Bongongo students entertaining the visiting Principals
Dear Parents,

After an extremely busy Week 1 we are now headed into yet another big week. On Wednesday we will be having Cherie White, from Landcare, unveil the new project in the creek behind our school. Taronga Zoo will also be attending the day and will be bringing some creatures great and small for the community to admire. We will be planting some native plants along the creek to help our environment. At 4pm all community members are invited to attend an information evening about the Landcare project followed by a BBQ at 6pm. All community members can contact Cherie on 69411402 for more information.

Last Friday we hosted the Cootamundra Principals Network meeting which was attended by 40 Principals and the Director for Education in the Cootamundra District, Toni Macdonald. The day was a great success due the efforts of our wonderful community. Thank you to the P&C once again for an amazing lunch and recess and all the preparation leading up to the day. Thank you to Mrs Keatinge and Mr and Mrs Lott for their extra time and effort in setting up.

On my return to school I noticed that our bike track and driveway had been renovated and updated by a local volunteer. Thank you to Jock Mason who has taken time out of his day to contribute to our school. The track looks great!

On Friday, Deb Luff will be discussing health with our students as part of our PDHPE curriculum. Students will be broken into age and gender groups for their discussions and activities.

Next week our Stage 3 students will be attending the Broken Bay camp for the week, leaving on Sunday. I will be accompanying the group, along with students from Adelong, Nangus and Gundagai South. Mrs Keatinge will be taking the reins once again for the week.
Congratulations to Tilly Graham, George, Tilly Benjamin and Mack for getting 100% in their spelling test this week. Keep up the great work.

Our student of the week this week is Mack Mason. Mack not only achieved 100% in his spelling test but also completed a great poem about the weather. Mack displays respect towards his mates and enjoys making them feel special. His great singing and guitar skills, which I am told he gets from his parents, were on show at the principal’s conference last Friday. Well done Mack!

Enjoy the week everyone!

Brad

COMING EVENTS
15 Oct  Paint & Play
18/23 Oct  Broken Bay Excursion Yrs 5 & 6
20 Oct  Junee Excursion K-Yr 4
26 Oct  Grandparents Day
29 Oct  Tennis lessons begin
27 Nov  Uralba visit
10 Dec  Presentation Night

Spelling Awards
Week 1
Jack, Tilly G, Tilly B and Mack

125 Nights Reading
Dakota
Little Rascals Oz Tag

For those playing in the Little Rascals Oz Tag team-
Don’t forget we play THIS THURSDAY at 6 pm at the Bull Paddock. Pack a drink bottle, tag shirt and tag shorts.

Student Probe - Jetty Mason

What is your greatest memory so far of Bongongo Public School?
Going to Taronga Zoo.

If you could teach any subject at school, which would you teach?
Reading

Where would be your favourite spot for this year’s school photos?
At my dam.

What would be your favourite pet?
A sea snake.

Which would you choose, one million dollars or a school made of chocolate?
One million dollars.

What is the best thing about living in Adjungbilly?
Having a farm.

Who is your idol and why?
My mum.

What do you want to be when you grow up?
A farmer like mum.

Where is your favourite holiday destination?
Mulwala.

A Quick Bite...

A Good Night's Sleep

School aged children who don't get enough sleep may be irritable and get upset easily. Lack of sleep also affects their ability to learn at school. They may have difficulty listening to the teacher and understanding instructions. They may be unable to make good decisions and learn effectively.

Taking action early and setting a regular bedtime and waking time is a good start.

Avoiding stimulating activities before bedtime and having a quiet bedroom with no TV or games can help prepare the child for sleep.

Offer milk or water as drinks before bedtime rather than drinks containing caffeine, cola drinks, milk, hot chocolate or fruit drinks which can keep children awake.

A good sleep means a good start to the next day.

Acknowledgement: Centre for Community Child Health, Royal Children's Hospital, Melbourne

For more information visit
nhd.health.nsw.gov.au/keepinghealthy

Live Life Well @ School NSW Health & Local Health District

munch & move