



MOUNT GEORGE  
Public School

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# MONTHLY BULLETIN

Issue 7

OCTOBER/NOVEMBER 2022

## **Principal's Report:**

### NSW State PSSA Athletics Championships

Congratulations to Malachi Reece, Samuel Fulton, Quintin Reece, & Shayla Boorer on their sensational efforts at the NSW State Athletics Championships in Sydney on October 20<sup>th</sup>. They are the first students from Mount George PS to qualify for the State Championships in modern history. These students competed in the Norm & Elizabeth Austen Small Schools Mixed 4x100 metre Relay. Our team was in one of the fastest heats on the day and ran a time of 1.11.40 which qualified for them for the State semi-finals and placed them 18<sup>th</sup> in NSW.

Well done to all our relay members who were great ambassadors for our school. We are very proud of your efforts!



### Halloween Themed Disco

This week, the Mount George P & C ran a Halloween-themed disco at school. Attending students (and parents) dressed up and joined in on the fun. Mark (our GA) and his family had been very busy preparing for the event with song lists and spooky decorations! Thank you to our staff who stayed back to supervise the evening. All students had a fantastic time and the event was a successful fundraiser for the P&C to provide ongoing support to our students.

### German Pen Pals

We received some really exciting international mail this term from Finn's cousin's school in Germany. A class who we have already corresponded with via email sent through some very special letters addressed to each of our students. The envelopes received were vibrantly decorated with stickers and pictures. Our students are currently in the process of writing back to their pen pals. Many thanks to Beate Warren for making this wonderful connection possible.

### Term 3 Pinewood Derby/Handball and STEM Day

On the last day of last Term 3, we travelled to Coopernook Public School to participate in the Pinewood Derby, Handball competition, and STEM Day. There were lots of fun activities and all of our students made some great connections with Coopernook PS students. Some results from the day:

Caitlin - most creative Pinewood Derby car in Stage 3; Ben - 1<sup>st</sup> prize in Early Stage 1 Pinewood Derby; Zen - 1<sup>st</sup> in handball Stage 1; Tom - 1<sup>st</sup> in handball Stage 2; Sam - 2<sup>nd</sup> in handball Stage 2; Shayla - 2<sup>nd</sup> in handball Stage 3.

- Mr Falla, Principal

### **Other school business**

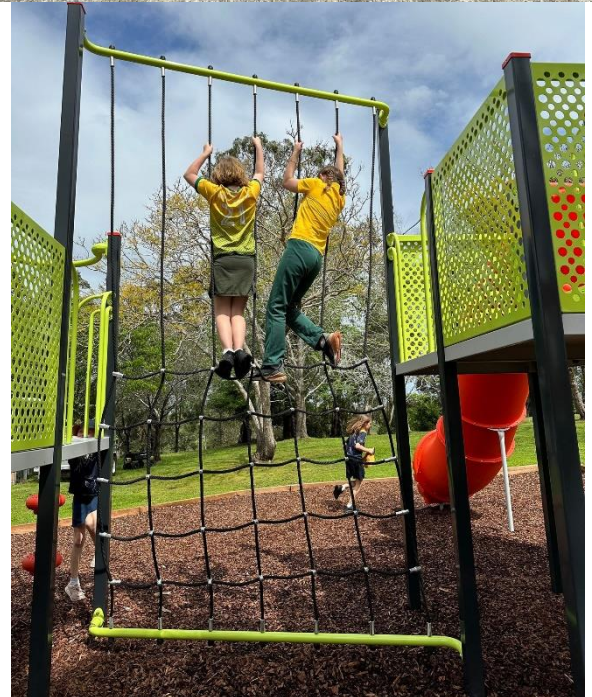
#### Kindergarten Orientation

Our third Kindy Orientation Day will be held in Week 6 on Thursday 17<sup>th</sup> November. If you know of any local families who have missed the orientations but are considering enrolling for next year, please let them know that it's not too late to contact us.

#### Upcoming Dates

- Tuesday 8<sup>th</sup> November – Cedar Class - Micro-bit Smart House Exhibition at Lansdowne Public School
- Monday 14<sup>th</sup> November - Willow Class - Transport excursion to Newcastle
- Tuesday, 29<sup>th</sup> November 2022 - Year 7 Orientation Day
- Tuesday 13<sup>th</sup> December - Presentation Day – the Lion King musical
- Wednesday 14<sup>th</sup> December - Diamond Day– All students going
- Thursday 15<sup>th</sup> December - Year 6 Farewell Day – Year 6 students
- Friday 16<sup>th</sup> December - P & C Fun Day – whole school





#### Newsletter inserts:

- ◆ Year 7 Orientation information flyers
- ◆ Term 4 Canteen menu
- ◆ Feelin' Chipper Pop Up Food event flyer
- ◆ Good For Kids flyer
- ◆ Mount George Hall Garage Sale Trail flyer





# WINGHAM HIGH SCHOOL

**Year 7 2023**

**Orientation Day**

**Tuesday, 29th November 2022**

**This is an information and orientation day for students commencing at Wingham High School in 2023.**

**What is happening on the day:**

- ◆ experience a day in the life of a high school student
  - ◆ meet teachers and fellow students
    - ◆ learn about the school
  - ◆ visit classrooms for taster lessons
  - ◆ BBQ lunch provided.



If you require information about Year 7 enrolment to Wingham High School, please speak to your child's primary school.

Further information over page 

**9 Rowley Street Wingham NSW 2429 | 02 6553 5488 | Fax 6557 0372**

**[www.wingham-h.schools.nsw.edu.au](http://www.wingham-h.schools.nsw.edu.au)**



# WINGHAM HIGH SCHOOL

## Information for Parents/Carers & Students

Welcome to Year 7 orientation at Wingham High School.

- Wingham High School will be supplying a barbeque lunch for students. If a child has specific dietary requirements, they are advised to bring their own recess and lunch.

We are all looking forward to seeing our 2023 Year 7 cohort here at Wingham High School on Tuesday, 29<sup>th</sup> November, 2022. If anyone has any questions about the day, don't hesitate to contact myself.

Kind regards

Dean Whitlam  
Year 7 Advisor 2023

**Year 7 2023**  
**Information Night**  
**6pm Monday 7<sup>th</sup> November 2022**

We look forward to meeting parents and carers to provide helpful information and answer any questions about this important transition for your child.



## Mount George School Lunches

### **BIG LUNCH 11.30am**

<b>E</b> Hamburger: Lettuce, Tomato, Beetroot, Onion & BBQ	\$4.50
<b>O</b> Cheese Burger: Cheese & Tomato Sauce	\$3.50
<b>E</b> Chicken Burger: Lettuce & Mayo	\$3.50
<b>O</b> Cheesy Ravioli: Creamy Tomato Sauce	\$5.00
<b>E</b> Nachos: Salsa & Sour Cream	\$5.00
<b>E Toasty Toasties: On High Fibre Bread</b>	
Cheese	\$3.00
Ham & Cheese	\$4.00
Savoury Mince	\$4.50
Ham, Cheese & Pineapple	\$4.50
Just Juice Popper	\$1.50

### **RECESS 1.30pm**

<b>O</b> Fruit Muffins	\$2.50
<b>O</b> Banana Bread	\$2.50
<b>E</b> Fruit Salad	\$3.00
<b>E</b> Ham & Salad Wrap	\$4.00
<b>E</b> Chicken & Salad Wrap	\$4.50
<b>O</b> Bacon & Egg Pie: Tomato Sauce or Mayo	\$4.00
Just Juice Popper	\$1.50

**Good for kids**  
good for life



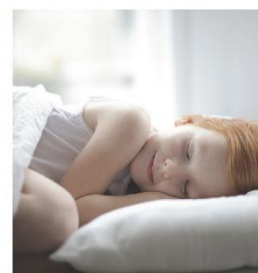
### Importance of sleep for growing kids

**Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?**

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Encourage daily exercise and time outdoors to promote good sleep.
- Make sure your child is getting plenty of physical activity throughout the day.



[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



Feelin'  Chipper!

Melting Pot Catering brings you...

Pop-Up food/ take away  
@Mount George Hall

Friday Night 4th Nov  
from 3pm

Saturday 5th Nov  
10am- 4pm

**Loaded Spuds**

Feelin'  Chipper!

Straight Up 8  
Seasoned with our own special Salt mix

@ The Disco 10  
Gravy and Cheese Sauce

Yippee Ki-yay 13  
Crispy Bacon, Cheese Sauce and Cowboy Candy

Chicky Fry Fry 13  
Korean Fried Chicken, Gochujang,  
Cheese Sauce and Frunions (more funner than onions)

The Dirty Sanchez 13  
Pulled Pork, Quacamole and sour cream

**Nicely Smashed Spuds**

Kids can eat for 1/2 price

EFTPOS available <sup>e</sup>

Mount George School of Arts Hall



Come to our  
garage sale  
Saturday

19 NOVEMBER 2022

Free Stall Bookings - email: [bookingsmountgeorgensw@hotmail.com](mailto:bookingsmountgeorgensw@hotmail.com)

8am - 2:30pm

