



Term 1 Week 3

15th February 2019

Manildra Public School

2100 Packham Dr,
Manildra 2865

Phone 6364 5055

manildra-p.school@det.nsw.edu.au

Web: www.manildra-p.school.nsw.gov.au



OSSA Swimming Carnival

We have 8 students representing our school at the OSSA Swimming Carnival today in Orange. We wish them all a great day of swimming and expecting some PB's.

Go Manildra !!!!

Uniforms

Please write your child's name on their uniforms as items of clothing tend to add to the lost property box because we can't identify who owns them. School hats are required for play at all times.

Library Days

Tuesday	Years 1/2 & 5/6
Wednesday	Kindergarten
Thursday	Years 3/4

Book Club orders due to office on
Monday 18th February

Dates for your Diary 2019

Wednesday 20th Feb.

'Big Steps for Tiny Feet' special
in the Daily. Photos of Kindy & Leaders

Tuesday 26th February

District Swim Carnival -Orange

Thursday 14th March

Western Swim Carnival -Dubbo

Friday, 15th March

Combined Athletics Carnival

Friday, 29th March

OSSA White Athletics Carnival
at Cudal

Tuckshop — Monday 18th February — Nicole Hyland

Manildra Community News & Information

Medical Centre . .

Manildra Child And Family Health Clinic

In Manildra on 1st and 3rd Wednesdays of the month at the Community Health Centre.

SERVICES INCLUDE:

BREASTFEEDING SUPPORT

INFANT NUTRITION AND STARTING SOLIDS

SLEEP AND SETTLING

DEPRESSION AND ANXIETY

CHILD DEVELOPMENT

CHILD SAFETY INFORMATION

WELL CHILD CHECKS

CHILDHOOD IMMUNISATION

For further information contact Jean Welsh or Michelle Gosper on 63923400

MANILDRA CRAFT COTTAGE

We have freshly cooked cakes,



biscuits/slices Wed to Sun

MADIA MEETINGS

Held the 1st Wednesday of each month at **Manildra Memorial Hall**

7:30pm - All Welcome

MANILDRA MATTERS ARTICLES

Email articles/news to

manildramatters@live.com

Last day for news 20th of each month

COMMUNITY NOTES

Close for any additions

10.00am Thursdays

Email to:

kathryn.nicka@det.nsw.edu.au

AMUSU THEATRE & MOVIE MUSEUM MANILDRA

FEBRUARY
16TH + SATURDAY + 7:30PM
17TH + SUNDAY + 1:30PM

LADIES IN BLACK

Set in the summer of 1933, when the impact of European migration and the rise of women's liberation is about to change Australia forever, a shy schoolgirl (Lisa) takes a summer job at the prestigious Sydney department store, Grace's. There she meets the 'Ladies in Black', who will change her life forever. Beguiled and influenced by Magda, the shadowy manager of the high-fashion floor, and befriended by fellow sales ladies Betty and Ray, Lisa is awakened to a world of possibilities. As Lisa grows from a bookish school girl to a glamorous and positive young woman, she herself becomes a catalyst for a cultural change in everyone's lives.

Running 1Hr 49Min - Rated PG



Enjoy our World Famous AMUSU supper / afternoon tea, in the Hollywood Tea Room after the movie for a chat or look at the Museum. Step back in time on the 3rd weekend each month and experience going to the movies in the 1930's at our majestic art deco theatre.

CONTACT US

Joan 01488 452 902 / 02 636 45006
Lyn 02 6364 5001 - Kevin 02 6364 5202
amusutheatre@bigpond.com
12-17 DEROWIE STREET MANILDRA NSW 2865
Tickets Adult \$12 / Child \$5

amusutheatre.com

Amusu Theatre & Movie Museum Manildra

It's FREE, come and try it



Come and Try Hockey!

Are you interested in playing hockey in 2019? Why not come and try the game before the season starts, learn skills, have fun and meet new friends, plus it's FREE.

Sign up for free via:
www.hockeynsw.com.au/participation/come-and-try/

Come along with your mouth guard, sticks and shin pads. If you don't have a stick or shin pads, don't worry, you can borrow some on the night

Where:
Orange Hockey Centre
Moad St

When: Friday's

15th February till
12th April

Free BBQ each night

Time: 6.15-7.30pm



Email: orangejuniorhockey@hotmail.com
Hockey NSW contact: Kate Pulbrook 0447 186 494

Now Available at Magics
Meats 5kg Bags of Ice
\$5.00 each

Church Services

St Michaels Catholic Church

Saturdays @ 6pm

St Lukes Anglican Church

1st & 3rd Sunday of month at
10.30am All welcome

Uniting Church

Third Sunday of the
month -9am





Mason with Joe & Chloe



Thomas with Michael, Emily & Oliver



Ruby with Mitchell, Michelle & Oliver



Bodhi with Sara



Taylah with Nicole



Indya with Ashley



Vernon with Ulysis & Wennie



Finley with Tim & Whitney, Teddy & Darby



7 Top Tips for Healthy Families

1. GET ACTIVE EACH DAY

Regular physical activity is an important part of getting healthy and staying healthy. Do something active everyday!



3. EAT MORE FRUIT AND VEGETABLES

Eat a variety of fruit and vegetables to make up 2 serves of fruit and 5 serves of veggies each day. Participating in *Crunch n Sip* or in a fruit break at school is a great way to do this!



5. EAT FEWER SNACKS AND CHOOSE HEALTHIER ALTERNATIVES

Healthy snacks in between meals help kids meet their daily nutritional needs. Make sure the lunch box is filled with healthy fruit in veg snacks.



2. CHOOSE WATER AS A DRINK

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and kilojoules found in fruit juice drinks, soft drinks and sports drinks.



4. TURN OFF THE SMALL SCREENS AND GET ACTIVE

Spending too much time using or watching small screens can mean being less active and choosing unhealthy snacks while you watch TV...turn it off and get active after school!



6. ACTIVE TRAVEL

Walk, scooter or ride to school! Families who live a long distance from school can 'Park and Walk or Ride'. And remember active travel is for the weekends too!



7. CHOOSE EVERYDAY FOOD AT THE SCHOOL CANTEEN

If your school has a healthy canteen make sure you choose **everyday** food and drink items filled with fruit 'n veg.



FOR FURTHER INFORMATION VISIT:

Healthy Kids website

<https://www.healthykids.nsw.gov.au>

Healthy School Canteens

<https://healthyschoolcanteens.nsw.gov.au>

Healthy Lunch Box Ideas

<https://healthylunchbox.com.au>

This resource was developed by the Western NSW Local Health District

Live Life Well @ School



family
referral service

Your link to support
Tel. 1300 339 016



Uniting

Need support? Don't know where to go? Or who can help?

Contact us for the cost of a local call:
1300 339 016

family
referral service

Are you a young person or family needing support and don't know where to start?

Talk to us today. We understand your unique needs and can set up a support plan linking you to the right services to assist you or your family.

You can speak to us by telephone, you can visit our office or we can meet you in your home or community.

Contact us for more information:
Western NSW Family Referral Service
213 Brisbane Street, Dubbo
T: 1300 339 016 (9am to 5pm)
E: westernfrs@uniting.org

We can assist you to find:

- Domestic violence services
- Housing and accommodation
- Financial assistance
- Counselling and mediation services
- Parenting programs
- Mental health support

And any other services you may need.