Free Breakfast at Jindera Public School
Wednesday 26th August from 8:45am.

The Charles Sturt University (CSU) SpICE program is hosting a free breakfast for students and their families on Wednesday the 26th of August.

The CSU students are collaborating with the Jindera community to fulfill an identified need of a FoodBank. This FoodBank will be similar to the FoodBank in Table Top and Wodonga that aims to share food amongst communities.

The purpose of a FoodBank is to create a collaborative service that addresses food insecurity and assists members of the Jindera community. Creating a sustainable FoodBank service will involve contributions from the community to make the service beneficial to all.

On Wednesday the 26th of August, the CSU SpICE students will be holding a breakfast at Jindera Public School in the hall. The breakfast will be free for all students and their families and is an opportunity to participate and learn more about the FoodBank.

Over the next four weeks, six Charles Sturt University (CSU) Speech Pathology students will be working with the staff, students and Jindera community. The students will be developing a project as part of the CSU SpICE program, which will enable the students to collaborate with members of the Jindera community. As part of this, the students aim to create a FoodBank for the students and parents of the Jindera community.

The CSU students hope to establish a sustainable FoodBank service that will be accessible to all members of the Jindera community. Similarly, students hope that future free weekly breakfasts will be of benefit to students and families of the Jindera Public School.

To assist with the breakfast on Wednesday the 26th of August, donations and contributions such as, breakfast spreads, cups, plates, utensils would be greatly appreciated.

We hope you can join us on Wednesday the 26th of August from 8:45am.

For further information, please contact Helen Berndt or Leanne Simpson at the school on 6026 3280.
Working Mathematically
Learning to Work like a Mathematician

First give me an interesting problem.

When mathematicians become interested in a problem they:
- Play with the problem to collect & organise data about it.
- Discuss & record notes and diagrams.
- Seek & see patterns or connections in the organised data.
- Make & test hypotheses based on the patterns or connections.
- Look in their strategy toolbox for problem solving strategies which could help.
- Look in their skill toolbox for mathematical skills which could help.
- Check their answer and think about what else they can learn from it.
- Publish their results.

Questions which help mathematicians learn more are:
- Can I check this another way?
- What happens if ...?
- How many solutions are there?
- How will I know when I have found them all?

When mathematicians have a problem they:
- Read & understand the problem.
- Plan a strategy to start the problem.
- Carry out their plan.
- Check the result.

A mathematician’s strategy toolbox includes:
- Do I know a similar problem?
- Guess, check and improve
- Try a simpler problem
- Write an equation
- Make a list or table
- Work backwards
- Break the problem into smaller parts
- ... Act it out
- Draw a picture or graph
- Make a model
- Look for a pattern
- Try all possibilities
- Seek an exception

If one way doesn’t work I just start again another way.
Last Thursday we celebrated Education Week with NAIDOC and open day activities. The day commenced with our official NAIDOC day opening ceremony and the children then broke into their peer support groups to participate in a variety of activities ranging from art work to shelter building and damper making. The activities were hugely popular and the children really enjoyed the variety of activities. After recess, the children participated in a whole school health hustle and then hosted parents and visitors in open classrooms where teachers focused on maths concepts and working mathematically. At lunchtime children, parents and staff enjoyed a massive sausage sizzle which included crocodile and kangaroo tastings. After lunch the whole school community gathered in the hall to watch the finalists in the talent quest perform. The standard was very high this year and Daisy McLean was the eventual winner with her song which she both wrote and performed. The day was a huge success and really showcased the variety of fabulous opportunities the students of Jindera Public School engage in.

Solutions for fussy eaters

Eight out of ten Australian parents are concerned about their child’s eating habits. It’s not unusual for a child to love a particular food one day and refuse it the next. Refusing new food tastes and textures is common in children and it’s often a behavioural issue, or can be due to a genuine dislike of a certain food, or it may be because your child has ‘filled up’ outside of meal times. A child who refuses a food may be trying to assert their independence to see how you will react.

Here are some tips to cope with fussy eating behaviours:

• Ensure everyone who feeds your child agrees on how to deal with your child’s requests and refusals. For example, you may decide to put a 20 minute time limit on mealtimes to prevent them dragging on, or you may decide that any requests for a different meal will be not be met. Everyone who helps your child at mealtimes needs to stick to the plan so it’s constantly reinforced.

• Stay calm when dealing with your child’s food fussiness. The more fuss that is made in return and the more emotional you get, the more charged meal time will become and your child will realise their behaviour is getting the attention they desire. By remaining calm, you will help to diffuse the situation and your child will realise their behaviour isn’t getting them any extra attention.

• As soon as your child is old enough, serve them the same meal as the rest of the family. It’s best to avoid getting stuck in the habit of taking special requests!

• Sometimes life for children is too exciting to spend time eating. Therefore it is important to make meal times a happy time for the family. If it becomes stressful, the child won’t enjoy it and neither will you!

• Don’t give up and keep trying, a child may need to be exposed to a new food up to 10 times before they will eat it.

• Introduce new foods when you know your child will be hungry, as there is more chance they will try something new when they are hungry.

• Do not offer a replacement food if what you offer is rejected. Unless a child is unwell they will never voluntarily starve themselves. The more fuss that is made, the more likely that this behaviour will become entrenched.

• If your child flat-out refuses to eat the meal you have prepared and then claims to be hungry before bed, what should you do? It’s really up to the parent and their individual preferences to decide. Some parents will present the same meal later if the child is hungry and see if they eat it then, while others will choose to offer a replacement snack such as a banana and a cup of milk. Whatever you decide, if you are offering another food, make sure it’s healthy and nutritious.

Research has shown time and time again that getting kids to taste fruit and vegetables is likely to increase acceptance of fruit and vegetables.

Children are encouraged to bring $1 to school each Thursday to try a healthy snack from the canteen.

Each class will take a turn at making and selling a different healthy snack option.
**HOCKEY**
Played Albury the score was 1—5.
Best Player: Emma, Cameron, Amy J

**NETBALL**

**Senior A:**
We played St Patricks the score was 4 — 29
Best Players: Maddie, Claire, Hayley

**Senior B:**
We played St Patricks the score was 0 — 14
Best Players: Lara H, Aaleyah, Chloe

**Junior A:**
We played Lavington, the score was 10 — 2.
Best Players: Lauren, Hannah, Cienna T

**Junior B:**
We played St. Annes the score was 3 — 1.
Best Players: Rori, Hailey, Lara

**SOCCER**

**Seniors:**
Played Springdale Heights we lost 1—5
Best Players: Corey, Deakin, Harry

**Juniors:**
Played Springdale Heights we won 4—2
Best Players: Riley, Jasper, Brodie

**OLD/NEW JINDERA AFL**
Played Thurgoona Score 2—52.

**Next Week**
**JNR & SNR Soccer**
Jindera vs Scotts- Haydon Park

**Netball**
Snr A -vs Lavington
Snr B -vs Hume
Jnr A- vs Lavington East
Jnr B- vs Lavington East

---

**DATES FOR THE DIARY**

**Friday 8th August**
• Assembly Hosted by 2/3E

**Mon 10th August**
• Toonschool

**Tuesday 11th August**
• ICAS Maths Competition

**Monday 17th August**
• 5/6 Canberra Excursion

---

**AUSSIE OF THE MONTH**

Chloe Brown

FOR
TAKING ON RESPONSIBILITY IN THE SCHOOL AND EXCELLENT ORGANISATIONAL SKILLS

---

**Keep active in the colder months**

Don’t be a winter wannabe and let you and your children be sedentary this winter. Encourage children to engage in active play such as bush walking, bike riding, kicking the footy, or playing a game of tag all year round.

**Fundamental movement skills**

There is evidence that children with poor fundamental movement skills such as jumping, skipping, leaping, kicking, throwing and catching are less likely to be active. Give your kids a head start and teach them these skills.

**Skill components**

1. Support leg still, foot flat on the ground.
2. Non-support leg bent, not touching the support leg.
3. Head stable, eyes focused forward.
4. Trunk stable and upright.
5. No excessive arm movements

**Teaching the skill**

Talk about what is needed for good balance. Discussion should focus on the components of the balance. Students stand with one foot in front of the other, the heel of one foot touching the toe of the other. Students:

• hold arms out to the side
• place hands on hips
• balance a beanbag on their head.

---

**MUGACHINO MUG2GO**

**DRIVE THRU MUG COFFEE**

339 WAGGA ROAD, LAVINGTON 1300 684 246

**Mugachino one of a JINDERA**

---

“G-Shock watch” white and grey missing since last term. If found please return to the school office.

Thankyou