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**Reminder to all about the School times:**

**Students start at 9am and finish at 3:17pm.**

**If you are going to be early to school or are running late in the afternoon, please let staff at school know by email or phone call.**

**Also if anyone has any issues or problems please ring the school and make an appointment to see Kathy.**

**03 5020 6896**

# Clare Connection

## Kathy's Corner.....

Welcome back to term 3. Term 3 is my favourite term of the year as this is when all the students hard work starts to pay off and we see an accelerated level of growth in their learning from all the hard work and effort in term 1 and 2. Kara and I have already seen an astronomical improvement in all our student's fluency and mathematics.

Thank you to all the families for such a wonderful Small School Athletics carnival and jumping in with helpful hands when seeing a void to fill. A big congratulations to all students on the day whose behaviour was outstanding and demonstrated Clare PS PBL values of being: Safe, Responsible and Respectful. A further congratulations to Edie, Jack, Annabelle and Patrick who were successful in making it to the Murray-Darling Athletics Carnival. Edie, Jack and Annabelle competed at the carnival last Friday with Edie being successful in making it to the Barrier Carnival.

I would like to extend my sincerest condolences to our wonderful, hardworking and dedicated principal, Kathy Bourke who sadly lost her husband Michael. I will be relieving Kathy during this difficult time so she can spend time with her family.



**Let the children Play– Pasi Sahlberg**

Cam Selby  
Relieving Teaching Principal



# SMALL SCHOOLS ATHLETICS CARNIVAL



Small Schools Athletics Carnival was held on the 3rd August at Pomona. Congratulations to all the children for doing their best and having fun. A big congratulations to Annabelle Harris for being 11 year old Girls Champion!







# NATIONAL SCIENCE WEEK

## AUGUST 2023

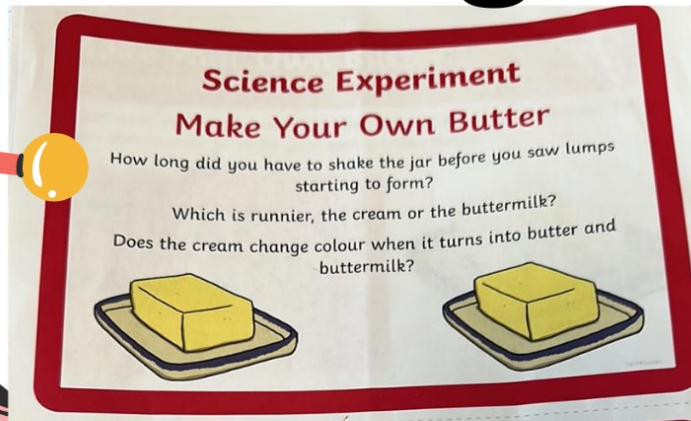


National Science Week was 12-20 August. Students participated in different experiments with Ms-English.

Students got to explore how yeast is alive and finding out what happens when different ingredients are added to it as well as creating hamessing the power of a balloon rocket



# Making Butter





# Clare PS

## PBL

# Rewards Day



All the students got to come to school in their PJ's and have popcorn, snacks and watch a movie. Everyone had a lovely day!





# Ms English Lessons



## Clare PS Knitters

The sound of click clack can be heard coming from the classroom. Annabelle and Jack are creating a small knitted item, while Cate and Edie are knitting a scarf. Hannah is a very keen new knitter and will soon be on the way to knitting a headband. All the other students are building on their French Knitting skills.

## German news

Annabelle and Edie are paired together and Jack and Micheal are paired together and are producing a power point assignment on interesting facts about German. The other students are learning colours, numbers and greetings. We are all having fun singing moving and playing, including our colour game which involves a caller, judge, score keeper and 2 participants.

**Tschüss bis später frau Englisch**





# SASS appreciation Day



**Deb, Kara and Michelle were onsite so we celebrated SASS Appreciation Week early. We are thankful for all the hard work our SASS Staff do to keep the school running. SASS stands for School administration and support staff**

# School Grounds

# Improvements

We would like to thank the parents who have already donated things and ask any parents, carers or community members to please add to our collection of donations.



WE ARE LOOKING FOR  
DONATIONS FOR THE  
BEAUTIFICATION OF OUR LITTLE  
SCHOOL:

Old Tyres

Old Metal Wheel barrows

Wheel rims

Old bike tyre rims

Tin cans

Bottle tops

Old Wagon Wheels

Old pots and pans  
old bicycle



**DONATIONS CAN BE DROPPED AT SCHOOL  
AND WILL BE APPRECIATED**






**Connectivity**  
 Traumatic Brain Injury Australia




## Sport-Related Concussion Short Course

**If in doubt, sit it out!**


 You only get one brain. Protect it.  
 Learn more with our **FREE Sport-Related Concussion Short Course**.

You will learn:  
 Module I: What is a concussion and how do they occur?  
 Module II: Recognising a concussion  
 Module III: Responding to a potential concussion, concussion management and recovery


[www.connectivity.org.au](http://www.connectivity.org.au)


**Parenting Strategies**

**MONASH University**


### Help us improve resources for parents of children and teens with school attendance difficulties

A new set of evidence-based guidelines for parents of primary and secondary school students struggling to attend school due to anxiety, depression or emotional distress has been developed by researchers at Monash University and Deakin University.

**What is involved?**

The study involves two short, anonymous online surveys. You will be asked to answer questions about parenting, your child's attendance and schooling, and general feedback for the guidelines.

**You are eligible to participate if:**

- You are 18 years or older
- Can read and write English
- Have access to the Internet

**Find out more:**

Please follow the QR code or visit the link to access the guidelines or complete the survey:

<https://www.parentingstrategies.net/>

For further information, please contact [med-clc-sd@monash.edu](mailto:med-clc-sd@monash.edu)

This research has been approved by the Monash University Human Research Ethics Committee (ID: 37577)

## P & C News

There will be a working bee at the school on Tuesday the 29th August at 2pm.

If you are able to join us please bring a shovel, wheel barrow and/or a trailer.

Many hands make light work.





# Being Your Best You



Photo credit: NALAG / Jen Cowley

**Balranald Ex Services Club, 116 Market St, Balranald, NSW 2715**

**Date: Wednesday 13<sup>th</sup> September 2023**

Ladies, join us for a fun and FREE day and discover ways to improve your health, peace of mind, effectiveness, and ability to cope around challenging situations and people.

At the end of the workshop participants will have a greater understanding of:

- The five elements of wellbeing and how to improve them.
- Our needs and how they shape our motivation, behaviour and communication.
- How we make sense of the world and why we all view things differently.
- How to identify patterns of ineffective/dysfunctional communication and the roles people play that sabotage effective communication.
- How to move towards more effective patterns of communication including the language of rapport vs the language of alienation.
- How to move from pessimistic to more optimistic thinking and the flow on benefits.
- Where best to spend our energy.
- Coming to your senses - Yoga, relaxation and mindfulness.
- How to eat chocolate...

**Time: 9am – 3.30pm (Morning tea & lunch provided)**

**RSVP to: Kate Johanson at [kmjohanson@redcross.org.au](mailto:kmjohanson@redcross.org.au) /0437873537**

**RSVP by cob 8<sup>th</sup> September 2023 (Bookings essential for catering no's)**

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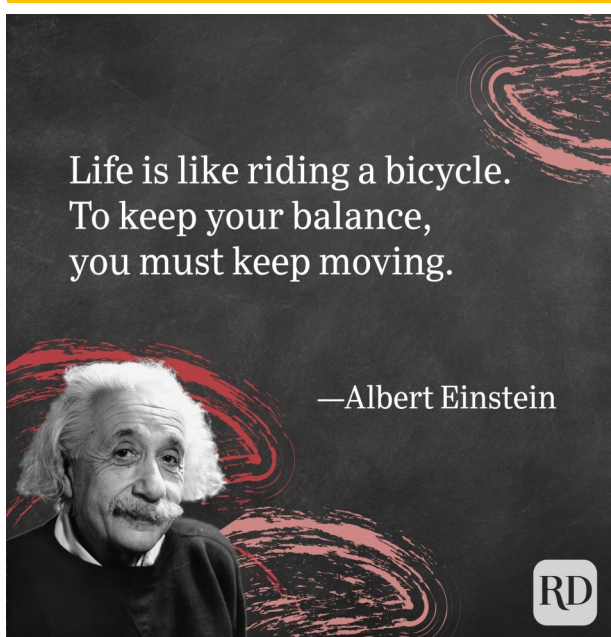
Supported by







8th September 2023	RDO
19th September 2023	School Photos
21st September 2023	Book Week/Education Week Assembly
22nd September 2023	RDO/Last day of term 3
9th October 2023	First Day of Term Students and Staff
20th October 2023	RDO
3rd November 2023	RDO
17th November 2023	RDO
1st December 2023	RDO
8th December 2023	Presentation Day (subject to change)
14th December 2023	Last day term 4 and 2023



### Nutrition Snippet

## VEGIE AND PEPITA MUFFINS

Serves: 12    Prep time: 15 mins    Cooking time: 25 mins

**Ingredients**

- 1 cup pumpkin, cut into 1cm dice
- 1 zucchini, grated & liquid squeezed out
- 3 spring onions, finely sliced
- 1 cup baby spinach leaves, chopped
- 2 eggs
- 1 cup reduced-fat milk
- ½ cup sunflower oil
- 1 cup wholemeal flour
- 1 cup plain flour
- 2 tsp baking powder
- 2 tbsp pumpkin seeds
- Salt & pepper

**Method**

**Step 1:** Preheat oven to 180°C. Line a muffin tray with muffin cases.

**Step 2:** Place pumpkin in a microwave-safe bowl, cover with water and cook in the microwave for 3 minutes or until slightly softened. Drain and mash.

**Step 3:** Add the zucchini, spring onions and spinach to the pumpkin and mix.

**Step 4:** Lightly beat together the eggs, milk and oil and pour over the vegetables. Season with a pinch of salt and pepper.

**Step 5:** Sift the flours and baking powder over the top and stir until just combined.

**Step 6:** Spoon the mixture into the muffin cases and sprinkle with pumpkin seeds. Bake for 25 minutes or until cooked through and golden.

[healthylunchbox.com.au](http://healthylunchbox.com.au)

**Cancer Council**  
Healthy Lunch Box