

URANQUINTY PUBLIC SCHOOL NEWSLETTER



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TERM 2 WEEK 7 2018

Rest

I hope the students have had a restful weekend to refresh themselves for the last few weeks of term. Giving children time to play and relax and plenty of sleep goes a long way to ensuring healthy mental and emotional wellbeing. At the Wellbeing Conference I attended in Sydney recently a sleep specialist gave explicit data on the number of behavioural conditions that are misdiagnosed in children which are actually due to poor or disrupted sleeping habits. If your child is unusually teary or complaining about not getting along with others it might be time to assist their sleeping routines with relaxation methods such as warm baths, relaxing oils, back rubs, a longer bedtime story and limited screen time before bed. Be warned however, that these methods often work well for mothers too and may induce sleep before your child!

Tennis

Mr Ridley has organised some tennis workshops for our older students, which will take place over the next two weeks. We are very grateful to the Uranquinty Tennis club for the donation of extra rackets and balls, which assist these lessons.

SRC Pyjama Day

SRC would like to invite all students to come along dressed in warm Pyjamas on Thursday 28th June.

We will be enjoying hot chocolate, cookies and popcorn while watching a G rated movie.

You can bring along your favourite teddy and pillow to snuggle. Cost is \$4 on the day.



Public Speaking Competition

Our senior classes are currently hosting a school Public Speaking Competition. From this, two students from stage two (Yr 3/4) and two from stage three (Yr 5/6), will travel to Tarcutta PS next Monday for the Small Schools Public Speaking finals. Parents will need to transport the children and students will be supervised by Miss Post at Tarcutta PS. Selected students will be advised tomorrow.

Book Club

Book club orders and money are due in by the end of this week.

Student Reports

Reports will be sent home on Friday 29th June. Please let the school know if you require two copies for separated families. Parent teacher interviews are invited during week 10. Please contact Louise Cowell to make an appointment.

Calendar

June

Mon 18th – Tarcutta Public Speaking Comp

Tues 26th – Far Out! History Exc (Yr 3-6)

Thur 28th – SRC PJ Day

Fri 29th – Student Reports sent home

July

2nd - 5th – Parent/Teacher Interviews

Tues 3rd – WWHS Dance Spectacular (Yr 3-6)

Fri 6th – Last day of Term.