



SPRING RIDGE PUBLIC SCHOOL

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PRINCIPAL'S MESSAGE

WEEK 11

What a fantastic term we have had at Spring Ridge School. Congratulations to all the students who have worked hard both inside and outside of the classroom.

STATE SWIMMING UPDATE

Today our Spring Ridge Relay team competed at the State Swimming Carnival. The boys, Gus, Hugo L, Toby & Beau had come 2nd in their heat which put them into the finals. They have come in at 4th place just by a whisker. Well done boys. You should be so proud as this is such a huge accomplishment at this level.

A special congratulations to Gus who swam in individual events for butterfly and breaststroke. He took 2 seconds off his breaststroke and PB'd in his butterfly. Well done Gus.

ANZAC DAY

Once again, Spring Ridge Public School will be participating in the ANZAC Day march on the 25th April. Despite ANZAC Day falling in the school holidays, we would still like to see as many students as possible to attend, to honour those who have served our country in the armed forces. Children will be asked to assemble at 10.45am in front of the NAB Bank Quirindi. We will inform you what to wear via Facebook and the parent group during the holidays. This is because it is very hard to know what the weather will be like at this stage.

SMALL SCHOOLS CROSS COUNTRY

The new date has been set for the Small Schools X Country Run. The run will be held on the Thursday 2nd May (Week 1). Parents are more than welcome to attend to watch their children compete and double as a safety post. Races will start around 10am and all races should be completed by 11am.

MITCH TAMBO

Spring Ridge Public School has been invited to Blackville School on Friday 4th May (Week 1) to meet Mitch Tambo. Mitch is an Aboriginal singer, songwriter who rose to fame when he performed in the ninth series of Australia's Got Talent. Mitch will be performing for the children as well as holding 2 workshops based around yarning circles as well as a voice of Lele Group. Cost will be \$5, which includes a sausage sandwich and poppa. Extra sausages will be \$2 each. **STUDENTS WILL NEED TO PAY ON THE DAY** and unfortunately it has to be cash as the money is for the Blackville P & C. A permission note will be sent out today.

Happy Holidays!

For those going away, travel safely and for those staying at home, enjoy.

Students return to school on TUESDAY 30th April 2024.

Cheers

Mrs P

- **What's On Term 2 Week 1!**
- **Monday – 29/04/24**
- **STAFF DEVELOPMENT DAY**
- **Tuesday – 30/04/24**
- **STUDENTS RETURN TO SCHOOL**
- **Wednesday – 01/05/24**
- **Thursday – 02/05/24**
- **SMALL SCHOOLS X COUNTRY**
- **SPORTS UNIFORM**
- **Friday – 03/05/24**
- **MITCH TAMBO - WALHALLOW**
- **SPORTS UNIFORM**



Term 2 2024	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	6 th May	7 th May	8 th May	9 th May	10 th May
					TOUCH 9-11AM



Spring Ridge Pharmacy are holding a flu clinic during these school holidays.
Monday 22nd and Saturday 27th of April from 8.30am-12.30pm

All ages over 6 months are welcome.

Children 6 months-5years and adults over 65 qualify for a free vaccine.
Get the whole family vaccinated against the flu to keep yourselves and the community safe.
Call 6747 3833 for bookings.

Thank you
Chloe

OUR STATE SWIMMERS RELAY TEAM FOR 2024



Gus, Beau, Toby & Hugo

This week a few notes have gone home for the following:

Reminder:

Sunsmart Snippet

What's the UV right now?

Remember to **SLIP, SLOP, SLAP, SEEK and SLIDE** when the UV is 3 or above.



Check the SunSmart app everyday to find out your local UV levels and sun protection times to protect yourself from skin cancer.



SLIP



SLOP



SLAP



SEEK



SLIDE

sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

PACK A FOOD SAFE LUNCH BOX

As the weather is warm and humid it's important to keep the lunch box cold and safe to eat.



TOP TIP: Use a cooler bag and ice brick or frozen water bottle to keep the lunch box cold ❄️

For more info and tips read our [food safety blog](#).

healthylunchbox.com.au



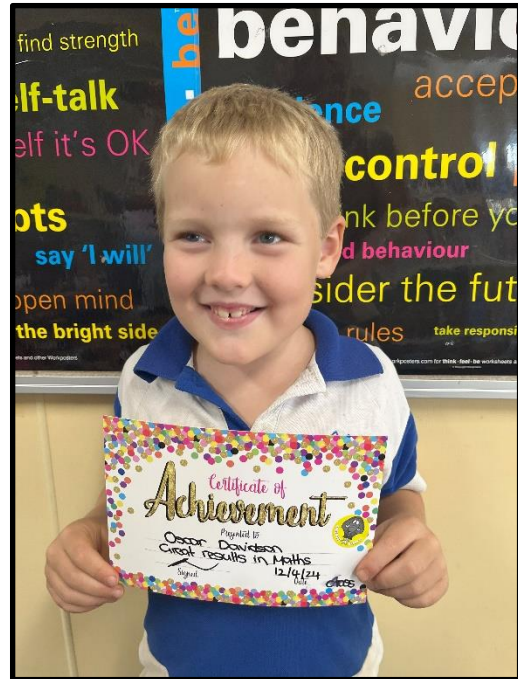
Cancer Council
Healthy Lunch Box

Week 11 Awards

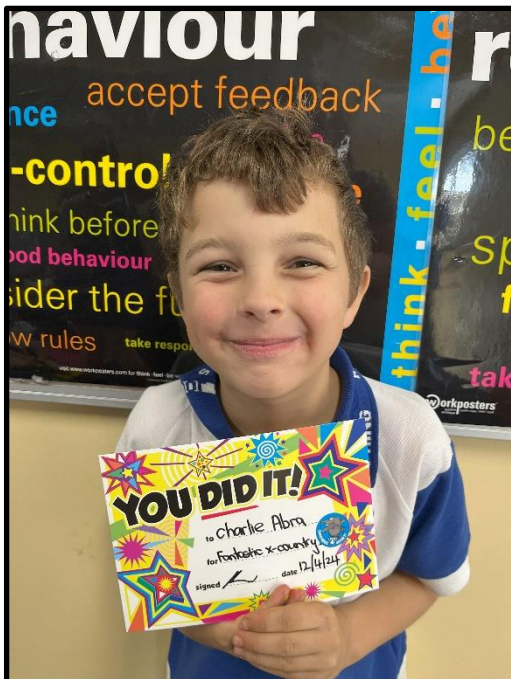
Principal's Award



Class Awards



Sports Award



Value of the week



Principals' Awards – Term 1 Week 11 - Tilly – 'Antz Pantz'

Class Awards - Term 1 Week 11 -

K-2 – Oscar – 'great results in Math'

3-6 – Layne – 'great effort in Math mentals'

Sports Award – Term 1 Week 11 – Amelia and Charlie – 'fantastic cross country running'

Value of the week - Term 1 Week 11 – 'ANTZ PANTZ' – Fred and Annabelle