



Bongongo Public School

Newsletter



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Learn and Grow

Bongongo Public School
Adjungbilly Road via Coolac
Adjungbilly NSW 2727



Education &
Communities

Public Schools NSW

Bongongo Public School

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■ 2016 ■ Term 4 ■ Week 9

Events for the Calendar

Term 4, Week 9

Monday 5 December- End of year reports to go home

Thursday 8 December – End of year presentation night

Term 4, Week 10

Wednesday 14 December – Friday 16 December- Swim camp

P&C News


Books for Presentation Night

Please drop books into the office and collect P&C contribution from Mrs Ryan.

Student of the week





Ella Bousfield receives her award for always demonstration respect for staff and her peers.



Invitation

*Bongongo Public School students and staff
invite you to our
Annual Presentation Evening on
Thursday 8 December 2016
to be held in the Community Hall commencing
at 6.00 pm*

*Please come along and help us
celebrate the end of another
great year at Bongongo School
and join us for a community
supper at the conclusion of the
presentation.*



*Please bring a plate to share for
supper.*

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A message from Brad

Welcome to presentation week everyone!

The day has come for end of year academic reports. All reports have been sent home today. Please contact the school if you would like to arrange a meeting with myself or Miss Greaney to discuss your child's progress.

I am very excited about the upcoming presentation night this Thursday night. It will be great to catch up with all of the community for a yarn and a laugh.

Our swimming lessons are underway with our students going through their water safety routines prior to beginning their stroke development. It was great to have Mrs K back last Friday to assist us.

Have a great week everyone and I look forward to seeing you all this Thursday at 6:00pm.

A message from Miss Greaney

Presentation week is now here! We are busy finalising props, backdrops and costumes and our rehearsals are coming together nicely. We can't wait to bring you the Bongongo production of "The Discovery of Australia in Eighteen Minutes Flat"! We have been working hard on learning our Christmas songs, taking every opportunity to sing as much as we can in readiness for Thursday night.

This Friday I will be in Narrandera at Best Start Kindergarten Assessment training. The purpose of this training is to provide information for Kindergarten teachers to build on students' current knowledge and experiences in literacy and numeracy and to

develop quality teaching and learning programs that support students in achieving Early Stage 1 syllabus outcomes. I am looking forward to gaining new skills and knowledge to bring back and implement in the classroom next year.

Looking forward to catching up with everyone on Thursday night!

See you then,

Laura

Swim camp

Swim camp notes were sent home last week. All notes and money need to be returned to the office ASAP. Please be aware that all students are to be at the caravan park at 10:00am on Wednesday and picked up by 1:30pm on Friday.

Presentation night

All costumes should now be at school, ready for our full dress rehearsal. Students will need to be picked up at 1:00pm and be back in time for a BBQ dinner at 5:00pm. Thank you to the P&C, for once again organising the sausage sizzle and drinks. All students are to be in full school uniform, including black shoes.

Library Books

All library books are now due back to the school. If you have any outstanding Library books then you need to have them returned to the school by this Friday.

Getting ready for Christmas with our Puggles friends



Frank is ready for Christmas too.

A Quick Bite ...

The truth about fruit juice and sugary drinks

Myth or fact: Fruit juice is a healthy choice?

Myth: Fruit juice doesn't come close to the nutritional value of eating a piece of fruit.

- A piece of fruit contains **essential vitamins** and **minerals** including **fibre** which helps to satisfy hunger
- A glass of fruit juice contains the natural sugars in the fruit, some vitamins and **very little fibre** and **nutrients** from the skin and flesh

How much sugar in a regular 375mL soft drink/ energy drink/ sports drink and /or cordial???? **10 teaspoons!!!**

Children who drink sugar sweetened beverages and fruit juice are more likely to experience tooth decay weight gain.

Water is a much healthier choice as it:

- Quenches your thirst,
- Rinses your mouth after eating and
- Doesn't cause tooth decay or weight gain



Image: Healthy Kids Association



For more information visit

www.milhd.health.nsw.gov.au/services/health-promotion-1

Live Life Well
@ School



Health
Murrumbidgee
Local Health District



A Quick Bite ...

Got thirsty? Water first!

Water - NO sugar, the BEST drink when you are thirsty. Encourage your children to enjoy drinking water from an early age.

Make sure water is always available

Children may not always feel thirsty even though they need to drink.

Drinking water instead of sugar filled juices and soft drinks will protect their teeth against tooth decay and reduce their risk of putting on extra weight.

Tips to help your child drink more water:

- Carry a water bottle wherever you go
- Freeze water bottles for cool water
- Keep cold water in the fridge
- Put a water bottle in your child's lunch box
- Always offer water with meals



Photo by: paul 30/11



Photo: Healthy Kids Association

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