



Community Notices

The school is happy to advertise some local events and business ventures. However, we do not necessarily endorse them to you.

It is the responsibility of individual parents/caregivers to ensure that they themselves are satisfied with all services offered before they involve their children or themselves.

**swop it**  
everyday in the lunchbox

**4 simple steps to a healthy lunchbox**

Packing an everyday lunchbox is as easy as:

**Step 1:** Pack vegetables for Crunch&Sip®/Fruit break (e.g. carrot sticks or cherry tomatoes).

**Step 2:** Pack fruit and an everyday snack for recess (e.g. popcorn, reduced fat yoghurt, rice crackers and cheese).

**Step 3:** Pack a sandwich, wrap, roll or leftovers (e.g. pasta, rice or roast vegetables) for lunch.

**Step 4:** Finish with water as the perfect thirst quencher.

Don't forget to pack an ice brick to keep food safe!

Carrot sticks    Banana    Reduced fat yoghurt    Vegetable fried rice    Water

**Benefits of being a dad.**

As an involved and engaged father or father-figure you experience many benefits:

- Greater enjoyment of life
- Special memories
- Stronger family relationships
- Relationship with your kids
- Rediscovering 'how to play'
- Better connection to your community
- Better productivity at work

**1**

**Say "I love you".**

- Tell your kids you love them, often.
- Make eye contact and use your kids names.
- Surprise them sometimes by telling them when they don't expect it.
- Don't use empty, repetitive words - think of different ways to tell them you love them. 'You are more precious than diamonds' or other creativity can help them hear your love.
- Write how you feel in cards, notes, emails and text messages.
- Love includes being there for your kids, no matter what. Tell your kids you will always be there for them.

**Important Dates**

**Term 2 - May**

**Thurs 16 May**  
2.10pm Gathering 4/5  
Possums Mrs Gray and  
2/3/4 Platypus Mrs Healy  
All welcome!

P & C meeting  
5.30 in Library  
Please come along and  
meet other parents and  
carers.

**Fri 24 May**  
Regional Cross Country

**Thursday 30 May**  
Gathering 2.10pm

**June**

**Fri 7 June**  
Athletics  
Carnival

**Thurs 27 June**  
Gathering

**July**

**Thurs 4 July**  
Gathering 2/10pm 3/4  
Classes

I hope all of our Mums, nans, and carers had a wonderful Mother's day on Sunday and were spoilt and able to have some relaxing time to yourself.

Thank you for supporting our Mother's Day stall. We raised \$522.00. This money will go back into student activities or resources for your children.

The Hot Milos have started again on Fridays for \$1.00 with little marshmallows. This is optional for parents.

This Wednesday there will be an opportunity for some of our 5/6 students to participate in a program with Nate Weatherall writing music. This is a pilot program and if the students enjoy it we may be able to do more at a later time.

Last week in the newsletter you saw the photos of our leaders laying the Lwreath at the ANZAC service.

I was very proud of the number of students who attended the march to represent our school and the leaders laying the wreath. Two ladies in front of me at the service commented that our leaders looked very smart and confident, heads held high and proud. It was a lovely comment to overhear.

Please remember that our P & C will be catering at the District Cross Country carnival on the 24 May, Friday, next week. They are after some cakes and slices to sell, so if you are able to help provide anything, please bring them into school on the Thursday 23 May.

Drummond's Athletic carnival will be on the 7 June. This will be at Harris Park. A meal deal for a BBQ - sausage sandwich will come home next week. The P & C will be cooking and serving these.

We have the honour of hosting the Multicultural Public speaking finals here at Drummond on Thursday 27 June.

Our students were informed about the Public Speaking Competition today and were asked if anyone would like to enter and start writing their speech.

The teachers will be able to support the students as well with the writing. Please discuss with your child and get them to start writing. There will be more information in the next newsletter.

Our competition will be on the 13 June.

**Have a great week.**  
Julianne Crompton - Principal

**FREE**

**Toolkit for Dads**  
A 3 hour session for men

Fatherhood - the best job on the planet!

**DATES AVAILABLE in 2024**  
Wednesday 15th May 2024, 10am - 1pm  
Wednesday 26th June 2024, 10am - 1pm  
Wednesday 31st July 2024, 10am - 1pm  
**WHERE:** 150 Rusden Street, ARMIDALE  
For more information ring Facilitator on **6738 7200** or to book, please call **1800 372 826 FREE CALL**

Join us to learn about:

- What gets in the way
- What to do if you lose it
- What children need
- Smarter ways to parent
- Neuroscience and kids
- Helping children thrive
- New ways to discipline
- Self-care for dads

ARMIDALE JUNIOR RUGBY

NEW RUGBY JUNIORS

**REGISTER NOW!**

UNDER 6S - UNDER 18s

- ✕ U6 U8 U10 U12 - MIXED
- ✕ U14 U16 U18 GIRLS
- ✕ U14 U16 U18 BOYS

FREE WARATAHS MEMBERSHIP

ACTIVE KIDS VOUCHERS ACCEPTED

ARMIDALEJUNIORRUGBY@GMAIL.COM    ARMIDALEJUNIORRUGBY.COM

Sign Up today!

U6s-8s - JOIN US THIS SEASON & CLAIM YOUR MINIS REGISTRATION PACK & WAHU RUGBY JUNIOR MEMBERSHIP MERCH WITH YOUR 2024 REGISTRATION!

Centacare NEW acknowledges the traditional custodians of this land and pays respect to the elders past and present.

**FAMILY RELATIONSHIP CENTRE**  
HELPING FAMILIES BUILD BETTER RELATIONSHIPS

An Australian Government Initiative

**Centacare**  
New England North West  
Rural Resilience  
THE SOCIAL SERVICES AGENTS OF THE CENTRAL DISTRICT OF NEW ENGLAND

**“**

**Work hard, be kind, and amazing things will happen.”**

**CONAN O'BRIEN**

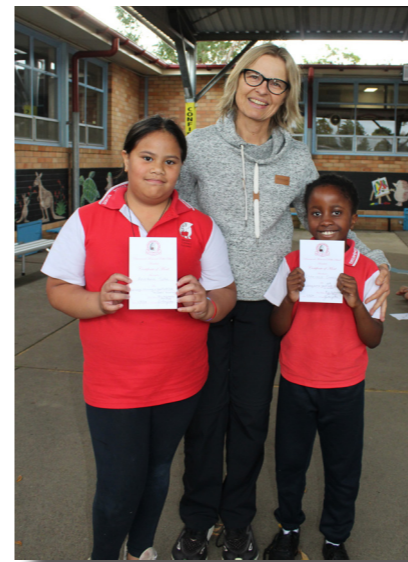
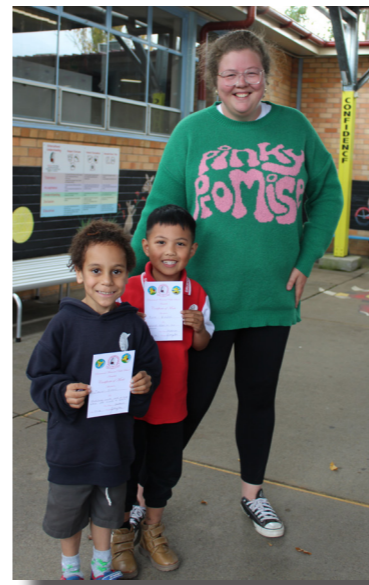
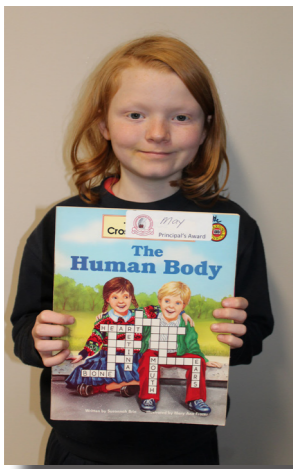
Drummond Memorial Public School, 250 Rusden Street, ARMIDALE, NSW 2350

Assistant Principals: Mrs Debra Rothschild (SpEd), Mrs Debra McIntyre, Mrs Trudi Henderson  
Mr Aidan Williams (APC & I), Mrs Rachel Healy and Mrs Bronwyn Paull

School Leaders: Adele Simba & Jonathon Landrigan-Peet

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Principal Awards

Class awards and National Flags

