

# MITCHELLS ISLAND PUBLIC SCHOOL



Education

1222 Manning Point Road, Mitchells Island 2430

Telephone: 02 6553 2623 Fax: 02 6553 2600

Email: [mitchells-i-p.school@det.nsw.edu.au](mailto:mitchells-i-p.school@det.nsw.edu.au)

Web: [www.mitchells-i-p.schools.nsw.edu.au](http://www.mitchells-i-p.schools.nsw.edu.au)

Principal: Michelle Wilson



## Newsletter—Term 3, Week 7 2019

### Canteen:

Canteen will be on this week with Milo volunteering. Thank you Milo. Muffins will be Banana & Honey, thank you to Amy for making them.

### Children's University:

If you have not returned your Children's University note yet, could you please do so as soon as possible as we need to confirm numbers ASAP for bus bookings.

### School Representatives:

It has been a busy week with students representing our school in Athletics, Debating and the Regional Spelling Bee. They have all written reports of their experiences for the newsletter. Congratulations to you all.

### Intensive Swimming Program:

We will hold our Intensive Swimming Program in Week 10. The students will travel by bus to the YMCA Pool at Forster following an early recess.

Swimming lessons will be between 11am—1pm with YMCA Swimming Instructors.

We will be having special canteen recess each day as follows:

- Monday: Apple & Cinnamon Muffins \$1
- Tuesday: Bacon & Egg English Muffins \$2
- Wednesday: Cheesy Vegemite Scrolls 2 for \$1
- Thursday: Banana Muffins \$1
- Friday: Ham & Cheese Toasties \$2.50

Recess pre-order forms and permission notes will be sent home with the newsletter.

The students will need to pack their lunch which they will eat before the bus trip back to school.

The cost for the Intensive Swimming Scheme is \$30 for the first child and \$20 for second child.

### Years 3-6 Excursion:

Statements showing the amounts to pay for the Sydney Excursion will be sent home this week. Spreading the payments makes it easier for your budgets and allows the school to have available excursion funds for deposits and pre-payments. If you have not already done so, please begin making payments at the office.

### Healthy Canteen:

**Good for Kids** good for life

### GREAT CHOICE HEALTHY SCHOOL CANTEEN

We are excited to share that our school canteen is now a leader in providing a healthy food service to our students and staff. Our menu has been recognised as a "Great Choice Healthy School Canteen" meaning that it meets the NSW Healthy School Canteen Strategy.

A big thanks goes to our Canteen Manager/ P&C Committee/ Canteen Committee for all your hard work in reviewing our school canteen menu. Please support our canteen by ordering lunch and/or recess or volunteering in the canteen.



Health  
Hunter New England  
Local Health District

[HNE-LHD-GoodForKids@hnehealth.nsw.gov.au](mailto:HNE-LHD-GoodForKids@hnehealth.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>

### Sesqui-Centenary 26 October:

We are now seven weeks away from our Sesqui-Centenary Open Day. Jess Booth has put in a mammoth effort to compile a history book of the school. Thank you Jess. The committee will be looking for help to run events and stalls on the day itself. Please make yourself available to help for an hour or two. Many hands make light work.

Mrs Wilson has a roster of jobs available.

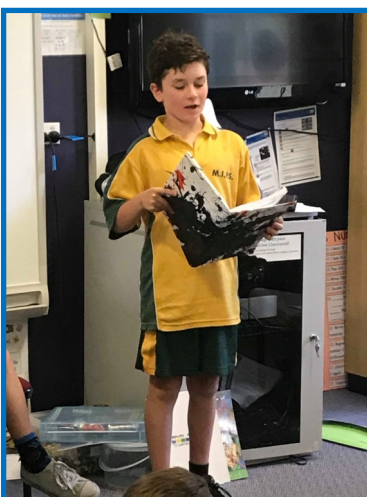
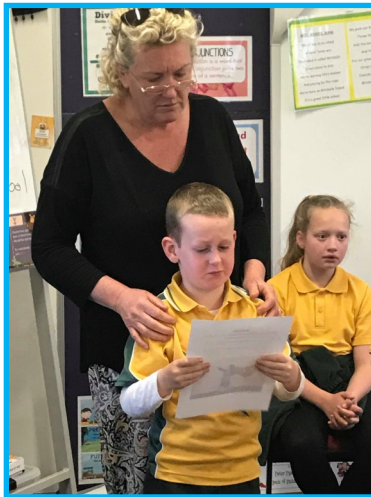
All students will be expected to attend to take part in the official ceremony where they will sing and perform a dance. They will be required to be in period clothing.

*Celebrating 150 years of quality education*



# Assembly

## 30 August





# This week in 3-6

## Regional Spelling Bee

On Tuesday 3<sup>rd</sup> of September I went to the Regional Spelling Bee at Forster Public School. I was in the seniors group against 46 people. I was in the final 16. Some words were very tricky to spell. I had to stand on an enormous stage in their hall. At the start I was very nervous, but then I got used to it.

Nicola



## Regional Athletics

On Friday August 30<sup>th</sup>, we went down to the Regional Athletics Carnival in Glendale, Newcastle. When we were driving down there it was raining very heavily. It died down but then when we were just about to race, it started bucketing down again. We came 2<sup>nd</sup> and the loudspeaker called out we had made it to state. We went to try on our state uniforms and they smelt really bad, like terrible body odour. Toby and Denver had a fun trip driving down with Mrs Wilson. Hannah and Jaydon travelled with their mums.

Denver, Toby, Jaydon and Hannah.

## Debating

On Monday September 1<sup>st</sup>, the debating team travelled to Taree West Public School in Mrs Wilson's car. We lost the debate by one point, it was VERY close. The debating team did extremely well.

The topic was Bottled Water Should be Banned and we were the negative team.

Taree West students brought in malteser cheesecake, chocolate cake, cupcakes and Doritos with salsa to share.

Gracie, Nicola, Darcy and Dinal.



## Art work

For art this week we have learnt about the colour wheel. This week's art is based on the primary colours which are yellow, red and blue and the secondary colours that are green, orange and purple. They all look really colourful but eye wonder what we are making? Can you guess?



Hannah, Ashlyn and Hamish

Reminders:	<b>Don't Forget!</b>
5/9/19	Canteen
6/9/19	Taree HS Visit for Year 6
20/9/19	Moorland Soccer Day
23-27/9/19	Intensive Swimming Program
27/9/19	Last Day of Term 3

## Sesqui-Centenary Raffle

Thank you to those who have already sold their raffle tickets!  
Extra ticket books are available at the office.

Please return any unsold tickets to the office.

## Good for Kids good for life

### HEALTHY PARTY IDEAS

Parents and teachers can shift the focus for school parties from unhealthy food to fun healthy food.

You could serve snacks with fun plates, napkins, cups or straws, or have a tasting party where children can vote for their favourite healthy snack. Why not try some of the following:

- Fruit kebabs
- Orange quarters – try them frozen in summer
- Fruit smoothies
- Melon balls
- Berries
- Frozen fruit blocks
- Apple slinkies
- Vegie strips with low fat dip or salsa
- Sandwiches
- Raisin bread
- Pikelets
- Rice crackers
- Scones
- Cheese cubes
- Low fat popcorn



Health  
Hunter New England  
Local Health District

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

## Northern NSW Sabots

On tour  
14-15 Sep 19  
Queens Lake Sailing Club

Sabot coaching and racing, including Heat 1 of the Northern NSW Sabot Zone Championship. **FUN FOR ALL** is the weekend theme!

Accommodation: Brigadoon Holiday Park. Book direct with the park and let them know you are with the Queens Lake SC group

[www.brigadoonholidaypark.com.au](http://www.brigadoonholidaypark.com.au) . Dinner together Saturday night – arrangements to come. Cost for 2 day coaching & racing:

\$35 1 Up Sabot OR \$45 2 Up Sabot (incl. kids lunch both days)

Be rigged and ready for 11am coaching start on Saturday at QLSC

Please return entry form and make payment by **1 Sep 19**

#### ENTRY FORM AND PAYMENT DETAILS:

Payee: Northern NSW Sabot Sailing  
BSB No: 650 000 Account No: 955504105  
Reference: QLSC Surname  
Entry form return: [scottandholly@bigpond.com](mailto:scottandholly@bigpond.com)

