



# Eden Public School

DARE TO DREAM & ACT TO ACHIEVE  
166 YEARS OF EDUCATION  
1857 TO 2023

## TERM 2 WEEK 10

### 27<sup>th</sup> JUNE

### 2023



## Respect, Responsibility and Resilience

### Principal's Message



#### NAIDOC week celebrations

This year's theme for NAIDOC Week is 'For Our Elders'. NAIDOC Week is a time to acknowledge the champions of change that have spearheaded equality and celebrate Aboriginal and Torres Strait Islander peoples' rich and ongoing contribution to our education system and nation.

We have lots of activities planned this week including an excursion for our Stage 2 students to Jigamy where they will take part in cultural activities for the day. We also have a great day organised for Thursday, which includes a welcome assembly, morning tea for our parents, carers and community and traditional games on the playground, where our families are welcome to join in with their children. We invite all our families to celebrate with us!

#### Rural South and West Aboriginal Art Competition

Recently, many of our Aboriginal students took part in workshops to develop their artistic skills and produce artworks for the Rural South and West Aboriginal Art Competition. The theme this year was 'belonging'. Our school submitted 21 entries (some examples below). Good luck to our budding artists! Thank you Ms Peterson and our Cultural Advisor, Alison Simpson for all of your support.



Eli  
Kindergarten  
"Family exploring the world"



Sloane  
Year 3  
"Eden Sunrise"



Tamika  
Year 6  
"The meeting place"

#### Kindergarten 2024 Enrolments are now open

If you have a child who will be starting big school in 2024, you can enrol now. We have set our orientation dates and are excited to see our new Kindergarten students and parents later in the year. If you need any assistance or have any questions, please contact our office on 64961169. Its quick and easy to enrol online at: [www.eden-p.schools.nsw.edu.au](http://www.eden-p.schools.nsw.edu.au)

I would like to wish all the staff and students of Eden Public School a safe and restful holiday break.

**School resumes for students on the Tuesday 17<sup>th</sup> July, 2023**

Thank you for your ongoing support.  
Kara Duncan  
Relieving Principal

RESPECT

RESPONSIBILITY

RESILIENCE



2023  
EDEN PUBLIC SCHOOL

# NAIDOC CELEBRATION

THURSDAY 29TH JUNE

Join us for a day of fun and cultural activities  
including performance, art, food and games  
for the whole family to enjoy!

**For Our  
Elders**

## EVENTS

- |               |                                           |
|---------------|-------------------------------------------|
| 10:00 – 11:00 | Classroom activities                      |
| 11:00 – 11:30 | Welcome Dance in the hall                 |
| 11:30 – 12:20 | Morning Tea for community at Tarerergudje |
| 12:20 – 1:40  | NAIDOC Games on the oval                  |
| 1:40 – 2:00   | Recess                                    |
| 2:00 – 2:45   | NAIDOC Assembly in the hall               |

ALL ARE  
WELCOME!





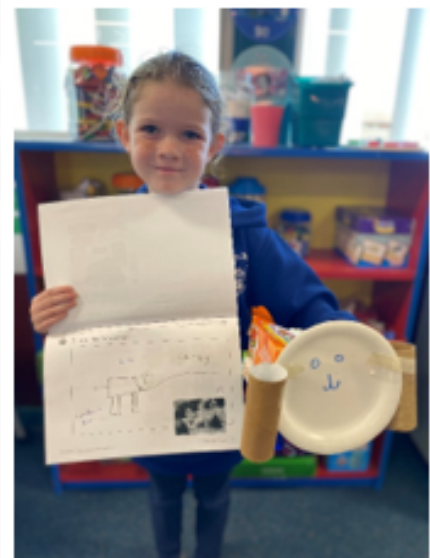
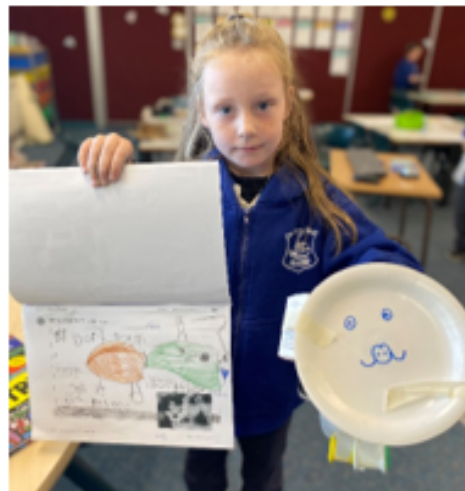
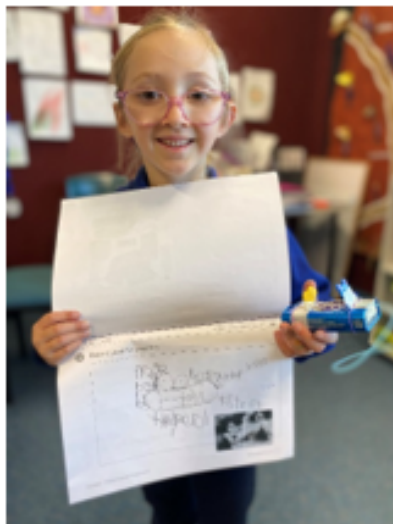
# Science fun with KR!



KR have been exploring push and pull forces in science this term. After learning about forces and the different ways they make objects move, KR were given the task to design and make their own moving toy.

The students brainstormed the kind of toys they could make - push, pull, bouncing, rolling, spinning, sliding - and then shared their ideas and plans for their own toys with a friend.

The students then designed their toy with labelled diagrams and as much detail as possible. Here are some of their wonderful, finished products...



**JUMP ROPE**  
for **HEART**

### **In Term 3: Join the fun of Jump Rope for Heart!**

Hello Parents and Carers,

In term 3, EPS will be coordinating our school's Jump Rope for Heart program...and we need your help to make it a success.

Jump Rope for Heart is one of Australia's best loved physical activity and fundraising programs. It's designed to get students skipping to good health, while raising funds to help the Heart Foundation fight heart disease.

That's important because:

- one in four 5-12-year-old are either overweight or obese
- 80% of students are not getting the recommended amount of daily physical activity
- physical activity makes you less likely to have a heart attack and can help prevent and manage over 20 chronic diseases including some cancers, type 2 diabetes and depression
- Heart disease is Australia's biggest killer

The program will be most successful if you can help:

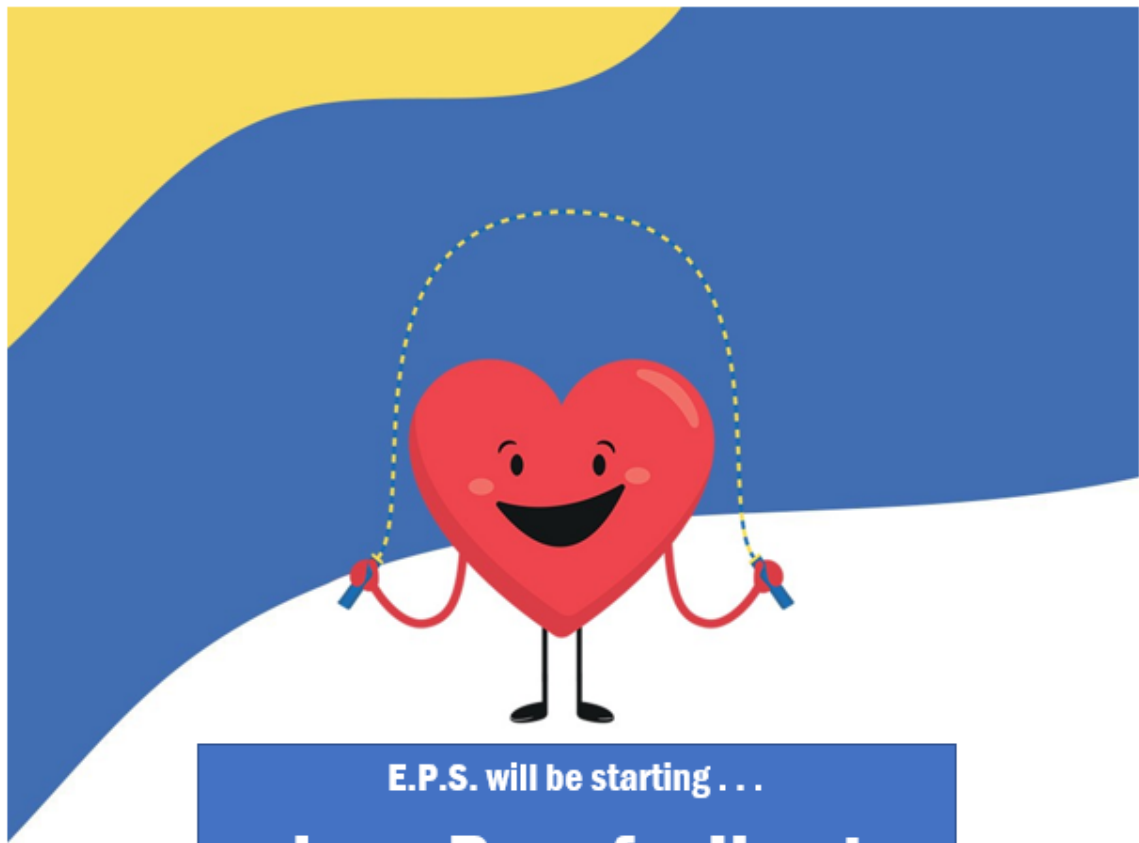
- promote Jump Rope for Heart
- get students skipping
- encourage them to sign up to fundraise online.

Once students are signed up online, fundraising takes care of itself. There's no cash handling, so everyone can concentrate on skipping. Students will also receive important updates and useful information direct from the Heart Foundation.

Thanks in advance for your support. If you have any questions, please let me know.

**Ms Varley-Mitchell**  
**Jump Rope for Heart Coordinator**





E.P.S. will be starting . . .  
**Jump Rope for Heart**  
at the beginning of Term 3



**Student fundraising begins in the 1<sup>st</sup> week back...**

**Students can earn a prize for the amount they raise!**



RESPECT

RESPONSIBILITY

RESILIENCE



Pick me as your avatar when you register online. Unlock accessories and dress me up!



Raise funds and earn cool prizes

JUMP  
ROPE  
for  
HEART



Heart  
Foundation

JUMP ROPE  
for HEART

## How you can become a Heart Hero

### Parents and Guardians Guide

Have fun  
and learn  
new tricks



Take this guide home  
and give it to your  
parent or guardian!



Sign up at  
[jumprope.org.au/parents](http://jumprope.org.au/parents)



## Your support gives hope to thousands of families that we can end heart disease

At the age of two, Isla had open-heart surgery to treat an atrial septal defect (ASD), which means she was born with a hole in the wall, or septum, that separates the top two chambers of the heart. Thankfully, Isla's story has a happy ending. The surgery was a success, and her condition does not affect her day-to-day life.

When Isla learned her school was doing Jump Rope for Heart, she felt a real connection to the cause.

*'Mum, I can't go in the school talent show, because I don't have a talent. But this is skipping. I can do that and also help other kids like me'.*

Isla registered for the program and not only improved her skipping skills, she finished the program as Carramar Primary School's highest fundraiser!



## How your donations can help

For over 40 years, families like yours have helped make innovative research and future medical breakthroughs possible.



**\$50** could cover the cost of basic tools like syringes and test tubes that researchers can use to grow heart cells in the lab.



**\$100** could pay for a DNA test to identify people at high genetic risk of heart disease.



**\$500** could cover the cost of research antibodies used to detect viral or bacterial infections in the heart.



\*for full terms and conditions, visit [jumprope.org.au/competitions](http://jumprope.org.au/competitions)





## Information for parents and guardians

### Jump Rope for Heart at your school

Your school is taking part in Jump Rope for Heart – a skipping and fundraising program aimed at getting your child physically active, whilst learning about how to keep their heart healthy.

As your child takes part in the program they will become a Heart Hero, raising funds that will go towards helping powerful new research to help end heart disease.

### What's involved

Jump Rope for Heart is a fun way for your child to be more physically active, leading them to a future of better health outcomes and reducing their risk of heart disease in adulthood.

Your child's teacher will organise skipping activities during school hours and encourage your child to skip at home by using our online resources!

### How do I get my child started?

- ☐ **Register your child online.**  
Visit [jump rope.org.au/parents](https://jump rope.org.au/parents)
- ☐ **Set your fundraising goal**  
Show everyone what you're aiming to raise.
- ☐ **Make the first donation**  
It helps get things moving and sets the bar for others.



- ☐ **Share your child's page with friends and family and ask them to donate to support your child's effort.**  
Every dollar you raise will help fund vital research, support and programs that help save lives.
- ☐ **Log your child's skipping activity so they track their progress, earn virtual badges and unlock accessories for their avatars.**

*This year, we have extra prizes (for parents!) to be won. For every \$40 you raise, you'll go in the draw to win a \$300 VISA Gift Card\*.*

Sign up at [jump rope.org.au/parents](https://jump rope.org.au/parents)



# JUMP ROPE for HEART

Earn a prize for the  
amount you raise!



**\$5,000**

\$500 Bike or Scooter  
Voucher

+ one prize  
from every  
lower level



**\$2,500**

Castorboard

+ one prize  
from every  
lower level



**\$1,000**

Slam Ball Set



**\$500**

Mystery Prize Box



**BONUS  
PRIZE!**

Paddle Bat Set  
when you raise \$250 or more



**\$250**

Flight Ball



**\$100**

Shoot Ball  
Animal (Lucky Dip)



**\$60**

Handball



**\$35**

Mystery  
Skipping Rope



National Heart Foundation of Australia (ABN 98 008 419 761). Students will receive only the prize indicated for the fundraising level achieved. Prizes may vary to that shown, including colours, designs, and models. The Heart Foundation reserves the right to substitute a prize with a similar product should the prize initially offered no longer be available. Students who raise \$250 or more will be entitled to receive the \$250 bonus prize as well as the respective prize for the total amount they have raised. Prizes will be sent out from the commencement of Term 2, 2023. Terms and conditions for participation (in addition to the above): 1. Prizes cannot be redeemed for their cash value. 2. Prizes will normally be delivered to the participant's school for distribution. 3. The Heart Foundation relies on information provided by each participant and cannot be held responsible for any information provided incorrectly in relation to funds raised by a participant. 4. Participants collecting cash donations must return the full amount raised, as detailed on the sponsorship form available at [jumprope.org.au](http://jumprope.org.au). 5. Jump Rope for Heart concludes at the end of the 2023 school year. Funds and paperwork for participants collecting cash donations are required to be returned to the Heart Foundation by 24 November 2023. Heart Foundation cannot guarantee prizes will be provided to schools if funds and paperwork are received after this date.

## P&C Newsletter

Hi everyone! Another term has flown by.

Here is the last of the Wednesday raffle roster for Term 2;

**28/06/23**

**KP-Samantha Bartlett**

**KR-Kat McLean**

**1D-Angela Gill**

**1L-Julie McDonald**

**2C-Summer Michelin**

**2K-Mia Shepherdson**

**2-3B/4-5M-Maree Smith**

**K-3D/3P-Mia Shepherdson**

**3/4K-Jemma Bolton**

**4B-G.McGuinness**

**5/6H-Judith Stewart**

**5/6M-Penny Strickland**

**5/6F-Amy Shiels**

It would be great to have a few more volunteers for this fundraiser. If you would like to be added to the roster, please contact the school office, your child's teacher, or myself on 0428 961 170.

Quote for the week- If you light a lamp for somebody, it will also brighten your path.

Thanks again!

Genevieve McGuinness

On behalf of the EPS-P&C Committee



# Community news!



**GO4FUN**  
HEALTHY ACTIVE HAPPY KIDS



Are your kids between 7-13 years old?

**Sign up now for Go4Fun – a FREE, fun program to help kids become fitter, healthier and happier!**

Go4Fun improves health, fitness, self-esteem and confidence in children who are above a healthy weight.

Go4Fun runs for 10 weeks over the school term for children their families. Sessions include games, activities, tips on healthy food, label reading, portion sizes and much more!

**Our Term 4, 2023 Go4Fun programs will be in Bega and Goulburn**

Sign up now or find out more at [www.go4fun.com.au](http://www.go4fun.com.au) or call 1800 780 900.



SouthernNSW Local Health District





# The School Photographer

## Eden Public School

### SPORTS & CO-CURRICULAR PHOTOS

Please find below a list of all the photographs available.

These can be viewed and ordered online at [www.theschoolphotographer.com.au](http://www.theschoolphotographer.com.au)  
using the Online Order Code below:

# 23S1364EL50E

The photo prices are:

**\$18.00** each, 2 for **\$34.00**, 3 for **\$46.00**, 4 for **\$58.00** or 5 for **\$70.00**

Any additional photographs are **\$10.00** each. This discount is only available per family order.

The photos will be available to view and purchase **ONLINE ONLY**

Name of Group	Name of Group
Choir	House Captains
Library Monitors	School Band
School Captains	SRC
Year 6	