

MITCHELLS ISLAND PUBLIC SCHOOL



Newsletter - Monday 4th November

Message from Mrs Wilson

Over the last two weeks our students have enjoyed many fun activities both at school with Tennis, Clean up our Waterways visit and Mr Whizzy as well as a fun Halloween Dress up Day and our K-2 children enjoyed the opportunity to explore the rainforest and watch a stage presentation as part of their Term 4 excursions.

Our P & C committee will meet this **Wednesday 6th November at 2:15pm** in the school library and we look forward to as many parents attending the meeting as possible. The P & C will be placing an order to stock up on uniforms for 2025 at the end of the week. If you would like to order new uniform items for your child/ren for 2025, we kindly ask you to return the form outlining the details of what items you require by Wednesday 6th November so we can ensure the P & C have the correct sizes in stock for you.

Planning for our end of year Presentation event is under way and we would appreciate donations for our Hampers for the end of year Raffle. Donations can include food items, children's toys, books or games or any other raffle items and can be delivered to the front office.

Michelle Wilson—Principal

School Assembly:

Our next fortnightly assembly will be on Friday 8th November at 2:15pm.

Kindergarten 2025 Orientation Sessions:

Sessions continue each Monday from 9am to 1:30pm until Monday 18th November.

We have enjoyed welcoming 4 new kinder students enrolled to attend in 2025 to our weekly orientation sessions, where they have had the opportunity to explore the school grounds and meet new friends and MIPS students have enjoyed seeing Miss Sneddon in for a visit. If you are aware of any school aged children in our area, please direct their parents to the office to enrol.



Presentation Night

Tickets for our presentation night on Wednesday 11th December are on sale NOW!

Tickets to the event are \$6 each.

Students have been sent home an envelope to allow parents to return with the following information recorded to allow your tickets to be secured

- Student Name
- Number of Tickets Required
- Payment amount

NB: Tickets are allocated on a first in/ first served basis and will be handed out closer to the event.

Tennis:

Students are having great fun each Tuesday learning new tennis skills. Sessions will continue each week until Tuesday 19th November.

K-2 Excursions:

The students in kinder to year 2 have enjoyed exciting adventures over the past weeks to explore the rainforest at Sea Acres Rainforest and lunch by the seaside as well as the performance of Gruffalo at The Glasshouse in Port Macquarie followed by a special lunch with Mrs Wilson and staff.



Mr Whizzy—the Waterdrop:

All students enjoyed a visit last week from Mr Whizzy who reminded us all about the importance of saving water and sustainable practices



2025 Uniform Orders

If you would like to order new uniform for 2025, please complete and return the attached form as orders will be placed at the end of the week to ensure they arrive prior to the end of the year.

Swimming Week Special Recess Orders:

Students have the opportunity to purchase a special morning tea each day during our intensive swimming week from Monday 25th November until Friday 29th November.

Monday: Cheesy Vegemite Scrolls @50c each

Tuesday: Banana Muffins @ \$ each

Wednesday: Large Choc Chip Cookie @ \$1 each

Thursday: Bacon & Egg English Muffin @\$2.50 each

Friday: Choc Chip Muffins @ \$1 each

Please complete and return the attached order form with cash payment to the school office by **Monday 18th November.**

Year 3-6 Camp:

Thank you to all parents who have finalised payments and completed the online portal consents for students attending camp from Tuesday 3rd December until Friday 6th December.

If you have any questions in relation to completion of the online forms, please contact Mrs Watson in the school office.

Attendance Matters:

Attendance at school everyday is important. If your child is unwell or away from school, please inform the school via 6553 2623 /Mobile 0499 843 839 or via School Bytes.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just... they miss days per year

5 mins per day = 3 days

30 mins per day = 18 days



Patterns of lateness can have a serious impact on your child's education.

education.nsw.gov.au

Dates to Remember:

Term 4

Week 4	Monday, 4th November	Kinder Orientation 9am until 1:30pm
	Tuesday, 5th November	Tennis—Sport
	Wednesday, 6th November	P & C Meeting at 2:15pm
	Friday, 8th November	School Assembly at 2:15pm
Week 5	Monday, 11th November	Kinder Orientation 9am until 1:30pm
	Tuesday, 12th November	Tennis—Sport
Week 6	Monday, 18th November	Final Kinder Orientation 9am— 1:30pm
	Monday, 18th November	Tennis—Sport
	Tuesday, 19th November	Tennis—Sport
Week 7	Monday 25th November until	Intensive Swimming Program
	Friday 29th November	
	Wednesday, 27th November	P & C Meeting at 2:15pm
Week 8	Tuesday, 3rd December until	Year 3-6 School Camp to Coffs Harbour
	Friday, 6th December	
Week 9	Wednesday, 11th December	End of Year Presentation

P & C News

The next P & C meeting
Wednesday 6th November
@ 2:15pm

School Uniform Price List

Polo Shirts: \$25.00

Shorts: \$15.00

Skorts: \$15.00

Hat: \$10.00

Tracksuit Pants: \$25.00

Tracksuit Jacket : \$40.00

Healthy Choice Suggestions

Good for kids
good for life



Hydrate with H2O

Did you know your body is made up of 50-70% water?

Water is essential in a healthy diet. It helps transport nutrients through our bodies, digest food, remove waste, regulate body temperature, and also keeps our teeth and mouth healthy.

As we come into summer, it's important to keep our bodies hydrated.

Encourage your child to choose water as a drink by:

- Packing a water bottle in their school bag everyday
- Packing a frozen water bottle in their lunchbox during summer
- Encouraging your child to drink water when playing sport
- Serving plain water in a jug. Try adding ice-cubes and fresh fruit pieces such as lemon, orange, blueberries or strawberries for flavour
- Using a re-usable drink bottle that your child has chosen



Source: Hydration tips for children (www.healthdirect.gov.au)



Hunter New England
Local Health District

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

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Good for kids
good for life



Keeping active and cool in summer

Being physically active is not only fun but also great for your body! Running, jumping, playing sports, and even dancing helps keep your muscles and heart strong and healthy.

It's important to stay active every day, whether you're playing outside, riding your bike, or having a game with friends. But when it's hot, don't forget to stay cool!

Try:

- Wearing light, comfortable clothes that protect you from the sun and let your skin breathe
- Drinking lots of water to stay hydrated
- Being active during the cooler parts of the day
- Taking breaks in the shade
- Using cold towels or fans to help you feel cooler when finished

Staying active and cool makes sure you can play longer and feel great!



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Summer lunchboxes

Summer is just around the corner! Ensuring lunchboxes stay cold helps keep your child safe and the food fresh.

Always include an ice brick in the lunchbox, and try these ideas:

- Freeze plain milk poppers or reduced fat yoghurt pouch- this will keep the lunchbox cold and make a healthy treat once defrosted
- Add frozen berries to reduced fat yoghurt
- Freeze sandwiches- fillings such as cheese, vegemite or roast meat are great for freezing. A frozen sandwich will defrost by lunchtime and help keep the lunchbox cool.
- Freeze snacks such as banana pikelets or zucchini slice
- Cut fruits into pieces and freeze for a delicious cold snack



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TV-Free Tuesdays

Taking a break from TV gives kids time to play, get outside, or enjoy family activities.

TV-free Tuesdays are a fun way for kids to try new activities away from screens. This can help kids:

- Be more creative
- Develop and improve social skills
- Build healthier habits
- Enjoy more family time and strengthen family connections

Setting aside one day a week without TV helps kids find a better balance between screen time and active play, supporting their overall growth and development.



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Swimming Week Special Recess Pre-Order Form

Name: _____

Monday:

Cheesy Vegemite scrolls _____ @ 50c ea = \$ _____

Tuesday:

Banana Muffins _____ @ \$1 ea = \$ _____

Wednesday:

Large Choc Chip Cookie _____ @ \$1 ea = \$ _____

Thursday:

Bacon & Egg English Muffins _____ @ \$2.50 ea = \$ _____

Friday:

Choc chip muffins _____ @ \$1 ea = \$ _____



Total Enclosed: \$ _____



Education

Mitchells Island Public School

1222 Manning Point Road, Mitchells Island NSW 2430

Ph: 02 6553 2623

Fax: 02 6553 2600

Email: mitchellsi-p.school@det.nsw.edu.au

Principal: Michelle Wilson



Please complete and return your pre-order form to the school office by 28th October.



Uniform Pre-Order Form- 2024/2025

Name: _____

Phone Number: _____

Order Required by: _____

Please indicate if you would like your order filled immediately if stock on hand or if you require for end of Term 4.

Uniform Item	Size (please circle)	Number Required	Price	Total:
Polo shirt	4 6 8 10 12 14 16 M L		\$25.00 ea	
Shorts	4 6 8 10 12 14 16		\$15.00 ea	
Skorts	4 6 8 10 12 14 16		\$15.00 ea	
Tracksuit jackets	6 8 10 12 14 16		\$40.00 ea	
Tracksuit pants	6 8 10 12 14 16		\$25.00 ea	
Hats			\$10.00 ea	
Total				

I have enclosed \$_____ payment for uniforms.

I will pay for uniforms when I collect them.