



Commitment, Respect and Responsibility

Dates to remember

Tuesdays -School banking
-Assembly 2pm
Wednesdays– Principals Lunch
Playgroup 9am-10am
Thursdays– Drum Corp
Thursdays—Aboriginal Dance
Fridays -PUPs 9am– 11am

Thursday 13th September

Touch Gala Day Yrs 3-6

Friday 14th September

Colour Run 1.30pm

Monday 24th September

Concert rehearsal

Tuesday 25th September

School Concert 12 Noon & 6.30pm

Wednesday 26th September

School Concert 6.30pm

Friday 28th September

Last day of school

Term 4

Monday 15th October

Return to school

Wednesday 24th October

P&C Halloween Disco

Monday 29th October till

9th November

Swim Scheme

Tuesday 30th October

MHS Jumpstart

Wednesday 31st October

MHS 2019 Year 7 Info Night

Tuesday 27th November

Presentation day

Thought of week

*Do not let small minds
convince you that your dreams
are too big.*

The 2ndAct

Metford Public School

13 Melaleuca Drive, Metford 2323

Ph: 4933 2655

Regatta boat race finalist

Congratulations to our finalists Lucy, Matthew pictured holding Shakeahs boat Savannah and Jayden.



Principals Lunch -

Congratulation to the following students– Thomas, Cameron, Charlotte, Rylee, Lillian, Trent, Phoenix, Mia, Jordel, Kyra, Kyrarah and Lucas.



Save The Colour In Your Colour Fun Run T-Shirt

- 1) Promptly change out of your coloured gear and do not shake off excess **colour**: ...
- 2) Lay shirt flat and spray to soak with white vinegar: ...
- 3) **Keep** the t-shirt flat to dry and iron with high heat: ...
- 4) Wash and wear:



Newsletter Term 3 Week 8

Foyer Display

K1P have enjoyed reading lots of different fairy tales this term. The Gingerbread Man has been a favourite amongst the class. After reading this fairy tale we cooked some Gingerbread and gobbled it up just like the fox did in the story. We then thought about how it tasted and wrote a list of words we could use to describe the taste, smell and texture. We then used the words we came up with in our writing.

School Concert



SCHOOL CALENDAR

2018 Term 3	Monday	Tuesday	Wednesday	Thursday	Friday
Every Week		Student Banking School Assembly	Principals Lunch Possums Playgroup 9.00am-10.00am	Drum Corp 1.40pm Aboriginal Girls Dance Group 1.40pm	PUPs 9.00am-11.00am
Wk8 Sept 10th -14th	Book Club Order Closes	Pie Drive Delivery	P&C Meeting 6pm Library	Touch Gala Day Yr 3-6 boys & girls	Colour Run 1.30pm
Wk9 Sept 17th- 21st		Sports Assembly 1.40pm			
Wk10 Sept 24th- 28th	School Concert Rehearsal	School Concert "Better when I'm dancing" 12noon & 6.30pm	School Concert "Better when I'm dancing" 6.30pm		Last Day of Term

Notes and Payments due

Colour Run	14-09-18	\$5.00
Touch Football Gala Day	12-09-18	\$5.00

Good for Kids good for life

GUIDE TO HEALTHY EATING

Have you seen the Australian and the Aboriginal and Torres Strait Islander Guide to Healthy Eating? Children and adults should enjoy a wide variety of nutritious foods from the 5 food groups every day:

- Plenty of vegetables of different types and colours and legumes/beans.
- Fruit.
- Grain (cereal) foods, mostly wholegrain and high fibre varieties, e.g. pasta, rice, bread etc.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds.
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat (full fat milk for children under 2).
- And drink plenty of water.



Visit www.eatforhealth.gov.au for more information.

02.10.18 

COFFEE FOR A CAUSE

6am to 10.30pm

Every Cup Counts!

Purchase a Large McCafe beverage from one of our restaurants and 50c from every purchase is donated to one of the below organisations:


McCafe Singleton Singleton Heights Public School

McCafe Greta - Rosary Park Catholic School

McCafe Rutherford - St Pauls Catholic School

McCafe Maitland Food court (7am to 6pm)

Metford Public School



HOLIDAY CLINICS

SCHOOL HOLIDAY PROGRAM

TUESDAY 9TH OCTOBER at MAITLAND PARK TOUCH FOOTBALL FIELDS

ADDRESS: CNR PARK and ELGIN STREETS, MAITLAND 2320

TIME: REGISTRATION CHECK IN - 9:30AM CLINIC 10.00AM - 1.00PM

PLAYNRL HOLIDAY CLINIC IN MAITLAND

The PlayNRL Holiday Clinic is a day program for kids aged 6 - 12 of any gender that focuses on fun, fitness and participation.

Cost: \$40 per child which includes NRL Holiday Pack.


What to bring: Hat, Water Bottle and Morning Tea.

Game Development Officer Contact Details:

Name: Matt Sharman Phone Number: 0409 069 785 Email: msharman@nrl.com.au

REGISTER NOW AT www.playnrl.com UNDER THE CLINICS & PROGRAMS SECTION

PLAYNRL.COM

 **MAITLAND & DISTRICT JRLA MINERS**