

# MULLALEY PUBLIC SCHOOL



A Quality Education in a Caring Environment

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**WEEK 4 Term 4, 2018**

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>	5 Canteen	6 Scripture	7	8	9 Mr Carter at meeting in Tam. Mrs Lush at course <b>Intensive Swimming</b>
<b>5</b>	12 Canteen	13 Scripture	14 <b>Obstacool Boggabri</b> Mr Carter at Meeting in Tamworth	15	16 <b>Intensive Swimming</b>
<b>6</b>	19 Canteen	20 Scripture <b>Luke Kennedy</b> parents session 6pm - G'dah High	21 <b>Luke Kennedy</b> Gunnedah for Years 3-6	22 <b>Kinder Orientation 9-3pm</b>	23 <b>Intensive Swimming</b>
<b>7</b>	26 Canteen	27 Scripture	28	29 <b>Kinder Orientation 9-3pm</b>	30 <b>Intensive Swimming</b>

Welcome to Week 4. This term is certainly moving along now with great speed, and scarily enough the end of the year is fast approaching. As always our focus this term is continuing to be on student learning and ensuring that all students are equipped with the necessary skills to assist them in their next phase of learning.

Last week Charlotte, Eamon, Summer, and Chas represented both Mullaley Public School and the North West at the NSW State Athletics Carnival. The students participated in the Nigel Bagley small schools 4x100m relay where they were placed 18<sup>th</sup> in the state overall. In addition to the relay, Charlotte also represented the school and North West Area in the high jump placing 4<sup>th</sup>. On an individual and team level this is a fantastic effort from our students and I am sure that they will take this memory and experience on with them for a lifetime. Great job.

With the warmer weather now upon us once again hats and water bottles are a must.

Students are reminded frequently that they need to wear their hats, however it is something that they need to manage themselves.

On Fridays, we ask that students do not come to school dressed in their swimmers beneath their school clothes as this is uncomfortable in the heat and does not allow the students' skin to breathe and regulate their body heat. Students are provided with ample time and opportunity to change from their school clothes into their swimmers prior to departing school.

Enjoy the week ahead.

Benjamin Carter  
Principal

**Week 5 Newsletter**  
Next week's newsletter  
will be published on  
Tuesday

**ObstAcool**  
**Wednesday 14th November**  
Boggabri Public School

Buses will be departing the school at 8:45am  
and returning by 3pm.



## LUKE KENNEDY

On the outside he looked strong and confident, on the inside his thoughts would come to haunt him. He was incredibly scared, depressed, anxious, and awkward in social situations. Luke always worried what other people thought about him which led to him committing some harsh acts and missing out on many positive opportunities.

He opens up the audience's eyes, and mind, to their ego – to the labels that we battle to live up to, and relates his story back to some of the masks the audience would be wearing. He then shows how these labels, and worrying what other people think, is ruining our relationships, following through on ideas (it could be as simple as not making those crucial sales calls, or not putting your hand up in class), happiness, and success in every area of life. Becoming aware of ones ego and labels, is the first step towards releasing it....

## FREE PARENT EVENING

With

## LUKE KENNEDY

# 20<sup>TH</sup> NOVEMBER

6pm at the High School

Come along and take the opportunity to hear one of Sydney's best motivational speakers



### LUKE KENNEDY Sessions for Students

Students in Years 3-6 will be attending sessions conducted by Luke Kennedy on **Wednesday 21st November** at Gunnedah South Public School.

Sessions will be: 9:30-10:50 - Year 3 and 4  
11:40-1pm - Year 5 and 6

Mullaley Bus Service will transport the students to and from Gunnedah.

Bus 1: for Years 3 & 4 will depart the school at 8:50am and return at approx. 11:30am.

Bus 2: for Years 5 and 6 will depart the school at 11:00am and return at approx. 1:35pm.

**The cost of bus hire will be met by the school.** Normal classes will be conducted for these students before and after their return to Gunnedah.

**Attached is a permission note to be returned to school by Friday 16th November.**



# Remembrance Day

· TAMBAR SPRINGS ·  
· MEMORIAL SERVICE ·

· SUNDAY, 11 NOVEMBER 2018 ·



*Join us at the historic Tambar Springs Memorial to celebrate this heritage event and Remembrance Ceremony.*

Ceremony commences at 9.45am.

Featuring performances by:

- ~ Gunnedah Shire Band
- ~ Tammy Clark and Gunnedah Conservatorium Singers
- ~ 12<sup>th</sup>/16<sup>th</sup> Hunter River Lancers Mounting of the Guard

A light luncheon will be provided for all attending.

*All guests are invited to come and view the memorabilia on display, supplied by the Tambar Springs community on this special occasion.*

Free coach travel will be available and will depart at 8.15am and 8.30am from the Gunnedah Shire Band Hall, South Street. For bookings and more information please contact the Gunnedah Visitor Information Centre on (02) 6740 2230.

*Australia Remembers. Lest We Forget.*



# Good for Kids good for life

## INCREASING VEGETABLE INTAKE

### Did you know?

Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

### What is a serve?



Source: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### How can I get my kids to eat more vegetables?

- Involve your children in grocery shopping and meal preparation.
- Add easy to eat vegetables to the lunchbox.



- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.