

Welcome to Kindergarten Orientation
for students starting in 2021.

Session 2

'Opportunity, Excellence, Success'

Welcome to Country

We would firstly like to acknowledge that beneath the playgrounds and buildings that make up Epping Public School lay the traditional lands of the Darug and Guringai First Nations people.

Today we acknowledge our traditional owners who inhabited and cared for this land for many centuries before our school was built. We pay our respect to their ancestors, elders and any who may be with us today.



Opportunity Excellence Success

Welcome to our parent information site.

This week we have information about our school values, food at school and attendance.

Kindergarten and the early years of school is the time when we lay the foundations of our learning for the future.



Student Wellbeing

School Values

At Epping Public School, the classroom and support teachers are dedicated to developing well-rounded students who become active and successful citizens in the world. Our 4 school values underpin the teaching practices and educational programs at the school. These values are emphasised to students from their first year of schooling.

Student Wellbeing

School Values

Epping Public School's Values are:

Be Prepared

Be Respectful

Be Proud

Be Safe

We call our values the 4 Bs.



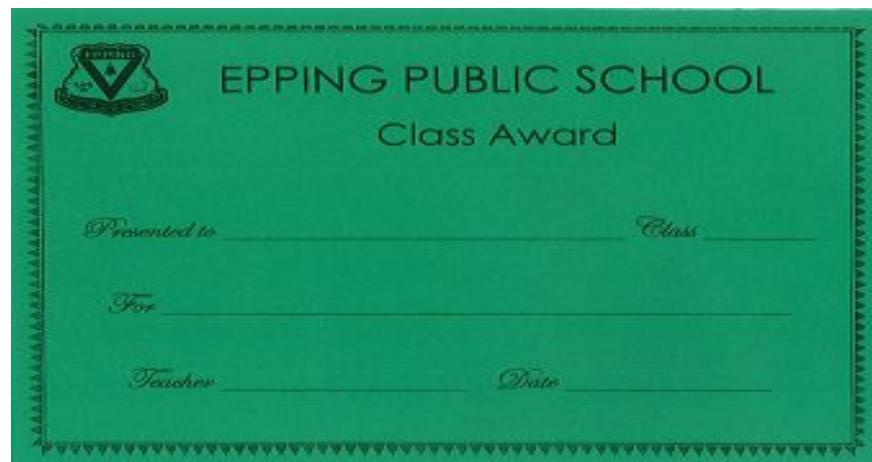
Awards System

At Epping Public School, all students are expected to follow the school rules. Rules will be reinforced both in the classroom and playground with a system which rewards children with Eppies, house points, merit (assembly) awards and other special awards.

Eppie

Merit Certificate

Trading System



Why is regular attendance at school important?

- assists continuity in learning, makes learning easier and avoids gaps
- helps children build and maintain friendships with other children
- promotes success in life after school



What should I do if my child has to stay away from school?

Let our school know when your child will be or has been away!

- Write a note
- Make a phone call
- Email the school

Parents are legally responsible for explaining their child's absences to the school within 7 days of the absence/s

- A note should be dated and reason provided should be specific. eg more than 'sick'.

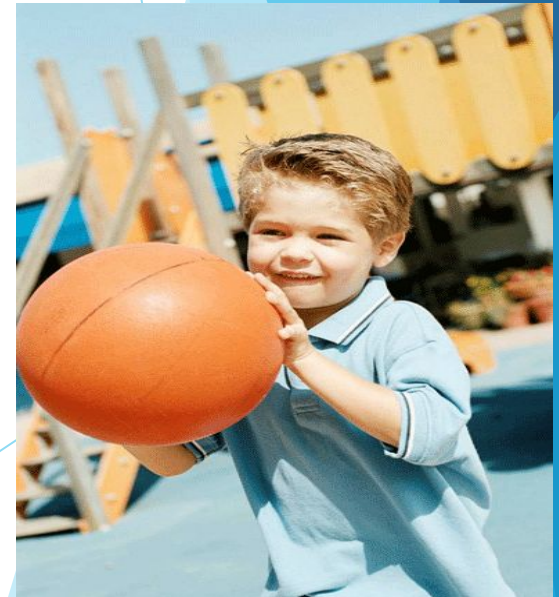
What if my child is late to school or needs to leave early?

- As with whole day absences, there needs to be a valid reason supplied to the school for 'partial' absences
- When late to school or leaving early, a child must signed in/out at the front office by a parent

BE ON TIME!!!

Students who are late will:

- **MISS** the important social interactions with friends before the bell that can relax them and set them up positively for the work day ahead.
- **MISS** the start of the lessons so that learning becomes difficult.
- **MISS** the morning greetings, messages, roll call and collection of notes etc.
- **RECEIVE UNNECESSARY ATTENTION THAT MAY MAKE THEM FEEL UNCOMFORTABLE, EMBARRASSED OR ISOLATED FROM THE GROUP.**



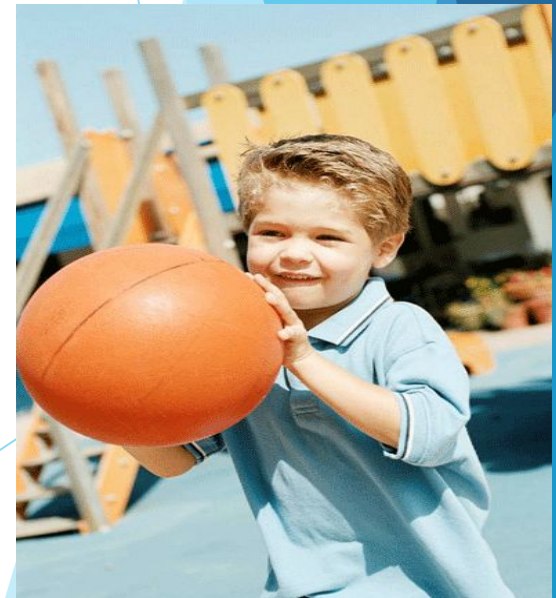
Do not keep your child away from school for the following:

- Birthdays
- Shopping
- Minding other children
- For routine check up's - See the doctor before or after school
- Family or care activities such as hair cuts



SET ROUTINES!

- Have a set time to go to bed and to be out of bed
- Have uniform and school bag ready the night before
- Make lunches the night before
- Set a time for daily homework activities
- Turn the television on for a set time and only if appropriate
- Be firm, children must go to school
- Provide lots of positive encouragement
- Be firm, a birthday is not a holiday



Food and drink at school



Find out more at

<https://www.health.nsw.gov.au/health/Pages/healthy-eating-and-active-living-children.aspx>



Breakfast

Why Breakfast?

- Provides energy and nutrients for the morning
- Helps maintain a healthy weight
- Helps learning, concentration & behaviour
- Develops good eating habits



Lunchboxes

- Children can eat up to 1/3 of their daily food intake at school
- It is important to pack nutritious food to help your child
 - Concentrate and learn
 - Have healthy blood sugar levels to aid behaviour and mood regulation



Lunchboxes

- Kindy students can be slow eaters and may want to play more than eat!
- Keep lunch boxes simple (reduce choice)
- Keep serves small
- Ensure foods can be opened and eaten easily

Pack your own food using labelled reusable containers rather than buying small pre packed snacks – good for the environment and your budget.



Lunchboxes

Pack for

- **Crunch & Sip (Fruit Break)** - fresh fruit or veggies only
- **Lunch**
- **Recess** - a healthy snack
- **Water** to drink



Avoid packing a 'sometimes' food everyday

Keep lunch boxes cold with ice packs or frozen water

Water

Choose water as a drink

Drinking water is the best way to quench your thirst. Even better, it doesn't have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

It's okay to have sweetened drinks sometimes – but not every day.

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately **6 teaspoons of sugar**? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra **9 kilograms of sugar** into your system every year!

Why drink water?

- ★ It helps prevent decay and holes in your teeth.
- ★ The fluoride found in tap water in most areas helps you develop strong teeth.
- ★ Tap water costs a whole lot less than other drinks.

Often we don't feel thirsty, even when our bodies need fluid. That's why it's a good idea to drink water regularly during the day, and especially when it's hot.

It's also important to make sure you drink water before you play sport or games. Drink plenty afterwards too so that you make up for what you've lost through sweating.

“About two-thirds of the human body is made up of water.”



Water and your body

- ★ About two-thirds of the human body is made up of water.
- ★ Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove wastes.
- ★ Water is lost from the body through sweating, breathing and going to the toilet.
- ★ Dehydration – or not having enough fluid in your body – can cause headaches, tiredness, crankiness and poor concentration.

How much should I drink each day?

All children 4-8 years - 1.2 litres per day or about 5 glasses
Boys 9-13 years - 1.6 litres per day or about 6 glasses
Girls 9-13 years - 1.4 litres per day or about 5-6 glasses
Remember, you need to drink extra water on hot days and during moderate or vigorous activity.

Snacks to Avoid

- Chocolate, lollies, jellies, liquorice, carob-based chocolate, yoghurt coating
- Salty snacks such as potato chips
- Sugar sweetened drinks such as soft drinks, fruit drinks, cordials, sports drinks, energy drinks, flavoured mineral waters

Our school canteen.

EPPING PUBLIC SCHOOL CANTEEN MENU 2020

**** All lunch meal orders must be placed online via FlexiSchools by 8am
NO CASH ORDERS ACCEPTED****



Burgers

- Chicken Burger (h) \$4.00
with Lettuce & Mayo (or sauce of choice)
- Veggie Burger (v) \$4.00
with Lettuce & Mayo (or sauce of choice)

Deluxe version with Salad leaves, carrot cucumber, capsicum & tomato - extra \$0.50



Sandwiches

Wholemeal bread is used for all sandwiches and can be toasted for no extra cost

- Cheese \$2.50
- Cheese & Tomato \$3.00
- Chicken \$3.50
- Ham \$3.00
- Ham, Cheese & Tomato \$4.00
- Salad (v) \$3.00
- Tuna \$3.50

Extra Fillings

- Capsicum, Carrot, Sliced Cheese, Shredded Cheese, Cucumber, Lettuce, Tomato or Salad \$0.50

Melts

- Melts (One Topping) \$1.20
Cheese or Garlic
- Melts (Two Toppings) \$1.50
*Cheese & Garlic, Cheese & Ham
Cheese & Pineapple, Cheese & Tomato*

Hot Food

- Chicken Drummy \$1.20
- Corn Cob (v) \$0.80
- Cup Noodles \$2.50
Beef or Chicken
- Fried Rice (contains Pork) GF \$3.50
- Hot Dog *without sauce* \$2.50
- Lasagne (Beef) \$3.50
- Macaroni & Cheese (v) \$3.50
- Party Pie - Beef \$1.20
- Party Pie - Beef & Potato \$1.50
- Pasta Twirls (Bolognese) \$3.50
- Pizza Wraps \$2.80
- Sausage Roll \$2.50
- Spinach & Ricotta Roll (v) \$2.50



Sushi

- Teriyaki Chicken \$3.20
- Tuna \$3.20
- Vegetable (v) \$3.20

Salad Box

Freshly prepared with Carrots, Cucumber, Capsicum, Cherry Tomatoes and Mixed Leaf Salad

- Chicken (h) \$4.50
- Ham \$4.50
- Tuna \$4.50
- Salad (v) \$3.50

Sauce

- BBQ \$0.30
- Tomato \$0.30



Open Mondays and Fridays

EPPING PUBLIC SCHOOL CANTEEN MENU 2020

**** Ice blocks, drinks and snacks may be ordered online
or bought with cash during lunchtime****



Icy Treats

- Ice Mony Freeze Pops \$1.00
*Chocolate, Lemon Ice, Sour Blue Raspberry,
or Sour Red Berry Blast*
- Juicies \$0.60
*Apple & Blackcurrant, Tropical or
Wildberry*
- Jelly Cup \$1.00
Custard optional
- Lickstick (Full) \$0.60
- Lickstick (Half) \$0.30
*Apple, Blackcurrant, Mango, Orange or
Tropical (flavours may vary)*
- Moosies \$1.20
Blue Moon or Chocolate
- Vanilla School Cup \$1.30

Drinks

- Flavoured Milk \$1.80
Chocolate or Strawberry
- Pop Tops Juice \$1.50
Apple, Apple Blackcurrant or Orange
- Chill J (Sparkling Juice) \$2.00
*Apple Cola, Blackcurrant, Grape, Lemon Ice
Orange Passio, Raspberry, Watermelon.*
- Water \$1.00
- Hot Chocolate \$1.80



v = vegetarian
h = halal
= traces of nuts



Snacks

- Red Rock Chips \$1.00
Sea Salt
- Grain Waves \$1.00
Sour Cream & Chives
- Popcorn \$1.00
*Lightly Salted, Sweet 'n Salty,
Chicken*, BBQ**
- Rice Crackers \$0.10
3 pieces
- Fruit**
- Apple Slinky \$0.80
- Frozen Orange (1/4) \$0.20
- Frozen Pineapple \$0.50

* Discontinued flavours will be available until stock is sold out

Open Mondays and Fridays

Ordering at our canteen

Simplify your school life.

We have partnered with Flexischools, to make school lunches even easier.



- 1 Order online at anytime
- 2 Easily monitor your child's nutrition
- 3 Pay with Visa, Mastercard, PayPal or direct deposit



Set up your account

- 1 **Download the Flexischools App**
Note: for iPhone and iPad please select 'Allow' notifications.
- 2 **Login/Register**
 - **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.
 - **New Flexischools user** – Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.
- 3 **Top Up Your Account**
To make ordering fast and simple, you can set up automatic top ups.

Order

- 1 **Place your Order**
In the Flexischools App, click the 'Order now' button located in the bottom right-hand corner of the app and select your student.
- 2 **Make your Selection**
Select the items you wish to order.
- 3 **Make Payment**
Select your payment option and complete payment to place your order.

Alternatively you can sign-up at flexischools.com.au



10 years supporting the school community



Committed to healthy eating



Over 1,500 happy schools

 flexischools

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If you have difficulty understanding any documents or would like further information, please ring the Telephone Interpreter Service on 131 450 and ask them to telephone the school.

This service will be free of charge to you.

Telephone Interpreter Service 131 450

如果您要讀懂這份資料有困難，或者想要索取更多資料，請致電131 450給電話口譯服務處，請他們打電話給學校。

這項服務不必向您收費。

Telephone Interpreter Service 131 450

CHINESE

यदि आपको इस कागज़ात को समझने में कठिनाई हो या आपको अधिक जानकारी चाहिए तो कृपया टेलिफोन दुभाषिया सेवा को 131 450 पर फ़ोन करें और उनसे स्कूल को फ़ोन करने के लिए कहें।

आपके लिए यह सेवा निःशुल्क है।

Telephone Interpreter Service 131 450

HINDI

만일 이 문서를 이해하는데 어려움이 있거나 더 상세한 정보를 원하시면 131 450으로 전화 통역 서비스에 연락하여 학교로 전화해 달라고 요청하십시오.

이 서비스는 귀하에게 무료로 제공됩니다.

Telephone Interpreter Service 131 450

KOREAN



Thanks.

**We look forward to seeing you
next year!**



Opportunity Excellence Success