

What's Happening

P & C mtg	11th September 5.30pm All Welcome
CPR & Anaphylaxis	16th September 2.30– 5.pm.
Kindy 2020 info session	17th September 2.30pm
Bush Dance	25th September
Last Day Term 3	27th September

Intensive Swimming Program - Week 1 Term 4

Good for Kids good for life

FUNDAMENTAL MOVEMENT SKILLS MASTERING THE KICK



The kick is a manipulative striking skill characterised by producing force from the foot to an object. The stationary place kick involves kicking an object which is still. It is basic to kicks used in all football codes. It is also important for foot-eye coordination.

Steps to practice at home:

- Stabilise and raise the ball off the ground by placing it on a bean bag or a roll of masking tape.
- Place a mark on the ball and ask the child to focus on that as they approach the ball to kick.
- Focus on kicking the ball for distance rather than accuracy.
- Place chalk on the child's shoelaces so that a mark is left on the ball after it has been kicked.
- Use a beach ball, balloon, or a ball that is soft, flat or partially deflated.
- Practice kicking the ball against a wall.
- Demonstrate, running up to kick the ball.
- Introduce accuracy by kicking to a partner or target, or into a goal.
- Practise kicking with either foot.

Source: Get Skilled, Get Active and Live Well @ School © State of NSW, Department of Education and Communities, 2012



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Monday Messenger

09.09.2019



Father's Day Lunch

It was great to see so many Dads and Granddads coming to the school to be spoiled last week with a special celebratory lunch. This has become a popular annual event. It is an opportunity for the students to show their appreciation of all the things men in their lives do and to say thank you. The primary students, under the expert guidance of Nikki, prepared a delicious meal of Pizza and Salad to share. From the look on the faces of our guests, and positive comments, I think all the men enjoyed their meal as much as we did. Thank you to the primary class and Nikki for organising another top event!



Success on the Track



Congratulations to the GREEN MACHINE Rani, Carda, Emily and Bailey who have earned their place in the PSSA State Athletics Carnival to be held in November. An amazing effort in very difficult wet conditions. We believe this is the first time Bungwahl has made it to state in athletics. This is even a more exciting and remarkable achievement considering three out of the four

team also represented our school in State swimming earlier this year. Fantastic effort team! Thank you also to Mandy for organising coaching AND ALL FAMILY MEMBERS WHO TRANSPORTED STUDENTS TO TRAINING AND THE CARNIVAL.



Debaters Win

Our debaters had their second win for the year! On Thursday, 22nd we hosted Wingham Public School in round two of the Lower North Coast Debating Competition. The team (Sam, Clare, Emily and Rani) were a little concerned coming up against a larger school, but they acquitted themselves beautifully. Thanks also to Bailey for time keeping and Xannah for acting as chairperson for the debate. Debating is hard work but with a bit of effort the students have proved they are up to the task.

A big thank you also to Mrs Farley and Mrs Ekins for helping the children practice on those days when I am not in the school.

Now we wait to hear who our next opponents and topic will be!



Library News

Thank you to those families who returned overdue books last week. If you could keep on top of it that would be great as children waiting for certain books and it's upsetting for them when some other child has it at home and keeps forgetting to bring it back.

The Upper Division students have begun 'weeding' the Junior Fiction and Fiction sections of the library. As with the non-fiction section they look at the books and make a judgement on the age, physical state and relevance of the story. Staff then make the final decision as to which books are removed for the shelves.

Once again, we will be having a book sale in the last week of term (commencing 23rd September) and again at the Food Trail on October 6th. The library monitors will again man the stall.

LD Museum Excursion

On Tuesday 27th August, LD students visit the Great Lakes Museum. Lower Division had a great insight into the life of our forbears. The museums classroom was of particular interest to our students. Evelia reveled in the role of early 1920s teacher.

Kindy 2020 Orientation Info Afternoon.

On Tuesday 17th September, there will be an information and afternoon tea for all parents who have kindergarten students starting in 2020. Session starts at 2.30pm.

CPR and Anaphylaxis Training

On Monday 16th September, Bungwahl Staff will doing face to face CPR and Anaphylaxis training from 2.30 to 5pm. We are opening this up to parents. Cost is \$40.00 per person. You also must have a USI no. Please contact the school if you wish to participate.

Regionals Athletics

On Friday 30th August we (Bailey, Emily, Carda and I) went to Regionals! We had to travel to Newcastle just to do our 100 x 4 Nigel Bagley relay (pp5). We had to wait for ages and in that time it started raining and raining and raining. We were all a bit bored so we decided to go up to the fence and watch other people race, we saw people with 1 leg, people in wheel chairs, people do high jump, long jump, shotput, long jump and much more! By the time our race got called it was still raining!! We all huddled under a stand with other contestants and waited. About 3 minutes later we were all in our lanes shivering because of the rain and the wind. BANG! The race had begun I could hear lots of people screaming for their teams eventually the baton got past to Emily and our hard work made a third place and made us it to STATE!!

By Rani

Attendance Matters!



Every Student, Every School, Every Day