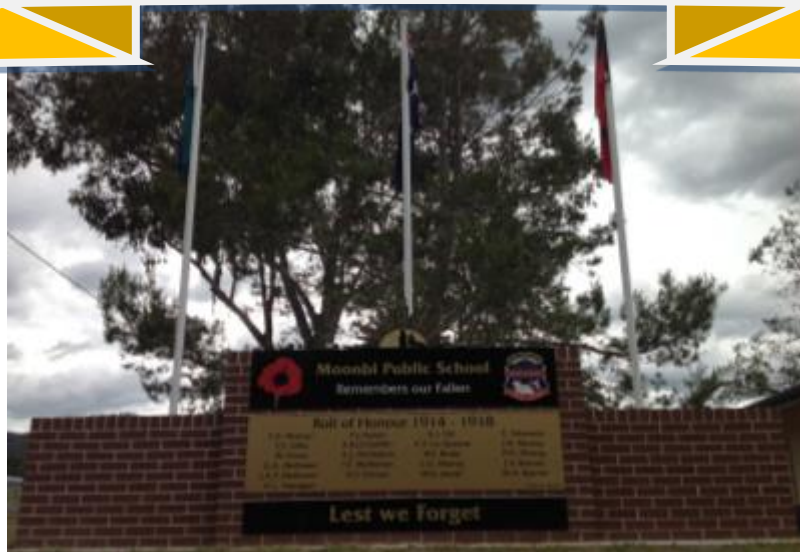


# REMEMBRANCE DAY CEREMONY 11 NOVEMBER 2016 AT 10:30AM LEST WE FORGET



# MPS Eggstra



## Week 5 Term 4

STRIVE FOR PERFECTION

## PRINCIPAL NEWS

### CHILDREN LEAVING OR RETURNING LATE IN 2017

At this time of year we start to plan arrangements for 2017. It is very important that the school is able to confirm the accurate number of student enrolments as these impact on the number of classes for the following year.

If your child is leaving Moonbi PS at the end of 2016 or will be returning late after the school commencement date in 2017, could you please complete the attached form and return it to the office.

## Remembrance Day Service



Please note  
Attendees are invited to bring flowers for the Remembrance Day Ceremony if they wish.

### Improved Attendance

This term we are targeting improved attendance – school wide. Each class will earn points for every 'Whole Class Here' day and will be rewarded with a special treat on Monday 12 December. Which class is in the lead at the moment? Keep up the great work everyone.

**NO RECESS ORDERS FOR  
CANTEEN THIS FRIDAY  
DUE TO REMEMBRANCE  
DAY CEREMONY.**

## Enrolments K – 6 for 2017 now open

Contact the office: 67603151





## WHAT'S IN YOUR CHILD'S LUNCHBOX?

Children need a healthy diet, we hear this all the time, in the media, healthy food campaigns, we even teach it as a part of our PE/Health syllabus in schools.

Unfortunately many of our students at Moonbi are either not eating lunch at all or a diet of only packaged snack foods for their Recess and Lunch at school each day. Last week we had several students presented to the office feeling unwell due to the lack of water or food. Teacher supervision will be increased to ensure lunches are being eaten.

It has been recognised through research that people regularly need food and water to maintain high level brain function. For a young developing brain the most important meal of the day is breakfast. The metabolic rate in the brain increases soon after the alertness chemicals move us out of sleep patterns and into daytime cycles. An increase in blood flow to the brain will ensure that nutrients are carried to the brain for conversion into chemicals. Brain cells require fuel (through glucose) to operate effectively and water to keep them hydrated. Proteins also boost brain alertness while carbohydrates induce calmness or relaxation.

Research shows that a significant number of Australian children miss breakfast or eat foods before school that are not ideal for optimum brain

function. For some others, particularly during periods of growth, the wait until recess time can also cause a decrease in energy and brain function. The brain also needs a regular supply of water as it is made up of approximately 80% water. Throughout learning, it is vital to keep the brain in top working order.

Class Teachers are encouraging healthier food choices and talking about this with their students.

Some ideas for a healthy lunchbox-

### **Fruit Break- 5 mins**

1 piece of fresh fruit or container of cut fruit- (small apples, bananas or containers of berries are easiest for students but any type of fruit is great.)

### **Recess**

A piece of fruit and a sandwich/wrap and or other healthy option snacks.

### **Lunch 2**

1- 2 sandwiches/wraps or salad box, a piece of fruit and optional other snacks

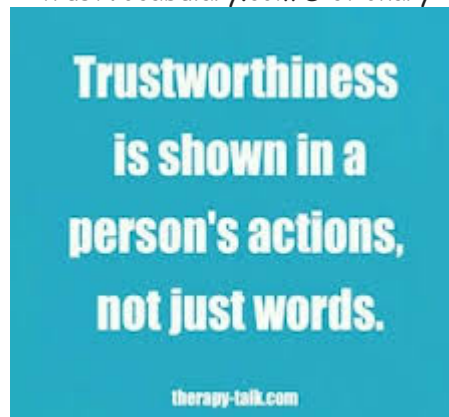
**Students that don't eat their lunch will be withdrawn from active play at second half of lunch and will do quiet activities in the library.**

**Students running for Leadership positions next year will present their speeches at our next assembly Friday 18 November at 9am.**

**Our VALUES for the week are:**

### **TRUSTWORTHY**

Breaking apart the word trustworthy gives you a clue to its meaning. It combines the common word trust, which describes something you can rely on, and the word worthy, which describes something that deserves respect. So something — or someone — that's trustworthy deserves your trustVocabulary.com Dictionary



**NO RECESS ORDERS FOR  
CANTEEN THIS FRIDAY DUE TO  
REMEMBRANCE DAY  
CEREMONY.**

## HIGHLIGHTS FROM THE CLASSROOMS



### Budgies.

Good job to those students who have been working hard on their homework. As you can see they were doing jobs, eating as a family and completing alphabet work. I'm impressed by the amount of students who send pictures to me every week. Kindys have been working so hard on their Rio dance and I have to say it is looking pretty great!

Congrats to all of the kindy kids who performed their Auslan on Thursday. They did a great job.

Mrs Begley

### Rosellas.

Students have been doing lots of dancing to prepare for their Rio performance at Presentation night. We have finished choreographing the dance and are now focusing on the finer details in the dance, such as staying in sync for some of the movements and using the instruments. The students cannot wait to show everyone their dance! The Pearl Literacy homework blog has been very successful so far and it is great to hear lots of positive feedback about the blog! Miss Reilly

### Hawks

Opals Mathematics group have been working well in their new class. This week they started using Star Math, an online learning tool, to support and extend their skill development. Mrs Harris

**Could all Perpetual trophy holders please return the trophies to the school as soon as possible.**

### OUR VISION

Is that we are producing lifelong, responsible learners and that every member of our school community at Moonbi Public School is supported to achieve success and happiness.

## ATSEC

*We're very happy that Mr Len Waters is helping us with our Bush Tucker Garden this term.*

*If you have any suggestions, we would love to hear from you, you can call in at the office, telephone or even drop us an email.*

### SRC;

**The SRC will be selling ice sticks during lunch times, Please bring 50c if you would like one.**

## Transition

This term the Transition students have been practising a song in Auslan called Let It Play, written for the 2016 Music Count Us In Program. It has been great watching them singing and having a go at the sign language.

If you know of a child turning 5 by 31 July 2017 that would be interested in joining us, please contact the office PH: 67603151



**NO RECESS ORDERS FOR CANTEN THIS FRIDAY DUE TO REMEMBRANCE DAY CEREMONY.**



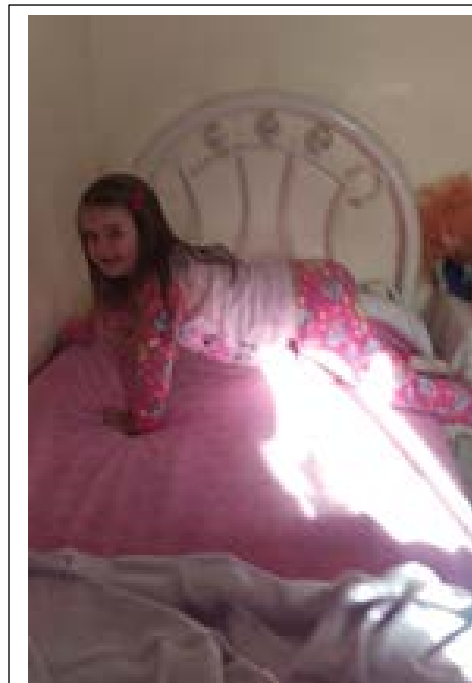
# B U S Y



# B U D G I E S



**NO RECESS ORDERS FOR  
CANTEEN THIS FRIDAY DUE TO  
REMEMBRANCE DAY  
CEREMONY.**





Next week on Friday the 18th of November Sporting Schools will recommence.

We will be learning AFL for the rest of the term. Please remember to send your child with water and a hat, also sunscreen if they need their own.

Mrs Begley

Congratulations to Hannah, Coady, Indi, Kaydee, Isabella and Indiah who were nominated in the Tamworth Council sports awards to be held on the 25th of Nov at the Frog and Toad. Hannah was nominated for her efforts at State Athletics in shotput and Coady, Indi, Kaydee, Isabella and Indiah were nominated as our Nigel Bagley Relay Team (who also compete at the State Athletics Carnival last year).

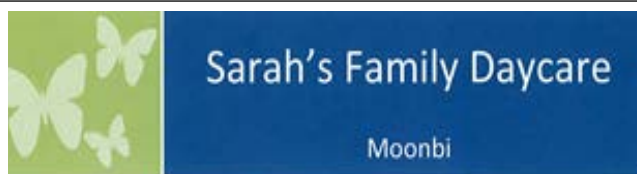
Anyone who would like to come and cheer on the kids and wish them luck can, all you need to do is visit the council chambers and purchase a ticket for \$20. See you there! Mrs Begley



**Could all Perpetual trophy holders please return the trophies to the school as soon as possible.**

**NO RECESS ORDERS FOR CANTEEN THIS FRIDAY DUE TO REMEMBRANCE DAY CEREMONY.**

**Moonbi Explorers  
Points Score**



### SEEKING Expressions of Interest

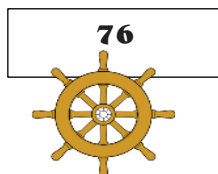
My name is Sarah and I will be starting family daycare in Moonbi in November. I will be offering care for children Monday – Friday with before and after school care available. Please call me on 0421 140 711 for more information.

## SRC News

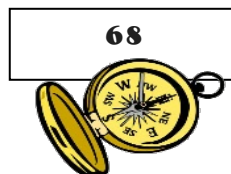
Recently the SRC raised close to \$150 dollars for the **Daniel Morcombe Foundation** during the **Day for Daniel** fundraising day. Thank you to everyone who supported the day by dressing in red, attending the disco and buying red ice sticks and providing gold coins as donations.



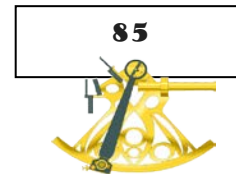
**FLINDERS**



**OXLEY**



**MITCHELL**





# THIS WEEK IN THE KITCHEN GARDEN

## What's Growing?



Thank-you Coady for bringing in some tomato plants from your garden at home for us to use in the school garden. The students all prepared an area for the tomato plants that would get full sun, as this is ideal for these plants in helping them grow. The students prepared some stakes to assist the plants in growing a nice and straight stem. We will now have to regularly water the tomatoes to ensure the soil does not dry out and wait around 10 weeks before we can start picking them to eat.  
Miss Reilly.



Students who participate in Kitchen lessons are provided with the opportunity to learn lots of new skills. These skills include learning how to handle food and equipment safely, food preparation, cleaning up and kitchen and dining room etiquette. They also try new foods and learn to follow recipes.

Mrs Harris

**NO RECESS ORDERS FOR  
CANTEEN THIS FRIDAY  
DUE TO REMEMBRANCE  
DAY CEREMONY.**

## P&C News

by Jen Hernando (President)



Have you joined the P&C?  
Everyone is welcome. Forms  
are available at the office.

Come along to our meetings  
with your ideas or lend a hand  
during our fundraising.

The funds we raise go back  
into our kids education.

Jen Hernando  
0429181727

## Busy Bee Canteen

by Jackie Robertson

We only have 5 canteen days left for this year. Wow how fast has the year gone? Every week we are going to have a great special so keep your eyes open.

**This week's special is.  
Large Pie, Quench Drink &  
Ice cream cup for \$5**

As it is Remembrance Day on Friday we will only be open for Lunch so please make sure you pack recess for your children.

**This week's Volunteer is: Jackie.**

Don't forget if you can help out on any Friday in our canteen please let me know.  
Jackie Robertson - Canteen Supervisor  
0458201127

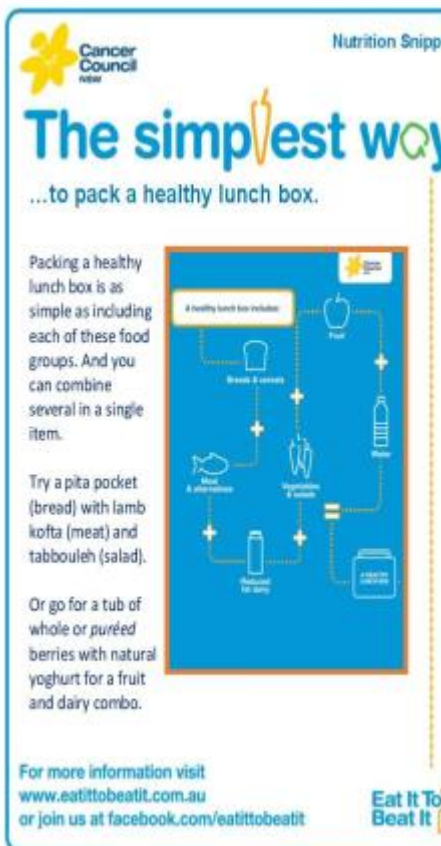
## Clothing Pool

As of Wednesday 2 November 2016 Clothing Pool will be run from the school residence. Please enter via the front door.

Families, please note that clothing pool will be closed from Friday 2 December. Everyone is reminded to finalise uniform for 2017 before then.

If you require any uniforms I am available at school Wednesday afternoons from 2:30pm or by appointment only on other days.

You can contact me on 0432614097.  
Clothing Pool Supervisor –  
Jessica Freeman



## MEETINGS

**LAST MEETING FOR 2016**  
Tuesday 15 November at  
2pm

**LONE PINE COMMUNITY  
ROOM**

JEN HERNANDO  
President

Ph: 0429181727

## Student Banking

by Lisa Madden

Hi bankers.

This term I am running another competition. All you need to do is bank at least 4 times from week 2 to week 6 and a winner will be drawn week 7. Good luck everyone.

The prize pack is in the office to view.

Gold Token prizes for term 4 are

**\*Bush Fly Fan**

**\*Wriggly Glow Worm Slinky**

Parents, if you would like to open a new account for your child, please don't hesitate to contact myself at the school Wednesday or Friday mornings. If they have an existing account with Commonwealth all I need is their account number and I can simply put them straight in the system.

Find out more at  
[www.commbank.com.au/schoolbanking](http://www.commbank.com.au/schoolbanking)

Lisa Madden - School Banking  
Coordinator

# Upcoming Events

**Friday 11 November**  
Remembrance Day Assembly  
10.30am

**Week 6**  
**Tuesday 15 November**  
2pm  
P&C Meeting

**Friday 18 November**  
Awards Assembly gam

**Week 7**  
**Friday 25 November**  
Dog Safety visit (K-2)

Tamworth Regional Council  
Sports Awards – Frog n Toad

**Week 8**  
**Monday 28 November**  
Classical Trio Performance

## VIRTUE OF THE WEEK

### TRUSTWORTHY

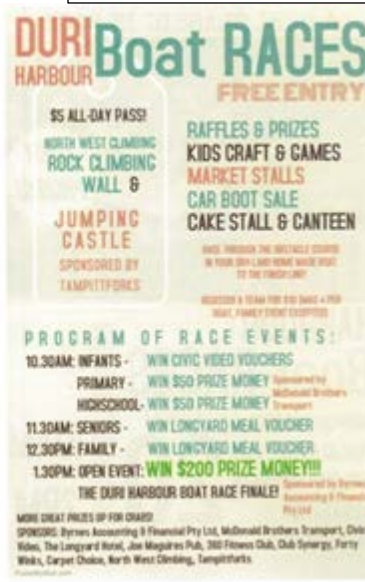
Nominate somebody this week that has demonstrated they are Trustworthy.



### VIRTUES HONOUR BOARD

**RUBY  
TAYLOR  
TAYHLAH  
RORY  
GEORGIA  
JOSH R.  
RILEY  
EMILY  
SHAYLA  
LINCOLN  
KOBY  
TAHLIA  
ANGUS  
SETH  
CORIE**

**SUMMER  
JAIDEN  
LINCOLN  
ABBY  
LAUREN  
KYE  
LACHLAN  
JOEL  
MALCOLM  
GISELLE  
CADE  
KAYDEE  
FAITH  
ZAVIER**



**NO RECESS ORDERS FOR  
CANTEEN THIS FRIDAY  
DUE TO REMEMBRANCE  
DAY CEREMONY.**

## Moonbi Sports House Points Score

**BULLIMBALLA**



**CARRAGUNDI**



## Moonbi Public School Eggstra

Ph:0267603151

Fax:0267603871

Charles St, Moonbi, NSW, 2353  
moonbi-p.school@det.nsw.edu.au

## SCHOOL MISSION

Our motto is to

***'STRIVE FOR PERFECTION'***

and our students are expected to strive for  
the highest standard academically, socially,  
physically, emotionally and culturally.



# Leaving the school in 2016?

Dear Parents and Caregivers,

The first day of school for students in Years 1  
students will be informed by letter of their starting date.

will be Monday, 30 January 2017. New Kindergarten

It is vital that we know if your child/children will **NOT be returning to Moonbi PS** or will be **returning late** next year. Some families take extended holidays in January/February and we need to know your return date so that your enrolment can be counted.

This information will enable the school to plan for staffing and classing needs.

***Please Return This Note To The Office As Soon As Possible***

-----I-----

## **Not returning in 2017**

Name	Class

Reason: \_\_\_\_\_ New School: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Caregiver

-----I-----

## **Returning Late in 2017**

Name	Class	Anticipated Date of Return

Reason for late return: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_