



Newsletter

WEEK 5 TERM 2

26 MAY 2016

CALENDAR DATES

31 MAY

1st round of PSSA Soccer Knockout V's Ulmarra at Wooli

Mobile Library Day

6 JUNE

Community of Small Schools Art Exhibition Opens at the Grafton Gallery

21 JUNE

School Athletics carnival at Tucabia

23 JUNE

Small School's Spelling Bee

20 JULY

Small Schools Athletics—Junction Hill

12 AUGUST

Rescue Day
Red & Yellow Mufti Day

STUDENT'S ART WORK TO GO ON DISPLAY FROM 6 JUNE 2016

Owen, Mal, Jasper and Arna work on their art pieces to be displayed in the Community of Small Schools Exhibition which will be on display for a month from 6/6/16 at the Grafton Gallery.



MID NORTH COAST CROSS COUNTRY

Bailey Cochrane, Regan Howard, and Ethan Skennar, will be competing in the Mid North Coast Cross Country tomorrow 27/5/16. We wish them well.

PSSA SMALL SCHOOLS SOCCER KNOCKOUT 2016

Our first match this year will be at Wooli Oval on Tuesday 31st May against Ulmarra Public School. Kick off is at 11am sharp. Just a reminder players will need to bring their recess, lunch and water bottle.

SCHOOL ATHLETICS CARNIVAL—TUCABIA

Our combined athletics carnival is on Tuesday, 21 June 2016 at Tucabia Sportsground. Information and notes were sent home with last week's Newsletter. If your child would like to order lunch on the day, the order form needs to be completed and returned with payment by this Friday. Please also return the permission note and \$5 to cover transport as soon as possible.



K-1 Choir practice with their music teacher—Mel Smith



CHECK LIST



27/5/16 Athletics Lunch order due ☐

10/6/16 Permission Note Athletics ☐

☐
☐



Lots of fun activities in the K-1 Class this week.

FRIDAY LUNCHES ROSTER

27 MAY

Bella Trevillian

3 JUNE

Lauren Bond

10 JUNE

Melanie Shanahan

17 JUNE

Alison Bibby

24 JUNE

Helper needed

1 JULY

Helper needed

Next week we will be having Quiche & Potato Salad. Please complete the attached order form and return it to school by Tuesday. There are still a couple of days available if you have a spare Friday and are able to volunteer your time. Thank you.



What is "Healthy?"

Health is the intake of a well-balanced diet that is full of a variety of nutritious foods and water in order to optimise ones wellbeing and support an active and productive lifestyle. Manufacturers use terms like health, wellness, natural and organic on products to help aid their sales. However these terms can be very misleading. Think about it; biodynamic cane sugar is still sugar, and gourmet Himalayan pink salt is still salt. They are still digested in our bodies the same way and lead to the same health problems when consumed in excess. So before you get mislead by advertisement with niche appeal, think about the ingredients and what the definition of health really is.

FRIDAY LUNCHES - 3 JUNE 2016

My child/children _____ would like to order Quiche and Potato Salad. I have included \$2.50 payment per serve with the order.

ORDERS NEED TO BE IN BY TUESDAY FOR CATERING PURPOSES.

THANK YOU :)