MAGGIE OFF TO REGIONAL CROSS COUNTRY

Our very own Maggie Moss, Year 4 student and part greyhound, will travel to Kempsey this week to compete in the North Coast Regional Cross Country. She has been training very hard at school and at home so we wish her all the best with her first regional trial.

What do you like about cross country running?
Maggie: I like the long distance running because it’s fun for me.

Which cross country course is your favourite?
Maggie: I like the Corndale course because you go over bridges and up and down valleys.

How do you train for cross country?
Maggie: I practice at home on the hills and the road.

When you go to the regionals, what are your plans?
I want to try to get out with the leaders early in the race and stay there. I want to win so I can get to go to the State Carnival in Sydney!
K-6 ART PROGRAM FINISHES ANOTHER GREAT PROJECT

Mrs Petherbridge, Mrs McNeice and Mrs Perrin have continued the K-6 art program this term and the latest project was completed recently.

WHOLE SCHOOL ART

Every Wednesday afternoon the whole school comes together to paint, discuss and appreciate the works of famous artists. Students have been fascinated to paint, discuss and appreciate the works of famous artists.

We have just completed our own sunflower paintings which were inspired by Vincent’s original. Every painting is an original. The children are really enjoying this program.

GOOD NUTRITION FOR SCHOOL LUNCH BOXES

The following information is taken from the NSW Govt’s ‘Healthy Kids’ website. You can have a look yourself at www.healthykids.nsw.gov.au

A healthy lunch keeps active kids alert and focused and gives them the nutrition they need every day. But no matter how healthy your child’s lunch box is, it won’t provide any nutritional value if it doesn’t get eaten!

The solution is to make packed lunches as interesting and nutritious as possible – and to encourage your child to be involved in filling their own lunchbox from a range of healthy options. It doesn’t have to be difficult, time-consuming or expensive. For example; sandwiches and rolls – a favourite among lots of kids – are simple and easy to prepare. Here are some simple, tasty and nutritious ideas for you to try when preparing your child’s lunchbox.

What to put in the lunchbox

A good helping of fruit and vegetables
- Tub or canned fruit in natural juice
- Chopped fresh strawberries, pineapple
- Dried fruits, nuts, fruit in season
- Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips
- Salad in a bowl

Starchy food
- Wholemeal bread sandwiches
- Rice, potatoes and pasta from before
- Lebanese bread or raps with salad
- Home-made cake, biscuits
- Popcorn

Lean protein
- Small tins of tuna or salmon
- Boiled eggs or beans
- Lean meat such as beef or chicken

Reduced fat dairy food
- Reduced fat yoghurt, reduced fat cheese
- Chilled reduced fat milk

Water
- A drink bottle that can be refilled at school

WHAT TO AVOID OR ONE OF EACH DAY...

- Packet chips, packet biscuits, lollies, muesli/snack bars, fruit drink poppers.

FRIDAY LUNCHES

P&C Lunches this week:
- Pies - $1.50 each
- Sausage Rolls - $1.50 each

COLOURSS ATHLETICS CARNIVAL

FRIDAY 20 JUNE

The annual small schools carnival is just around the corner - 16 days in fact!

This carnival is a carnival for ALL students. Everyone student has events to participate in to see if we can win the COLOURSS schools trophy for most points!

So that means we need everyone there and going in every event they possibly can! And that way, our students are learning about commitment to the ‘team’ and supporting each other by doing their individual job properly. And we get to have fun along the way!

Please complete the attached permission note and return to school as soon as possible.

Program

Transport your children to Kyogle HS (car or bus)
8.45: Arrive at Kyogle HS oval and get name marked off by your teacher
9.00: Welcome to COLOURSS carnival and announcements made.
9.15: Carnival begins

There usually is no stopwatch for recess so students just grab something to eat or drink as they change from track to field or field to track.

There is usually a short lunch break when all the main field events are finished, depending on time.

2.30-3.00: Pack up/clean up. Carnival finishes and presentation of trophies to champion athletes and champion schools.

COLOURSS RAFFLE

This raffle is to raise money for the hard earned trophies and ribbons given to the athletes and the proceeds also go toward the cost of the ground preparations.

Tickets are $1.00 each

Please return to school - Money and tickets sold or unsold by June 19th

REGULAR ATTENDANCE AT SCHOOL

As reported earlier last term, our school’s attendance percentages for 2012 and 2013 were below the state average for the first time in a long time. The good news is that by the end of term 1 this year our percentages had shot up to above state average! It is really beneficial for students to be at school every day so that they get continuity of learning - they get ‘in the groove’ with the programs and soak in all the knowledge and skills taught every day.

COLD & FLU SEASON....

Yes, it’s that time of year again. It’s a hard call to keep kids at school every day if they have the sniffles but we need to minimise the number of days away. We regularly remind children of sneezing and coughing into their sleeve and washing hands regularly which are effect strategies to reduce cross infection.

MID-TERM TRIPS OR LONG WEEKEND TRIPS.....

Families should try to avoid taking family holidays in mid-term or taking regular long-weekend trips if possible. If this is unavoidable, it is important to see Mr Mac to see if you are eligible for an exemption if the trip is important or unavoidable. There is a fact sheet attached from the department for your information.

PLAYGROUP AT BUNDEGAME PRECHOOL

For interested parents and guardians Kyogle Family Support is holding Playgroup at Bundgeam Preschool on Friday’s from 10am-12pm.

Everyone is welcome

For more information contact Kyogle Family Support on 66 321 044

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