



ULAN PUBLIC SCHOOL

A member of the Cudgegong Learning Community – promoting public education

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NEWSLETTER 15th JUNE 2018

TERM 2 Week 7

3 Rs STUDENT CHOICE AWARDS

This week's Student Choice Award goes to Emily McGrath for playing nice and being respectful to other students and Luke Fay for being a helpful friend.

Great Effort!! Well Done!

STANDOUT STUDENT AWARD

This week's Standout Student Award goes to Elise Milton for being a friendly class member.

P&C FUNDRAISING MORNING TEA

Just a reminder to return your catering help note.

The P & C are holding a Fundraising Morning Tea on Thursday 28th June. Local Businesses and the Mines will be offered morning teas as part of fundraising activities for the P & C.

Donations of cakes, biscuits, slices etc would be greatly appreciated.

Please fill in the attached form to let us know what you are able to donate. These donations can be brought to the school from Wednesday 27th June.

Thanks

NAIDOC DAY AT RED HILL

On Monday 2nd July students will be attending Naidoc Day at Red Hill in Gulgong, this will be a great day interacting with other small schools from Lue, Glen Alice, Goolma, Hill End, Ilford, Cassilis, Hargraves & Wollar. Students will compete for the Annual Indigenous Games Shield by participating in Naidoc Activities. We will be travelling to and from Gulgong by bus, which will leave school at 9.20am and return by 3pm. Students will need to wear school uniform and **bring recess**, but lunch will be provided. Please return the attached permission note.



MILO

Milo is available at recess **every day** for 50c a mug, great for the cold winter days.

Nutrition Snippet

The simplest way

...to stock lunch box basics.

Stocking the fridge, freezer and pantry with lunch box staples really helps with preparing quick and easy healthy lunches. It can also help save time during the morning rush!



Suggested lunch box staples include:

- Dried fruit – apricots, banana chips, currants, sultanas, raisins, dates
- Canned fruit in natural juice
- Baked beans
- Canned cannellini beans, chickpeas and lentils
- Pepitas
- Canned tuna or salmon
- Cheese block – cut into cubes or slices.
- Wholegrain crackers
- Crispbread or corn thins;
- Long-life milk poppers;
- Cottage cheese
- Hummus
- Natural yoghurt tubs
- Boiled eggs
- Healthy baked snacks from the freezer
- Wholegrain pasta
- Wholegrain/ wholemeal bread and wraps.

For more information visit www.eatittobeatit.com.au or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



THE WEEK AHEAD

Monday: Library Day

Tuesday: Scripture

Wednesday: Melties

School Banking

Thursday: Playgroup 9.30am

Lunch Orders