HEALTHY BONES AND TEETH

Calcium is vital for growing & keeping healthy bones and teeth. About 99% of the calcium in our body is in our bones and teeth. ADC.

Calcium is needed for the development of strong bones and for prevention of osteoporosis in adulthood. The best sources of Calcium are from milk and other dairy products. Other sources of calcium are fortified soymilk, fish with edible bones (such as tinned salmon or sardines) and nuts (almonds).

Here are some everyday lunchbox ideas:

- A cup of low fat milk, soy milk
- A tub of frozen low fat yoghurt,
- 2 slices (40g) of low fat cheese.
- A handful of almonds

We wish everyone a happy, fun & safe holiday!
See you next term.

Canberra Excursion with Ulan PS

We have been invited to join Ulan Public School on their Excursion to Canberra, Week 9 of Term 4 (Monday Dec 2nd - Friday Dec 6th).
Travel will be by coach. Further discussion will take place at our P & C Meeting next term.

Green Day

We had a great day at Green Day last Thursday. The weather was beautiful and the children enjoyed their 4 activities – Minibeasts with Travelbugs, seed planting, weeds and windpower. Unfortunately we were unsuccessful in the competition; however our fellow small schools (Lue, Goolma & Hargraves) won 3 of the 4 major prizes. Well Done!
**Term 3/4 2013 Dates**

- **Talk Like a Pirate Day with Ulan PS**: 18th September
- **Last Day Term 3**: 20th September
- **First Day Back Term 4**: Tuesday 8th October
- **School Photos**: Thurs 10th October
- **Mobile Library**: Thurs 10th October
- **Camp Quality Escarpade Rylstone**: Friday 18th October
- **Cricket 20 Blast Day in Mudgee**: Friday 25th October

**Pirate Day**
What a fun day!!!! The children had a great day of pirate activities with our friends from Ulan PS.

**P & C Meeting**
Monday 14th October
At Bylong Public School 3.30pm
All Welcome

**School Photos**
Thursday 10th October

Envelopes due back 9th October.