

# Weethalle Public School



## NEWSLETTER

*Empowering Learners for their future*

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**Principal:** Jason Hurley

**23rd June, 2025**

**Term 2: Week 9**

### FROM THE PRINCIPAL

We are excited to announce that our annual Athletics Carnival will be held this Friday! Parents and friends are warmly invited to come along and cheer on our students as they compete in a range of track and field events. Students have been working hard in their sports lessons throughout the term, and they are eager to showcase the skills they've developed. The carnival will begin at **9:30am** and conclude with ribbon presentations and a short end-of-term assembly at **2:00pm**. We look forward to seeing you there to celebrate our students' efforts, sportsmanship, and school spirit!

#### Athletics Carnival

9:30	100m
10:00	Shot Put
10:30	Long jump
11:00	Recess
11:30	200m
12:00	Discus
12:30	High Jump
1:00	800m/Relays
1:30	Lunch
2:00	Presentation and End of term Merit Assembly

Following this carnival, next Thursday 3<sup>rd</sup> July, all staff and students will be travelling to Griffith for students to compete in Small Schools Athletics Carnival, against Rankins Springs, Binya, Tharbogang, Yoogali, Goolgowi and Lake Wyangan. Activities will run throughout the day for students 7yrs and younger, while students 8 years and older compete for a place in the Zone carnival, which will be held next term.

Jason Hurley



**Friday, 27th June**

Athletics Carnival  
Assembly

**Thursday, 3rd July**

Small Schools Athletics  
Carnival in Griffith

**Friday, 4th July**

Last day Term 2



**Garden Club** Thank you to the P&C for their very generous donation to our garden.

The money will be put toward some raised garden beds, tools, seedlings and trees.

**"I can accept failure, everyone fails at something. But I can't accept not trying."**

- Michael Jordan.



# How does healthy eating benefit Students?

- ✓ Boosts mood
- ✓ Enhances concentration
- ✓ Improves academic outcomes
- ✓ Reduces absences
- ✓ Raises grades
- ✓ Improves memory



## What to put in healthier school lunches

Try planning a healthy lunch box. Talk to your children and discuss what they would be happy to have included.

The 6 key parts to a healthy lunchbox include:

**Fruit** – best choices include fresh or tinned fruit. Dried fruit is sticky and high in sugar, so have it only occasionally.

**Vegetables** – try fresh crunchy vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, capsicum and cucumber.

**Milk, yoghurt or cheese** – you can use reduced-fat options for children over the age of 2 years. For children who cannot tolerate milk products, offer appropriate daily alternatives like calcium fortified **soy** or rice drink or soy yoghurt.

**Meat or meat alternative foods** – try lean meat (like chicken strips), a hard-boiled egg or peanut butter. If your school has a nut-free policy, peanut butter and other nuts should not be included in your child's lunchbox.

**Grain or cereal foods** – like a bread roll, flat bread, fruit bread or some crackers (wholegrain or wholemeal options).

**Drinks** – **tap water** is best.



A big thank you to **Andrew Apolony** for donating sand and Brett from **Regional Quarries** for delivering it to our long jump pit. We are very grateful for this kind donation, it will certainly make it easy to see where students land this year.



Also a big thank you to **Kel Bridge** for helping to spread the sand out with a tractor.

We're coming to your community



We're bringing NSW Government services to:  
**Weethalle**

**Tuesday, 22nd July 2025**  
**10AM - 2PM**

Visit our Mobile Service Centre to access services like:

- Driver Knowledge Tests
- driver licence, mobility parking and photo card applications
- Working with Children Checks
- NDIS Worker Checks
- birth, death and marriage certificates
- cost of living support and more.

Call **13 77 88** or visit [service.nsw.gov.au](http://service.nsw.gov.au) to check our latest timetable.

Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

 Find us at:

Opposite Road Kill Grilz  
Mid Western Highway



**FREE ENTRY**  
**LUCKY DOOR PRIZE**



**AUTHOR TALK**  
**& HIGH TEA** with special guest bestselling  
rural romance writer  
**MAYA LINNELL**



**WEDNESDAY 25 JUNE 2025**  
**3:00 PM**  
**BLAND SHIRE LIBRARY**

RSVP FOR CATERING  
PH: 69790272  
E: [issues@blandshire.nsw.gov.au](mailto:issues@blandshire.nsw.gov.au)

Signed copies of Maya's new book 'Cockatoo Cove' + a selection of her other books will be available to purchase on the day!

EFTPOS 



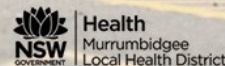
MOBILE LIBRARY is coming to  
**Weethalle**  
**Monday 30th June**

1:15pm — 2:30pm

**Weethalle Public School**



The more they *burn*,  
the more they *learn*.



How much is  
enough?

60 minutes  
or more  
each day



BLAND SHIRE LIBRARY  
**July School Holidays Program**



**FLOWER VASE**

Tuesday 8 July  
10:30am  
Cost: \$5 per child.

Create a pretty bouquet of flowers!

FOR KIDS 5+  
7 & UNDER MUST  
HAVE AN ADULT  
WITH THEM

**CACTUS PLANTER**

Tuesday 15 July  
10:30am  
Cost: \$8 per child

Create a cactus planter from rocks!



**CELEBRATE NAIDOC WEEK**

Wednesday 9 July  
10am - 4pm  
Cost: \$5 per child.

Hourly sessions with a variety of  
easy indigenous craft to choose from!

LIMITED  
PLACES  
BOOK  
NOW

**CAKE DECORATING WITH DAGMAR**

Wednesday 16 July  
\*Session 1 @ 10:30am  
\*Session 2 @ 1:30pm  
Cost: \$25 per child  
NB. Payment due in advance



**NO BAKE TREATS**

Thursday 10 July  
10:30am  
Cost: \$10 per child

Make treats - NO baking required!

PHONE  
69790272

**BUTTON ART**

Thursday 17 July  
10:30am  
Cost: \$5 per child.

Create a canvas using buttons!

