



Munglinup Primary School News Sheet

TERM 4 WEEK 6

Tuesday 15th November, 2022

Hopetoun Jump Rope Excursion

Thursday 17th November

Outdoor Classroom Day

Tuesday 29th November

End of Year Concert 'Mungy Mid-Harvest Hoedown'

Friday 9th December

School Community Excursion

Thursday 15th December

Principal's Report

End of Year Concert- *Mungy Mid-Harvest Hoedown*

This year our annual end of year Christmas concert will have a slight twist. We will present the students with their end of year awards followed by a community hoedown dance! The students have even been learning a dance to teach you.

There will be pizza available to order, live music, dessert table and bar. We will of course still be having a visit from Santa all the way from the north pole.

We encourage you to dress up! Cowboy hats and boots are welcome for the occasion.

More information to follow- Save the date and keep an eye out!



School Council

The school council would love to welcome Marnie Lawrance as a community member on council. Her previous experience on the school council and knowledge of the Munglinup community is highly valued and we thank her for the time she has offered to put into this important role.

Mungy Gold Coin Market

The Mungy Market held earlier this term was a huge success! We appreciate the massive turn out from the community and love seeing the younger children enjoying the event. The students developed some fantastic stalls including healthy smoothies, fruit kebabs, second-hand books, games, bubble disco, photo booth, competitions and even a fortune teller. All the money raised will go to the students' charity of choice, SAFE Esperance. The students will visit the organization later this term to discover more about the organization.



Domino's Pizza Fundraiser

A big thanks to Domino's Pizza, Esperance for involving the Munglinup P&C in their 'Community Appreciation Week' fundraiser. The money raised was over \$500 which will go towards our senior students attending Canberra Camp next year.

Student Leadership Day

The student leaders from the Esperance region participated in a very special 'student council meeting'. Shire President, Ian Mickel addressed the students and presented them with a very important town planning decision- What will Santa ride in the Christmas pageant this year? The student leaders undertook a council meeting, just as the shire council does. The shire values student voice and the decision made will be an authentic one. They also got to contribute their ideas for town planning initiatives such as the new library and museum within the planned cultural precinct.

The Mallee students were invited to stay for lunch and participated in an excursion to the shire Waste facility. They were met by Deb Sanger, Waste Education Officer, who took them on a tour of the facility. It was fantastic for the students to see the real people on the conveyer belt that sort through the recycling, they were all amazed by how much still ends up in landfill. Even more of a reason to reduce our waste.



Amy Nelson
Principal

Mungy Market

The Mungy Market was on 27th of the 1st of 2022 at Munglinup Primary School. It started at 9:30 and ran until to 11:10. The playgroup, parents and the Community came to the Mungy Market. All the students had their own market stalls. Some students were grouped together (mainly siblings) in their stalls. The Munglinup student were raising money for Safe Esperance. They said they were raising for Safe Esperance because they how expensive pet food is and all the things they need like beds and toys etc. They ended up raising \$380 for Safe Esperance. The students were really happy of what they had achieved.



Munglinup Primary School Fundraiser

On Thursday 27th October, the students of Munglinup Primary School had a gold coin fundraiser which ran from 9:30 am- 11:00 am. The Munglinup students raised money for SAFE Esperance, as their chosen charity for 2022. Munglinup Playgroup members, parents and community were invited to the Mungy gold coin market.

The Munglinup students raised \$380 that day to donate to SAFE Esperance. It is a great achievement for a small school like Munglinup.

The Munglinup students choose to raise money for SAFE Esperance because animals can't talk so as humans, we should help them. The Head Students were in charge of researching different local charities and the students were then asked to vote for the charity they wished the money to be donated to. It was a difficult choice to make as the choices were SAFE Esperance, SAFE Esperance or SAFE Esperance. So, the final decision was SAFE Esperance.

Some quotes from the Munglinup students on the day were:

Mareyn " I felt HAPPY that we raised a lot of money for the animals".

Artie " I felt tired and itchy from the warm and hot cloak. "

*Always donate and save lives.
Help animals and love them with all your heart.*

Mungy Market

On the 27th of October Thursday Munglinup Primary School had The Mungy Markets held in the undercover area at the school. All the students ran different market stalls within the Mungy Markets. They were aiming to raise money for SAFE Esperance.

The Munglinup school chose to raise money for SAFE Esperance because it helps SAFE to buy food for the animals and Munglinup found out that they are trying to save animals from a disease. Munglinup students aim was to raise as much money as they could. The students managed to raise \$380 for all the pets, animals and strays with the ones that have the diseases.

Some quotes from the students on the day.

“At the end of the markets I felt tired” William said.

“I felt great but tired and glad Munglinup raised the purrrrrfeet amount. Small schools like ours always need a help raising money as we are so isolated” said Oscar.

All in all the feedback from the members of the community was positive and Munglinup students want to say a huge thank you to all those that came.







The Little Old Lady Egg

Long ago there was a little old lady who made a little lady egg. She made the lady egg because she had no attention from her husband. Their house was on Margaret Street.

Unfortunately, she ran away from the house because she didn't want to get eaten. So she ran and ran.

The lady ran after her. Next the horse said "You look yummy. I am going to eat you instead of hay" and he ran after her. After that a little grey mouse ran after her. Finally he came to a river where there was a fox. The fox offered the little old lady egg to get across.

With one big chomp the fox gobbled up the little old lady egg and she was eaten finally by the fox.

The End

By Cali

The Little Old Cookie Bin

Long ago there was a little old woman who baked a ginger flavoured cookie bin. She wanted it because she wanted to talk to someone.

Unfortunately, he ran away from the house and the little old woman ran after him. She wanted to catch him.

Next, the Tasmanian Devil ran after him but he ran away until he came to a river. A tiger offered to help him across the river.

In one big snap the tiger ate him.

By Thys

The Cookie Man



Long ago there was a little old man who made a cookie man.

Unfortunately he ran out of the house.

Next the little old man ran after him. Next the horse ran after him. After that the little mouse ran after him.

Finally he came to a river where he saw a fox. The fox said "I'll help you over". The cookie man said "Yes".

In one big snap he ate the cookie man.

By Lincoln

The Unicorn

Long ago there was a little old lady who made a unicorn and then she ran away from the house. And then a sneaky fox who ran after her. And then a sneaky mouse who ran after her. And then she ran away on a river. And then a sneaky fox helped her across the river. In one big snap and the fox ate her.

By Montana



The Candy Cane



Long ago there was a little old man who baked a candy cane.

Unfortunately candy cane ran away out of the house.

After that the little old man ran after him. After that the horse ran after him. After that the little grey mouse ran after the candy cane man.

Finally he got to a river that he saw a sneaky old fox that helped him across.

In one big snap the fox ate the candy cane.

By Boston



Australia Day WA Aussie of the Month

Awarded to an outstanding citizen in our school community

Benjamin Bingham

For taking ownership over his attitude within learning experiences at school and showing persistence to complete given Mathematical tasks. This month you have shown how you can be a member of a team during sport to celebrate the success of all and try your hardest to pass to all members of your team. Well done, Benjamin. Great work!!

Munglinup Primary School
Teacher – Mrs. Sills & Mrs. Loader
October 2022



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MUNGLINUP ROADHOUSE SCHOOL LUNCH MENU

Menu

10% off for the school lunches

Sandwiches

Ham & cheese \$6.00

Ham & pickles \$6.00

Ham & salad \$8.00

Chicken & salad \$8.00

If requiring a variation of ingredients or would like a different type of sandwich, please speak to the roadhouse when ordering for costing.

Rolls

Ham & salad rolls \$8.00

Chicken & salad rolls \$8.00

If requiring a variation of ingredients or would like a different type of roll, please speak to the roadhouse when ordering for costing.

Toasted sandwiches

Ham & cheese \$6.00

Ham, cheese & tomato \$7.50

Ham, cheese & pineapple \$7.50

Chicken, cheese & mayo \$7.00



Drinks

600ml water \$3.00

Pump flavoured water \$4.50

Orange juice \$4.50

Pop tops \$2.50

Multi vitamin juice \$4.50



Snacks

Vanilla Yogurt \$3.50

Cheese and Crackers (Mainland) \$4.50

To make an order call the Munglinup Roadhouse on [9075 1041](tel:90751041)

SIDESTEP THE SUGARY DRINKS

August 16, 2022

[Mikala Atkinson](#), Nutritionist



Soft drinks are all around us and often within arm's reach. So is it healthier to encourage your kids to reach for a lemon or orange flavoured bubbly beverage over a popular cola variety that may contain caffeine?

The answer is no. Fruit flavoured soft drinks do not provide a healthier alternative to others on the market. All soft drinks were created equally – packed full of sugar!

And if soft drinks are off the menu, don't be fooled into thinking that other sugary drinks such as cordial, fruit drinks, energy drinks, iced teas or nutrient waters are any better. Although these are cleverly marketed as healthy alternatives to soft drinks, they are often still packed full of sugar and offer little to no nutritional benefit.

Pester power is real and provides an ongoing challenge for parents! Lining the shelves at every turn, sugary drinks are cheap to buy, come in brightly coloured, attractive packaging and are often seen in the hands of popular celebrities and sports stars, which only makes them seem more appealing.

This can make the discussion around continuing to choose water a bit of a battle, but one that is worth it in the long run. Water is essential to life and helps with healthy digestion and regulating body temperature, not to mention being free and containing zero sugar.

So how do you sidestep sugary drinks?

Fill up before you head out



Try not to leave the house without a water bottle. Encourage everyone to fill up before you head out. This includes a trip to the shops, the movies, after school sports, a friend's place or the park. If you have water on hand to hydrate and quench your thirst, you are less likely to end up having a discussion around purchasing drinks.

Talk about cost

Talk to your kids about the cost of buying drinks - it all adds up and is money that could be saved for something else. Water is free and available at the turn of a tap. Frequently purchasing sugary drinks is a bit like pouring money down the drain.



Sugar is still SUGAR



Crunch&Sip®

Provide healthy alternatives

Encourage school fundraisers and community run events to provide water or other healthy alternatives to sugary drinks. Whilst school canteens are governed by the Healthy Food and Drinks Policy, when it comes to P&C run events the rules aren't enforced. We want our children to enjoy an environment where sugary drinks are not front and centre. Suggest a soda stream station or water bubbler to be the focal point instead.



Learn to read the label

Check out our [decoding food labels](#) page and learn to read the nutrition information panel together – that way you can all make informed decisions. If you do choose to purchase a drink on occasion, you can look for healthy choices available with little to no sugar added. This does not mean reaching for artificially sweetened beverages either, which are linked to poor health outcomes and aren't good for a healthy gut. Look for sparkling water with natural flavours added, unsweetened iced tea or a kombucha.

Use the per 100g column	Best choice	Okay sometimes	Try to avoid
Total fat	Less than 3g	3g - 10g	More than 10g
Saturated fat	Less than 1.5g	1.5g - 3g	More than 3g
Sugar	Less than 5g	5g - 15g	More than 15g
Sodium	Less than 120mg	120mg - 400mg	More than 400mg
Fibre	More than 3g per serve (not using per 100g column)		

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