

MARTINS CREEK PUBLIC SCHOOL

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and you can find us on Facebook



Term 4 - Week 6

Tuesday 17th November 2020



Look at how many important uses there are for a circle or a sphere — Soccer with Mr Sheridan, Cycling with Scott, Golf with Dave, and using Spheros to propel racing chariots with Mr Prior. Then there's the ballpoint pen the students use to work out the answers to their maths questions, to form both sides of an argument when they're viewing a problem from different angles, or when they write a story for Mrs Tucker. It can also note a music score and jot down fascinating science facts when they're working with Mrs Beasley.

As the weather **heats up** it becomes **essential** that all students have constant access to water by bringing their own **water bottle** to school every day. Current health regulations mean the students **cannot use the bubblers**. Please support us to keep your children **hydrated** by helping them pack their water bottle daily, and to bring fruit or vegetables for Crunch and Sip.



There's the clock which tells students when it's time for class or for lunch, and the bus and car wheels that transport us to and from school every day. The circle— not to be undervalued.



Here are some preview shots from Monday's



rehearsal for our end-of-year play. The excitement goes to a new level when the students start to wear their costumes—I think their characters become more real to them, and they can see themselves performing for you.

We have now received confirmation from the Department of Education that we can go ahead with our production but our audience numbers will be limited and we will be practising social distancing. More details to come.



Remembrance Day



Last week on November 11th our students and staff remembered the sacrifices others have made in the past.

Martins Creek Public School

is an **AMAZING** school!

We have been educating the children of Martins Creek and surrounds for over 125 years.



We welcome all children and cater to the needs of each individual student; supporting, encouraging and tailoring our educational approach to help them learn to their best capacity.

Our dedicated staff are constantly looking for ways to best meet the needs of our entire school community.

New enrolments are always welcomed, and we eagerly anticipate continued growth of our student population. If you or someone you know would like to find out more about our wonderful

school, please contact the

office on (02) 4938 5239 or email to martinscrk-p.school@det.nsw.edu.au

If your child is unwell, even with the mildest symptoms, please do not send them to school. Please contact the school office on 0249385239 or email to martinscrk-p.school@det.nsw.edu.au to advise of the absence, and we can provide learning materials for your child while they are away from school.

If we haven't heard by 9.30am we will contact a parent or carer to confirm the absence and be sure the child is safe.



EVERYDAY FOOD FOR THE LUNCHBOX: GETTING THE BALANCE RIGHT

PACK MOSTLY BREADS / CEREALS

PACK A SERVE OF FRUIT

PACK WATER TO DRINK

PACK SOME DAIRY

PACK MOSTLY VEGETABLES

PACK A MEAT OR MEAT ALTERNATIVE
eg. baked beans

Our brain and energy levels are strongly influenced by our **hydration** status.

Studies show that even mild dehydration, such as the loss of 1–3% of body weight, can impair many aspects of brain function.

Many other studies of children to older adults have shown that mild dehydration can impair mood, memory, and brain performance.