

Mulbring Minis

This week at Minis we made pasta bracelets. The Minis had a great time. Next week Tuesday 8th May we will be decorating Mother's Day cards and we will have a Mother's Day Gift Stall. If you would like to purchase a gift, please bring \$5 to Minis.



MULBRING MINI'S

Mulbring Public School P&C are hosting a weekly playgroup. Children of pre-school age from the Mulbring and surrounding community are welcome to attend, accompanied by an adult. There will be craft activities, painting, sports and of course time to play on the playground equipment. At the conclusion of the playgroup, families are invited stay and enjoy morning tea with the Mulbring Public School students and staff.

What to bring: Sun hat, water bottle, fruit (for fruit break), morning tea
Parents/Carers: Something for morning tea, coffee/tea provided
Cost: Nothing, it's FREE
Where: Mulbring Public School Library, Water Street Mulbring

COMMENCING Tuesday March 6th 2018, 10.00a.m to 11.00 a.m



Nutrition Snippet

The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our Healthy Lunch Box website healthylunchbox.com.au has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.

Minty Yoghurt Dip recipe

Ingredients

8 tbsp plain reduced-fat yoghurt
 1 lemon, juiced
 ½ clove garlic, crushed
 ¼ bunch mint leaves, finely chopped
 Pinch of salt

Method

Place all ingredients in a bowl and mix together.
 Variation – add finely diced cucumber for a refreshing crunch.



For more information visit

www.eatittobeatit.com.au

or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



For Your Calendar;

TUESDAY

Student Banking Day

DATES TO NOTE

Tue May 1st	Mulbring Minis (every Tues)
Thur May 3rd	ANZAC Service
Fri May 4th	Zone Cross Country
Mon May 7th	Deadly Cooking (5 wks)
Wed May 9th	P&C Meeting 3.15 p.m.
Fri May 11th	Assembly Day
Fri May 11th	Mother's Day Stall
Wed May 16th	Happy Tooth Visit K/1
Sat May 19th	P&C Cake Stall—Bunnings
Fri May 25th	Assembly Day
Tue May 29th	Small Schools Athletics
Fri June 8th	Assembly Day
Wed June 13th	Aboriginal Health Screen (K)

NOTES DUE IN

Zone Cross Country (payment \$7.50)

ATTACHMENTS TODAY

- ♦ Book Club Brochure (LOOP online orders only)
- ♦ Stewart House Envelopes (due back Fri 11th May)

MULBRING PUBLIC SCHOOL NEWSLETTER

"Be Safe, Be Responsible, Be Respectful and Always Try Your Best"

Welcome back to Term 2. We have another busy term ahead.

We were successful once again with Australian Sports Commission grant, so this term will see us have netball coaching at school. We are excited to have this available to all students at no cost.

The Mulbring Public School ANZAC Service will be held on Thursday 3rd May from 9 a.m. at the front of the school. Parents/carers are welcome to attend. The following students are leading the service; Jake, Kai, Dylan, Alarna, Emelia, Sophia, Shaylah, Bailey, Colby-James, Thomas, Maddison and Isabella.

Today Stewart House envelopes have been sent home with the newsletter. Stewart House is a very worthwhile charity supporting students who need support. As little as \$2 in the envelope will give an entry into the draw for a \$4000 holiday to a destination of your choice. Please be generous and support this charity. Please return the envelopes by next Friday 11th May.

For anyone attending the Zone Cross Country on Friday, we have been advised there will be a BBQ running. A range of hot food will be available and all money raised goes to support Zone sports teams. Best of luck to all of our athletes.

P&C INFO

We have sent off four bags for counting of the Coles Sports for Schools vouchers. We are so excited to announce that our tally so far is **39691** vouchers. What a fantastic effort from our small school. One last envelope will be sent off on Friday, if you have any vouchers laying around, please send them to school by Thursday this week.

The P&C have been fortunate to secure a date for a cake stall at Bunnings Cessnock. This will be held on Saturday 19th May from 10 a.m. Cakes/slices can be dropped off at school on Friday 18th May anytime, or on Saturday morning from 8.30 a.m.—9.00 a.m at school. You can also drop off cakes/slices at Bunnings, but please make sure donations are on disposable plates and labelled. Helpers will be needed, from 9.30 a.m and there is a roster at the school office if you can spare some time, even half hour, it would be appreciated. Kylie (Ruby B and Lilla's mum) is coordinating if any further information is needed.

The P&C Mother's Day stall will be held next Friday 11th May after assembly. Gifts will be priced at \$5.00 each. Money can now be sent to school. Students are able to purchase more than one gift (send in \$5 for each gift required). Parent helpers are invited for the stall, please speak with Amanda L (Ruby I and Mia's mum) if you are able to help out.

The next meeting of the P&C will be on Wednesday 9th May at the new starting time of 3.15 p.m. We look forward to seeing lots of new faces and trialling this new time. Everyone is invited. Kids are welcome also.

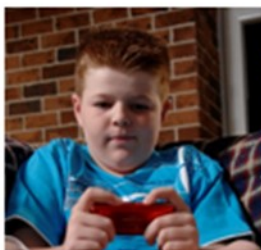
Good for Kids good for life

7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.



Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299

"Do Your Best"

MPS

AWARDS PAGE

CONGRATULATIONS - WEEK 11 AWARD WINNERS

Kindergarten—Flynn

For: "A fabulous start to Kinder and wonderful reading achievement!"

Year One—Grace

For: "Amazing spelling results in term one!"

Year Two—Tyler

For: "Fantastic work ethic and enthusiasm in writing and literacy groups."

Year Three—Jack (absent)

For: "Fantastic work ethic and enthusiasm in writing and literacy groups!"

Year Four—Emelia

For: "Increased confidence in Mathematics!"

Year Five—Jake

For: "Effort and enthusiasm in class!"



100% Homework Return

Congratulations to all students who returned homework every week during term 1.



Elijah, Jake, Lachlan, Kai, Shaylah, Talis, Bailey, Sophia, Alarna, Coopa, Molly, Ruby B, Leah, Matylida, Kyla, Mason, Flynn M, Jonte, Jaspa, Ella, Tyler, Morgan, Maddison, Eddie, Mia C, Charlie, Jack (absent)

You Can Do It! - Ice-Block Rewards



Mathletics



Congratulations 9 Students!

Ruby B, Jonte, Sophia,
Alarna, Colby-James, Dylan,
Thomas, Shaylah, Grace

Mathlete of the Month

Congratulations Colby-James



Congratulations to,

Ella (2), Quinn, Mason (2),

Flynn M (3), Mia C, Cooper W (2),

Eddie, Charlie, Lilla, Thomas, Isabella, Kai, Lachlan (3)