



Dear Parents and Community Members.....

School Canteen



Have you noticed the school canteen lately?? Some great additions have been made to the outside making it a bright and attractive place to visit. Some great pictures have been painted underneath the

ordering bench with lots of bright pictures of food adorning the wall. The poles outside the canteen have also been painted to match the colours of the poles in the undercover area.



The poles in the undercover area have now had the words added to them to match the 5 key areas in the 'You Can Do It' Program. They are Resilience, Organisation, Getting Along, Persistence and Confidence.

Absences

A reminder that it is extremely important that you contact the school office, in particular, Mrs Preston to let the school know if your child/ren are going to be away. We realise that there is a lot of flu, colds and sickness going around, but the school has an obligation to look at absences. If your child/ren's attendance is less than 85% then the school may be required to fill in a Home School Liaison Officer (HSLO) referral. The school is only allowed to fill in "L" (leave approved by the principal) for 15 days per year per child. After that any unaccounted absence is considered to be unjustified.

PB Assembly

A reminder that our PB (Personal Best) Assembly will occur on Thursday, June 30, at 10:15am. All parents are welcome to attend and are invited to morning tea with the PB winners from 11:00am.

To achieve a PB a student must show the teacher that they are always trying to do their best, are working well and participating in lessons to the best of their ability.

Rugby League News

The school heard yesterday that we have been granted a wild card entry into the Regional Legends of League Open 7's Tournament to be held in Gunnedah on Wednesday, June 29. This is very exciting news as our boys were narrowly beaten by Glen Innes in the Legends of League competition. Mr Maher is very confident that they will perform well and have a good chance of success, even winning it if all boys are playing to their full potential.

NAIDOC Week

This year, NAIDOC week is being celebrated from July 3-10, which is the first week of the school holidays. The theme for this year is **"Change: the next step is ours"**. Our school will be holding a day of celebration and activities **NEXT WEEK on Wednesday, June 29.** Everyone is invited to attend, participate and/or assist. NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Origins of the day can be traced back to the 1920s. Today, NAIDOC Week is a celebration of Aboriginal and Torres Strait Islanders cultures and it also provides an opportunity to recognise the contributions of Indigenous Australians in a variety of areas. A note has been sent home asking for helpers. If you are able to assist in any way and for any amount of time please return the note or contact the school A.S.A.P. Students are encouraged to wear black, red and yellow for this day.

MS Readathon

MS stands for Multiple Sclerosis. It affects the brain and spinal chord – often not allowing messages sent from the brain to other parts of the body to reach their destination. That means walking, putting shoes on, being able to balance can be difficult for people with MS. Men and women can get MS with three times as many women having MS. Most people are diagnosed between the ages of 20 to 40.

Unfortunately, there is no cure, but after much research there are medicines available. These medicines have come as a result of the funds raised through MS Readathon and other donations. Money raised not only goes to finding a cure for MS but also helping the 20, 000 Australians who suffer from MS. MS Readathon registrations are now open and the Readathon goes from June 1 until the July 31. **Here's how you can get involved...**

First you need to register. You can do this by going to the MS Readathon website at www.msreadathon.org.au.

Second – Read for 30 days throughout June and July. Check the website to see when your reading period starts.

Third – Fundraise. Asking your family is a great way to start. They may even be able to help you think of other ideas to raise money for people with MS.

Visit www.msreadathon.org.au **or call 1300 677 323 for more details.**

Debating

This Thursday, June 22 our debating teams travel to Inverell to compete against Ross Hill Public School. We wish them well.

P&C Wood Raffle / Stall

A big thank you to those parents who braved the cold and sat on the P&C stall on Friday. Over a \$1000 was raised on the day. Also thank you to those who baked goodies and of course chopped the wood, your efforts are very much appreciated by the school community. The winner of the raffle was Mrs Dearden.

School Athletics Carnival

The school's Annual Athletics Carnival will be held TOMORROW, Wednesday, June 22 at Federation Park from 9am to 3pm. The canteen will operate all day offering magnificent food. Only cash will be accepted – NO CREDIT. All family members are encouraged to attend and even participate (organise a relay team). The Athletics Carnival is a compulsory school event for students in K-6. There will be no supervision for students at school. Students travelling by bus MUST bring \$1 tomorrow, Wednesday June 22 and pay Miss Eakin as they board the bus.

Crunch and Sip

Why should children eat more fruit and vegetables?

We all know fruit and vegetables are good for us, and they taste great! They are packed full of vitamins and minerals that are important for growth and development and are a source of dietary fibre, which prevents constipation. Regular eating diets high in fruit and vegetables also protects us against a number of diseases.

More than 87% of primary school age children in NSW do not consume the recommended amount of vegetables. This places them at risk of developing disease, such as diabetes, later in life.

Crunch & Sip ensures students are consuming at least one serve of fruit or vegetables each day, and can help increase the total number of serves they are eating each day. So encourage your child to eat fruit and veg at home and at school. And don't forget to send some fruit or vegetables to school each day for your child to enjoy during Crunch & Sip break!

Regional Cross Country

Last Friday, 12 students travelled to Coolah for the Regional Cross Country Championships. All students performed to the best of their abilities and achieved some excellent results.



8/9yrs Phoebe Cooper 18th,
Matilda Gruber 32nd,
Tyler Sargeant 17th,
Jacob Chawner 22nd and Angus Koch 53rd,
10yrs Rylee Cooper 5th,
Cassidi Bird 23rd.

11yrs Georgiana Chawner 2nd,
Michelle Townsend 36th, Sophie Kirby 37th,
12yrs Isaac Fittler 9th.

Congratulations to all the students on their tremendous efforts and achievements. Special mention of Georgiana and Rylee who will travel early next term to Eastern Creek in Sydney to participate in the State Cross Country Carnival.



Pics from the Social

No prize for guessing the theme!
Go the mighty blues!



CALENDAR

MTH	WK	MON	TUES	WED	THUR	FRI	S / S
	9	20 Gymnastics.	21 Gymnastics. KO B/ball Armidale.	22 Athletics Carnival.	23 Debating Inverell.	24 Year 6 to THS for MSKR.	25/26
June July	10	27 Gymnastics.	28 Gymnastics.	29 NAIDOC Celebrations. Legends of League at Gunnedah.	30 PB Assembly 10:15 followed by morning tea.	1 Term 2 finishes.	2/3
Term 3 July	1	18 Staff Only Return	19 Students return to school.	20	21	22	23/24

CANTEEN

CANTEEN ROSTER

Wed	22	Athletics Carnival
Thur	23	Monica Freeman
Fri	24	Monica Freeman
Mon	27	Janice Chawner, Robyn Brookes
Tue	28	Monica Freeman, Robyn Hillier
Wed	29	Deanne Eaton, Sarah Daniels
Homebake		
Mon	27	Trudy Campbell
Wed	29	Kristine McCowen
Fri July	1	Roberta Koch

DONATIONS (This Week)

Cruskits	Lou Holley
Mayonnaise	Megan Niesen
Block Cheese	Carmel Moore
Eggs	Rachel Brown
Sliced Beetroot	Aleeca Zellers
Tomatoes	Robyn Hillier

NO MEAL DEAL THIS WEEK

ATHLETICS CARNIVAL

The Canteen will be operating all day at Federation Park.

**NO ORDERS
NO CREDIT FACILITIES
CASH ONLY.**

STUDENT ACHIEVEMENTS

STUDENTS OF THE WEEK:

Andrew Townsend, Martin Ibbett, Rylee Cooper, Ember Phoenix, Courtney Moss, Billy Hickey, Michael Cutmore, Elsie Cross, Nicholi Robinson, Samantha Croft, Abbey Holley.

BRONZE PENNANT:

Jai Moore, Grace Freeman, Crystal Soper, Hannah Phelps, Sarah Klazema, Hayley Carpenter.

SILVER PENNANT: Locklyn Newman

PRINCIPAL'S AWARD: Deakin Lee, Billy Hickey

YEAR 6 FAREWELL RAFFLE

Year 6 students are selling raffle tickets to raise money for their farewell. Money raised will help pay for the DJ and venue. Tickets are \$1 each or 3 for \$2 and will be on sale until Thursday, June 30. The prize is a BMX bike.

UNIVERSITY SPELLING COMPETITION

There has been a delay in the delivery of these papers so the test will not be sat today. We should receive them before the week is out and will let you know when students will be able to do their spelling test.