Welcome back to school and the beginning of Term 3

Once again it will be a busy term!

- Parent/Teacher Interviews will take place next week on Wednesday 22nd July and Thursday 23rd July due to the Athletics Carnival. Please bring your child’s report to the interview. Parents who need to speak to Mrs Rae will need to organise a mutually convenient time.
- Years 5 & 6 children will attend a Leadership Day at Mudgee High School on Monday 20th July. Children will need to take their morning tea and lunch. They will attend a Personal Development presentation at Hill End School on Thursday 23rd July from 10.00 am to 1.30 pm. Lunch will be provided. Please see Mrs Rae if you do not want your child to attend.
- On Wednesday 29th July the whole school will attend a Musica Viva concert at Mudgee Public School commencing at 10 am. We will be asking for help with transport from parents. Later in the term another Musica Viva concert will take place on Friday 11th September at 11.30 am at Mudgee Public School.
- Zone Athletics Carnival 31st July
- The primary recorder players will perform at the Sydney Opera House on Thursday 6th August. They will travel to Sydney on Wednesday 5th and return on Friday 7th August. They will be staying at The Rocks YHA.
- Tuesday 11th August—Touch Gala Day
- Emily Rodda—children’s author 14th August
- Book Week Wednesday 26th August
- Western Region Athletics Carnival 28th August

Tissues Please!

We are asking every family to supply us with a box of tissues for each of their children. We are having trouble keeping up with the supply during the runny nose season.

School Uniform Price Rise

From the beginning of Term 3 our school uniform prices will rise in line with the cost of purchasing them from suppliers.

Mudgee Small Farm Field Days

A HUGE thank you to school families and community members who helped in any way at this year’s food stall.

It was certainly a busy few days. No final figure is available as yet.

Fishing

The children braved some wintry conditions to cast a line into the dam at the Field Days site. They took part in a “Get Hooked” program coordinated by the Department of Fisheries.

Gemma was the champion fisherman of the day, catching the one and only trout.

Private Vehicle Conveyance

Transport NSW has been reviewing PVC subsidy claims for accuracy because it has introduced a new computer system and this has caused a delay.

This has also deferred the attendance days collection process for all schools.

We understand this overall will lead to a delay of several weeks compared to the usual processing time.

Transport NSW has advised us they are apologetic for the inconvenience.

P & C Meeting

Wednesday 22nd July
at 2 pm

(Note change of date)

P & C will be catering for the Zone Athletics Carnival in Mudgee on Friday 31st July.

See Kim if you are able to help on the day, cooking cakes, slices to sell or taking gear to town.

Canteen—can you help?

Term 3 dates are:

- 7th August
- 21st August
- 4th September
- 18th September
Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar.
- Encourage brushing teeth in the morning and before bed to develop good dental habits.

Eating breakfast each morning improves children's learning, concentration, behaviour, overall nutrient intake, and establishes healthy eating patterns for life. Some quick breakfast options include:

- wholegrain cereals and reduced-fat milk
- baked beans on wholegrain toast and a glass of reduced-fat milk
- fruit smoothie and toast
- toast topped with cheese and sliced tomatoes
- egg on toast with a glass of reduced-fat milk
- wholemeal or wholegrain toast or fresh bread, with margarine spread plus a topping, such as tomato, reduced-fat cheese or baked beans
- reduced-fat yoghurt, fruit and raisin bread
- fruit salad and yoghurt.

Serve breakfast with a glass of water or milk to get children hydrated.

Small Schools Art Camp at Red Hill

Year 4, 5 and 6 students had a wonderful time at the Arts Camp which was held at Red Hill in the last week of Term 2. The children participated in lessons involving drawing, painting and screen printing. Local artist Sam Payne introduced the children to the medium of water colours and told them of his life as an artist.

The children also worked with Cindy from Red Hill to write a play script, make the props and then perform the play. The children are to be congratulated on their behaviour and the enthusiastic way in which they participated in all the activities.

The whole school will attend a Musica Viva concert on Wednesday 29th July at Mudgee Public School.

“The World According to James” jazz quartet will be performing. This performance offers real opportunities for students to get creative: they’ll tango, play body percussion and help the group create improvised compositions.

For sale- We have some lamingtons left over from the Field Days—$2.50 each
Please see Mrs Rae if you would like to purchase some.