

# MULLALEY PUBLIC SCHOOL



A Quality Education in a Caring Environment

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

**WEEK 7 Term 2, 2019**

Week	Monday	Tuesday	Wednesday	Thursday	Friday
8	17 Kids Kitchen (Canteen) New Fence work commences	18 Scripture	19 Mr Carter away Bookclub due	20 Mr Carter away Student banking	21 NPS Sport
9	24 Kids Kitchen (Canteen)	25 Scripture	26	27 Student banking	28 NPS Sport
10	1 Kids Kitchen	2 HSLO Visit - check absences Scripture	3	4 Student Banking	5 Small Schools Athletics Carnival Gunnedah

Welcome to Week 7. This week our dedicated P&C members and staff have been feverishly working away to prepare the school and the grounds for the North West Area Cross Country Carnival on Friday. The hard work and effort that has gone into the preparation should ensure for a fantastic day, which all can enjoy. We are still seeking helpers for the day, either to assist with the canteens or barbecue or to assist with operating checkpoints on the course. If you are available on Friday, please contact the school to let us know how you can assist.

Just a reminder that students are dressed in their full school winter uniform including ties and correct jumpers and jackets. If families require assistance with ensuring their child is in full school uniform please contact the school. Also a timely reminder to ensure that all articles of clothing are labelled so if lost, items can be returned to their owner.

Enjoy the week ahead.

Benjamin Carter  
Principal

## Canberra Excursion

Nine weeks till our excursion! A reminder that you can pay in instalments if you wish. Total cost is \$560 per student and is due by Wednesday 7th August. Payment can be made in cash or by cheque. Students returning on the bus will need an extra \$20 (to be placed in an envelope with family name clearly marked. Students wishing to hire ski clothing will need an extra \$20.



A hard-working team of parents have been busy preparing for Friday's big event!

# Good for Kids good for life

## CHOOSING HEALTHY SNACKS

Healthy snacks are important to help meet children's nutrition needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

Some **tips** to help plan healthy snacks:

- Include a vegetable and fruit snack each day.
- Add vegetables into homemade snacks (muffins, pikelets, scones and slices).
- Cut up vegetables and fruits so they are easier to eat for snacks during the week.
- Keep a range of healthy snacks in the fridge or pantry.
- Get your kids to help prepare snacks.
- Show kids you enjoy eating healthy snacks.

Source: Choosing Healthy Snacks. Making Healthy Normal: WSLHD



Health  
Hunter New England  
Local Health District

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

# BOUNCUP

A Sport Approach  
to Resilience

**FREE**  
**90 MINUTE**

**FACE TO FACE PRESENTATION  
AND EDUCATION WORKSHOP**

**ON DEVELOPING  
PERSONAL RESILIENCE  
AND INTEGRITY**



## TO BOOK YOUR PLACE

**ONLINE**

[www.managesport.com.au/bouncup/community](http://www.managesport.com.au/bouncup/community)

**VIA EMAIL**

[info@managesport.com.au](mailto:info@managesport.com.au)

**OR PHONE**

0419995204

**GUNNEDAH**

Friday 14<sup>th</sup> June

Services and Bowling Club

313 Conadilly Street

6:00pm - 7:30pm

\*Limited Seats

PRESENTED BY  
**ManageSport**

WITH  
**SPECIAL GUEST PRESENTERS**

SUPPORTED BY

**phn**

HUNTER NEW ENGLAND  
AND CENTRAL COAST  
An Australian Government Initiative

FOR MORE INFORMATION, VISIT  
[www.managesport.com.au/bouncup/community](http://www.managesport.com.au/bouncup/community)