

# Tuesday Tabloid

NAME: \_\_\_\_\_

09.08.22

## **Zone Relay Team Well Done 2nd place!**



A great place to be,  
a great place to learn

## Principals Message

Well done to all the students who participated in the Zone athletics Carnival last Friday. The relay team came 2nd , Both Fletcher and Chillie placed 5th in their 100m finals.

I would just like to say a big congratulations to all of our competitors from the Manning West Small Schools. They represented their schools with pride and to the best of their efforts. I was on time keeping duty all day so watched them all come across the line. You should be super proud of your student's efforts on the day, it was a big field of over 650 competitors on the day so ran long. Small Schools Team Manager, Dave.

**STARWARTS the MUSICAL** takes shape with our **WORKING BEE SUCCESS!** Thank you to all the enthusiastic and talented parents, grandparents and friends who came along on Sunday to help sew costumes and paint sets and props. We made very good progress and it was great to see everyone sharing their skills.

**NEXT WORKING BEE** will Sunday 21<sup>st</sup> August 2022. Time:1-3pm. Painting and sewing. No experience necessary, **ALL WELCOME.**

## Year 7 Parent Information Session for Students Entering Year 7 – 2023

A reminder that the Year 7 Parent Information Session for Great Lakes College – Forster Campus - will be held on **Tuesday, 9<sup>th</sup> August** at 6pm in the College Hall.

## School Camp

**Yes,** the school camp to the Blue Mountains will be going ahead. Due to numbers the price per student will be in the range of \$320.00 to \$350.00. We will have a final figure when all activities are finalized. Parents can now start making weekly payments either by cash or online.

## LD Helpers

Mrs Tuft is after parent volunteers to help out with the LD classroom. Please contact the school if you have any spare time and would like to volunteer.

## Library News

Since telling the students a couple of weeks ago that Book Week is coming up in week 6, it has been great to hear many of them talking a lot about what they will be wearing for the parade! We are still in the planning stage as to how the day will run. More information will be forthcoming in the next week or two.

All Lower Division have now completed the Premier's Reading Challenge for 2022. Since the challenge began, they have read 30 books, some as a class and some individually by borrowing from the library in reading groups. Well done. Upper Division still have a little over a week to go to record their 20 books. Obviously, their texts are longer and it takes more of a commitment to complete the challenge, but I know you can do it!  
The Premier's Reading Challenge closes on Friday 19<sup>th</sup> August.

## Big Kids Having Fun at School!





# Tickets Now On Sale

## Star Warts

Friday 16th September -  
10.00am Matinee

or

6.00pm Night

Cost student \$5.00,  
Concession \$8.00,  
Adult \$12.00

Contact Felice for bookings.

**Bungwahl School Presents**



**STAR**  
THE UMPIRE STRIKES BACK  
**WARTS**

MAY THE SAUCE  
BE WITH YOU!

BOOK, MUSIC & LYRICS BY  
**CRAIG HAWES**

Join Luke Warmwater & his cosmic crew as they save the universe in an intergalactic musical comedy that's out of this world!

**Bungwahl Hall**  
Friday 16th September 10.am and 6.pm  
Tickets available from Bungwahl PS  
Cost: \$5.00 student \$8.00 Concession \$12.00 Adult

## Dates to Remember

9.08.22	Parent Year 7 Info night Forster Campus
22.08.22	Book Week and Book Fair
16.09.22	Star Warts Musical– Bungwahl Hall 10.am and 6pm
20.09.22	HASAD Forster

**Good for kids**  
good for life



Start your day with breakfast

Breakfast refuels your body, ready for the day!



Kids who eat breakfast have more energy to be physically active. They can concentrate, problem solve and focus better at school.

- 🍏 Involve kids in planning, shopping and making breakfast. It teaches kids how to plan, prepare and cook meals
- 🍏 Prepare the night before e.g. get out kitchen utensils, plates, cups, cut up fruit
- 🍏 Sleep in? Try healthy grab and go options; fruit, trail mix, fruit smoothies, bag of wholegrain cereal, reduced fat yoghurt, baked beans
- 🍏 Encourage your kids to start the day with breakfast. Make time to sit and enjoy eating breakfast together

Source: Breakfast: encouraging children to eat and enjoy [raisingchildren.net.au](http://raisingchildren.net.au)  
<https://raisingchildren.net.au/food4kids/what5to5/fitness/breakfast-3-grades/breakfast>



HNELHD-GoodForKids@health.nsw.gov.au  
<https://goodforkids.nsw.gov.au>

Developed by Hunter New England LHD



 **Attendance Matters**  
Every student. Every day.