

TALBINGO PUBLIC SCHOOL

PO Box 41 Lampe Street Talbingo 2720

ISSUE 7 | 3rd August 2023

SELWYN SNOW RESORT

Last Wednesday Talbingo Public School had an amazing day on our first ski trip to Selwyn Snow Resort. Humula, Rosewood & Adaminaby Public Schools also joined us for a fantastic day. With lots of first-time skiers this year, students were eager to hit the slopes.

A big thank you to the Talbingo P & C Association who contribute half of the expenses for Goodes Coaches. A special mention to our hard-working staff, who make these days possible.

Unfortunately, we were unable to go ahead with our 2nd Ski trip, due to the snow conditions.

Fingers crossed there is snow on the forecast for next weeks trip. We will keep families up to date, as we receive information from Selwyn and a decision will be made Monday or Tuesday.

IMPORTANT DATES

TERM 4

Week 4

Wednesday– Skiing

CANCELLED

Week 5

Monday– Mrs Denise

Cherry starts.

P & C Meeting

Wednesday– Skiing–

Weather pending.

HAVE YOUR SAY! P & C MEETING

14th August @ 9am

Talbingo Library

You are invited to attend Talbingo P & C meeting. Keep up to date with the latest at your child's school. Our meetings occur Week 5 every Term, we would love to see you there.

SCHOOL LUNCHES

In the busy rush for school, it can be hard to know what are the best options for your child's lunch boxes, that are nutritious and delicious.

School lunches and snacks are one of the most **POWERFUL** ways to promote health and ensure students receive the nutritious food they need, to be successful in the classroom.

Try to include a variety of foods from each of the 5 food groups. Get your child involved in their own lunch preparation and discuss choices with them & how to make a healthy food swap.

Some great options can be-
Fruit.

Vegetable sticks

Yoghurt or Cheese

Crackers

Popcorn

Rice cakes

Its all about finding the right balance to help keep your child fueled up and focused for learning .

Students Chat-

Michael- Year Six

I loved the snow; I was in the beginner's group & we learn't how to french fry and do the pizza with our ski's. I even helped rescue a student who ended up in the trees.

Rory- Year One

It was fun going skiing, I liked watching everyone else ski too. It was hard to begin with, but I started to get the hang of it by the end. I've also really enjoyed creative arts; it is lots of fun.

Frankie- Year One

I really like Talbingo Public School and making new friends. Its nice to have friends to be there for me. I really like doing puppet shows and reading in the mornings to our reading helpers.

TERM 3 SPORTS

Students have had lots of fun in sport with Mrs Adams, learning new activities, engaging students to try out new sports and physical activities and challenge themselves to use new skills.

Students have tried out basketball, wiffle ball and skiing.



