

Pilliga Public School Newsletter

The little school that's BIG on learning



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Term 3 Week 2

Red Carpet Rolled out for Pilliga Fashion Show!

Last Term, Pilliga Public School put on a fashion show ...with a difference! Student's were placed in pairs, given some newspaper, sticky tape and a few bits of colour, then asked to design an original outfit, fit for the red carpet. The fashion designers got started immediately on creating masterpieces for their models, but wait.... there is a twist! They also had to cross dress their model! The laughter could be heard all around town as students enthusiastically begun their task. As ideas emerged, the laughter got louder and the compliments were coming fast. When the designing was done, we showed off our fashions in true Hollywood style. We had our newspaper runway, lined with enthusiastic fashionistas. We had the



music blaring and a pretend microphone. And we had raucous cheers and tears in our eyes as the designers explained the fashion their models were wearing. Models sashayed their way down the runway with style and poise, demonstrating confidence and a willingness to be seen as different. We had the likes of Superman, Pocahontas, a Cheer Leader, a Professor and a princess. This activity was designed to encourage teamwork, peer leadership, creativity and acceptance of diversity. All students are congratulated on their efforts and lovely way they all complimented each other. And as you can see, they had lots of fun and are all definitely "Dressed for Success! (Miss Keenan)

NAIDOC Celebrations

We had a fantastic if not exhausting time at the Sculptures in the Scrub last Friday. We were able to catch up with Tyrone from Thikabilla who will be coming into school later this term to develop our Aboriginal dancing and culture. Thank you to Baradine Lands Council and AECG.

COMING UP:

- 31/7 Helen Haire visits Playgroup
- 6/08 6 ways Burren Junction 8:45am
- 7/08 Health Wise Visit
- 8&9/08 Miss W TPL Dubbo
- 15 & 16/8 Mrs S TPL Dubbo

Phone Contacts: Please, please ,please can you answer your phone when the school rings, or call back as soon as you have received a missed call from us. We only ever call if there is something that needs a reply urgently, like permission to attend an excursion, or that your child is sick or has forgotten some vital piece of equipment for the day.

Also as we will be requiring medical permission notes in the near future for the excursions, can you please check that all Medicare numbers, asthma plans and emergency contacts are up to date.

Thanks

Excursions

Thank you to every parent that has paid their deposit and more. We are finalising all the details for Sydney. Future payment dates are listed below, the amount is the payment that is required by these dates. If you have paid in full please ignore this and thanks again.

Payment Date	Expected payment
2/08	\$250
23/08	\$300

Kinder Excursion: The kinders will be visiting Dubbo Zoo and other attractions from the 11th to the 13th of December. More details will follow in a few weeks.

Toys are Teaching this Term!

Infants are starting a new topic in STEM this term, Forces and Motion. They have been asked to bring in a toy from home which moves. It can move either electronically, or manually. This toy will stay at school and will be looked after by the teacher and returned at the end of the topic. We will be making a variety of toys, as well as learning about the effects of forces in the motion of objects, culminating in a mini fair where infants will teach primary students and parents what they have learnt during the topic. Last week, we learnt that forces are a push, pull or a twist, and that forces can change the shape of an object, the speed of an object and the direction it travels. We made a marshmallow shooter and student's discovered that as they pulled on the balloon and let it go, it pushed the air and marshmallow out of the shooter. Finally, they had some target practice where they experimented with different amounts of force, to see how it affected the speed of marshmallow and the distance the marshmallow travelled as it came flying out of the shooter. Who would of thought that learning can be so much fun! Miss Keenan





DEMENTIA AND OUR MOB

Come along to receive information about dementia and how to keep our brains healthy.



WHERE: Wee Waa Land Council Building

WHEN: Tuesday 10th September 2019.

TIME: 11am to 2pm.

A light lunch will be provided.

For further information and RSVP please contact:
Annie or Chloe: 6792 5514

Let's talk about dementia



HealthWISE
Mental Health · Allied Health · Aboriginal Health

Pilliga P&C

Pilliga P&C Association will hold a meeting on Tuesday 13th of August at 8.30am. All interested school families and community members are welcome to join us for this event.

Membership is \$2 per person

Good for Kids good for life

KEEPING ACTIVE IN WINTER

When kids come home from school during the cooler months there is less light for fun outdoor time to burn off energy. Less daylight hours and cooler temperatures does have to equate to more screen time (TV/video games).

Keeping activity is important for everyone even in the cooler months, and the Australian 24-Hour Movement Guidelines recommend that children get **at least one hour each day of physical activity.**

Try the following indoor activities:

- Make up a dance
- Try 'Just Dance' on a gaming console or YouTube
- Sign up to 'Go Noodle!' for free and move along to your favourite Go Noodle's
- Hula hooping or skipping
- Juggling
- Use the furniture to create an indoor ninja park or obstacle course
- Try a family fitness challenge, e.g. who can do the most push-ups, squats, sit ups, burpees
- Use a pair of socks or a balloon to play volleyball, tennis, soccer or football indoors



Image source: <https://picklebums.com/20-fun-ways-to-get-active-with-your-kids/>

NSW Government
Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L

6—12 years 1.5L



TIPS TO DRINK MORE WATER

- ◊ Show children that you enjoy drinking water
- ◊ Drink water with every meal
- ◊ Take a refillable bottle when you go out
- ◊ Pack water for school
- ◊ Encourage drinking extra water when they play sport
- ◊ Limit buying sugary drinks



Information source: © Cancer Council Victoria 2019

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