



Mount George Public School

BULLETIN

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Week 10, Term 1

Tuesday 29th March, 2016

Principal's Report

Cross Country 2016

All of our students ran and completed our gruelling cross country course before the Easter Hat Parade on Thursday 24th of March. For our five, six and seven year olds it was one big lap of the course while our juniors completed two laps and our 11 years and seniors completed 3 laps.

Boys Results

	1st	2nd	3rd
Juveniles	Ryan Hardgrave	Caillen Brown	Tom Lednor
Juniors	Cooper Mills	William Bell	
11 years	Jesse Busuttil	Mitchell Jenkins	
Seniors	Lachlan Beattie	Jim Turner	

Girls Results

	1st	2nd	3rd
Juveniles	Alisha Watkins	Dekoda Summerfield	Caitlin Hardgrave
Juniors	Sophie Watkins	Ayla turner	Zaliha Richards
11 years	Caity Watkins	Gracie Minns	

Our school team heading to Manning Zone Cross Country on Friday May 6 will be:

Cooper Mills – Junior Boys
Jesse Busuttil – 11yrs Boys
Mitchell Jenkins – 11yrs Boys
Lachlan Beattie – 12yrs Boys
Sophie Watkins – Junior Girls
Caity Watkins – 11 yrs Girls

Hunter PSSA Swimming

Our super fish PP6 small school relay team consisting of Lachlan Beattie, Mitchell Jenkins, Jesse Busuttil and James Archinal put in a gallant performance at the Hunter regional carnival down at Maitland Aquatic Centre to finish one stroke behind 3rd place just missing out on a place at the State Carnival. Well done boys you have made us all proud!

Calendar Dates - Term 1

Week 10

Monday 28th March
PUBLIC HOLIDAY
EASTER MONDAY

Friday 1st April
Rugby 7's Gala Day

Week 11

Tuesday 5th April
Archibald and Wingham
Museum Excursion
Wednesday 6th April
Bobin ANZAC Excursion
Friday
Flying Fox Preschool
Last Day

Calendar Dates – Term 2

Week 1

Monday 25th April
ANZAC DAY
Tuesday 26th April
Staff Development Day
Wednesday 27th April
Students First Day

EVERY WEEK

Monday
Library

Wednesday
Guitar and Singing

Thursday
Kitchen Garden Program

Friday
Canteen

Harmony Day 2016

We had an extra special Harmony Day this year with a Spanish visitor who taught the students a Spanish Tortilla recipe, some Spanish language and some quirky Spanish children's songs. All of our students dressed up in colours from their cultural heritage or orange the colour symbol of harmony day. We had Irish leprechauns, aboriginal all-stars jersey, Italian apron and more. Some of the cultural identities represented were Aboriginal, English, Welsh, Irish, Maltese, French, Spanish, Scottish, Italian, Dutch and German. It turns out after the kids did some research we are quite a multicultural bunch!

During the day the kids cooked some internationally inspired cuisine in the Stephanie Alexander Kitchen Garden program and then shared them with friends and family in a Harmony Day banquet. There was Spanish Tortilla's, French Sponge, Maltese Almond Biscuits and Japanese Sushi Rolls. It was delicious!

The students also completed some literacy and art activities including a Harmony Day cultural kite and an international flag encompassing all cultures.

Thank you to Mada our Spanish visitor and all the parents for helping make our harmony day 2016 one to remember!



Small
Schools,
Big
Experiences!



AN ADVENTURE FOR LIFE

CampOut with Kids is coming to your school

Hey Kids... do you want to hang out with Mum or Dad and do some super stuff together? There will be Games, Music, Stories, Camping & a Super fun Challenge for everyone!

Hey Parents... You will have heaps of fun together with your child, AND have the chance to connect with other parents and be introduced to ideas to help your child relate to others and handle the things they are feeling inside.

To Book: Look out for the Booking Form + Parent Letter coming home with your child/ren.

We can't wait to CampOut with our students at Mount George Public School!

On Friday 13th May 2016 at 3:30pm to Saturday 14th May 9:30am.

"Pure gold. Really amazing program with awesome, inspiring facilitators"

- CampOut parent





Looking For Something For The Kids To Do Over The School Holidays?!



KIDS BOOT CAMP



Kids Boot Camps - Fun fitness activities that improve your child's co-ordination, cardio-vascular fitness, strength, endurance and body fat percentage. Nothing crazy just kids having fun, working together and becoming fitter and healthier. Kids Boot camps run for 30-40 mins.

Monday's at 11:30am and 3:30pm

Tuesday's at 9:30 and 3:30pm

Wednesday's at 4:00pm

Thursday's at 10:30am and 1:00pm

Friday's at 10:30am and 3:00pm

All Classes are \$9 per child

Kids Gym Fit (Gymnastics) - Is an introduction to gymnastics class that covers the basics and develops the different skills associated with Gymnastics, but with all the benefits of the boot camps style structure.

Wednesday's at 9:30am

Friday's at 9:30am and 3:30pm

To Book, Phone Darryl: 0408 598 001 or

Facebook: [bodystrengthhealthandfitness](#)

26-28 Isabella Street, Wingham



Good for Kids good for life

PACKING A HEALTHY LUNCHBOX

Many products marketed as being a healthy lunchbox addition can be high in sugar and fat, and low in nutrients. Here are some healthy options to consider swapping in your child's lunchbox:

- An apple or banana instead of a fruit roll-up.
- Swap chips for unsalted air-popped popcorn.
- Include low-fat plain milk instead of drinks high in sugar such as sports drinks and fruit drinks with less than 99% juice.
- Swap sugary snacks, such as cake or biscuits, for a low-fat plain/fruit-based yoghurt.
- Use wholemeal or multi-grain bread instead of white bread for sandwiches.

