

MULLALEY PUBLIC SCHOOL

A Quality Education in a Caring Environment

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WEEK 10 Term 3, 2020

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Term 4	12 Students and staff return	13 Scripture	14	15 Puberty talk Years 5 & 6	16 Sport - Tennis & Swimming in Gunnedah

Welcome to Week 10 and the final week for Term 3.

It is with mixed emotion that I write this fortnight's newsletter, as it will be my last here at Mullaley Public School. I have thoroughly enjoyed my time throughout the last 2.5 years here at Mullaley and I will look back on this period fondly. Walking through the gates come Friday for the last time will be challenging, however I do it knowing that I am moving forward into new and exciting challenges.

I vehemently believe that it is my role as both a school leader and an educator that I need to provide the opportunities for or the platform on which all students have the chance to shine and display their passion, talents or interests in addition to our core business of teaching and learning. This would not have been possible without the ongoing support of a dedicated and professional staff. It is the lengths that you all go to each day to provide exceptional opportunities for the students of Mullaley Public School that make this school the special place that it is.

To the hardworking P&C, your tiresome efforts often behind the scenes is truly valued and appreciated. Without your support many activities and events would cease to run and function to the high standard that they currently do.

FOOTY COLOURS DAY - this Friday

Come dressed in your favourite team's colours - gold coin donation to Kids with Cancer.

My final thank you is to the students. You are the reason behind everything that we do and every decision that we make within the school. Over the years, it has been a pleasure to work with you all on a daily basis and to watch you overcome and conquer your learning and social challenges as they have developed. I am confident that each and every one of you will grow into successful young adults who have the world at their feet. I can honestly say that my day would certainly be a lot duller if it were not for your stories and anecdotes that make me laugh and keep me entertained continually.

Saying goodbye is hard, but the knowledge that my family and I will be remaining within the area makes this a lot easier. When I run into you down the street or in the supermarket, please say hello and share with me the wonderful things that you have achieved and accomplished.

So rather than saying goodbye, let's just say, "See you later".

Enjoy your well-deserved holiday break.

Benjamin Carter
Principal

Overdue Library Books

Those students with overdue library books, please have a thorough search at home over the holidays. Invoices for replacement costs will be sent home early next term if the missing books have not been found.

Good for Kids good for life

BUSH TUCKER FRUIT AND VEG

There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



LILLY PILLY

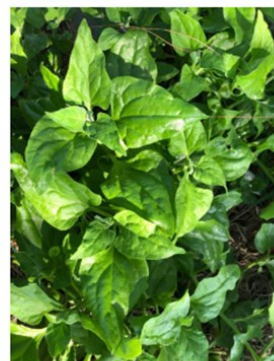
Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads
- Chopped and added in to muffins, the same way you would blueberries.

WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.



Push Bikes

Parents are asked to arrange for the collection of their child/ren's push bikes prior to Friday afternoon. Please ask your child to have their bike placed at the front of school grounds ready for collection.

Friday Sport - Term 4

Next term the students will be travelling into Gunnedah each Friday to participate in tennis and swimming. All students will participate in both activities and will be transported to town by Mullaley Bus Service.

Students will leave the school at 11:20am and return by 3:00pm.

All sport coaching and transport costs will be covered from our Sporting Schools grant and school funds. Parents will need to pay for entry into the pool which will be \$3 per student each week, or \$27 for the nine lessons. If you have a pool pass number, please write it on the permission note and therefore money will not be necessary.

Please return the attached permission note by **Thursday 15th October**.

Custard pudding

Ingredients

- ½ cup reduced-fat milk
- 375ml tin light evaporated milk
- 2 tbsp custard powder*
- ¼ cup caster sugar
- 1 tsp vanilla bean paste*
- 1 1/3 cups frozen mixed berries, de-frosted
- 1/3 cup reduced-fat Greek yoghurt*

Method

Whisk together the milk, evaporated milk, custard powder, sugar and vanilla paste in a bowl.

Pour into a saucepan and heat over a medium heat, stirring until thickened. Leave to cool, then gently stir through the yoghurt.

Divide three-quarters of the berries between the 6 glasses or containers. Evenly pour half the custard over each portion. Add the remaining berries and top with the rest of the custard. Chill for at least an hour.

*Gluten free when using gluten free custard powder, vanilla and yoghurt

Nutrition Snippet

KIDS AND CALCIUM.



Calcium is important for growing healthy bones and teeth.

Our calcium-rich custard pudding makes a delicious lunch box treat, snack or dessert.

healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box



Bus Service Tambar Springs – Tamworth

Friday weekly (excluding Public Holidays)

Bookings required for: Wheelchair passengers and luggage, shopping
Bookings: 02 6760 9084 Monday to Friday 9am – 5pm

Timetable AM

Tambar Springs to Tamworth	
Pick up / drop-off location	Time
Tambar Springs	
Post Office, 76 Tamba Street	07:30
Premer	
Premer Avenue at Ellerslie Street Intersection	07:45
Spring Ridge	
Post Office, 76 Darby Street	08:15
Caroona	
Post Office, 8 Boundary Street	08:30
Walhallow	
Community Centre, Park Lane	08:35
Werris Creek	
Werris Creek Station, Single Street	08:55
Currabubula	
Service Station, Werris Creek Road	09:10
Duri – booking required	
Post Office, 13 Railway Avenue	09:23
Tamworth	
Tamworth Shopping World Bridge Street	09:40
Brisbane St at Kable Ave	09:43
Train Station Coach Stop 150 Marius Street	09:44
Tamworth Hospital Main Entrance Dean Street	09:50

Timetable PM

Tamworth to Tambar Springs	
Pick up / drop-off location	Time
Tamworth	
Tamworth Hospital Main Entrance Dean Street	15:50
Train Station Coach Stop 150 Marius Street	16:00
Brisbane Street at Peel Street	16:02
Tamworth Shopping World Bridge Street at Denne Street	16:05
Duri – booking required	
Post Office, 13 Railway Avenue	16:20
Currabubula	
Opp Service Station, Werris Creek Road	16:35
Werris Creek	
Werris Creek Station, Single Street	16:50
Walhallow	
Community Centre, Park Lane	17:10
Caroona	
Post Office, 8 Boundary Street	17:15
Spring Ridge	
Post Office, 76 Darby Street	17:30
Premer	
Premer Avenue at Ellerslie Street Intersection	18:00
Tambar Springs	
Post Office, 76 Tamba Street	18:15

Fares

Single Fare – Adult & Concession

Children 4 and under travel free

Children 5-15 pay \$1 when travelling with an Adult

Red Tickets: \$2.50 all day travel with a

NSW Seniors Card, Pensioner Concession Card, Transport Concession Entitlement Card

Destination		Tamworth	Currabubula & Duri	Werris Creek	Caroona / Walhallow	Spring Ridge	Premer	Tambar Springs
Tambar Springs	Full	23.98	17.52	14.76	11.07	7.38	5.00	
	Conc	11.90	8.70	7.30	5.50	3.60	2.50	
Premer	Full	21.21	14.76	11.98	9.22	5.54		5.00
	Conc	10.60	7.30	5.90	4.60	2.70		2.50
Spring Ridge	Full	12.91	11.07	5.54	5.00		5.54	7.38
	Conc	6.40	5.50	2.70	2.50		2.70	3.60
Caroona / Walhallow	Full	11.07	7.38	5.54		5.00	9.22	11.07
	Conc	5.50	3.60	2.70		2.50	4.60	5.50
Werris Creek	Full	7.38	5.54		5.54	5.54	11.98	14.76
	Conc	3.60	2.70		2.70	2.70	5.90	7.30
Currabubula & Duri	Full	5.54		5.54	7.38	11.07	14.76	17.52
	Conc	2.70		2.70	3.60	5.50	7.30	8.70