



# "THE PLAINS EXPRESS"

SHARING ❖ LEARNING ❖ CARING

Term 3 Week 1 - 23 July 2020

A member of the Armidale  
Community of Schools



Education  
Public Schools

## From the Principal's Desk

Welcome back to another term of great learning at Kelly's Plains Public School! We hope you have all had an enjoyable break.

### **FAREWELL MRS HALA'API'API**

Unfortunately Mrs Hala'api'api is unable to continue teaching here at Kelly's Plains PS this term. We are so sad you will not be returning but wish you the best of luck for the future. We will miss you!

### **PLAYGROUND REMINDER**

I would like to remind parents that after 3.00pm in the afternoon, we would appreciate the students playing only at the front of the school (sandpit area) if staying on for a while. There are some areas of the playground that are unsuitable for playing without adult supervision.

### **LATE ARRIVALS/ABSENCES/EARLY DEPARTURES**

If your child will be arriving late, leaving early or is absent would you please fill out one of the attached Absence Advice forms and send it in with your child. Alternatively, the Skoolbag app may be used to advise of these absences. This procedure is necessary due to the requirement that parents must stay off school grounds under the current COVID-19 restrictions. If you wish to speak to a teacher or myself, please phone the school to make an appointment time.

## Organisation for Term 3

- ♦ **School photos will be taken next Wednesday 29 July.**
- ♦ Student banking will recommence in Week 1
- ♦ Scripture lessons will recommence in Week 2
- ♦ Mrs McCathie will be our Learning & Support Teacher during Term 3 and will be here Wednesdays and Thursdays.
- ♦ Mrs MacDougall will be assisting in the Lower Division classroom on Monday and Tuesday. For the first three weeks she will also be here on Wednesdays.



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## SAY CHEESE

**School Photo Day is:**  
**Wednesday 29<sup>th</sup> July 2020**

**HAVE YOUR CHILD'S SCHOOL MEMORIES CAPTURED FOREVER!**

Please take the time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:

- ❑ Don't seal envelopes inside each other. You can pay for all children in one envelope; however, each child needs to have their own envelope on photo day.
- ❑ Family envelopes are available at the school office upon request.
- ❑ Family photos will be packed inside the eldest child's individual photo pack.
- ❑ Please enclose the correct money as no change can be given.

## Good for Kids good for life

### WINTER RECIPE: MINESTRONE SOUP

#### Ingredients:

- 1 tsp olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 medium leek, finely chopped (optional)
- 2 celery stalks, finely chopped
- 2 medium carrot, finely chopped
- 400g canned tomatoes
- 1 litre reduced salt vegetable or chicken stock
- 2 cups green cabbage, finely sliced
- 1 tbsp fresh parsley, chopped
- 1 bay leaf
- 1 tbsp tomato paste
- 1/4 cup frozen peas
- 1/2 cup dried wholemeal pasta (penne, spirals or shells work well)

Serves 4  
Prep and cook time: 1 hour



#### Method:

- Heat oil in large saucepan over medium heat.
- Add onion, leek, celery, carrots and garlic. Stir well, cook for 10 minutes or until the vegetables have softened.
- Add canned tomatoes, stock, cabbage, parsley, bay leaf and tomato paste. Bring to the boil, then reduce heat to low and simmer for 15 minutes.
- Add frozen peas and pasta, continue to simmer for a further 15 minutes.

Recipe from SWAP IT - <http://goodforkids.nsw.gov.au/primary-schools/swap-it/recipes>



HNELHD.GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## Good for Kids good for life

### KEEPING ACTIVE IN WINTER

It can be tempting to let kids spend more time on screens during the winter months, with cooler temperatures and less daylight hours. But keeping active for **at least one hour each day** is still important, and also helps to keep warm!

Try some these activities that can also be done indoors:

- Make up a dance
- Hula hooping or skipping
- Pretend to move like different animals - scuttle side-to-side like a crab or hop like a kangaroo
- Start a family fitness challenge - who can do the most push-ups, squats, sit ups
- Use a pair of socks or balloon to play indoor volleyball, tennis, soccer or football



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## Let's SLOW THE SPREAD of COVID-19 together



COVID-19

visit [health.nsw.gov.au](http://health.nsw.gov.au) for the latest information