Dear Parents and Carers,

**No Stopping Zone**

To help with the safety of our students and smooth running of the morning drop off, Council has designated a ‘Kiss and Drop’ zone. This is a **NO PARKING** area at all times, and is positioned at the front of the school.

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**Kindergarten 2016 Orientation**

Our kindergarten orientation sessions begin on Wednesday 26th August, please come to the office and pick up your orientation pack if your child isn’t registered and you would like them to attend. In this pack is an expression of interest form that we require to help assist us to establish numbers and plan accordingly.

**Cyber Safety**

Ways to help your child/ren stay out of trouble in cyberspace. As more of our students are gaining access to the internet it is important to put in place measures to help protect their safety.

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**ENVIRONMENTAL HERO AWARD**

Congratulations to these students who respect our environment by working tirelessly as Waste Warriors.

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**POSITIVE BEHAVIOUR FOR LEARNING (PBL) AWARD WINNERS TERM 3 WEEK 4**

Congratulations to these students for demonstrating respect to self, others and the environment.

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**WHAT’S ON?**

More detailed Calendar information at: www.mullumbimb-p.schools.nsw.edu.au

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<tr>
<th>Week 6 Term 3</th>
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<tr>
<td>Wed 19 Aug</td>
<td>Sushi orders in today for Friday canteen “No Waste” today</td>
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<tr>
<td>Thu 20 Aug</td>
<td>“No Waste” today</td>
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<tr>
<th>Week 7 Term 3</th>
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<tr>
<td>Wed 26 Aug</td>
<td>Kinder Orientation begins Sushi orders in today for Friday canteen</td>
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<tr>
<td>Thu 27 Aug</td>
<td>Milo Cricket stage 2/3 Vegie Crunch</td>
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<tr>
<td>Fri 28 Aug</td>
<td>Ocean Shores Art Expo NC Athletics</td>
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<tr>
<th>Week 8 Term 3</th>
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<tr>
<td>Wed 2 Sep</td>
<td>Kinder Orientation</td>
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<tr>
<td>Thu 3 Sep</td>
<td>Fathers Day Stall</td>
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<td>Fri 4 Sep</td>
<td>Social</td>
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**ENVIRONMENTAL HERO AWARD**

Congratulations to these students who respect our environment by working tirelessly as Waste Warriors.

Well done: Montanna & Lev

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Thursday 27th Aug - Stage 2/3

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**POSITIVE BEHAVIOUR FOR LEARNING (PBL) AWARD WINNERS TERM 3 WEEK 4**

Congratulations to these students for demonstrating respect to self, others and the environment.

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Back: Max, Will, Nino
Front: Monet, Sarah, Zen
Cyber Safety cont:

- Talk about what websites are appropriate with your child so they understand and make the right choice.
- Don’t let your child post photos wearing their school uniform – it can be enough to identify your child’s school.
- If your child starts being secretive about what they are doing online, check it out.
- Ensure your child never organises to meet up with any strangers they have met online.
- Talk to your child about cyberbullying.
- Locate the computer in a shared or visible place in the home.

Camp Goodenough

I had the pleasure of visiting our Stage 2 students at Camp Goodenough last week. Camp is a great way to help students gain confidence and build resilience. I was so impressed with our students’ willingness to have a go and make the most of every opportunity. Thank you to Ms Pick, Ms Callaghan, Mr Stanley and Tracey who all attended camp and volunteered their evenings to make this camp possible.

Have a wonderful week,
Danielle Haywood
Relieving Principal

MOVE-A-THON

Firstly, thank you to the businesses that have come on board as major sponsors: Rob from Chemsave Mullumbimby, Stephen and Julianne Ross T/As Wards Landscape Supplies, Cobbers Child Care Centre, Tony Carlsberg Holden, Mullumbimby Rural coop, Professionals Mullumbimby, Ray Towers and Mini Storage and McDonald’s Bakery Mullumbimby. Keep your eye on this space to find out about our other major sponsors. The donations made by the major sponsors assist with the purchase of the prizes, which will be advised in the coming weeks.

If you would like to become a major sponsor or are able to provide other prizes please see the office, Mrs Haywood, Mr Towner or Mrs Austin. Alternatively you may email Mrs Austin amy.austin10@det.nsw.edu.au with details of your sponsorship.

We are starting to collect minor prizes to be given to the children either in our big draw or as prizes for best dressed, most laps walked and/or ‘spot’ prizes. These prizes are usually donations of goods eg toys, pens, pencils, rulers, drink bottles, caps, balloons, stickers, lollies etc. If you are able to donate or organise the donation of such goods please bring them to school before the end of week 7. Some families give cash donations which also help us to provide a wide range of prizes for the children.

We have decided to make our Move-a-thon have a multicultural theme as the rest of the day will be spent participating in multicultural activities. Sponsorship cards will be coming very soon so that the children can start collecting sponsors. More information will be advised in the next newsletter.

CANTENE NEWS

FRIDAY: Ham, cheese, tomato toasty only $3.50
ASSISTANTS: Helper needed & Karen Roberts

UNIFORM SHOP NEWS

Open Thursday 8:30am to 9:15am, this week only.
Donations of second hand uniforms greatly appreciated.
School hats $5.00 each available from the front office as well. Email: mpsuniforms@yahoo.com.au
Library News

Well done to students, parents or grandparents who purchased books from our recent Book Fair. We had an outstanding success with close to $3,000 worth of books being sold. This meant that the school library was able to keep nearly $1,000 dollars in books (30%). Books were selected by the students and are now available for borrowing.

Thank You

Sue Austin

North Coast PSSA Golf

On Monday the 20th of July I participated in the North Coast PSSA Golf Competition at Murwillumbah. I took part in the 18 hole event and was successful, winning the nett score event for the day and coming 3rd in the gross. This means that I was lucky enough to make the North Coast Golf team, which now competes at the Blue Mountains in Sydney, in September. The State Championships is a 36 hole event that takes place over two days.

Thanks

Charlie Dean

Girls PSSA Cricket Knockout Rd 3

Last Thursday the Mullumbimby girls took on South Grafton in the 3rd of the PSSA Girls Cricket Knockout. After losing the toss and being sent in to bat the girls started off really well, playing some excellent shots and placing some valuable runs on the board. By the end of our 25 overs our girls had made 7/82 with Olivia, Ariana, Taya and Reese all making fantastic contributions. South Grafton came in to bat and with our bowlers handling the windy conditions well, we had restricted South Grafton to 2/27 after 13 overs, however in cricket today anything can happen and soon did.

South Grafton got on a roll taking risky singles and playing some awesome cricket shots which soon had them closing in on our score. With 4 overs to go, South Grafton needed 10 runs to win and were sitting in the box seat. However, they hadn’t counted on the ice cool nerves of Emma, Taya, Hayeh, Amy, Amanda, Daisy, Taylah, Shir, Ariana, Reese and Olivia who bowled and fielded brilliantly under pressure and removed 5 batters for 6 runs.

The score was now 8/79 and with 1 ball remaining South Grafton needed a 4 to win the match, but with Taya bowling and removing the off stump with an excellent delivery the girls snuck home for a wonderful victory.

Congratulations girls on an awesome effort, thanks to all the parents who came and supported and a huge thanks to Trent for scoring.

We now head into Rd 4 to take on either Repton or Port Macquarie.

Thanks

Mr Lindsay

FNC Athletics

Last Friday we had 18 students participate in the Far North coast Athletics Carnival at Byron Bay. It is a great effort to reach the zone level. Congratulations to all 18 athletes, we are proud of you.

Best results on Friday came from the following.

• The junior boys team of Hani, Cooper, Jonny and Tom came 4th in their heat and just scraped into the final where they blitzed the opposition winning by more than 10 metres. It was an outstanding improvement!

• Cooper Nelson won the 9yr 100m age race and came 2nd in the junior boys long jump.

• Raife McKenzie came 2nd in the junior boys high jump.

• Amos Esau came 2nd in the senior boys shot put.

• Hani Addis came 3rd in the junior boys high jump.

These students will now compete at the North Coast Regional Athletics Carnival on Friday 28th August.

Good Luck!

Peter Towner
Yoga and Meditation at School
This term 2/3 J is studying a unit on India. As a part of our fitness program, the students have been engaged in meditation, yoga and relaxation. The benefits of these practices include increasing mental focus, concentration and well-being. Have a look at these amazing MPS students who are calm, relaxed, stretched and strong!
Scales

Aylee B 5/6L

The water rippled as the sapphire blue dragon broke the surface. It's eyes shone like rubies in the sunlight, shadows dancing on dappled leaves. Drops of glittering dew fall from sunny petals.

“Beautiful, isn’t it?” murmured the Redlin next to me. We live, work and play in this minute paradise, under the eternal protection of the Great Wyrm, a sapphire blue Lake Dragon. For centuries, he has been close friends with the Wise One, an ancient elder who travelled afar in his youth. He met the Great Wyrm on one of these journeys, and their everlasting friendship began. We live in peace and harmony, with only the occasional drowning to worry about. There is one, however - the Dark Mage. Her anger is channelled into magic, making it more deadly than the most potent poison. The sky goes dark, into a bleeding crimson. The Dark Mage is here. She carries the Ruby Sabre, which can kill on contact- and plunges it into the Great Wyrm's tail. He cannot help us now. “Oh, no, the Protector is wounded.” She remarks, sarcasm dripping from her words. “What will you do now?” Her tattered cloak is one of deep ebony, and she swishes it around as she glares ominously at the faeries. “No-one answering? Well, I’d better do it myself, then.” She clasps her pale hands together, mutters something inaudible and points at the lake with her long, withered fingers. It is immediately turned to Shadow, and inky creatures crawl out, their rotten teeth bared in a menacing snarl. The terrorised village, destroying huts and inking the fay. The terrorised village, destroying huts and inking the fay. There was no hope for them now. No hope for life, no hope for freedom. They would all die in this empty shell of a village. All the children, they would grow up in this ghastly place. The Great Wyrm was beckoning, but only one saw, a small Redlin child. He came forward, and the dying dragon whispered to him. “You are the hope. Take this scale and save the village... please...” He heaved a great sigh and dissolved, sparkles of glittering dust falling to the ground. In his place was a single glimmering scale. The young Redlin knew what to do. He would seek out the Dark Mage and touch the scale to her skin. She would disintegrate, just like the Great Wyrm. “Yes,” he decided. “I will do that” He would be the hero of the town, and everyone would adore him. They would live in peace and harmony and... Just at that moment, he was torn from his fantasy. The scale still shone in his palm. “Move!” someone yelled, and just in the nick of time, too, or he would have been sliced apart by the Dark Mage's sabre. She approached the young hero with her head held high, and plucked the scale out of his hand. She rolled it about between her fingers, her raggedy gloves protecting her skin from it’s touch. She held it up in front of the Redlin, taunting them, daring them to take it. She tossed it up into the air, and it fell, down, down, down, onto her bare foot. She let out an ear-splitting screech, then she was gone, reduced to no more than a speck of dust. The globs of black ink clambered back into the dark lake. It flowed out into the ground, and returned to normal. The bleeding sky went deep indigo, then back to a clear blue. Huts rebuilt themselves as if by magic, and new trees and flowers grew up out of the dead ones. It was almost like the Dark Mage was never there. A hazy shape appeared over the lake. “Thankyou,” it murmured, before fading away into nothingness. It wasn’t the same though, not without the Great Wyrm in the lake, protecting them from danger. The scale. The child remembered the last gift from the Great Wyrm. He closed his eyes and tossed it into the lake. A shimmer appeared in the water, and multiplied until the whole lake was shining. The Great Wyrm had been reborn. The people were safe, and... this was their home.
NUDE FOOD DAY
INFORMATION FOR PARENTS

What is Nude Food?
Nude Food is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

✅ To pack a Nude Food Lunch or Snack, you will need:
• Cutlery from home is better than throwaway plastic ones
• Plastic or metal drink bottles are recommended for refilling with water
• Reusable containers for putting all of your food, snacks and drinks into
• Lunch boxes that have lots of separate sections can be useful to avoid lost kids or containers

❌ Try to avoid:
• Zip-lock or plastic bags, plastic wrap or aluminium foil
• Tetra packed drinks, single serve yoghurts and cheese
• Single use plastic forks and spoons
• Prepackaged food, i.e. biscuits, snack bars and chips

Tips for Packing Nude Food Lunches:
• Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they eat something healthy which is new for them.
• Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
• If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
• If your child enjoys chips, why not try making your own vegie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
• Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it to your supermarket.
• Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.

WOW! Congratulations Mullumbimby Students

WASTE FREE LUNCH BOXES

Last week the school only put out 4 RED bins, as opposed to the usual 6–8 bins. This is a triumph for the students who have enthusiastically embraced our waste free lunch boxes initiative.

Don’t forget that next week we will continue the waste free program on WEDNESDAY and THURSDAY.

OUR COMMUNITY NEWS

SWIMMING LESSONS: Have your children swimming well this summer? Time to book them into Swim For Your Life swim school in Billinudgel. Indoor heated pools with Austswim qualified and experienced instructors. Phone: 6680 1614

AFTER SCHOOL AND VACATION CARE:
This service is Government subsidised & operates Mon-Fri (3.00pm-6pm) during School Term & Holidays (8am-6pm). Contact Jamie or Zahra: Ph: 0437 860 614.

MULLUMBIMBY PUBLIC SCHOOL:
“Playgroup” for Parents and kids (under school age). Every Tuesday morning 9am-11am, during school terms. Join us for a relaxed and friendly morning of interaction and fun activities for the kids.

All enquiries are welcome.