EXECUTIVE PRINCIPAL’S MESSAGE

Yaama

Wow! We are only in week 3 of this 10 week term and already we are feeling exhausted. Your children have been engaged in many learning opportunities, which is deadly, however it does require them to have lots of energy. Which leads me into a very important message I would like to reinforce with you, HEALTHY EATING AND DRINKING. For your child to be able to remain focused during learning and play time they need to eat the right food, drink plenty of water, get a good night’s sleep and exercise, In actioning the Departments Nutrition in Schools Policy and Healthy Foods Policy. All unhealthy foods including KFC, McDonalds, hot chips and cans of soft drink are no longer permitted to be consumed on school grounds. Large amounts of snacks, ie chocolates, chips and lollies will also be held by teachers and returned to your child at the end of the day, please limit these to about 2 per day. To assist you with ideas about great lunchbox items, articles will be placed in the school newsletter every fortnight and an information board has been erected in the front office. Also, the school has a breakfast club and canteen that operates five days a week and provides healthy food choices.

Now onto the celebrations…Congratulations to all our students who participated in the school Athletics carnival. A special congratulations to our age champions and those students who advanced through to the zone carnival. The Heferen Sheild was held on Monday and we now have some very talented athletes advancing to the regional carnival. Details and photo’s about both the school and zone carnival are contained within this newsletter.

As we move into the second half of the year, Semester 2, transition becomes a focus for our Year 6 students heading into High School, and children who will be eligible to commence Kindergarten in 2015. The first Year 6 student transition session will be held on Wednesday 6th August. Details of all sessions including parent information nights will be distributed to every Year 6 student. However, at the other end of the spectrum, if you are a parent or know of a parent, of a child who will be commencing Kindergarten in 2015 please contact the school for an enrolment pack about transition opportunities for your child.

Muriel Kelly
Executive Principal
UPCOMING EVENTS

AUGUST, 2014

FRIDAY 1st:
Big M Revival
Who Am I – The Journey
8.30 to 3.30pm

MONDAY 4th:
MEPS Education Day & ATSI Children’s Day
12pm– Open Classrooms
12: 30pm– Education Week Assembly (in school hall)
1pm– Film Festival
1:40pm– Break– Sausage sizzle
2:10pm– Novelty Games

WEDNESDAY 6th:
Visiting Performance
Read You Can Orang-utan
Cost- $5

WEDNESDAY 6th:
Year 6 Transition to HS
Transition sessions at Moree Secondary College, Carol Avenue Campus
1-3pm

PSSA ROUND 4 RUGBY LEAGUE

Moree East Public School Rugby League side played against Ross Hill Public School (Inverell) on Tuesday 29th July at Boughton Oval.

MEPS were winners with a 40 to 8 victory.

MEPS are now through to the regional final and will play Tamworth West Public School tomorrow at Tamworth. Good luck boys!!!!!
Aboriginal and Torres Strait Islander Children’s Day


All family and community members welcome!

Come and enjoy a free BBQ lunch followed by novelty games on the oval. Wear your “Red, Black and Yellow”!
Year 6 students begin transition to high school activities this week starting on Wednesday afternoon at 2pm. Students have been invited to participate in the Indigenous games.

Transition events are as follows:

**Wednesday 6th August** - 1:15 - 2:45 - day 1 of activities

**Wednesday 27th August** - 1:15 - 2:45 - day 2 of activities

These are some photos from the boys dance group performance at Yaama Ganu Gallery.

The boys danced as part of the opening for an exhibition on display by 'desert sisters' Tjawina Porter Nampitjinpa and Ester Giles Nampitjinpa from Western Australia.

The audience were very impressed with the dance performance.

Well done Uncle Matty and dancers Michael Leslie, Peter Knox-Wright, Andrew and Mark Pegus, Raymond Squires, Donny Rose, and James Haines.
MEPS ATHLETICS CARNIVAL

**Winner**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Winner</th>
<th>Runner-Up</th>
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<tr>
<td>Junior Boy</td>
<td>James Haines (24 points)</td>
<td>Edgar Binge &amp; Chris Hona (16 points)</td>
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<tr>
<td>11Yrs Boy</td>
<td>Latrel Newman (36 points)</td>
<td>Kaedyn Smith (32 points)</td>
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<tr>
<td>12Yrs Boy</td>
<td>Mark Pegus (36 points)</td>
<td>Jack Roberts (20 points)</td>
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<tr>
<td>Junior Girl</td>
<td>Shakila Fernando (25 points)</td>
<td>Mika Tyson (20 points)</td>
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<tr>
<td>11 Yrs Girl</td>
<td>Patricia Gordon (32 points)</td>
<td>Jalika Leslie (30 points)</td>
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<tr>
<td>12Yrs Girl</td>
<td>Kiara Smith (36 points)</td>
<td>Meya Taylor (30 points)</td>
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<td>Gwydir</td>
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Photos of the event.
Legends of League 2014

On the 17th of July Moree East travelled down to Gunnedah to play in the Regional Legends of League competition.

Moree East dominated Pool B and easily made it through to the Grand Final. Moree East faced the winners of Pool A, St Xavier’s College and it was a very close match.

St Xavier’s started strong scoring first, however Moree East responded quickly with the next try.

Moree East were unlucky in the end with some decisions going against them.

Moree East came runners up in the Regional Legends of League.

Congratulations boys!
On Monday 28th July MEPS Zone Athletics Team went to Boughton Oval to compete in the track and field events. They displayed excellent sportsmanship and represented the school well. MEPS received outstanding results in many events. This included:

Relays
1st Senior Boys Relay – Mark, Latrel, Daniel and Dwayne
2nd Junior Boys Relay – Edgar, Andrew, James and Lachlan
3rd Senior Girls Relay – Patricia, Jalika, Kiara, Meya

Field Events
1st Senior Boys Shot Put – Mark
3rd Senior Boys Long Jump – Dwayne
3rd Senior Girls Long Jump – Kiara
3rd Senior Boys Discuss - Aaron

Track Events
3rd 8 Years Boys 100m – Shaquil
1st 9 Years Boys 100m – Edgar
2nd 10 Years Boys 100m – James
3rd 11 Years Boys 100m – Latrel
1st Senior Boys 200m – Dwayne
2nd 11 Years Girls 100m – Patricia
2nd 11 Years Girls 200m – Patricia
2nd Junior Boys 800m - Andrew
2nd 11 Years Girls 800m – Jalika

I would like to congratulate all the students who competed on their fantastic achievements! The Regional Athletics Carnival will be held on Friday 29th August 2014 at Tamworth.
As parents and educators, we sometimes struggle to know what works well in terms of promoting good mental health in our young people.

Talking openly about our feelings and behaviours is one way of doing this.

Keeping the lines of communication open with our children is a valuable means of understanding them and what is happening to them in their daily lives.

Parents are encouraged to take the time each day to talk to their child: about what they are doing, what is important to them and what they are feeling. A small “pocket” of time each day with your child is a really worthwhile investment for them and for you.

Some families turn off the TV and talk to each other during meal times. Others have a regular ‘family meeting’ to give everyone a chance to talk about things which are important to them.

When these chances to talk don’t occur in families, children may feel alone and undervalued.

If parents are concerned about their children’s wellbeing and their ability to handle their feelings, they should also consider seeking professional help.

Your family doctor will be able to follow up with specialist care if needed.

At school, your child’s School Counsellor is trained and available to talk to parents when they are concerned.

Together they can work out how to move forward so that their child can experience positive mental health.

Ruth Jenkins
District Guidance Officer
This term, Kindergarten will participate in a “Mini-Master Chef” Program every Monday.

Each week six children will prepare and cook a meal for the whole class to eat during recess.

This week the mini-master chefs enjoyed cooking and eating “Spaghetti Bolognese”.
BIG M REVIVAL

YAMMA WELCOME

BIG M REVIVAL
Who am I - The Journey

To have a big yarn up
See our Community
catering provided

FUN FUN

WARM WELCOME TO COMMUNITY AND ALL MEN

Program Structure: Moree Men's Bus Tour
2014 Date: Friday 1st August
Venue - Moree East Public School

Time 8.30am-3.30pm

For further information, please contact:
Lloyd Munro Community Engagement
Moree East Public School
(M) 0431738444 (W) 0267521733
Matthew Priestley Senior
Leader, Community Engagement
Moree East Public School Phone: 6752 1733
(M) 0497822461 Fax: 6752 1626
Email: matthew.priestley4@det.nsw.edu.au
FRIDAY 1st AUGUST

Showcase your talent
Moree East Public Schools’
Got Talent

Get your “performance” ideas ready.

Sing, dance, perform, act...

Prizes to be won!

Auditions starting next week
Talent Show at Spring Fair Thursday 4th September
Starting Kindergarten Information 2015

Yaama!
Welcome to Moree East Public School.
Our aim is to provide quality education in a caring, culturally inclusive environment.
We believe strong partnerships with parents and caregivers are essential in providing the best education for your child.

Starting School in 2015
Children turning 5 before the 31st of July 2015 are able to start school. If you live within the area surrounding Moree East Public School, then your child is within our zone. We welcome you to visit our school for a “Starting School 2015” information pack. Please call Carol or Mel on 67521733 for further enquiries.

Enrolling Now for 2015

| MEPS – Kindergarten teacher visiting Kiah – Wednesdays 11:30 - 1:00pm Term 3 Weeks 1 -5 |
| Klah Preschool Visits to MEPS – Wednesdays 11:30 – 1:00pm Term 3 Weeks 6-10 |
| Starting School 2015 Information Session for Parents Term 4 |
Learning is FUN at Moree East Public School!

Enrolling now for Kindergarten 2015
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<td>Term 3 begins for students and staff.</td>
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<td>Legends of League</td>
<td>Yuguul Dancers perform at Yamma Ganu Gallery</td>
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<td>Athletics Carnival—Boughton Oval</td>
<td>Galamaay Brothers meeting 12-1.30pm</td>
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<td>Twilight Disco 4.30-8pm</td>
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<td>Heffron Shield (Zone Athletics Carnival)</td>
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<td>Rd 4 Footy Knockout v’s Ross Hill</td>
<td>Big M Revival</td>
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<td>Moree Education Week Awards + Yuguul Dancers perform</td>
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<td>World Indigenous Peoples Day</td>
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