



ULAN PUBLIC SCHOOL

A member of the Cudgegong Learning Community – promoting public education

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NEWSLETTER 22nd February 2019

TERM 1 Week 4

FROM THE PRINCIPAL

Ulan Public School would like to welcome Mrs Anna Baker as a part-time teacher for the rest of this term. Mrs Baker will be working regular Thursdays and Fridays. She will teach both classes on a Thursday and Ulan Senior on a Friday.

Mrs Baker will be teaching regular English and Maths lessons but is also very excited to be taking on Art, Science, Geography as well as some gardening. I'm sure the students of Ulan Public School will give her the same friendly welcome that they gave Mr Mayberry and myself at the beginning of the year.

The other big news is that for the rest of 2019 we have taken loan of the Wollar Public School mini-bus. This will be a very useful way of transporting our students to carnivals, day trips and overnight excursions.

CLEAN UP AUSTRALIA DAY

Here at Ulan Public we pride ourselves in looking after our community and keeping it tidy. Every year we clean up the school grounds and the village of Ulan. Our Clean Up day this year will be on Friday 1st March at 10am. All parents /carers and community are invited to come along and help us!



MOBILE LIBRARY VAN VISIT

The next visit for the Mobile Library Van is next Wednesday 27th Feb all are welcome to come and borrow from this service.



Planning and preparing ahead will not only save you time during the morning rush, but will make the process less stressful too.

Plan for the week ahead using our [healthy lunch box builder](#) and planner. It will save you time before school each morning. Prepare lunch box items the night before – store perishable items in the fridge or freezer and non-perishables in the lunch box. Get in to the habit of cooking extra for dinner and packing leftovers for lunch. Spend some time on the weekend preparing freezer-friendly lunch box items such as [vegie muffins](#), [fruit scones](#), [frittata](#) or [mini quiches](#).

Make up a loaf of fresh bread into sandwiches on the weekend with simple fillings such as chicken with pesto or leftover home-cooked meat with mustard and then freeze. Pack fresh salad separately in a plastic container to add to sandwiches at lunch time. Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time. Stock the pantry and fridge with lunch box staples such as; dried fruit; canned fruit in natural juice; baked beans; canned tuna or salmon; wholegrain crackers, crispbread or Corn Thins; long-life milk poppers; and long-life custard tubs.

HEALTHY SMILES DENTAL SERVICES

Please fill in and return ASAP as I need to forward these to the Dental Services.

Thankyou

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