



We are incredibly proud of our Year 5 students who were nominated for leadership roles for 2025 and delivered their speeches last week.

Mrs Miriam Treton recounted that she was too scared to stand up in front of everyone and give a speech when she was in primary school.

Congratulations to those who gave it a go - you should be very proud of yourselves.



Important Dates

Term 4

December

Tuesday 3

Year 6 Orientation
Day at ASC

Wednesday 4

Pie Meal Deal

Wednesday 11

Presentation Day
9.30am to 11am

Thursday 12

End of Year BBQ
and Concert
5pm - 6pm

Tuesday 17

K-6 Rewards
Carnival

Wednesday 18

Students last day
for 2024

School holidays

Thursday 19
December to
Wednesday 5
February 2025

2025

Students return
Thursday 6
February 2025



Freeze food for fresh summer lunchboxes

Summer is just around the corner. Save time in the mornings by making food ahead of time and storing it in the freezer!

Try these ideas:

- Sandwiches with reduced fat cheese, vegemite or roast meat are great for freezing. Put the frozen sandwich straight into the lunchbox, not only will it defrost by lunchtime, it will keep the lunchbox cool.
- Make a batch of everyday snacks on the weekend and freeze. Try banana pikelets or zucchini slice!
- Keep yoghurt cooler for longer by adding frozen berries.
- Cut an orange into quarters and freeze for a delicious cold snack.



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.

Sunsmart Snippet

Slop on sunscreen



Apply SPF 30 or higher sunscreen generously, re-apply every two hours.

Apply 20 minutes before going outside.

Adults use about a teaspoon for the face, neck and ears; a teaspoon for each arm and leg; and a teaspoon each for the front and back of the body.

www.sunsmartnsw.com.au



Cancer Council
Healthy Lunch Box

FREE

Surviving Your Adolescents

For more information or to REGISTER ring FACILITATOR on **6738 7200**

Learn how to manage and let go of your 11-22 year old!

The Surviving Your Adolescents course covers:

- What is normal adolescent behaviour, what is not
- How to manage teen risk-taking
- The Four Things Not To Do
- The Four Ways to improve your relationship
- Taking on a new role with your teen
- How to keep the communication channels open
- Helping your teen learn to manage their emotions
- How to help prevent behaviour problems in your teen



WHEN: 2 Tuesdays - 10th & 17th December 2024

TIME: 10am - 1pm

WHERE: Centacare Armidale, 150 Rusden Street, Armidale

COST: FREE



An Australian Government Initiative

Registration is essential. This course is subject to registration numbers.



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

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

Assistant Principals: Mrs Debra Rothschild (SpEd), Mrs Rachel Healy, Mrs Bronwyn Paull,

Mr Aidan Williams (APC & I) Mrs Debra McIntyre.

School Leaders: Randee Elias and Steven Edlington

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