

MULLALEY PUBLIC SCHOOL



A Quality Education in a Caring Environment

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WEEK 6 Term 2, 2019

Week	Monday	Tuesday	Wednesday	Thursday	Friday
7	10 Public Holiday	11 Scripture	12 Mr Carter-Sydney Mrs Lush & Ms Birkett at course	13 Mr Carter-Sydney Student banking	14 NPS Sport NW Area Cross Country at Mullaley
8	17 Kids Kitchen (Canteen) New Fence work commences	18 Scripture	19 Mr Carter away	20 Mr Carter away Student banking	21 NPS Sport
9	24 Kids Kitchen (Canteen)	25 Scripture	26	27 Student banking	28 NPS Sport

Welcome to Week 6. Congratulations to all of our students for their efforts in placing first last Thursday at the Gunnedah Eisteddfod Small Schools section. It was great to see all students from our school involved in the day whether it was through singing or part of the band. Your hard work at each of our music lessons and practice sessions really paid off, and this was evident in the final judges' comments and report.

I would also like to say a massive thank you to all the parents and grandparents that attended the working bee on Sunday to prepare the school and grounds for the Area Cross Country. I know I have stated this before, but without your tireless efforts and support behind the scenes we would not be able to run the different programs that we do.

Teachers at present are diligently preparing student reports. These will be issued in Week 10 of this term. Organisation of parent teacher interviews is currently being finalised. Once arrangements are in place, families will be notified regarding available times.

Have an enjoyable long weekend.

Go Queensland in State Of Origin tonight!

Benjamin Carter
Principal

Area Cross Country Friday 14th June

Attached is a form requesting helpers and your preference. Please return to school by this Friday. Thanks.

Canberra Excursion

Final costings have been worked out and the total cost of the excursion is **\$560** per student.

There will be an additional cost for students returning on the bus to cover dinner on Friday night. Also students wishing to hire ski clothing will need an extra \$20.

Payments toward the excursion can be made anytime (except Mondays) to the school office.

Final payment must be made no later than Wednesday 7th August.

Wanted

Eggs for Area Cross Country on Friday 14th June (no, not to throw at the runners - for egg and bacon rolls!) Please start collecting.

Bookclub

Brochures have been sent home and orders are due back by Wednesday 19th June.

Contacting the school on a Monday

Parents, please be aware that if you ring on a Monday, you will be disrupting teaching as Mrs Crawter is not in the office on this day. If necessary, please ring at recess (11:00 - 11:30) or lunch (1:00 - 1:45). Also, if you send an email on a Monday, it may not be read until the following day.



Two Queensland supporters

Small Schools Athletics Carnival -

Friday 5th July 2019

Would the following trophy winners from the 2018 carnival, please return the perpetual trophy they won. Also, please ensure the trophy is engraved.

Isla Jaeger, Chas Jaeger, Georgia Rose, James Higgins and Charlotte Craig.

Good for Kids good for life

CREATING OPPORTUNITIES FOR INCREASING PHYSICAL ACTIVITY

Children should be getting a least **60 minutes** of moderate to vigorous activity (that makes them 'huff and puff') across the day.

Limiting the use of small screen recreation to **less than 2 hours per day** can increase the time for children to be physically active. Small screen recreation includes using the computer, small screen games or watching TV.

Some tips to decrease the amount of small screen recreation use include:

- Work out a TV viewing schedule with your child.
- Limit the use of computers during the day time, where your child could be having fun playing outside.
- Lead by example and reduce your own screen time.
- Break up long periods of small screen use as often as possible.



Source: Healthy Kids

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