Dear Parents and Carers,

I would like to congratulate all the students from Eungai Public School who performed at week’s ‘Showtime’. Our students entertained well over eleven hundred people last Thursday evening. I am so proud of the way the children rose to the occasion. They exceeded my expectations and stole the show. Well Done! Thank you to all the staff who have worked so hard over the past few months to make this happen. Thank you also to the families who supported us in allowing your children to attend. The finale comprising of seven hundred performers, was very special and well worth watching.

Athletics Carnival

Last Friday a large number of Eungai students competed at the District Athletics carnival at EJ Biffen grounds in Nambucca Heads. Mr Jones who attended the day on our behalf said that all our children competed to the best of their ability and did Eungai proud. Congratulations to the students who made it to the next level.

Eungai Principal Position.

Mr Glen Pleasance (Director Mid North Coast) informed me that the Principal position at Eungai Public School will go to merit selection. He has asked me to organise the process of selecting a staff representative and a Community representative for a panel to choose the new Principal as soon as possible to get the Merit selection process started. Eungai P&C will be holding a special meeting on Tuesday afternoon 4th August at 3.05pm to select a parent representative for the panel. I will attend the meeting to explain how the process works. Mr Pleasance will be the panel convener.

Kind Regards
Mr Anthony Buckley
Principal
Why is it so important that children drink water?  
Water is good for us - our bodies are made up of 50-60% water. Water lost each day through breathing, sweating and going to the toilet needs to be replaced, especially in hot weather. Adequate fluid intake is essential to good health. Not drinking enough fluid causes dehydration. Any level of dehydration can cause physical symptoms such as poor concentration in class, headaches and irritability.

Children rarely drink enough during break times at school and often forget to drink unless reminded. Crunch&Sip® provides an opportunity to drink water and helps to prevent dehydration.

How much water does my child need?

The recommended daily amounts of fluid for children and adolescents are:
- 5 glasses (1 litre) for 5 - 8 year olds
- 7 glasses (1.5 litres) for 9 - 13 year olds
- 8-10 glasses (2 litres) for 14+ years
* a glass is 250 ml

More water is needed if children are exercising or sweating due to heat.

Eungai Public School is participating in Woolworths Earn & Learn Program.

Please help by bringing in stickers from Woolworths, we have some sticker books at the office or you can get them at Woolworths Stores. There is a box in the Macksville store where you can put in your completed sticker book or you can bring them to the office.

Thank you.

Mrs Mitchell
Well Done to all the students who represented our school last Friday at the carnival at Nambucca Heads.

Girls:
Maya Lamb, Taya Rouse, Eva Delimihalis, Charlotte Cooper, Aleesha Davis, Zoe Delimahalis, Erin Cooper, and Ruby Falzon

Boys: Quinn Cooper, Reece Bishop, Aaron Gaymer, Brendyn Gaynmer, Harry Howden, Joeli Bula-Tiko, Elijah Cooper

Congratulations to those student who have qualified to progress to the next carnival which is to be held on Friday 14\textsuperscript{th} August 2015 at Coffs Harbour International Stadium.

JEANS FOR GENES DAY