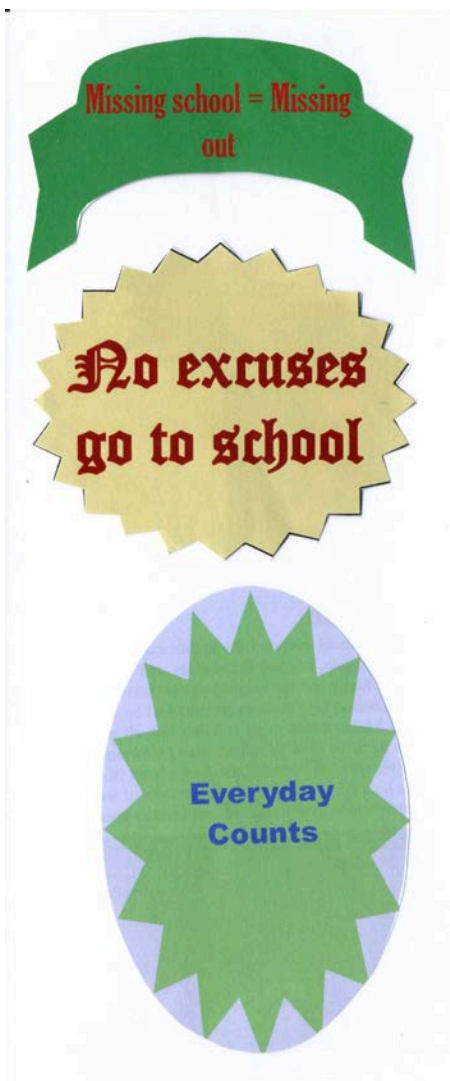


Quote from William Temple-  
The most influential of all  
educational factors is the  
conversation in a child's home.



Tune into our local radio  
station Wellington's  
Binjang 91.5 FM.

## Term 1 Planner

Mon	Tue	Wed	Thu	Fri
Jan 26	27	28	29	30
Feb 2	3	4	5 Parent Info Meeting 2.30pm	6
9	10 Kinder vision screening	11	12	13 Swimming Carnival Dubbo
16	17	18	19 P&C Meeting 5pm	20
23	24	25	26	27
Mar 2	3	4	5	6
9	10	11	12	13
16	17	18	19 P&C Meeting AGM	20
23	24	25	26	27
30	31	Apr 1 Easter Hat Parade	2	3 Good Friday



# MUMBIL PUBLIC SCHOOL

## "Strive for the Peak"

38 Burrandong Road

MUMBIL NSW 2820

Phone: 02 6846 7436

Fax: 02 6846 7438

Email: mumbil-p.school@det.nsw.edu.au

Term 1 Week 3 & 4

Friday 20th February 2015

## Photos from the ROAR Leadership Camp



## Principal's Message

Here we are almost half way through term one and what a great start we have had! A big welcome to Conner, Noah and their family as they join the Mumbil School community. The boys have settled in quickly and have already shown they will be great assets to our school. It was terrific to see some of our primary students representing their school so enthusiastically last week at the Swimming Carnival in Dubbo. Each student demonstrated improved swimming skills and great attitudes. Congratulations to Liam, Jazmine and Mason who all gained places in their races. I was very proud of all the students as they showed determination to 'have a go' and supported and encouraged their peers. A special thanks to Rob Evans, who swam up and down the lanes with our less confident students offering encouragement and keeping them safe.

Thank you to all Parents and Carers who were able to join us for our information afternoon. It was interesting to

have our Home School Liaison Officers talking to us about our new attendance program and the importance of regular school attendance. The first three weeks saw us maintain 100% attendance - An AMAZING start to the year! WELL DONE!



Being at school on time every day sets your child up for success in their learning. All students need to be at school to begin lessons at 9am. Our school teachers are on duty to supervise students from 8:30am every day. Finally, it is wonderful to see our students looking so good each morning as they arrive to school in their full school uniform. Visitors often comment positively on the way the students look in their uniforms.

I look forward to seeing you all tonight at the P&C meeting, Mrs Farley

## Library News

Library days will be **every Wednesday**. All students will be given the opportunity to borrow some great books from our school library. Please ensure your child has a library bag to protect the books being borrowed. Lucy from the Baptist church in Wellington is in the process of making library bags for every student and is kindly donating these bags. Take the time to listen to your child read or read to your child each night



## Waste to Art

Once again this year, students will be given the opportunity to work with Mrs Hanney on the Waste to Art Competition.

This year is themed:

*'The Year of Scrap Metal'*

This project is unable to be take place without your help.

**We urgently need some scrap metal including: Horse shoes, forks, chain, trays, springs, old car parts, tap fittings, metal lamp shade, tin cans, rusty wire, metal baking trays, barb wire anything metal. We will create something from all your metal junk.**



## How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (1-2 months)	10.5-18 hours
Infants (3-11 months)	9-12 hours during night and 30-minute to two-hour naps, one to four times a day
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-aged Children (5-12 years)	10-11 hours
Teens (11-17)	8.5-9.25 hours
Adults	7-9 hours
Older Adults	7-9 hours

## Signs that your child is not getting enough sleep.

- Not being able to wake up fairly easily in the morning
- Irritability, low mood, poor attention span
- Poor sleep can lead to mood swings, behavioural problems
- Can't fall asleep within 15 to 30 minutes
- Often falls asleep in the car.