NEWSLETTER
Eumungerie Public School
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Principal  Shelley Darcy

Term 3 – Week 2  Friday, 25 July, 2014

WEEK 3 (28 July to 1 August))

<table>
<thead>
<tr>
<th>Monday 28th</th>
<th>Library</th>
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<tr>
<td></td>
<td>Read, Read, Read! 9:30 - 10:30</td>
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<tr>
<td>Tuesday 29th</td>
<td>Education Week - Open Classroom morning</td>
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<td>Read, Read, Read! 9:30 - 10:30 Scripture</td>
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<td>Wednesday 30th</td>
<td>Active After Schools</td>
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<td>Read, Read, Read! 9:30 - 10:30</td>
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<td>Thursday 31st</td>
<td>Athletics Carnival in Dubbo</td>
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<td>Friday 1st</td>
<td>Friday Lunch - Paula</td>
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<td>Jeans for Genes Day</td>
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<td>Netball Clinic</td>
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<td>Education Week Assembly</td>
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For your information, we have included some snippets about the importance of breakfast at the end of this Newsletter.

To link with our current English unit of Healthy Mind, Healthy Body, we are attaching two Live Life Well at School documents. One is a pamphlet entitled Healthy Eating for Children and the other (for primary students only) is a Live Outside the Box Passport.

The Live Outside the Box Passport is to be completed at home over the next two weeks and then returned to school.

Under current Department of Education & Communities direction, we are in the process of establishing a Community Consultation Group. Please find attached a letter explaining this and an evaluation to be completed and returned. We thank you for your assistance.

Please label all your child’s clothing. We ask students to put clothing in their bags a hundred times a day! Labelling will help us to find a home for the "orphaned" items of clothing.

What a wonderful attendance at last week’s P&C Meeting! It was great to see some Dads coming along and having an input into their child’s education.

Shelley Darcy, Principal

TOUCH GALA DAY
Congratulations to all members of our touch team who played in the Gala Day in Dubbo on Wednesday.

Their sportsmanship, skill level and effort were faultless. It was wonderful to see the parent support and the positive nature of the opposition, too.

This opportunity was a great preparation for our upcoming Small School’s Knockout game against Cassilis.

A NOTE FROM THE PRINCIPAL
Term 3 has commenced with a wealth of planned activities. We will need all our energy to get through the next few busy weeks.

Speaking of energy, it is vital that students eat breakfast every morning. My mum used to say, “It’s the most important meal of the day”. I’m sure yours did too!
INFANTS LIBRARY EXCURSION
The infants students had a most enjoyable morning at Dubbo Regional Library on Wednesday.

Our host, Laura, had planned some wonderful Book Week (Connect to Reading) activities, including shared reading, a “human” board game and craft. We were also able to participate in the Community Reading/Singing time.

We had a wonderful visit and appreciated the organisation of the morning.

MUSICA VIVA & NAIDOC EXCURSION
On Monday, 4th August we will be taking the students to Geurie Public School for the Musica Viva performance. There will also be Naidoc activities for all the students.

A note has gone home with information about the excursion, including the cost and the Meal Deal offer.

Please complete and return the permission note by Thursday, 1st August. It is important that you indicate whether you are able to assist with transport.

ZOO SNOOZE EXCURSION
Our excursion to Western Plains Taronga Zoo will be upon us before we know it.

Here is some preliminary information for you:

- Tuesday, 26 August - one night stay.
- The whole school is included, with parents of the younger ones requested to accompany us.
- The cost of the one night stay (including meals and entry to the zoo) is $50.00 per student. This has been subsidised by P&C.
- Parents who wish to attend will need to pay $85.00 each.
- It is acceptable to pay off the cost in instalments if required.

BOTTLE TOPS WANTED!
We would like to collect some plastic lids from 1 and 2 litre milk bottles (or similar). We are using them for infants’ literacy activities. Any donations will be gratefully received. Thanks!

TERM 3 P&C LUNCH ROSTER
If you are unable to do lunches on the day you are rostered, please swap with someone or organise for another family member to assist you. Thank you for your support.

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THE IMPORTANCE OF BREAKFAST
We are concerned that some of our students are arriving at school not having had breakfast.

Why is breakfast important?
Breakfast gives children the energy they need to handle their busy days. Children who eat a healthy breakfast go longer without feeling hungry. This means they can concentrate on playing, learning, remembering and solving problems better.

Research shows that a healthy breakfast can help children perform better at school.

Breakfast eaters also tend to:
- have better school attendance than those who regularly skip breakfast
- be more emotionally healthy than non-breakfast eaters
- be less likely to snack on sugary or fatty foods, which helps them stay at a healthy weight.

What does a healthy breakfast look like?
A healthy breakfast for school age children might include porridge, muesli, wholegrain cereal, boiled eggs, omelettes, toast, fruit or yoghurt.

Choosing healthy foods and eating enough breakfast will help your child get through the day!