



# ULAN PUBLIC SCHOOL

A member of the Cudgegong Learning Community – promoting public education

Main Street, ULAN NSW 2850

Ph: 0263 734625 Fax: 0263 734807 ABN: 7 139 345 454



## **NEWSLETTER 13th September 2019**

### **TERM 3 Week 8**

### **INFO - SENIOR EXCURSION TO BROKEN BAY**

Our Year 3-6 excursion to Broken Bay Sport & Recreation Camp runs from November 19<sup>th</sup>-22<sup>nd</sup>. This is a three night excursion, departing early on Tuesday morning and returning before the end of the school day on Friday.

Some of the activities on offer are archery, rock climbing, canoeing and orienteering.

The cost of this excursion is being heavily subsidised by the school as well as the P&C and we thank them greatly for this.

The cost to parents is \$100 per child. We do, however, require a \$50 per child deposit before the end of this term to reserve spots on the bus and at the camp.

Please complete the attached slip and return with the deposit by Friday 27<sup>th</sup> September.

### **NAIDOC DAY AT GOOLMA**

Next Tuesday 17<sup>th</sup> September the whole school will be traveling to Goolma PS for NAIDOC activities. These include:

- Dreaming Stories
- Aboriginal Dance
- Traditional Indigenous Games

It will be an outstanding day of cultural and learning activities. All students need to bring recess, lunch and a water bottle.

Thank you to those parents who are able to transport their children to and from GPS.

### **NOODLES & CUP-A-SOUPS**

Now that the weather is warming up, the staff of UPS have made a decision that heating up noodles and soups for students' recess and lunch is to end.

Mrs Ungaro has prepared hundreds of meals so far this year and she deserves a well-

earned break.

Meanwhile here's a reminder of some healthy recess and lunch alternatives.

**Cancer Council**  
Healthy Lunch Box

**Nutrition Snippet**

## The simplest way

... to build a healthy lunch box.

A healthy lunch box contains something from each of the 5 food groups plus water.

Our chicken and veg fried rice recipe ticks off 3 of the 5 food groups. Pack it with yoghurt, some fruit and a bottle of water for a complete lunch.

For more examples and to build your own visit [healthy lunch box .com .au](http://healthy lunch box .com .au)

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### **GALLOPING GUMNUTS**

Galloping Gumnuts playgroup service will be at Ulan next Thursday 19<sup>th</sup> September from 9:45-11:15. All families with children 0-5yo are invited to attend and participate in this wonderful service for our community.

### **UPCOMING EVENTS**

**Monday 16<sup>th</sup> September** - Senior

Environmental Team at Red Hill-12.30-3pm

**Tuesday 17<sup>th</sup> September** - Mudgee Small Schools NAIDOC Day @ Goolma PS

**Thursday 19<sup>th</sup> September** - Galloping Gumnuts Mobile Early Learning Van (9:45 - 11:15)

**Friday 27<sup>th</sup> September**-Final day of Term 3

### **STUDENTS OF THE WEEK**

**Ulan Junior** - William Knowles for excellent reading

**Ulan Senior** - Letesha Lasham for always assisting younger students with their learning