



Pacific Brook Christian School

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Pacific Brook Christian School

Newsletter Friday 16th February 2018

Upcoming Events:

Tuesday 20th March
Athletics Carnival at
Weeraman Oval

A funny thing happened to me this morning. Well, it was funny looking back. I forgot how to put on a tie! I wear a tie to work most days, and have been doing so for some years. But for some reason this morning I couldn't remember how to do it up. Perhaps it is a sign of the onset of dementia!

It is interesting how we often take things for granted.

Sometimes we can take God, and the way in which he blesses us, for granted. It is only when we don't have what he provides that we notice.

Later in the morning, during our whole school Devotions, the students sang the Colin Buchanan song "Remember the Lord." This song is about remembering God in all circumstances, even when things go wrong. It is good to remember what God has done for us, and not take him for granted.

About half an hour after my initial attempt I remembered how to put on a tie! Hopefully I will remember on Monday. But even more importantly, I hope I will always remember what God has done for me.

David O'Hara
Principal

Official Opening of PBCS

Thank you everyone who came on Wednesday and celebrated with us as Pacific Brook Christian School was officially opened.

It was great to share a lunch together, and attend the opening ceremony. The ribbon was cut by the school captains, Mitchell Hartup and Lachlan Smith, and the Pacific Brook Christian School Board Chairman, Mr Max Maddock.

10th Anniversary of the National Apology

On Tuesday three of our students, Mitchell Hartup and Lachlan and Bradley Smith, represented the school at the ceremony to mark the 10th anniversary of the National Apology to the Stolen Generation. This was an important civic event and was well attended by people from various schools and community groups in Muswellbrook. You may also like to read the article in the Muswellbrook Chronicle at <https://www.muswellbrookchronicle.com.au/story/5225469/we-must-look-to-the-future-photos-video/?cs=1865>



February Photo Competition

We have past the halfway mark of February, which means that time is starting to run out to get your entries in for the February Photo Competition.

Photos may be of any subject, as long as a Pacific Brook Christian School sticker is somewhere in the photo.

To submit your photo, please email your photo to: school@muswellbrookchristianschool.nsw.edu.au

Please include your name with your entry. You can enter as many times as you like.

If you need more stickers, please contact the school.



Primary Science

During Science this term the Primary class are studying living things and life cycles. On Monday morning the Primary class will walk to Karoola Park, to make observations of any living things they can see there. These observations will help them in later class work.

We will leave the school at approximately 10am, and return at recess. We are going at this time of the day to avoid the afternoon heat.

Fruit Break

This year we have decided to implement a short fruit break during the morning Literacy session. This is to allow children to refuel and rehydrate so that they can continue to concentrate and learn well through the morning.

Children who choose to bring fruit or vegetables for the fruit break will eat the fruit during the middle part of the Literacy lesson, at around 10am.

Children can bring fresh fruit or vegetables, such as a banana, an apple (cut into pieces already will make it easier), grapes or carrot sticks. If you would like your child to participate in this fruit break please ensure that the fruit has been cut up and placed in a suitable container which the child will find easy to open and close. No fruit will be able to be peeled or chopped by the teacher.

This fruit break will encourage healthy eating habits, which is something that Pacific Brook Christian School staff see as an important aspect of healthy living choices.

Please do not bring egg, nut or seafood products into Pacific Brook Christian School



No Seafood



Allergies

Anaphylaxis is a potentially life threatening condition where sufferers are susceptible to severe allergic reaction to certain foods and other things in the environment. Since the safety of the children in our care is of the utmost importance, Pacific Brook Christian School aims to be an egg, nut and seafood free school. As such, please do not send any foods to school containing these items. Please see the website for more information about alternatives to popular foods and recipes.

Thank you for your assistance in helping keep all our students healthy and safe.

Community News

Here are some tips for some healthy snacks from the Cancer Council. Please note that any food brought to school should be totally free from egg, nut and seafood products, for the safety of our students.

 Nutrition Snippet

The simplest way

...to swap unhealthy snacks.

Visit the Healthy Swaps section of our new Healthy Lunch Box website for tips and recipe inspiration on swapping out unhealthy launch box snacks - healthylunchbox.com.au/recipes/healthy-swaps

Try swapping store bought muesli bars with homemade chewy fruit and seed bars, fruit loaf or banana pikelets.



Swap lollies and chocolate bars with dried fruit, bliss balls, celery boats with sultanas or reduced fat custard tubs.

Swap out sweet and flavoured biscuits with homemade veggie or fruit muffins or biscuits, wholemeal crackers with hummus or baked pita bread with veggie dip.

Visit healthylunchbox.com.au for recipes & information you can trust.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

 Eat It To Beat It