



ULAN PUBLIC SCHOOL

A member of the Cudgegong Learning Community – promoting public education

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NEWSLETTER 15th February 2019

TERM 1 Week 3

FROM THE PRINCIPAL - SWIMMING

On Tuesday Luke, James, Latesha, Tanhatta, Molly, Lucy and Juliet travelled to Mudgee Pool for the Small Schools Swimming Carnival. It was a fantastic day and all of our students competed to the best of their abilities over a range of distances and a number of strokes. Our students won some place ribbons but, more importantly, we encouraged and supported each other to do our best. Congratulations to James who has progressed to the Zone carnival in the 50m Freestyle and Senior Boys relay.

A huge thank you to Rebecca Fay for transporting all our swimmers to the carnival in the morning and helping out in the pool with the modified races.



YOUNG LEADERS

As has happened in previous years our two Year 6 student leaders are invited to attend an overnight excursion to the Young Leaders Conference in Sydney Sunday 10th March - Monday 11th March. The permission note, including the itinerary and cost, was sent home on Wednesday.

LIBRARY

Students will be able to borrow Library Books on Mondays from the school Library, so please remember to bring a Library Bag for your borrowing.

HEALTHY SMILES DENTAL SERVICES

Last year we had the Healthy Smile Dental Service program booked to visit Ulan PS, but time didn't permit, so they have booked to be at Ulan PS on 7th June to provide dental care. If you didn't fill in a form last year I have attached one for your child. Please fill in and return ASAP as I need to forward these to the Dental Services. Thankyou



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website healthylunchbox.com.au is a one-stop-shop for everything families need to know about packing a healthy lunch box.

Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](http://healthylunchbox.com.au) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

healthylunchbox.com.au

UPCOMING EVENTS

Wednesday 27th February - Zone Swimming Carnival, Gulgong Pool 4:30-7:30

Sunday 10th - Monday 11th March - Young Leaders excursion to Sydney

Tuesday 19th March - Life Education Van (Happy Healthy Harold) with Goolma PS & Cassilis PS