

MULLALEY PUBLIC SCHOOL



A Quality Education in a Caring Environment

Address: Nombi Street, Mullaley; Phone: 02 6743 7852

Email: Mullaley-p.school@det.nsw.edu.au

Website: <http://www.mullaley-p.schools.nsw.edu.au>

WEEK 7 Term 3, 2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday
7	3 Canteen	4 Scripture Mr Carter away	5 Touch Football Gala Day 10-2pm Yrs 3-6 only	6 Speakfest Gunnedah Public School 9am	7 Milo T20 Blast Cricket Day Yrs 3-6 only
8	10 Canteen	11 Scripture Mr Carter away	12	13 Mr Carter away	14 Footy & Pie Colours Day
9	17 Canteen	18 Scripture	19	20	21 Area Athletics Tamworth
10	24 Lake Keepit Camp	25	26 Moorambilla Camp	27	28

Welcome to Week 7. This week is School Administrative and Support (SAS) Staff Recognition Week, this is a time to celebrate the contributions of our SAS Staff to the success of our school and to all students' education. I would like to acknowledge the hard work and dedication that our SAS Staff do to support our students and staff.

School Communication

On the odd occasion, teachers and school staff are required to make calls and/or send messages from their private mobile phones. An example of this is from excursions or sporting events where information needs to be changed at late notice. Please delete the phone number when the need is past. As a school we utilise a number of communication methods to keep everyone up to date. These methods include:

- Newsletter and notes
- ClassDojo
- Facebook (@mullaleyps)

It has been noted that parents are contacting teachers privately seeking information relating to school events. If you do have need to

contact your child's teacher the preferred method of contact is either through email or by phoning the school office.

Refresh social media pages eg Facebook and ClassDojo, regularly to get the latest updates. Newsletters and notes are our main dissemination of information.

Just a reminder


The earliest time students should arrive at school is 8:30am. Any earlier than this means that I can't guarantee their safety, as a teacher will not be on the playground to supervise students until 8:30am. We do understand that from time to time, parents may have a need to drop their children off earlier than this. If this is the case, I ask that parents contact the school to let us know so I can ensure that there will be adequate supervision ensuring their safety.

Absences

During a recent review of student attendance, it was noticed that there has been an increase in the number of students being absent from school. If your child isn't sick, please don't make this a habit whereby you allow your child

to stay home if they don't feel like coming, or even letting your children have a day off for their birthday – every day at school is important and every day something new is learnt – don't deny your child these opportunities.

The picture below explains the detrimental effect of not sending your child to school regularly. Make a positive decision for your child's future and send them to school every day.




EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



If your child happens to be absent from school, it is the parent's responsibility to advise the school within 7 days to justify their absence.

Footy Colours Day

Next Friday we will be holding a **meat pie lunch** and Parents versus Students Touch Football Game as part of our Footy Colours Day. All parents and community members are invited to come and join us for a meat pie luncheon followed by a game of touch football. Meat pies will need to be ordered prior to the day. See attached note for more details. Students are asked to bring a gold coin donation for the Fight Cancer Foundation.

Finally, I would like to wish the very best of luck to our students this week who will be participating in the Gunnedah Touch Football Gala day on Wednesday, Speakfest on

Thursday and the Woolworths Cricket Blast on Friday. As always remember that participation is winning.

Benjamin Carter
Principal

Bookclub

Brochures were sent home last week and orders are due by next Tuesday.

Lake Keepit Camp

Invoices to individual families are being sent home today. K-2 students will be attending on Thursday 27th and Friday 28th only. Year 2 students have the option of attending these two days or for the whole week. If you haven't already completed your child's online medical and consent form, please do so immediately. Please contact the school office if you are experiencing difficulties completing this task.

Speakfest

All Students, parents and teachers are to **meet in the hall at 9am**. Students will be placed in their groups and escorted to their room.

There will be a **lunch from the canteen** on the day. For \$5 you can purchase either Curry chicken with rice, or BBQ pulled pork burrito, serviced with a drink (popper or water).

Lunch will be on offer from 12:30 to 1:10pm (no pre-orders required).

Parents - Sonia and the coffee van will be there in the morning if you wish to purchase coffee.

Kids Dance

For Kids

Come and enjoy a fun night

And support



Friday September 14 5.30 – 9 pm

Carinya Christian School Hall

For Students in Years 5-8 (Age 10-14)

Tickets \$10 (includes dinner & water)

Lucky door prizes & raffle on the night

Tickets available from Sept 4 from Second Edition Bookstore

& Fashion Fabrics (Tickets are limited and will not be sold on the night)

Enquiries FB Kids Dance For Kids or Instagram kidsdance4kids

This is a fully supervised event

Mullaley school have been given a number of free tickets for students to attend this dance. Please contact the office by Tuesday 11th if you would like one.

Good for Kids good for life

GUIDE TO HEALTHY EATING

Have you seen the Australian and the Aboriginal and Torres Strait Islander Guide to Healthy Eating? Children and adults should enjoy a wide variety of nutritious foods from the 5 food groups every day:

- Plenty of vegetables of different types and colours and legumes/beans.
- Fruit.
- Grain (cereal) foods, mostly wholegrain and high fibre varieties, e.g. pasta, rice, bread etc.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds.
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat (full fat milk for children under 2).
- And drink plenty of water.



Visit www.eatforhealth.gov.au for more information.



PHONE 4924 6499

Good for Kids good for life

MASTERING THE OVER-ARM THROW

Over arm throwing is one of many Fundamental Movement Skills which requires practice. Fundamental Movement Skills are taught at school but you can help teach your child these important skills at home.

To master the over arm throw:

1. Focus eyes on target area throughout the throw.
2. Stand side-on to target.
3. Throwing arm moves in a downward and backward arc.
4. Step toward target area with foot opposite to throwing arm.
5. Hips, then shoulders rotate forward.
6. Throwing arm follows through, down and across body.



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