



Colour Explosion Fun Run

TERM 2

'THE TWITS'

- Friday 5th July

TERM 3

STAFF DEVELOPMENT DAY

- Monday 22nd July

STUDENT'S FIRST DAY

- Tuesday 23rd July

READY SET KINDY

- Thursday 8th August

CRAZY HAIR DAY

- 15th August

SUPER FRIDAY

- Friday 26th July
- Friday 9th August
- Friday 23rd August

Principal's Report

Not many people love a 4 km run (hardly anyone, really) but throw in sunshine, friends, laughter and a lot of colour and everyone has a blast! A big thank you to St Mary's School, Hay, who invited our students to participate in their Colour Run. Our students thoroughly enjoyed their day, despite some initial reservations. Being able to step outside their comfort zones and experience new challenges is a part of life students, and adults all need to embrace.

Did you know that 1 in 7 primary school children experience mental ill-health, 1 in 5 adults will experience mental ill health and 65% of adolescents will not seek help for mental illness? This year our school will be participating in The Resilience Project. The Resilience Project delivers positive mental health strategies to build resilience and happiness. Their approach is to work with the whole school community including teachers, students and parents, helping them to understand the importance of practising and implementing key strategies to build resilience and drive sustainable change. Staff and students were involved in information sessions in Week 7 and the program will be begin weekly lesson in Term 3.

Our thanks to Liz Mathews and Krista Schade at Intereach for their work in bringing the project to Hay and including Carrathool Public School.

Last Friday our students were involved in the annual Athletics Carnival, joining with Hay PS, Booligal PS and Hay SOTA at hay Park Number 1 oval. The day was a great success, with all our athletes trying their hardest in their events. Congratulations to Ben Merrylees, Senior Boy Champion for Small Schools and Booligal PS who was the winning Small School.

To conclude the term Carrathool PS and Booligal PS will be visiting Griffith Regional Theatre to watch the performance of "The Twits" by Roald Dahl. Mrs Bev Headon has been reading this very creative story to the students and all are looking forward to this special occasion.

Our Ready, Set, Kinder program will commence on Thursday 8 August (Week 3, Term 3). Any prospective Kindergarten students for 2020 are more than welcome to attend. Please contact the school for more information.

Have a great holiday break,
Mary-Ann Headon

CAPTAIN'S REPORT By Ben

Carrathool Public School have had a very busy two weeks with Athletics Carnival, Colour Explosion Fun Run and the Enviromentors visiting our school.

Stage 2 and 3 have been reading and working on a book called *Danny The Champion Of the World*. The book is by Roald Dahl and is about a boy and his father who live in a petrol station. They plan to ruin a man named Victor Hazel and his shooting party by stealing all their pheasants and make him look like a fool in front of the rich Lords and Dukes. The book takes place in England and is one of my favourite books.

Esio Trot

We are learning about tortoises as we are reading "Esio Trot" by Roald Dahl.

Tortoises are different to turtles because they walk on land. Their feet are like an elephant's. Turtles have flippers.

Tortoises have existed since the time of the dinosaurs. They are reptiles.

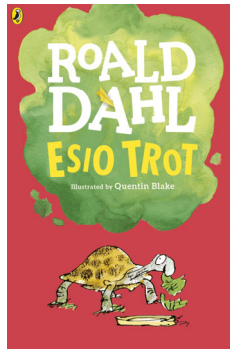
There are 40 different species of tortoises.

Tortoises don't have ears but they can feel vibrations.

A group of tortoises is called a creep.

Did you know Esio Trot is Tortoise spelled backwards?

By Lylah



Enviromentors

Last Thursday the Enviromentors came to Carrathool School. We learned that some rubbish can be used in a worm farm, compost bin or fed to animals, some rubbish can go to a recycling area and some rubbish just goes to landfill which is the worst! Did you know it takes 1000 years for glass to break down in the environment? Did you know that plastic does not break down at all? We all need to Reduce, Reuse and Recycle.

By Eliza





Athletics Carnival

Today, Friday 28 June, our Athletics Carnival was held at Hay. We joined with Booligal PS, Hay PS and Hay SOTA. It was very long and full of running and also very tiring! The 800m was the first race. That's 2 laps around the oval. It hurts your legs! The 100m was next. All of us students don't mind the 100m race. We also had to run a 200m race and the relay. The relay this year was just the boys as the girls aren't old enough to compete yet.

After the running was finished, we participated in the field events. We had to finish the High Jump and the discus at school as there is not enough time to get these events completed at the carnival.

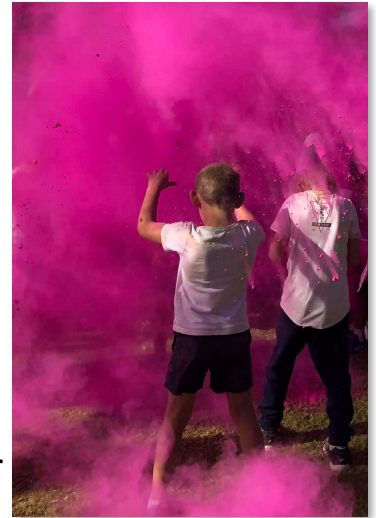
By Lincoln and Jack, the exhausted boys.



Super Friday Colour Fun Run

Last Super Friday we were invited to compete in the St Mary's Colour Explosion Fun Run. It was held at the Lions Park in Hay. The course was two laps around Bushy Bend, about 2km. We all wore white t-shirts so that the colours stood out when the St Mary's teachers and parents covered us in colours made out of corn flour and food dye. Some people squirted us and some people threw cups of coloured cornflour over us. We all had a game of soccer afterwards and then at the very end everyone threw a cup of coloured cornflour in the air as high as they could. It was so fun!

By Anna and Nicholas



Community News

If you need community notices advertised in our newsletter please contact the school either by phone, fax or email.

Phone: 02) 69 935 143 Fax: 02) 69 935 002

Email: carrathool-p.school@det.nsw.edu.au



All NSW school-enrolled children are eligible for two \$100 Active Kids vouchers. The vouchers can be used with any approved Active Kids provider, to help cover costs towards registration or membership fees for sport and active recreation. Voucher one is valid January to December and voucher two is valid July to December. After 1 July 2019, the second voucher can be claimed immediately after the first voucher.

SPORTS CLUB



The Sports Club would like to advise that they will meet on the last Sunday of every month at 10am at the Community Hall.

How to claim your vouchers

- 1 Visit service.nsw.gov.au and login to your MyServiceNSW Account
- 2 Click on the Active Kids icon found in your SERVICE tab
- 3 Fill out the requested information (you will need your current Medicare card)
- 4 Print a copy of each voucher or email it to yourself

Visit sport.nsw.gov.au/activekids for terms & conditions and FAQs

How to use your vouchers

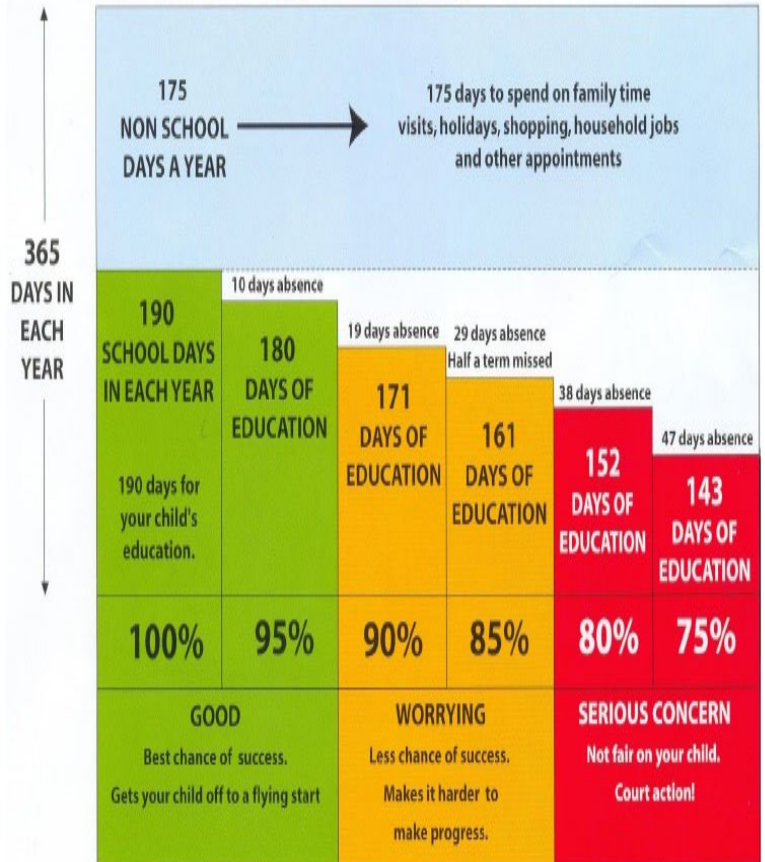
- 1 Find a provider by visiting our website: sport.nsw.gov.au/activekids
- 2 Once you have chosen an activity give the voucher number to your activity provider, or log onto your provider's website and enter the voucher number

*Vouchers can always be found in your MyServiceNSW account by looking in the My Applications tab



If you know of anyone in our community that is not receiving our newsletter, but would like to, please contact the school by either email or phone.

Days off school add up to lost learning



- Please don't let your child miss out on the education they deserve.
- Every school day counts.

