



Newsletter

Term 2 May 2018

PRINCIPAL'S REPORT

Our classrooms and hallways always look great with the Art work of the students.

We know it is difficult for parents and carers to pop in to see the classrooms, so here is a snapshot of the work that makes our school such a beautiful place to learn.

Why not ask your child about the processes they used to produce their Art work.

'Puffing Billy' Program - Enrol now for 2019

Zig Zag Public School
'Puffing Billy' program

Starts: August 2nd 2018
9.15 am - 11.15 am
Thursday Mornings
During School Terms 3 and 4

Free Play Learning

Do you have a child starting kindergarten next year?

Group Activities

Join us for a starting school playgroup. It helps provide a gentle introduction to school life through play.

Please bring some fruit, a bottle of water and a hat for your child.

Parents stay with their child at the playgroup. Siblings can attend.

Each morning there will be free play, group time and morning tea.

Children not attending any other Early Childhood Services have priority of access.

Stories & Games

Visit Areas of the School

Results of Mother Day Raffle

1st- Brayden Phillips

2nd- Kaiden Chadwick

3rd- Mira Gardiner

4th- Nicholas Jackson

CALENDAR

Friday 1st June

District Cross Country

Swimming Program - 1:30pm

Friday 8th June

Soccer game LPS - 10am

Swimming Program - 1:30pm

Monday 11th June

Public Holiday

Friday 15th June

Swimming Program - 1:30pm

Friday 22nd June

Swimming Program - 1:30pm

Monday 25th June

Dance Program

Tuesday 26th June

Dance Program

Wednesday 27th June

Dance Program

Thursday 28th June

Dance Program

Friday 29th June

Dance Program

Swimming Program

REMINDER

- Swimming starts this Friday 1st June, please ensure all students that are participating bring their swimmers, towels and goggles for the next 5 weeks.
- Accounts have gone home and are now due.
- Please ensure that students dress accordingly for the colder weather and that their items of clothing are clearly labelled.



Water Works Gully - Artwork Autumn Leaves



Outside our classroom windows are our beautiful oak trees, changing everyday with the colours of Autumn. Kindergarten learnt to sketch a tree trunk and its branches, adding texture and outline. Then we had fun using the leaves and paint to print the colours of Autumn onto the trunks





Bucholtz Gully Aboriginal Artwork



Charlie



Chloe



Coen



Harley



Cafe's Gully Artwork - Silhouettes



Bella.D



Kaitlyn



Tori



Zac



New Vale Colliery Artwork

After reading *The Brothers Quibble* by Arron Blabey, and talking about the characters in the story, the children used wax crayons to create pictures of the character 'Bunny'. They could choose from the different expressions he was making through the story, to use in their art.



Micah



Lucas



Mahailia



Ginjer



COMMUNITY NEWS

Lithgow High School
Promoting Excellence in A Caring Educational Environment

Looking for a Secondary School for your child?

Lithgow High School Year 7 2019

Parent Information Evening

Tuesday, 29th May - 6.00pm - 7.30pm

School Library

Building Success for all Students

- Proud tradition of Academic, Vocational, and Sporting Achievement
- Diverse, extensive range of electives to engage all learners
 - Award-winning Visual and Performing Arts Programs
- Innovative STEM (Science, Technology, Engineering & Maths) programs
 - Multiple learning support and well-being programs
 - VVO – Student reward program
 - Robotics Elective and Aviation HSC Course

For further information or enrolment applications, please phone:
Telephone: 6352 1422 Fax: 6353 1061 Email: lithgow.h.school@det.nsw.edu.au
Website: <http://www.lithgow-h.schools.nsw.edu.au>
Follow and like us on Facebook

Combined Disability Services Disco
Christmas In July

When: Friday 6th July 2018,
6pm-8pm

Where: Club Lithgow

Entry Fee: Gold Coin Donation

Music by digital discos!!!!!!
Family, friends and carers are
invited to attend

Let's all dress up in Christmas
outfits and have a jolly good time!

Enquiries about transport or RSVP
please phone Daniel at
LINC 63545905

Raffle Tickets will be on sale
throughout the night!

Cancer Council NSW Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

<ul style="list-style-type: none"> • Salad, • Vegetables – lightly grilled or roasted, • Lean meat e.g. roast beef, lean skinless chicken breast or turkey, • Fish – tinned tuna, salmon or sardines (in springwater or brine). 	<ul style="list-style-type: none"> • Tabouli, • Egg, • Tasty cheese, • Banana, • Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.
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Visit healthylunchbox.com.au for recipes & information you can trust.

Eat It To Beat It

Cancer Council NSW Nutrition Snippet

The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.

In our free 60-minute sessions, you will learn:

- How to save money,
- How much is a 'serve' of fruit and veg and how many serves do we need?
- How to save time with easy, family-friendly recipe ideas,
- Strategies to manage fussy eaters,
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It