Principal's Report

As the year draws to a close I want to thank our wonderful students for all the hard work they have put in this year. Our yearly assessments are underway and the research projects that are being created are fabulous. A great deal of thought has gone into each element. Well done!

I would like to request that any school items and library books be returned as soon as possible for stock taking. Please ensure they are returned in good condition.

We have a number of dignitaries attending our presentation night and our P & C has kindly offered to provide dinner for everyone starting at 6pm, we will begin the formalities at 7pm.

Taronga Zoo will be visiting SHPMPs next week and we have been invited to join their classes for the session to learn about particular animals and the conservation of our wildlife.

Swim school will be in week 10 starting on Tuesday at 9:30am and we return to school at approximately 12.45pm each day. Students will need to be at school by 8.30am. Mrs. Todd will talk to each family about this.

A big ‘thank you’ to Mrs. Kim Newton and Mrs. Julia Harpham who are going to be working in the school to replace Miss Brown for the rest of the term.

The principals position has not be filled at present and will be re-advertised in Term 1 2016. Planning with Bonshaw PS and our community of schools will continue as planned and begin in week 3 2016.

Thank you
Mrs. Jackie Todd
Principal (Rt P)

16 Mingoola School Road Mingoola NSW 2372 mobile: 0407 172 573 website: www.mingoola-p.schools.nsw.edu.au
ph: 0267 375 224 fax: 0267 375 201 twitter: @MingoolaPS e-mail: mingoola-p.school@det.nsw.edu.au
Sport and Recreation’s Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure children stay safe.

Sport and Recreation’s Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are $69 for school-aged children and $49 for preschoolers (prices exclude pool entry fee).

For more information or to make a booking, visit sportandrecreation.nsw.gov.au/swimandsurvive or phone 13 13 02

Good for Kids good for life

Packing a Safe Lunchbox

Myth: It gets too hot to pack cooked meat, dairy, eggs or other high-risk foods in children’s lunchboxes

Fact: You can safely pack these types of perishable foods by doing the following:

- Use a good quality insulated lunch box
- Pack a freezer block or frozen drink with the cool items
- Pack the perishable foods close to the frozen item to keep them cool
- Encourage your child to keep their bag out of the sun
- Throw out any uneaten food at the end of the day

Tips to Encourage Drinking Water

We all know that water is the best drink for children however sometimes it can be difficult to persuade them to choose water over sugary drinks.

Here are some tips to help encourage water intake:

- Always have water available and accessible e.g. have a jug of water in the fridge or provide bottles of water for outdoor play
- Remove temptation by not storing sugary drinks such as soft drink in the house
- Keeping water cool or using a water filter may better suit your child’s taste
- Try flavouring the water with lemon or lime slices, you can even add herbs such as mint!
- Explain to your child why it is important to stay hydrated and why water is the best choice

PHOTO 4924 6499