**FOOD FOR THOUGHT**

Some interesting facts:

- Children with good diets perform better at school.
- Breakfast is vital to set kids up for learning.
- Choose low-GI foods for energy where possible. (e.g. low-fat dairy; wholegrains—bread cereal; whole fruits; sweet potatoes)
- Foods rich in proteins & omega-3 fatty acids help children concentrate & learn. (e.g. flaxseed oil; walnuts; cured & canned fish—salmon; spinach; broccoli; cauliflower)
- Iron deficiency can leave kids tired & unable to concentrate.

Parents know how famished their kids are the minute they walk in the door from school & the simple reason is that learning makes you hungry. Or, to put it another way,
NOTICES & REMINDERS

Gunnedah Eisteddfod is on all of this week so HELPERS are not required due to Eisteddfod commitments.

REMEMBER: Tuckshop is not on this week due to the Eisteddfod & is moved to 3rd June.

REMEMBER: The mulch near the woodpile needs to be taken away this week as the woodpile will be burnt off this weekend.

800 gram TIN CANS PLEASE. We need large tin cans to be used for our PLAY activity. If you have any of these large cans (large fruit or dog food), please send them to the school in a bag marked “PLAY”. Thanks.

FROM THE PRINCIPAL

The students have been working with parents beautifying the school grounds in their PLAY times. Vegetable seedlings, herbs and flowers have been planted for the winter crop of vegetables. The students have already planned some dishes flavoured with hers for their cooking with Casey day. Thank you to Mrs Irons for the geraniums & agapanthus being used on the residence wall.

Gunnedah Eisteddfod is this week & Mrs Cadell would like to congratulate all the students who have worked hard learning their poems and speeches at home. Abigail Nolan has already performed in the singing, coming 2nd.

Learning by Degrees

By Miss Donnelly

As some of you may know, I am currently studying a Bachelor of Primary Education through the University of Armidale.

As part of my course, I need to complete practical experience. I was lucky enough to be able to complete my first ten-day block at Premer Public School.

I would like to thank Mrs Cameron for allowing me to complete these ten days at Premer. I would also like to thank the lovely students who have made these days so enjoyable. I have enjoyed watching you learn and improve each and every day.

So, thank you to Premer Public School for the help and support to complete my course.
WHY DO WE CELEBRATE THE QUEEN’S BIRTHDAY WHEN WE DO?

Australia is a member of the Commonwealth of Nations and the official head of state is the Monarch of the Realm. This is currently Queen Elizabeth II. She is also the head of state of many other countries and territories, including Great Britain, Northern Ireland, Canada and New Zealand. She was born on April 21, 1926, although her official birthday is celebrated on a range of dates in the different countries of the Commonwealth of Nations.

The Monarch’s Birthday was first celebrated in Australia in 1788. In that year, King George III was the Monarch and Governor Arthur Phillip declared a holiday to mark his birthday. Originally, the Monarch’s birthday was celebrated on the anniversary of the actual date of birth of the King or Queen. However, after the death of King George V in 1936, the date remained close to his birthday, which was June 3.

On the second Monday in June, the Queen’s Birthday honours list is released. This contains the names of the new members of the Order of Australia and other honours issued by the Australian government or the Queen. These are generally for exceptional service to Australian, Australia or humanity as a whole.
Upcoming Events

⇒ 26th—29th May
Gunnedah Eisteddfod
⇒ 30th May
Tambar Springs Market Day from 10am to 2pm
ANZAC Park—JUMPING CASTLE
⇒ 3rd June (moved from 27th May)
Tuckshop
⇒ 8th June
Queens Birthday Holiday
⇒ 15th June
Athletics Carnival
⇒ 19th June
Special Assembly—2pm
⇒ 24th June
Tuckshop
⇒ 26th June
End of Term 2
⇒ 14th July
Students return to school
⇒ 25th July
Winter Ball, Tambar Springs Hall

Assembly Awards—Week 4

Courtesy Award—Penny Morley
Achievement Award—Harriet Nolan
For all round achievement in literacy & numeracy.
Bookwork Award—Aalishea Rankin

Assembly Awards—5

Merit Awards: Libby Nolan for excellent work on her poem “The Little Turtle”.
Lydia Aulton for great effort with her speech.
Abigail Nolan for excellent work on poems & speech for the Eisteddfod.
Hanna Collins for excellent expression in her poem “Look Out”.
Aalishea Rankin for working hard on her Bill for Parliament.
George Harrison for working together in reading.
Blake Wortley for working together in reading.
Aidan Brown for home reading.
Jack Gould for creative writing.
Jimmy Irons for great work & effort in science & writing.
Harriet Nolan for working well with angles & presenting work neatly in maths.
Caring Award: Jimmy Irons

Week 4—Assembly Awards

Merit Awards: Parker Collins for working hard in Multilit.
Abigail Nolan for showing resilience.
Blake Wortley for writing a great journal & working hard on his speech “Lego”.
Lincoln Brown for volunteering to do a wonderful book report.
Riley Collins for great expression in her poem “Mine”.
Charlie Harrison for great work on his speech “Axolotl”.
Libby Nolan for improved comprehension skills.
Ella Rose Rankin for achievement in fast maths.
Ellie Harrison for improvement in writing.
Captains’ Uniform Award: Lucy Traill
Captain’s Caring Award: Aidan Brown

Week 5—Assembly Awards

Merit Awards: Libby Nolan for excellent work on her poem “The Little Turtle”.
Lydia Aulton for great effort with her speech.
Abigail Nolan for excellent work on poems & speech for the Eisteddfod.
Hanna Collins for excellent expression in her poem “Look Out”.
Aalishea Rankin for working hard on her Bill for Parliament.
George Harrison for working together in reading.
Blake Wortley for working together in reading.
Aidan Brown for home reading.
Jack Gould for creative writing.
Jimmy Irons for great work & effort in science & writing.
Harriet Nolan for working well with angles & presenting work neatly in maths.
Caring Award: Jimmy Irons