Dear Families,

**SHOWTIME**

The big week has arrived and we will perform at Macksville Stadium on Thursday night. The students have been working really hard to fine tune their presentation. Thank you to Beth and her mum for finishing off the costumes for all the girls. Well done boys for getting your clothes organised.

On Thursday morning the students will travel by bus to Macksville High School. Pick up times will be as per a normal school day. Mr Simpson will follow the bus in his car and I will meet everyone at Macksville High School. We will have a full dress rehearsal at 10.30 – 11.00. The Finale rehearsal is at 1.00pm. Medlow students will have the opportunity to watch other schools do their dress rehearsal and then at 3pm we will go to our designated classroom. Mr Simpson, Jane and I will supervise the students and provide dinner for them. The performance begins at 6pm and as there is no ticketing number, you may wish to arrive early to avoid disappointment. Medlow is performing towards the end of the First Act.

Students are to be collected at the end of the evening by parents. Please be aware that there will be up to 1000 people at Showtime so the safety of the students is paramount.

All students are required to remain till the end of the show as they are involved in the finale. No student will be allowed to leave their preparation room early or to enter the show after their performance. At the conclusion of the show students can be collected from the quad. Again there will be helpers available to help locate your child and retrieve them from their designated preparation room. We ask at this time that parents congregate in the quad and communicate with the helpers wearing High Vis jackets.

Please access the school website for more upcoming events and lots more great photos.

On the last page of today's Newsletter is an information sheet about a Health check which is available for children starting school next year. If you would like a Registration form please contact the school. The bus will be at Macksville Public School from 15 – 17 September.
ASSEMBLY

The following students received awards:

Anna for helping without being asked.

Taryn for her contribution to creating a sustainable school by ensuring all organic and non-organic waste is recycled.

Amali and Tiahn for constant and reliable participation in home reading. (absent from photo)

ICAS ASSESSMENTS

The results have come back from the Digital Technologies assessment. Congratulations to Lauren who received a Merit Award and Anna for a Credit Award.

The following students received Participation Awards in the Digital Technologies tests: Amelia, Lehman, Jamie, Claire, Taryn, Bree, Nick and Lucie.

EDUCATION WEEK

All students are investigating and writing about local heroes. There is an interesting mix of people who our students feel are their heroes.

NATIONAL TREE PLANTING DAY

Congratulations to Nick and Lehman who did all the hard digging to plant our native Finger Lime tree to celebrate National Tree Planting Day. Mr Arthur Bain, Millbank Public School Principal helped ‘supervise’ the planting.
ATHLETICS CARNIVAL

The District Athletics Carnival is on Friday at EJ Biffin Field at Nambucca Heads. Good luck to Lucie, Lauren, Amelia, Lehman and Jamie. I will be at the Carnival and Mrs Trudgett will be at school. Good luck everyone.

MILLBANK VISIT

Jane and I had a very productive day on Friday with Arthur and Jenny from Millbank. It was great to draw on their experience and expertise.

Arthur brought over all the trophies from the John O’Neill Sports Carnival that was held back in June. Medlow had great results – we won the Marching Trophy, Ball Games Trophy, Lehman was awarded Senior Boy Champion, and Medlow won the overall Trophy.

HOMEWORK

Most students handed their homework in on Friday. Please support your child to either complete their homework or get help from a teacher throughout the week.

Regards,
Sarah Landers
Relieving Principal

GLAMOUR PUSS-IN BOOTS

Now the only costume hire shop in Kempsey. Also selling vintage/retro clothing. Taking orders now for book week.
26 Belgrave St Kempsey. Open 9 – 5 Monday to Friday and Saturday by appointment only. Please phone Lisa on 0432 116829.

Ingredients:

Kebab skewers, Brown rice crackers and Strawberries to Serve

Pea Hummus (blend together):

1 cup frozen peas
200g canned chickpeas, drained
1 Tbsp. tahini, 2 Tbsp. lemon juice, 1 Tbsp. olive oil

Mini Skewers:

1 lebanese cucumber, 3 grape tomatoes, 30g piece of cheese

Ham, cheese and carrot wraps:

2 sundried tomato wraps
30g spreadable cream cheese, 60g shaved ham, 1 small carrot grated

Medlow Public School is a proud member of the Valley 10 Community of Public Schools.
ABOUT THE HEALTHY KIDS BUS STOP

The Healthy Kids Bus Stop is a whole-of-child health screening, assessment and pathway to care program for children turning 4, or those that have turned 4 or 5 years old in the year the Program is provided. It is a collaborative Program, led by Royal Far West and supported by Local Health Districts, Primary Health Networks, Aboriginal Medical Services and other local stakeholders.

The Program aims to improve the health and well-being of children living in rural and remote communities through early detection of lifestyle risk factors; delayed development; and/or illness. Additionally it provides the opportunity to introduce guidance for healthy lifestyles and early intervention strategies.

The Healthy Kids Bus Stop delivers a comprehensive health assessment in line with the NSW Health “Child Personal Health Record” (Blue Book). The health assessment is undertaken by a multidisciplinary team of nursing and allied health staff from Royal Far West, the Local Health District, the Primary Health Network, Aboriginal Medical Service and other local health service providers.

The Program is designed to be a fun and interactive health program where children progress through bus stops or ‘health stations’, hopping on and off at each station in order to complete their health assessment. Children receive a bus pass stamp at each station along the way. Health stations include:

- Child health check, including immunisation status
- Vision
- Oral Health
- Hearing
- Dietetics
- Speech
- Fine and gross motor skill development
- Health Promotion

Between health stations children are engaged in free or directed play, whilst parents or carers are provided with the opportunity to consult further with the multi-disciplinary team of health professionals or collect health promotion material of interest. When all stations have been attended, children are rewarded with a ‘show bag’ containing goods to support their health and development.

At the conclusion of the Healthy Kids Bus Stop a multidisciplinary case conference is undertaken where each child’s health assessment is reviewed and used to develop a coordinated referral pathway. The pathway includes the child’s local GP and Child and Family Health Nurse as key referral points, with Royal Far West, the Local Health District, the Primary Health Network and other local services supporting the child’s identified health needs.