

# MULLALEY PUBLIC SCHOOL



A Quality Education in a Caring Environment

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**WEEK 7 Term 4, 2019**

Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7</b>	25 Kids Kitchen	26 Bookclub due Scripture	27	28 Kinder Orientation 9-3pm	29 Intensive Swimming/ Sport
<b>8</b>	2 Kids Kitchen P&C Meeting 9:15am	3 Scripture	4	5 Rock Clim- ing Wall, Boggabri Kinder Orientation + Parents Session	6 Intensive Swimming/ Sport
<b>9</b>	9 Kids Kitchen	10 Presentation Night 7pm at hall	11 Life Education Van	12 Kinder Orientation	13 Pool Party

Welcome to Week 7 and what is now the pointy end of the term. Though the school year is winding down to a close, I would like to remind students and parents that they are required to be at school until the 18<sup>th</sup> of December.

The organisation for next year is almost complete in regards to what teachers are on respective classes. An overview of this will be presented to the P&C meeting on Monday the 2<sup>nd</sup> December at 9:15am. I encourage all parents to attend the meeting to ensure that they remain up to date with what is happening next year.

The Boggabri Rock Climbing Day was cancelled last week due to unfavourable weather conditions. This will now be on Thursday the 5<sup>th</sup> of December. More information will go home this week regarding the change.

Enjoy your week.

Benjamin Carter  
Principal

**Kids Kitchen**  
Monday 2nd - Pasta Bake

## Rock Climbing Wall fun day Boggabri Thursday 5th December.

Students to wear sports uniform or may wear and bring their swimmers. Buses depart the school at 9am and return by 3pm.

## Life Education Van (Healthy Harold) Wednesday 11th December

A few students haven't paid (as they were going to be away on previous visit). A note will be sent home to those owing. A Harold Merchandise order form is enclosed. Please **Do Not** send orders to the office, they are to be given to your class teacher on the day. If your child is going to be absent on this day, please advise the school in advance so a refund can be arranged. If your child is absent without prior notice, no refund will be available.

## Kinder Orientation

Commences tomorrow 9am - 3pm and will be held of 5th and 12th December.

Next Thursday, a parent session will be held from 9-11am. Parents will be addressed by a P&C member, given a tour of the school and invited to stay for morning tea.

# Good for Kids good for life

## TRADITIONAL INDIGENOUS GAMES

Looking for fun activities for the kids?

Why not try some **Yulunga: Traditional Indigenous Games**

**Thirring-Nunna** 'thir-ring-nun-na' is a hide and seek game that is played by the Aboriginal children in Queensland.



One player is the 'seeker' and the other players hide. Once hidden, the players are not allowed to move from their hiding places.

The seeker searches for the hidden players.

When players are found they can help the 'seeker' to find the other players.

Source: Yulunga Traditional Games - [sportaus.gov.au/yulunga](http://sportaus.gov.au/yulunga)

# Good for Kids good for life

## TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24-hour Movement Guidelines