

MULLALEY PUBLIC SCHOOL



A Quality Education in a Caring
Environment

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WEEK 4 Term 2, 2019

UPCOMING EVENTS

Week 3 Term 2	Reminders/Events
Monday 27th	Kids Kitchen (Canteen)
Tuesday 28th	Home School Liaison Officer visit
Wednesday 29th	
Thursday 30th	Student Banking / Gunnedah Eisteddfod Choir
Friday 31st	Sport at school

Welcome to Week 4, Term 2. Students in Year 3 and 5 completed the Online NAPLAN last week. Congratulations to all students as they all attempted their very best.

This Friday we are looking forward to hosting the Zone Cross Country Carnival and Softball Trials at school. These carnivals are a unique opportunity for our students to mix with and interact with students from different schools across the area. A decision was made this week by all schools and their principals, to postpone our Namoi Partner Schools Sports Program for this week. Sport will resume as per usual in Week 6 as there is no sport next week due to the Gunnedah Eisteddfod.

This week, I have been fortunate enough to be a part of the biggest gifted and talented program - NSW PSSA sport. Being part of this program, I can liaise with different schools, teachers, students and parents from all other the North West. Through some of my conversations with people, I was very pleased to hear that some of the good things we are doing within our school and even as part of

our involvement with the Namoi Partner Schools is getting out there and promoting us (our school) on a much wider level. As such, I would like to thank all of you for your efforts and dedication that ensures that we can run different programs keeping us at the forefront of public education and providing unique and wonderful learning opportunities for all of our students.

I look forward to catching up with many of you this week at the Zone Cross Country Carnival.

Enjoy the week,

Benjamin Carter
Principal

Book Club

Orders are due back
at school by tomorrow.

Save the Dates

14th June - **Area Cross Country**, Mullaley.

5th July - **Small Schools Athletics Carnival**,
Gunnedah.

1st August - **School Photos**

9th August - **Crazy Hair Day**

12-16th August - **Canberra Excursion**

21st August - **Staff Development Day** (pupil
Free) Ag Quip.

23rd August - **Zone Athletics**, Gunnedah

Gunnedah Eisteddfod

A reminder that all students are required to wear full winter uniform for our eisteddfod performance.

Boys: Long grey trousers, blue shirt, navy school jumper, tie, black shoes.

Girls: Winter dress, blue shirt, navy school jumper, tie, dark blue stockings, black shoes.

P&C News

****The next couple of fund raisers will go towards funding the bus for the school excursion!****

ZONE CROSS COUNTRY- any cooking would be very welcome for Friday from parents. Please let Sonia or the school know if you can help. Also helpers on the day would be appreciated too.

INTER SCHOOL HORSE SPORTS- We need a volunteer or two to help from 12-4pm on Sunday 30th June at Tamworth ALEC. Writing notes for the horse judges. No experience necessary. They will donate to the P and C if we can provide 6 volunteers for the afternoon. We did this last year and it was a great day! Let Sheryl know on 0427 115545.

AREA CROSS COUNTRY JUNE 14- We have 1500 people expected at the school for this event!! We will be running 3 separate canteens- Please get in touch if you can help out either on the course or with canteens. We will need all hands on deck. Call Sheryl on 0427 115545.

Canberra Excursion

Final numbers are now in for our excursion. The P&C has very generously agreed to pay the cost of the bus hire (Approximately \$5000). Parents will be advised the final cost per student in the near future. Payment towards the excursion can be made any time (except Mondays). Final payment will be required the week prior to the excursion.

Students arriving late to school

If your child is late to school, they need to be signed in at the office. Class rolls are marked promptly at 9am. Once rolls are marked, teachers do not have access to change them if your child is late. This needs to be done by Mrs Cawter and if they are not signed in, they are marked absence for the full day. If your child is absent for the whole day, please advise your child's teacher in the morning, or send a note the next day. Teachers are now required to phone parents if no explanation has been received within two days.

Good for Kids good for life

24 HOUR MOVEMENT GUIDELINES

Australian Government
Department of Health

Have you moved enough today?

SLEEP
• 5-13 year olds need 9-11 hours per night.
• 14-17 year olds need 8-10 hours per night.

PHYSICAL ACTIVITY
Aim for 60 minutes or more per day – the more you huff & puff the better!

INACTIVITY
Move more & sit less in your spare time.

24 HOUR MOVEMENT GUIDELINES
AUSTRALIAN

Find out more at www.health.gov.au

Children and young people (aged 5-17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years)
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

Source: Australian 24 hour Movement Guidelines



Health
Hunter New England
Local Health District

HNEHLD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>