



Term 3 Week 6

27 August 2018



WELCOME TO WEEK 6

This Friday students in Years 3-6 will be attending the Summer Sports Carnival at the Glenreagh Sportsground. Stage 2 students will participate in Tee-ball and Stage 3 will do Cricket. Travel is by private transport. Should you have difficulty getting your child/ren to this event please see staff as soon as possible so arrangements can be made to ensure all students can attend. Mrs L-S will be the supervising teacher from Upper Orara Public School.

Commencing Monday 3 September, I am on two weeks long service leave. During this time, Mr A and Mrs L-S will be in the 3-6 classroom in my absence. Should you have any enquiries, you can contact the office to make an appointment to speak with Mrs Clark. I will be back in time to see the final rehearsals and performance of our whole school musical.

2019 KINDERGARTEN ENROLMENTS

Do you have a child at home or know of a child who will be commencing Kindergarten in 2019? Please drop into the office or call us on 6653 8255 so we can add their name to our 2019 kindergarten enrolment list. An orientation flyer and enrolment forms are now available for parents to collect from the office.

2019 KINDERGARTEN TRANSITION

This year Upper Orara Public School will be hosting 3 transition days for our new 2019 Kindergarten students. These will take place on Thursday 25th October at 9:30-11am
Monday 29th October at 12:30-1:50
Monday 5th November at 2-3pm.

Parents of new students are encouraged and welcome to attend our Parent Information Session being held on **Wednesday 26th September** commencing at **3:15pm**.

www.oraraupper-p.schools.nsw.edu.au

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Page 1

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Page 2

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Page 3

DATE	EVENT	COST/TIME
31/8	3-6 Softball/Cricket Gala Day Glenreagh Recreation Ground	\$2.00 9.30am
20/9	Musical followed by Lunch	Commencing 10:00am
26/9	School Information Session	Commencing 3:15pm
27/9	End of term assembly	Commencing 9:15am



STUDENTS OF THE WEEK

Makenna (Yr K-2) and Nicole (Yr 3-6)

Alita receives her award for “her cheerful and enthusiastic attitude.”

Nicole receives her award for “Trying hard in poetry writing.”

Congratulations Alita and Nicole!



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.

Eat It To Beat It