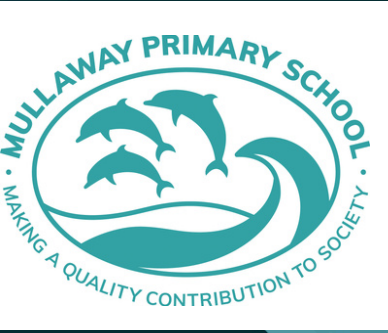


Mullaway Primary School



TERM 4 WEEK 4 - WEDNESDAY 6 NOVEMBER

Kindy 2025

Our first Kindy orientation day was on Thursday, 24 October. It was a successful start for all our prospective students and the consensus is that we have another great cohort of students coming to Mullaway.



Our first Kindy orientation day also included the parent expo. Our new and existing Kindy 2025 could get the latest updates from local support services, school based programs such as Ethics and Scripture as well as meeting our P&C executive.

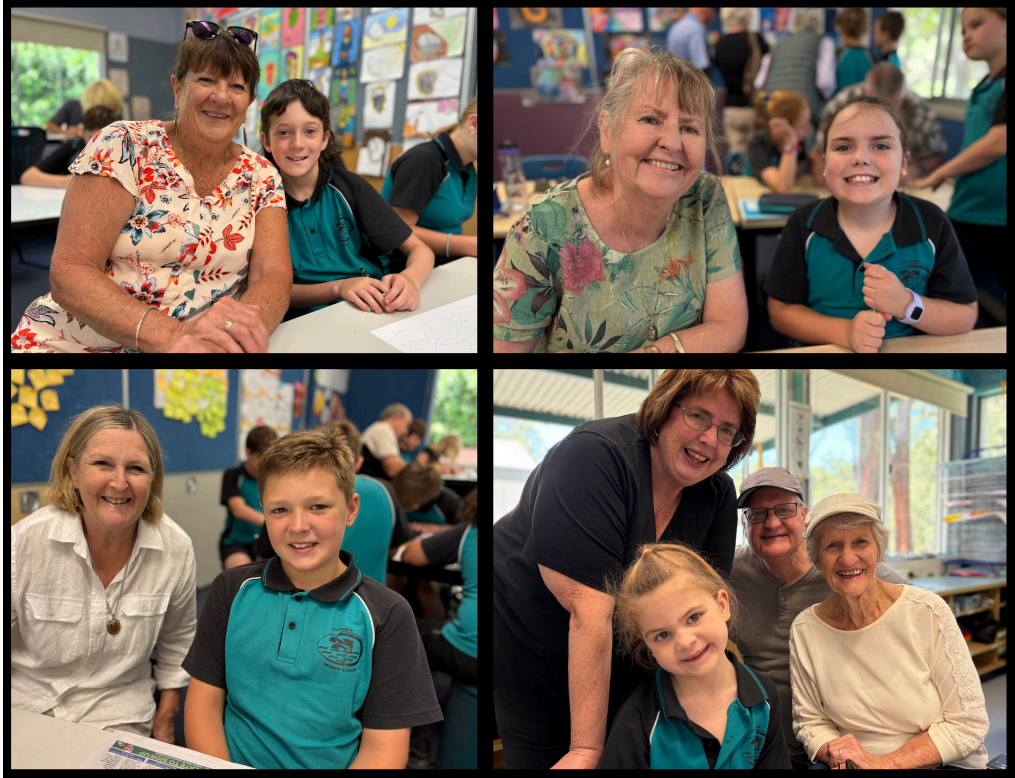


On Tuesday, 22 October we also held a Kindy 2025 parent information evening. Mrs Lee and Mrs Gentle took our parents through the processes and procedures of Kindergarten orientation and Kindergarten in 2025.

Thank you to Mrs Saunders, Mrs Lee, Mrs Gentle, Mrs Kelsall, Mrs Whittaker, our SLSOs Hayly and Zac, as well as our P&C executives and other support service volunteers, who have worked together so well to ensure the next generation of Mullaway students and parents have a successful and supportive start.

Grandparents' Day

On Friday, 25 October, Mullaway Primary school celebrated Grandparents' Day, recognising the diversity of grandparent relationships and the roles of older people in our community. We had amazing support from our P&C volunteers and a record number of grandparents attending and enjoying the activities.



Our grandparents had the opportunity to visit our classrooms, participate in activities, enjoy a picnic lunch and view three of our showcase dance performances.



Thank you to all of our P&C volunteers who helped with the picnic hampers, both on the day and the day before, and to Maia and her canteen helpers who managed the large number with their usual calmness and efficiency. As always, our teachers and support staff were flexible and supportive, ensuring that the day went well.

In total we raised \$421.00 through the sale of the hampers.

It was wonderful to see so many grandparents supporting our school and taking an interest in their grandchildren's learning.



Stage 3 Excursion to Lake Ainsworth

It is that time of year again when our major school excursions occur. This week our Stage 3 students are at the Lake Ainsworth Sport and Recreation Centre for a four night school camp. The focus is on improving the physical, mental and social wellbeing of young people which includes:

- Understanding how being physically active positively contributes to their current and future wellbeing.
- Experiencing sporting and active recreation opportunities in a fun, safe and supportive environment that improves confidence and motivation to keep participating.
- Recognising that sport and active recreation can be inclusive and available to everyone.
- Enhancing their resilience, independence and teamwork.

Our Stage 3 students were on the bus by 8:00am on Monday morning, 4 November and will return at approximately at 2:30pm this Friday, 8 November.

Thank you to all our parents who had their children at our school early, so that the buses could leave on time, and a big thank you to our attending staff, Mr Blanshard, Mrs Dibb, Mr Grant, Mrs Kelsall and Alexis who are volunteering their after-hours time to ensure that the excursions can proceed and that our students have a great experience.

Happy Paws

Our SRC held a fundraiser for the Happy Paws Animal Rescue at our school on Wednesday, 30 October. For a gold coin donation our students could come dressed as their favourite animal. In total our SRC raised \$277.00. Well done and thank you to our SRC, Mrs Broekman and our students who supported the day!



State Athletics

In our last newsletter we featured our seven athletes who were representing our school and the North Coast Region at the 2024 NSW Athletics Championships in Sydney on Wednesday, 23 October and Thursday, 24 October.



Our 4 x 100m Junior Boys Relay team finished 20th over all with a time of 59:41, Kobi also placed 32nd in the 10 Years Boys 100m with a time of 14:60 and 32nd in the Junior Boys 200m with a time of 30:05.

Harper placed 32nd in the Junior Girls 800m with a time of 2:53 and 22nd in the Junior Girls Long Jump with a jump of 3.73 m. Maya jumped 4.05m in the 11 Years Girls Long Jump placing 14th and Abbie jumped 1.40m in the Senior Girls High Jump placing 9th.



Well done to all our state athletes and we trust that the experience has only made you stronger and faster or enabled you to jump longer or higher in years to come!

I would also like to acknowledge and thank our P&C who provided a \$1400 subsidy to our 7 State representatives.

Attending the State championships in Sydney is costly for families and the \$200 for each representative helps offset this cost. It is P&C policy to provide all students who represent our school at a PSSA State championship event to receive this assistance.

Mindfulness Club

Mindfulness club has started in Term 4, with Miss Rigoni, each Tuesday during our afternoon break. It is designed to provide students with a quiet alternative to the playground and learn some mindfulness strategies including; breathing exercises, yoga, and calming strategies. Recently, students created spinning windmills to practise blowing and deep breathing exercises. Last week students created spider webs to practise slow breathing and self regulation.



Agstravaganza

As part of the Year 6 to Year 7 transition, our Year 6 students visited Woolgoolga High school on Friday, 1 November with other schools in our Northern Beaches Community of Schools (Mullaway PS, Corindi PS, Woolgoolga PS and Sandy Beach PS).



The focus was the Agricultural faculty and our students had an excellent experience and came back to Mullaway Primary School with positive feedback.

School Logo – Update

We have had excellent feedback for our modified school logo, which has achieved the balance of a more contemporary and print friendly update whilst maintaining the traditional aspects that we have become proud to identify with over the last 30 years.



Moving forward, all new uniforms, signage and stationery will have our new logo design but there is no expectation for families replace existing uniforms.

Last week our school sign was updated with the new logo.



Week 3 Assembly Performance

On Friday, 1 November, our Pandanus students performed Disney's 'How Far I'll Go' and Rick Astley's 'Never Going to Give You Up'



Well done Pandanus, it was very entertaining and thank you Mr Cheers who coordinated the performance.

Spirit of Mullaway

Well done to Nian who had the highest number of points awarded in our 2nd week of Term 4 and Bindarri who had the highest number of points awarded in our 3rd week.

At the end of Week 3 we now have Nian with a clear lead in the Spirit of Mullaway, Cargal in 2nd position, Bindarri has moved into 3rd position after a strong two weeks and Alinta is just behind in 4th position.

Students can earn points toward their sporting house for positive behaviours displayed in the classroom or on the playground.

Each classroom has a house point tally chart and the house with the highest tally in each class receives a point toward the overall tally.

Week 2

- Alinta 3 points (30)
- Bindarri 4 points (27)
- Cargal 4 points (43)
- Nian 5 points (43)

Week 3

- Alinta 2 points (32)
- Bindarri 6 points (33)
- Cargal 1 points (44)
- Nian 5 points (48)



ICAS

The internationally-recognised academic competition, ICAS has been sat by over 10 million school students from 16,000 schools across 41 countries since 1981.

It recognises academic performance in a way similar to sports or the arts, with engaging, fun questions designed by psychometricians, education measurement experts and experienced teachers to test students' higher-order thinking skills.

ICAS also provides rich insights into students' strengths and weaknesses, helping teachers to accelerate learning outcomes and unlock student potential.

Similar to most public schools in NSW, Mullaway offers this competition to our students each year on a voluntary basis.

This year we had 6 students participate and 3 of these students received Credit awards as follows:

- James Craig - Mathematics
- Kip Richardson-Stagg - Mathematics
- Rex Boughton-Dent - English, Science and Mathematics



Our ICAS participants in 2024, Rex, James, William, Jakob and Oliver
(Absent: Kip)

Bumble Bee Awards



Congratulations to our Week 3 Bumble Bees:
Addi, Charlie, Kale and Ryder

P&C Fundraiser

Thank you to our school community who supported The Greater Bank voting competition that our P&C were participating in.

Due to your fabulous support we were successful in winning the \$2000 prize.

The P&C will determine how to best support our students with these funds in collaboration with the school at our next meetings.

A special thank you to Janita and Mandy, two of our P&C executives, who were the drivers of this initiative.



Principal
James Deagan

Messages from the Office

We have lots of exciting school days approaching in term 4, next week Stage 3 will be participating in surfing for sport every Friday. Please ensure your child has their swimmers, rash vest, hat, towel and water bottle packed and sunscreen applied before school.



Week 5 Yr 4 will be going on an exciting excursion to Cascade and Yr 3 will be having their sleepover (Payments for the sleepover are due to the office Tuesday, 12 November).



Week 6 the whole school will be participating in Kids In The Kitchen notes will be sent via School Bytes next week.



Some Words to live by

*Laughter is timeless,
imagination has no age, and
dreams are forever.*

Upcoming Events

DATE	DAY	EVENT
7 NOVEMBER	THURSDAY	<ul style="list-style-type: none">KINDERGARTEN ORIENTATION
11 NOVEMBER	MONDAY	<ul style="list-style-type: none">REMEMBRANCE DAY
12 NOVEMBER	TUESDAY	<ul style="list-style-type: none">POWER TO THE KIDS
13-15 NOVEMBER	WEDS- FRI	<ul style="list-style-type: none">CASCADE
14 NOVEMBER	THURSDAY	<ul style="list-style-type: none">YEAR 3 SLEEPOVERKINDERGARTEN ORIENTATION
15 NOVEMBER	FRIDAY	<ul style="list-style-type: none">ASSEMBLYYEARS 5&6 SURFING FOR SPORT 9:00AM - 11:30AM

WOOLGOOLGA HIGH SCHOOL

Woolgoolga High School is launching a new Sports Academy in 2025! This program will help students excel in both sport and academics, offering specialised training and support from professional coaches. Join us for information sessions to learn more: For Current Students & Year 5/6 (2024): Date: 27th November Time: 5:30 PM Discover the programme, application process, and benefits for our future athletes! Please RSVP using this link: <https://forms.gle/ieLc8mAVEogizoC29>. We look forward to seeing you there!



INFORMATION EVENING

Woolgoolga Sports Academy 2025

- 27th November 5:30 pm

Open to families of year 5 and 6 students, and current students.

Let us know you're coming



Term 4 Menu



Three Dolphins Cafe

TERM 4 Orders cut off at 9 am daily

LUNCH 11:35

HOT FOOD

BBQ / Tomato Sauce	\$0.50
Chicken Tender (each)	\$2.00
Garlic Bread (2 slices)	\$1.00
Party Pie	\$2.50
Mini Chicken Tender Wrap with Lettuce & Mayo	\$3.50
Spinach & Fetta Roll	\$4.50
Beef Sausage Roll	\$4.50
Minced Beef Pie	\$5.00
Butter Chicken and Rice	\$5.00
Add Greek Yoghurt	\$0.50
Add Naan Bread	\$1.50
Cheese Burger, Beef Pattie, Cheese & Tomato sauce	\$6.00
Beef Burger with lettuce tomato cheese & Tomato sauce	\$6.00
Chicken Burger with Lettuce & Mayo	\$6.00

SANDWICHES

Wholemeal Bread, Rolls, Wraps

Vegemite / Jam / Honey	\$3.00
Toasted Cheese / Ham / Tomato	\$3.00
Egg, Lettuce & Mayo	\$4.00
Chicken / Ham / Tuna	\$4.00
Salad with Tomato, Carrot, Cheese, Lettuce, & Mayo	\$4.50
Salad with Chicken / Ham / Tuna	\$5.50

GLUTEN FREE Bread / Wraps available - Extra \$1.00

Please let me know if you would like them toasted



SPECIALS

WEDNESDAY'S ONLY

LUNCH

Lasagna and Garlic Bread (2 Slices) \$6.00

AFTERNOON BREAK

Vegemite and Cheese Pastry Twist	\$2.00
Ham and Cheese Pastry Twist	\$2.00

THURSDAY'S ONLY

LUNCH

Sushi Bowl with seasonal Veg, (Carrot, Cucumber, tomatoes, lettuce) Mayo	\$5.00
Add Pickled Ginger	\$0.50
Add Avocado	\$1.00
Add Chicken tender / Tuna	\$2.00

AFTERNOON BREAK

Cookies (Maia's Chocolate Cookies) \$2.00

FRIDAY'S PRE ORDER ONLY

ORDERS CLOSE THURSDAYS AT 1PM

Sushi Hand Rolls (Soy sauce available at the canteen)	\$4.50
Chicken schnitzel & avocado / Tuna & cucumber /	
Salmon & avocado / Sweet potato, carrot & cucumber	
Add Pickled ginger	\$0.50

Volunteers Needed Please call the school 6654 0377



SAVE TIME ORDER ONLINE
www.flexischools.com.au

AFTERNOON BREAK

Frozen apple juice pops	\$0.50
Milk pops Chocolate / Strawberry	\$0.50
Popcorn	\$1.00
Pretzels	\$1.00
Icy Poles	\$1.00
Jelly Cup	\$1.00
Slushie	\$2.00
Homemade Cupcake—Daily flavors	\$2.00
Smooze Mango & Coconut / Pink Guava & Coconut DF	\$2.50
Frozen Twisted Yoghurt Strawberry & Vanilla / Watermelon & Mango	\$2.50
Paddle Pops - Rainbow / Chocolate	\$2.50
Moosies Bubble gum / Chocolate	\$2.50

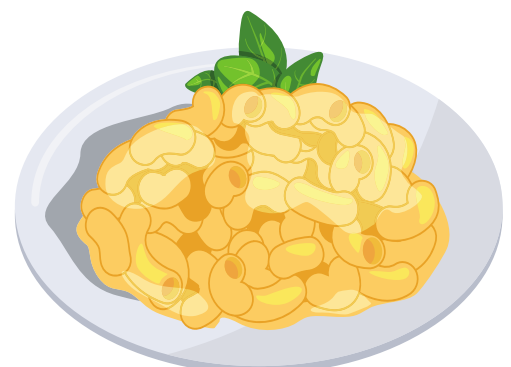
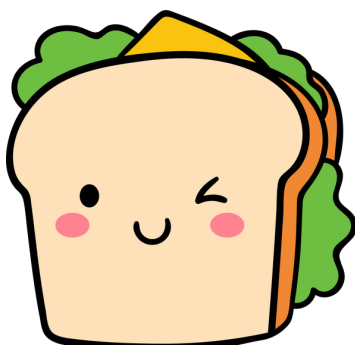
Drinks

Slushie (afternoon break only)	\$2.00
Bottled Water	\$2.00
Fruit Poppers Apple / Orange	\$2.00
Strawberry Milk	\$3.00
Chocolate Milk	\$3.00

Order using flexischools or cash to canteen.



Order Your Meals
Through Flexischools



ROAD RULES NEAR SCHOOLS ... SAVES LIVES!

The beginning and end of the school day are busy times for pedestrians and vehicles in school zones.

Drive safely and always obey the road rules ... the safety of every child depends on it!

- ✓ Park and stop in designated zones
- ✓ Don't double park
- ✓ Get off the mobile phone
- ✓ Check your speed
- ✓ Look out for kids in bus zones
- ✓ Hold your child's hand

SHOW YOU CARE – BE AWARE!



How you can help

Model safe and considerate behaviour for your child – they will learn from you.

- ✓ Encourage others to do the same.
- ✓ Report dangerous driving in school zones to:
Police Assistance Line 13 14 44 or contact your local police.

For further enquiries email:
coffs.council@chcc.nsw.gov.au



A Quick Guide to Road Rules in School Zones

HELPING OUR KIDS STAY SAFE IN SCHOOL ZONES

Driving in school zones is a serious responsibility and here's how to stay aware to make sure you're following the road rules.



NO STOPPING

No Stopping at all on any length of road to which a No Stopping sign applies.

FINE \$410*
DEMERIT POINTS 2



NO PARKING

You are not allowed to park here at all. You can only stop dropping off or picking up passengers. You must stay within 3 metres of your vehicle for no longer than 2 minutes.

FINE \$227*
DEMERIT POINTS 2



BUS ZONE

You are not allowed to stop your vehicle in a Bus Zone at all. Only public buses can stop here.

FINE \$410*
DEMERIT POINTS 2



NO DOUBLE PARKING

Double Parking is not allowed. You must not stop on a road between the centre of the road and another parked car.

FINE \$410*
DEMERIT POINTS 2

NO MOBILE PHONE USE

Do NOT use a hand held mobile at any time while driving.

FINE \$544*
DEMERIT POINTS 4



SCHOOL ZONE

8 - 9³⁰ AM
2³⁰ - 4 PM
SCHOOL DAYS



DO NOT SPEED

Between the hours of 8–9.30am and 2.30–4pm on school days the speed limit is 40km per hour.

Fines and demerit points in school zones have been increased.

Make sure you always stay within 40km speed limit in school zones.

MAX[^] FINE \$4643*
MAX[^] DEMERIT POINTS 7*

[^] Maximum penalty fine and demerit points for a class A motor vehicle Exceeding speed over 45 km/h in a (school zone).

COMMUNITY NOTICES



OUR MOB
OUR GAME
Come 'N' Play



COME 'N' PLAY BASKETBALL

NOW MONDAYS!

DATE: STARTS 28 OCT - ENDS 16 DEC

TIME: 4.30PM - 5.30PM

AGES: 8 - 12 YEARS (PRIMARY SCHOOL)

WHERE: WIIGULGA INDOOR STADIUM

COST: FIRST 3 WEEKS FREE*

*28 Oct to 11 Nov is FREE. At the end of the 3 weeks, option to pay \$55 to join for the remaining 5 weeks (18 Nov to 16 Dec), which would then include 5 weeks of games, a reversible singlet & a basketball. Active Kids Voucher accepted.

[BIT.LY/OMOG-PLAY](https://www.basketballnsw.com.au/our-mob-our-game)



POWER TO THE KIDS

FREE PARENT WORKSHOPS

NUTRITION, MOVEMENT AND BODY IMAGE



Our last Workshop of the year brings together **Alexandra Bruggisser** (Paediatric Exercise Physiologist) and **Linda Winn** (Eating Disorders Coordinator MNCLHD).

We will be talking about the Importance, Effects and Fun around moving our bodies, nourishing our bodies with a whole variety of foods and supporting our children feeling perfect, just the way they are, in their bodies. There will be time to address questions around fussy eaters, dinner time shenanigans, body image concerns and tricks and tips to get kids to MOVE.

REGISTER
NOW FOR
NOV 12



Mullaway Public School
Tuesday Nov 12, 2024
6:00 pm to 7:30 pm

This workshop is intended for parents and educators: childminding will be provided at the school if necessary.



Facilitated by Dr Nicola Holmes

Register here:
<https://MullawayNov12.eventbrite.com.au>

www.powertothekids.com.au

POWER TO THE KIDS