

**Wednesday, 25<sup>th</sup> July 2018**

**Dear Families,**

## **NEWSLETTER – Week 1 Term 3**

### **Welcome back**

We were all pleased to welcome back students from the holiday break and to see their smiling faces.

### **Keeping your kids healthy**

For safety's sake, if your child seems unwell you should always keep them home from school and seek medical advice. Other ways you can keep your child healthy include:

- Getting your child to help pack their lunch box so they are more likely to eat what's in it.
- Including protein in your child's lunch box to keep them full and energetic.
- Exercise is vital in helping manage weight, keeping muscles strong, helping their hearts and lungs develop, and improving their hand-eye coordination.
- Washing your hands regularly to avoid germs.
- Coughing into your elbow, not your hands.
- The healthiest drink options for kids are water and milk.

### **Lake Keepit**

Last week of Term 2 the students visited Lake Keepit to have a look at the dam that holds our water. Some of the younger students found the playground a lot more interesting!



### **Flag Raising Ceremony at Gunnedah PS**

Thank you to Gunnedah PS and their school community for inviting us to their flag raising ceremony. Our students joined in some traditional dancing too.



### NAIDOC Celebrations at Gunnedah Pre-School

Thank you to Emma Christie for organising the excursion to Gunnedah Pre-School last Friday. Our older students were incredibly helpful with the younger students and continue to be great ambassadors of the school. Thank you to Gunnedah Preschool for providing a fun morning of activities.



### DATES

**RDA** – Friday, 27<sup>th</sup> July

**AECG meeting** – Thursday, 2<sup>nd</sup> August Gunnedah HS

**Multi – sports day** – Tuesday 7<sup>th</sup> August at Tamworth Sports Dome

**Annual Review Meetings** – from 9:30am, 22<sup>nd</sup> August

**Speakfest** – Carroll PS, 6<sup>th</sup> September

**Teddy Bears Picnic** – 6<sup>th</sup> September, 11 – 1pm

## WEEKLY NEWS

25<sup>th</sup> July, 2018



ENDEAVOUR TO ACHIEVE

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### STARS OF THE WEEK



**Tyson Small and Damian Bindley – finalists in the Winanga-Li NAIDOC Awards**