

MULLALEY PUBLIC SCHOOL

A Quality Education in a Caring
Environment

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WEEK 1 Term 2, 2020

Week	Monday	Tuesday	Wednesday	Thursday	Friday
3	10 Kid's Kitchen	11 Scripture	12	13	14 Gunnedah Zone swimming carnival
4	17 Kid's Kitchen	18 Scripture	19 P&C General and AGM 3:15pm	20	21
5	24 Kid's Kitchen	25 Binnaway Junior Judging Scripture	26	27	28 Sport commences in Gunnedah

Welcome to Week 2. This week has started busily as students are becoming more comfortable within their classrooms and are engaging with their learning activities. These learning activities extend from set key learning areas such as literacy and mathematics, to students engaging with choir and recycling programs. These extra programs allow students to extend their knowledge and experiences to learn skills that will assist them in environments outside of school.

Students of all grades also have access this term to handheld virtual reality headsets. With these headsets, students will be able to immerse themselves within different situations such as going to the Melbourne Dinosaur Museum or underwater to examine different aquatic animals.

This Thursday is the **Small Schools Swimming Carnival** at the Gunnedah Memorial Pool. Students are to assemble at the pool at 3:45pm for a 4:00pm start. As with all academic and sport events, students are encouraged to try their best and to participate in activities. Every student that

participates in any event is already winning. The swimming carnival is a compulsory event and students are expected to attend. **No novelty events will be run.** Parents are expected to supervise their own children in the wet play area.

The school will be open on Friday. However, there will be no formal classes and activities will be limited. It is at your discretion as to whether your children attend school that day.

Enjoy the rest of your week.

Madeleine Birkett
Teacher in Charge

Buses this Friday
Parents, please advise Russell on 0427 423 413 if your child will be requiring the bus to travel to and from school on Friday. Thanks.

School Chaplaincy Program
See attached program in relation this program. Forms to be returned as soon as possible. Thanks.

Small Schools Swimming Twilight Carnival

To be held at the Gunnedah pool tomorrow.

Students to be at the pool by 3:45 for a 4:00pm start.

Finishing approximately 6:30pm

Thursday afternoon: buses will be running as usual, however please advise your bus driver if your child will not be travelling home but will be attending the carnival.

No novelty events will be run. Parents to supervise their own children in the wet play area.

Permission notes to be returned immediately:

- Small Schools Swimming Carnival
- Permission to Publish
- Prohibitive employment declaration

Student Emergency Contact Details

Reports have been sent home today for your child/ren. Please check details carefully, make any adjustment in **RED** pen and return to the office by **Wednesday 12th February**.

P&C AGM/General Meeting

Wednesday 19th February
3:15pm

Please return Office Bearer
Nomination Form by **Monday
17th February**.

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

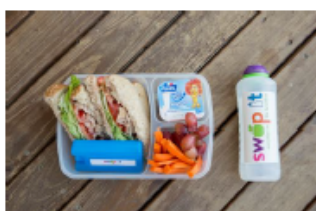
See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capsicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.



Health
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Local Health District

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<http://www.goodforkids.nsw.gov.au/>