

Wednesday, 6th June 2018

Dear Families,

NEWSLETTER – Week 6, Term 2

Keeping your kids healthy – Winter Season

Winter has finally arrived and, unfortunately, so has cold and flu season. While winter should be a time for sipping hot cocoa and building snowmen, it's often overtaken by germs, infections, and illnesses.

- Provide Kids With More Immune-Boosting Food and Drinks eg beef, citrus fruit, garlic and yoghurt.
- Limit Children's Sugar Intake – sugar depresses the immune system
- Keep Kids Hydrated - water not only carries nutrients to cells, it also sweeps toxins out of the body.
- Make Sure Children Get Enough Sleep – allows the body to heal itself.
- Change Your Children's Toothbrushes – germs often hide in the bristles so replacing your child's toothbrush after illness is essential.
- Teach Kids to Wash Their Hands – before and after each meal, after a toilet break, after sneezing, coughing or blowing their nose
- Know When to Take Children to the Doctor – when there is a fever, sore throat with fever, vomiting and or diarrhoea, wheezing and or trouble breathing.

Eisteddfod 2018

Thank you to our team led by Margy Amos for another year of wonderful performances during the eisteddfod. Thank you to Olwyn Jones, Paul Williams and Christoph Nagele for the photographs.



'Carra Barra Wirra Canna' – Aboriginal lullaby



'Tingalayo' – Jamaican folk song



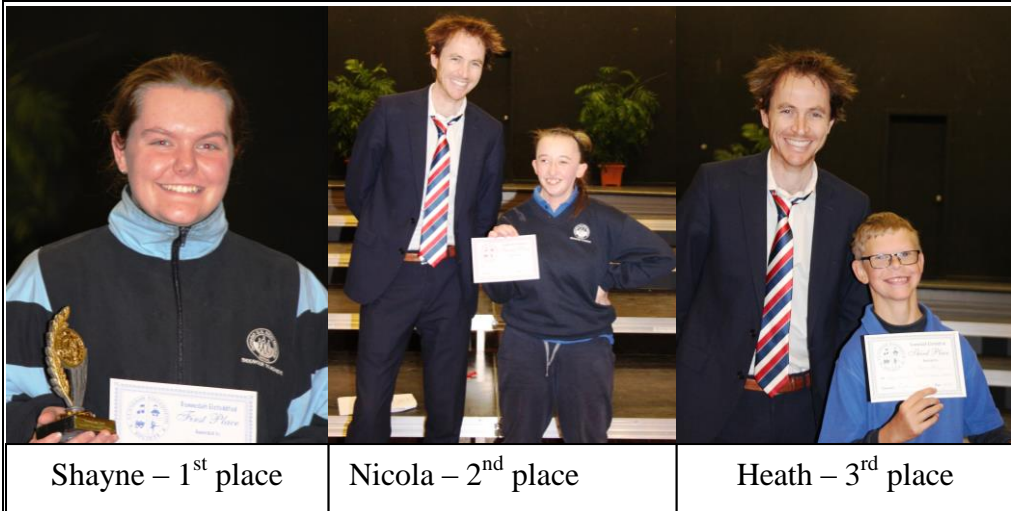
Lucy performing during 'Tingalayo'



'She'll Be Coming Round the Mountain' – Christian folk song



'Zip-a-Dee-Doo-Dah' – Disney tune from 'Song of South'



World Skills Expo

Last weekend, Emma Christie, Kath Lord and Sarah Ingall volunteered their time (big thanks!) to accompany Tyson, Ally, Darcy, Shayne and Aidan to Sydney. The students and staff had a fantastic weekend of sightseeing and learning about different trades through interactive workshops and activities.



DATES

- Book Fair** – 'Paws for Books', 28th May – 8th June our library
- Basketball with Shirley Ferguson** – Tuesday afternoons at Gunnedah Basketball Stadium from 4:15pm
- RDA** – Friday 8th June
- P&C Golf Day** – Sunday 10th June

WEEKLY NEWS

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STAR OF THE WEEK



Damian Bindley – happy 13th birthday to a lovely young man!