Yesterday the Madang senior girls team won the grand final of the Pink Panthers Oz Tag Competition. They showed excellent sportsmanship and had a great day.

KEEPING FIT AND HEALTHY

Children and adults need physical activity every day. Activity helps build better bones, muscles, joints and helps maintain a healthy weight. Physical activity can also reduce the risk of heart disease, type 2 diabetes and some cancers. Get active anyway you can - walking, riding, swimming, and playing active games such as Duck, Duck, Goose or Bull Rush.
Important Dates:

- Kindergarten Orientation: 4, 11 & 18th Nov
- Swimming School: 10-14th Nov
- Flip Out 2Z, 2L, 1G: 11th Nov
- Flip Out KC, KK, K/1K, 1/2G: 14th Nov
- Talent Quest Final: 15th Dec
- Presentation Day: 17th Dec
- Year 6 Farewell Dinner: 17th Dec
- Last day of Term 4: 17th Dec

LOOSE CHANGE CHALLENGE

Remember to bring in all those loose coins so they can be added to your class total.

The class that collects the most money will receive a prize.

1st Mt. Druitt Scout Group Invite you to

Experience Scouting

For more than 100 years Scouts have offered a program to young people which helps develop them through teamwork and using their own initiative. Scouts believe encouraging young people to “be prepared” is more important today than ever!

What should you be prepared for? Fun and adventure, team involvement, helping other people, being a leader, making friends, caring for the environment, and being a positive influence in your community.

Come along to our

- Cub Pack 7 to 11 Years Old
  7:00pm to 8:30pm
  Tuesday Nights
  Held at 1st Mt. Druitt Scout Hall

- Scouts 11 to 15 Years Old
  7:30pm to 9:30pm
  Friday Nights
  Call George Saville on 0439645478

Selective high schools


DRINK WATER IN HOT WEATHER

Tap water makes the best drink!

Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger.

Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body

We should all aim to drink between five to eight cups of water a day. In the warmer months it is important to keep well hydrated. Always have water available when children are active. Encourage them to drink water regularly, even in cooler months.

The school’s web address is www.madangave-p.schools@nsw.edu.au.