



# The Brush Telegraph

**Respect Responsibility Resilience**

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Principal  
Isabella Street  
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Week 9 – Term 4

Wednesday, December 06, 2017

## DIARY DATES

### DECEMBER

|          |                           |
|----------|---------------------------|
| Thurs 7  | School Banking finishes   |
| Tues 12  | Yr 6 Farewell             |
| Wed 13   | Presentation Day 10am     |
| Thurs 14 | Yr 6 Fun Day              |
| Fri 15   | Last Day Term 4           |
| 2018     |                           |
| Jan 29   | Staff Return              |
| Jan 30   | Students First Day Term 1 |



### MESSAGE FROM THE PRINCIPAL

Dear Parents and Carers,  
Volunteers are worth their weight in gold. They share their time and talents without any compensation. I would

like to acknowledge their contributions and let them know they are valued. The success of all schools rests heavily on the support and dedication of parent and community volunteers. It is so inspiring to see parents, extended family, and community members each day, reading with children, helping them solve math problems, assisting with art projects and sharing a plethora of other talents that enrich student lives. Adults who volunteer their time to our school, supporting staff, students and each other send a clear message to our children that they do indeed have an extended school family that cares greatly for them. To all those who give so freely and abundantly of their time and energy, I offer my sincere appreciation and thanks. Whether you help out at school or at home, your support is heavily felt and is producing great dividends. So, thank you and welcome. Come on in. Take off your jacket. Make yourself at home!

The smallest act of kindness is worth more than the grandest intention." ~Oscar Wilde

Regards,  
Kylie Seaman  
Principal

### YEAR 6 FAREWELL

We are looking forward to the opportunity of farewelling our 2017 Year 6 students next Tuesday 12 December. This important event will be held at the Wingham Services Club commencing at 6.00pm. A reminder that all school functions where students are present are smoke and alcohol free.

## P&C

### CANTEEN 2018

In order to keep our canteen functioning next year and risk the closure on certain days we need more volunteer helpers. Our canteen is a great fundraiser for our school. Children are always excited to see parents and family members in the canteen helping out. If you can spare any time at all to help us out could you please contact Lyn Heher 6550 7382.

**Please note the following day Wednesday 13 December the canteen will be closed.**

### CANTEEN VOLUNTEERS ROSTER

#### DECEMBER

|          |                       |          |
|----------|-----------------------|----------|
| Thurs 7  | C McGilvray           | H Jessup |
| Fri 8    | R Green               | M Mills  |
| Mon 11   | R Green               |          |
| Tues 12  | S Deacon              |          |
| Wed 13   | <b>CANTEEN CLOSED</b> |          |
| Thurs 14 | C McGilvray           | H Jessup |
| Fri 15   | R Green               | M Mills  |

### YEAR 6 FUN DAY - DONATIONS PLEASE

Next Thursday 14 December is our annual Year 6 Fun Day. Year 6 have been busy organising lots of fun activities for all our students to enjoy. Activity cost will range from 20c to \$2. There will be face painting, a snacks and drinks stall, white elephant stall and many more activities. We are looking forward to a great day on Thursday. Donations are still being accepted for the white elephant stall.

## CRICKET!



On Thursday 9 November, 5/6s played a full game of cricket on the school oval. They divided into two

teams, the 5/6S Watermelons and the 5/6S Savages. They used the skills that they had been learning for 5 weeks, which included fielding, bowling, batting, catching and throwing. The Watermelons 138 defeated the Savages 104. We showed great sportsmanship and teamwork, which made it a thoroughly enjoyable game.  
By Isaac Smyth 5/6S



## COMMUNITY NEWS

### MIDCOAST COUNCIL LIBRARY HOLIDAY PROGRAM

Check out the range of activities for the kids this school holidays at MidCoast Libraries. We've got something for everyone including movie screenings, drama workshops, games, virtual reality experiences, painting workshops, scratch art and lots more! For a full list of activities visit our website <http://library.midcoast.nsw.gov.au/Events> to check out the program. Most activities require bookings, so get in quick as spots fill fast. For more information contact your library.

### SUMMER READING CLUB

For MidCoast kids it's Game On - the Summer Reading Club gets underway on Friday 1 December and MidCoast Libraries is looking to break the record set last year - of over 2,000 books read. "The Summer Reading Club is fun for kids and maintains their reading levels over the long summer holidays. There are lots of great activities on the SRC website and lots of great prizes to be won. The free Summer Reading Club is for all ages from preschool to high school - just register online at [www.summerreadingclub.org.au](http://www.summerreadingclub.org.au) from 1 December and then visit your local MidCoast library to pick up a Summer Reading Club pack.

### CUDDEPIE INVITATION

Belinda Connerton, Suze Manewell and Allashia Pearson are sadly leaving Cuddlepier. As a way to celebrate their years of service and allow everyone to have a chance to say goodbye we would like to invite all current/past children/families/parents/community members to Cuddlepier for a morning tea/afternoon tea on Monday 18/12/17 at Cuddlepier Early Childhood Learning Centre between 8:30am and 3pm. We hope to see as many people visit as possible. For more information please contact Bec on 65534062.

## Good for Kids good for life

### THE BENEFITS OF PHYSICAL ACTIVITY

Being active is very important for children. Not only for their physical health but also for their mental wellbeing.

Some benefits of being active include:

- Promoting healthy growth and development
- Building strong bones and muscles
- Improving cardiovascular fitness
- Improves balance, coordination and strength
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Improving sleep

Children aged 5-12 years should participate in at least 60 minutes of moderate to vigorous intensity (makes you huff and puff) physical activity every day.



Health  
Hunter New England  
Local Health District

PHONE 4924 6499

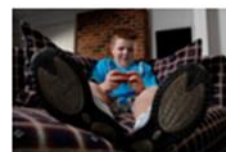
## Good for Kids good for life

### LIMITING SCREEN TIME

Do you need some ideas for distracting your child from 'technology' or watching television?

Try some of these ideas:

- Go screen free on weekdays (except for educational purposes)
- Tech free Saturdays
- Simple restrictions on when your child has access, such as 'no screen time before dinner or bed'
- Try 'Imagination Wednesdays' where you and your child do things together that don't involve a screen
- Provide seven 30 minutes vouchers on a Friday afternoon to last for the following week. When your child watches the TV or plays on the computer they hand the vouchers back for every 30 minutes they're looking at a small screen. This limits your child to 3.5 hours of screen time over a week.



Adapted from: Murrumbidgee Local Health District



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