



Moulamein Public School

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Diary Dates:

September

⇒ 27th Last day of Term 3

October

⇒ 14th First day of Term 4

November

⇒ 11th Kinder 2025 transition

⇒ 11th Kinder 2025 Information Session 3pm

⇒ 15th Assembly

⇒ 18th Kinder 2025 transition

⇒ 19th & 20th Barham HS Yr 7 transition

⇒ 25th last Kinder 2025 transition

December

⇒ 10th Swan Hill College & MacKillop College Yr 7 transition

⇒ 11th Yr 6 Graduation Dinner

⇒ 17th Presentation Day

⇒ 19th LAST DAY of 2024 for students

EXCURSION DATES

- 28th - 31st October
Canberra Year 5 & 6
- 30th October K - 2

2024 Term 3 Week 10

Relieving Principals Message - Jacinta Wheeler

WOW what a busy and productive term we have had! Lots of extra-curricula activities including sporting days, assemblies, Education Week, book parade, Father's Day breakfast, Deadly Science and KidzFix Car Rally, NSW Golf days, ERG visits, High school transition days and of course the Variety Bash visit.

I wish everyone a safe and happy holidays and we look forward to seeing students back at school on Monday 14 October 2024.

Footy Colours Day

This Friday, students are encouraged to wear their favourite footy teams' colours. There will be a gold coin donation to support childhood cancer research collected. This will be collected by teachers at the beginning of the day. Teachers have organised footy related activities to be held throughout the day. MPS thanks James White for volunteering to run a rotation to develop footy skills.



NSW Golf

MPS would like to thank Cade from NSW Golf for coming and teaching us some golfing skills over two days last week. We went in groups and practiced our golfing stance and how to hold the golf club correctly. Cade also explained how it is extremely important to hold our heads still and keep our eye on the ball at all times.







CHANGE OF DATES!

Kinder Transition

New Dates:

Monday 11 November - 9am - 2pm

Monday 18 November - 9am - 2pm

Monday 25 November - 9am - 2pm

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PARENT INFORMATION SESSION
MONDAY 11 NOVEMBER - 3PM
IN LIBRARY

Healthy habits for thriving kids

**3 to 17
years**

Healthy eating gives your child energy to play, grow and learn

Movement and sleep help with health, mood and focus



Start each day with a healthy breakfast

This helps your child to focus. Healthy options include porridge, low-sugar wholegrain cereal, eggs, wholegrain toast, rice, veggies, fruit and yoghurt.



Offer a variety of foods from the 5 food groups

To support good health, include plenty of vegetables, fruit, cereals and grain foods, dairy or plant-based alternatives with added calcium, and meat, chicken, fish, seafood, eggs, beans/legumes, nuts and seeds.



Offer healthy snacks

Healthy snacks can give kids energy between meals. Try fruit, veggies, nuts, yoghurt or wholegrain bread/crackers and cheese.



Drink plenty of water each day

Water is the best drink for growing minds and bodies. It also helps keep teeth and gums healthy.



Eat together when you can

Sharing and cooking meals together encourages kids to try different healthy foods. It's also a great way to spend time as a family.



Brush teeth in the morning and before bed

Healthy teeth and gums help us smile, speak, eat and socialise.



Be active each day

3 to 5 years: at least 3 hours being active. Including 1 hour energetic play.

5 to 17 years: at least 1 hour doing things that make the heart beat faster and build strength. Plus several hours of light physical activity such as walking to school.



Balance screen time and sitting with other activities

Break up screen time and sitting with activities that help support development. Limit screen time to:

3 to 5 years: no more than 1 hour a day.

6 to 17 years: no more than 2 hours a day (not counting school activities).



Follow a bedtime routine to help kids get enough sleep.

Aim for:

3 to 5 years: 10 to 13 hours (including naps) each day.

6 to 13 years: 9 to 11 hours a night.

14 to 17 years: 8 to 10 hours a night.

For more healthy habits, scan the QR codes



Healthy,
low cost
recipes



Free
programs
for the
whole family



Raising Children
Network - advice
for all ages

