole is totally delicious. The Surf's Up Snack Boxes offer all the food groups and the Black Bean Brownies are a delicious sweet treat made sugar-free with nutritious black beans. The only items we bring into the canteen are those on our sushi menu, which is made fresh to order for us on Monday and Friday by the fabulous people at Sushi Junction. If you're at Westfield, please support them (they are situated outside Harris Farm). Tin Pin Bakery on Bondi Road supply our organic bread, baguettes (for the garlic bread), rolls, gluten-free bread, eggs and flour. Lucas Meats in Bronte supply all things carnivore, and Harris Farm are our choice for fresh produce.

We run a nut-free service and offer choices for all kinds of dietary requirements and preferences including vegan, vegetarian, dairy-free, gluten-free (including catering to coeliac students) and FODMAP as well as offering food that reflects the fact that both students and staff buy from us, and therefore we place as much importance on providing a range of more sophisticated meals as we do on nutrition, presentation and enjoyment. You are sure to find something you like.

Befitting our school's commitment to sustainability, we use Biopak for packaging, we recycle and reuse as much as we can and we have very little wastage, making use of as much of every piece of produce as we can.

Our philosophy: Canteen Bondi's philosophy is simple, food in schools should be appealing, nutritious and be as much a part of a students' education as physical activity. There should be a seamless transition throughout the day, without interruption caused by the negative impact processed food can

cause some students. It should help students to be calm and attentive, not agitated and disruptive. We want students to be able to order anything and their parents and carers feel free to allow them to do so, making mornings easier for everyone. We want kids to make good choices when they are outside the school grounds but believe there is no place inside the grounds for food that doesn't assist with learning and behaviour.

Ordering: all ordering is done online through www.flexischools.com.au Parents and carers can simply register and add students, selecting their year level and class. Staff can create their own account by selecting STAFF as a destination then come to the canteen to collect orders, or if a classroom teacher, they can use their class name and their lunches will go with the canteen monitors along with the rest of the students. If a parent/carer/student/staff misses cut-off or has issues with Flexischools, they can come to the canteen before school and order - paying with correct cash (we don't have EFT facilities). Orders can be made any time up until 8:45am on the day of the order, recurring orders can be made for an entire term but are subject to unexpected changes in the menu. If something ordered is unavailable a similar item, both in cost and type, will be given (and generally agreed upon with the student).

No lunch/no recess: if a student forgets or doesn't have recess or lunch they are to speak to their teacher and obtain a note. This is to be taken to the canteen for fulfilment, then taken home to the parent/carer. The canteen will provide either an apple/orange at recess and a cheese or vegemite sandwich at lunch.

Volunteering at Canteen Bondi: <https://signup.com/go/xQZjgfc>

To keep costs down and to maintain an affordable service we need volunteers from the school community. Shifts are 9am-11:30am and 11am-1:30pm. No skills required. On the job training (nothing too difficult). You are doing all of the school a service and your own kids absolutely LOVE seeing you there - they are always very proud and excited (that doesn't last much past primary school for most).

Press and other publicity: over the years we have been featured in Fairfax publications in Australia and across the Tasman, on the I Quit Sugar socials and Sydney Markets 'Life at the Markets' Program on Channel 10. Carolyn was commissioned to write feature articles on abc.net.au, appear in guest spots on radio (2UE) and national breakfast television (The Today Show). We have worked with the boys from Bondi Rescue to help raise awareness of breast cancer and Carolyn has run kids cooking classes (in conjunction with the SAKG staff) in the school holidays.

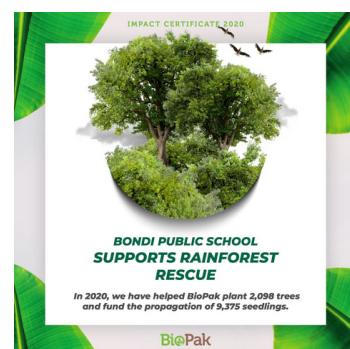
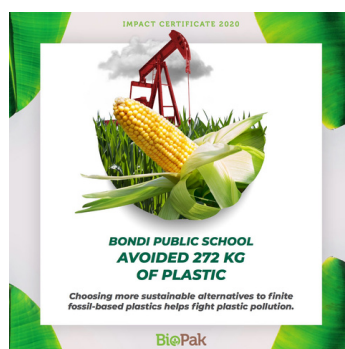
<https://mobile.abc.net.au/news/2018-01-31/healthy-snacks-for-kids-school-lunches-sugar-fat/9341206>

<https://www.goodfruitandvegetables.com.au/story/5212399/fresh-for-kids-program-gets-a-revamp/>
<http://www.essentialkids.com.au/food/nutrition/how-bondi-public-school-overhauled-their-school-canteen-20160301-gn78qb>

<https://www.stuff.co.nz/life-style/well-good/77512824/how-sydneys-bondi-public-school-overhauled-their-school-canteen>

<https://www.facebook.com/247128625418529/videos/1238144202983628>

<https://www.facebook.com/IQuitSugar/photos/a.237169726366796/863529700397459>



Attendance

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

https://education.nsw.gov.au/content/dam/main-education/student-wellbeing/attendance-behaviour-and-engagement/media/documents/attendance/attendance_parents.pdf

https://education.nsw.gov.au/content/dam/main-education/student-wellbeing/attendance-behaviour-and-engagement/Attendance_flyer.pdf

Road safety

When driving to and from school please adhere to road safety regulations to keep our community safe:

<https://roadsafety.transport.nsw.gov.au/downloads/keeping-our-kids-safe-around-schools.pdf>

Warm regards

Natalia Greguric
Principal



Deputy's Delivery



Lunar New Year

Last Friday we were immersed in Asian culture as we celebrated Lunar New Year. Students learnt about Lunar New Year in class and came to school in casual/party clothes, where they enjoyed a traditional Chinese Dragon dance performance. Thank you families, for the gold coin donations - these went to the P&C to cover part of the costs of the performance. Thanks also to Miss Xu for her organisation, Leonie who decorated our school for the occasion, and to the P&C who provided fortune cookies and covered the rest of the performance cost. Students had a great day and you could feel the excitement in the air!

Stage 3 Camp

On Monday, Stage 3 students embarked on an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion, the Australian Government contributed \$20 per student under the Parliament and Civics Education Rebate program towards those costs.

I was lucky enough to accompany our Stage 3 students and teachers on our Canberra camp. You will read more about the highlights in the Captains section, but I thought I'd mention a few things that were wonderful to witness. I could not have been more proud of the way the students represented our school. Whilst they continue to work on quickly forming two lines (a work in progress), their ability to remain respectful and engaged throughout learning experiences was excellent. Time after time, the educators in places we visited, such as Parliament House, The Australian War Memorial and The Museum of Australian Democracy, commented on how engaged and enthusiastic our students were.



The students continually applied their knowledge from school to the real-world settings, answering questions and asking many of their own to demonstrate and further their understanding. I was so impressed.

A highlight for students (and teachers alike), was ice-skating. They demonstrated persistence and commitment - those ice skates are tricky to lace, let alone manoeuvre! Questacon and the CSIRO provided excellent hands-on, discovery learning opportunities.

The overall behaviour of our students was excellent and they are congratulated on representing our school in such a positive way. A huge thanks to parents for funding the camp, to Mr Maslanka for co-ordinating the excursion and to teachers for happily supervising students for three days and two nights (on minimal sleep). We know everyone will enjoy a sleep-in on Saturday!



Sporting Achievements

Gracie S has been selected for the Sydney Coastal tennis team and will now trial for the Sydney East Tennis team on Monday, 1st March in Rockdale.

Lili W, Ines D, Gracie S, Billy K and Joe W were selected for the Sydney Coastal basketball teams and now have trials for the Sydney East Basketball team in Sutherland, on Tuesday, 2nd March.

Congratulations to these students and good luck in the next round of selections. Thank you for proudly representing Bondi Public School!



Warm regards

Anna O'Connor
Deputy Principal

Captain's Report

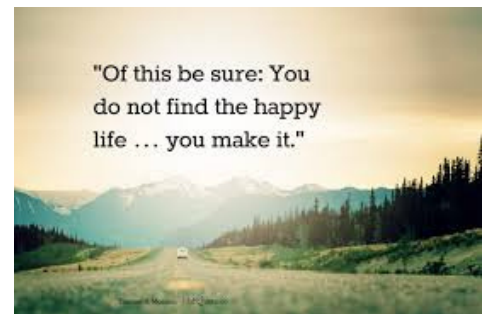
Stage 3 just got back from camp at Canberra. We stayed at Canberra Park Resort and did fun activities such as Questacon, ice skating, CSIRO and AIS (Australian Institute of Sport). Stage 3 also learnt a lot about the government and its history at Old Parliament House and Parliament House.

At the Museum of Australian Democracy at Old Parliament house we put on white gloves and sat down in real representatives' chairs and answered questions about the chamber. When we had finished we moved across the hall into the Senate. The red really did catch peoples' eyes as gasps went across the room.



Did you know that the colours in each chamber represents the Indigenous/Australian land. The green in the house of representatives symbolizes eucalyptus trees and the red in the senate represents the hot land and landscape.

At Parliament house we were impressed by the marble foyer covered with carrara marble and Italian marble



As well as learning about government we learnt about Australia's war history at the Australian War Memorial and we learnt about science at Questacon and the CSIRO (Commonwealth Scientific and Industrial Research Organisation) where we did a science scavenger hunt.

We had lots of fun at ice skating where everyone had a try on the ice. It was great seeing everyone helping each other and cheering people on as they had a go on the slippery ice. Another fun activity was the AIS (Australian Institute of Sport) where we did virtual sports, such as: bike races, skiing, kayaking, wheelchair races and much more. Overall we all had lots of fun and it will definitely be a trip to remember.

By Maura, Archer, Olly, Zaza

P&C News

The first P&C meeting will be held on Wednesday the 3rd of March and if you haven't yet RSVPd you can do so at <https://forms.gle/rQBEwa6pipvRZKv36>

We're also looking for some P&C volunteer positions to be filled, if you are interested in becoming more involved, you can contact us at bondipublicschoolpcsec@gmail.com

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to book or for more information.





Come & Play Rugby Union @ Bondi Breakers

Join a family orientated club, that prides itself on participation, fun & team spirit

Open for girls and boys aged 4+

Non-contact for U6/U7, Tackle for U8/U9

Training: Thursdays – 16:00 at Easts Club, Rose Bay

Matches: Saturday morning at Nagle Park, Maroubra



COME & TRY

Thursday 4th March 2021

At 16:00

Easts Rugby Club,
O'Sullivan Road, Rose Bay

We'd love to see some new faces join our community, so come and join a Breakers training session, meet our existing players, play a game or two and have some fun!



TO REGISTER

Go to our website [Bondi Breakers Junior Rugby](http://BondiBreakersJuniorRugby)

Any questions? Email: BondiBreakersJuniorRugby@gmail.com



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- WHAT WE OFFER:**
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 - CCS rebate approved
 - Pick up from Bondi local schools
 - Trained and passionate staff

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mixed martial arts with IGOR MMA Free trial session and then \$10 per session	Homework Help Rooftop Basketball Fitness programme Music Lessons	Various skate parks with our skateboard pro/instructor Stella	Homework help Cooking Outdoor activities at locals parks	Swimming and Surfing

Contact us at afterschoolcare@ways.org.au or fill out our enquiry form that can be found via the QR code

ADDRESS: 63A Wairoa Avenue, Bondi Beach NSW 2026
 PH: 02 9365 2500 E: afterschoolcare@ways.org.au
 FIND US ON SOCIAL: [waysyouth](https://www.instagram.com/waysyouth)
 OR VISIT OUR WEBSITE: ways.org.au



LJ Hooker

Bondi Beach | Bondi Junction



Local Parents, Local Agents.

"Being part of the Bondi Public School community means so much to our families, whether you are selling or renting a property our advice is given based on our integrity, professionalism and, most importantly, with your best interests in the forefront of our minds".

Marina Makhlin
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Book an appraisal today to discuss an up to date value on your home.
 If a property sells as a result of this ad we will donate 10% of the commission to Bondi Public School to improve facilities for our kids!