

# MULBRING PUBLIC SCHOOL NOTE



## 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 <https://raisingchildren.net.au/nutrition/fitness/meal-times/breakfast>



Developed by Hunter New England LHD  
HNELHD-GoodForKids@health.nsw.gov.au  
<https://goodforkids.nsw.gov.au>



## Screen time and physical play

### Movement and play are important for kids development



Choose small screen games and Apps that reduce kids sitting time and encourage physical activity.

- 📺 Choose videos, games or Apps that get your kids moving e.g. dancing, sports, yoga. Join in using the App or game with your kids
- 📸 Plan a walk using a digital map. Take photos of interesting things along the way
- 📺 Video your kids learning a new skill e.g. hopping, a new skateboard trick. Replay the video to track their progress over time
- 📺 Be a role model! Show your kids how to track their physical activity. Talk about how being active is fun & feels great! Show them how far you walked or swam last week!

Source: Screen time & physical activity-KidRaising Children Network <https://raisingchildren.net.au/school-age/0-16y/media/technology/screen-time/healthyscreen-use/screen-time-physical-activity>



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### For Your Calendar; JULY/AUGUST/SEPTEMBER

- Tue 26th July P&C Meeting after school
- Fri 29th July Zone Athletics (new date)
- Wed 3rd Aug Assembly (2.30pm)
- Tue 9th Aug PSSA Basketball Maitland
- Wed 17th Aug Assembly (2.30 p.m)
- Wed 31st Aug Canberra payments due
- Wed 31st Aug Assembly (2.30 p.m)
- Wed/Fri 7-9 Sep Canberra Yrs 5 and 6
- Fri 23rd Sept Last day term 3

### Year 6 Fundraisers

- ICE BLOCKS for purchase every FRIDAY- \$1 each
- BIRTHDAY BOX ICE BLOCKS \$20
- Lunch Orders—Friday

### Mulbring Public School

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Mobile No. for Excursions ONLY

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### Zone Athletics—new date Friday 29th July

Zone Athletics will now be held this Friday 29th July—once again weather permitting. This was the selected back up date. New notes will not be issued. We will advise via Skoolbag if any changes take place.

### Assembly—Wednesday 3rd August 2.30 p.m

Our new fortnightly assembly time is 2.30 p.m—2.50 p.m on Wednesday afternoons. The first assembly for this term will be Wednesday 3rd August.

### Canberra Excursion—7th-9th September

Payments for the Canberra excursion can be made partially between now and the final payment due date of Wednesday 31st August. If you are wanting to pay off weekly, part payments of \$50 per week (per student) between now and the due date will have it paid off in time.

### Enrolment Packs

Today we are sending home a ‘ghosted’ enrolment form for every student. As years go by, sometimes things change, contacts, medical details etc. This is a formal way of updating our records and also impacts our school funding from the government. If you could please correct the information (where necessary) by writing-over/correcting, it would be appreciated. Could you please return the forms (with or without changes) by Friday 5th August. Thank you.

### Premier’s Spelling Challenge—Wednesday 27th July

Premiers Spelling Challenge will take place in class time on Wednesday July 27th. There are some lists online that can be downloaded for practice at; <https://artsunit.nsw.edu.au/program/nsw-premiers-spelling-bee>

### Year 6 Fundraiser Talent Show Auditions—Thursday 28th July

Auditions for the Talent Show will take place during school time. Acts that are successful will then be advised. This a school only audition, parents/families will be invited when we have the show.

### Virtual Excursion

Class 4/5/6 is booked in for a virtual excursion this Wednesday. This is through Dart Learning and will feature author, Krys Saclier speaking about her books “CAMP Canberra” and “Vote 4 Me”.

### Newcastle Permanent Maths Competition

Years 5 and 6 will sit this test on Thursday during class time. The school has paid the entry fees and we look forward to hearing of our student’s success later in the year. It is traditionally quite a “tough” test, set by top mathematicians.

**EDUCATION WEEK:** This will be celebrated next week at our Wednesday afternoon assembly. The theme this year is; Creating Futures– Education Changes Lives.