

Newsletter Term 3, Week 6 2023



It's Dambila (Barramundi) Season for Gulumoerrgin (Larrakia) country. Doedlirra (Green Sea Turtle) are hunted throughout the year except when they are mating and laying eggs. Strict laws decide when Doedlirra can be hunted.



Billirrawarra (Red-tailed Black Cockatoos) eat the Damiyumba (Billy Goat Plum) fruit now.

Dear Families,

This week has seen us come together as a school for our annual Sports Week. The occasion saw students participating in track events, shotput, discus, and novelty events such as water bucket relays and bean bad toss.

Our Malak House Teams foster team spirit, and it was so good to see our students cheering and encouraging each other on. I was also impressed with our students' willingness to have a go and give it their best, and it was great to see so many families join us for the event.

A big shout out to Mr Ridley and all of our staff for their efforts and a big thank you to SEDA students for their assistance during the week. Well done Malak!



## Sharing our learning

Starting in Week 8, classes will take turns in sharing their learning with you through our newsletter- watch this space! Don't forget we have a school Facebook page (Malak School) with regular information updates and learning from across the school. Please jump on, like and follow.

## Updating contact details

It is important to ensure that the school has your up-to-date contact details and accurate family background information. Next week, a copy of your current information will be sent home with your child in a sealed envelope. Could you please keep an eye out for this form, review the information and make any corrections needed before returning the form to the school.



## Emergency Sandwiches

A friendly reminder that the school offers 'emergency sandwiches' for students who may have forgotten their lunch, however, these sandwiches are for emergencies only. Please ensure your child is coming to school each day with a packed recess and lunch. Breakfast Club continues to run each morning and each Friday morning pancakes are on the menu!

## School Council Meeting

All parents and carers are encouraged to come along to our School Council General Meeting which will be held on Wednesday 31<sup>st</sup> of May at 5pm in our conference room. Nibbles and drinks will be provided. Hoping to see you there.

## Friendly reminders

Some friendly reminders below:

- ✓ Teaching in the Territory Excellence Awards close on Friday 2<sup>nd</sup> June. To nominate a Malak teacher please visit: <https://teachingintheterritoryawards.nt.gov.au/>
- ✓ Year 5/6 Camp notes must be returned by Friday 2<sup>nd</sup> June with payment due by Friday 11<sup>th</sup> August.
- ✓ If you have pre-loved uniforms you no longer use, please donate them to the front office.



Take care,

Haydon Staines  
Principal  
Malak Primary School



## School Survey

At Malak School we are always looking at how we can improve. To do this we need to know what our school community is thinking. You can choose to be anonymous or share your name. Please provide at least one suggestion to this survey. These could be changes, something new or more of something. Thank you for your time.

The survey can be accessed by QR code or here:

<https://forms.office.com/r/THjYhqJ9LX>

Top 3 things to make learning and wellbeing better at Malak School.



**nab AFL Auskick**

# JOIN THE FUN!

[play.afl/auskick](https://play.afl/auskick)



**nab AFL Auskick**

NAB AFL Auskick is one of the best, first experiences kids aged 5-12 will have learning Australian Football.

In weekly sessions, Auskickers and their families will run, jump, kick, laugh and create their own special moments playing footy.

No matter their skill level, ability or knowledge of the game, Auskick is for everyone!

**Registration is this simple!**

- 1 **WWW.**  
Visit [play.afl/auskick](https://play.afl/auskick)
- 2   
Select 'Where to play'
- 3   
Enter your suburb
- 4 **REGISTER**  
Find your local club and register!

[play.afl/auskick](https://play.afl/auskick)

NATIONAL RECONCILIATION WEEK 2023

27 MAY — 3 JUNE

# BE A VOICE FOR GENERATIONS

NRW.RECONCILIATION.ORG.AU

#NRW2023



## Calendar of Events 2023

<b>Friday 26th May</b>	<ul style="list-style-type: none"> <li>National Sorry Day Panel Discussion @ the Museum and Art Gallery NT from 10:30am</li> <li>Reconciliation BBQ Lunch with the Gold Coast SUNS @ Raintree Park from 12:00pm</li> <li>You Can Go Now @ Deckchair Cinema (Ticket Required) from 7:00pm</li> </ul>
<b>Saturday 27th May</b>	<ul style="list-style-type: none"> <li>In Our Hands Talk @ MAGNT (Ticket Required) from 11:00am</li> <li>Watandar, My Countryman @ Deckchair Cinema (Ticket Required) from 7:00pm</li> </ul>
<b>Monday 29th May</b>	<ul style="list-style-type: none"> <li>First Nations Acoustic Performance @ City of Palmerston Library from 5:00pm</li> <li>Indigenous Women's Network Luncheon @ The Deck Bar from 12:00pm</li> <li>Audrey Napanangka @ Deckchair Cinema (Ticket Required) from 7:00pm</li> </ul>
<b>Wednesday 31st May</b>	<ul style="list-style-type: none"> <li>Black Coffee with Following in Their Footsteps and Liftoff Australia @ Aboriginal Bush Trades from 8:30am</li> <li>A Night Under The Stars with the 2023 NT Australians of the Year @ Saltwater @ Bundilla from 5:00pm (Registration Required) <a href="#">A Night Under the Stars with your Australian's of the Year, The Gardens, Wed 31st May 2023, 5:00 pm - 7:00 pm ACST   Humanity</a></li> </ul>
<b>Thursday 1st June</b>	<ul style="list-style-type: none"> <li>Variety NT Trivia Night @ Darwin Trailer Boat Club from 6:00pm</li> </ul>
<b>Friday 2nd June</b>	<ul style="list-style-type: none"> <li>BBQ Cookup with Something Wild and Saltwater Ceremony @ Bundilla Beach from 6:00pm</li> <li>Top End Wedding @ Holzerland Park, Malak from 6:30pm</li> </ul>
<b>Saturday 3rd June</b>	<ul style="list-style-type: none"> <li>Palmerston Family Day @ Goyder Square from 1:00pm</li> </ul>

Proudly supported by:

For more information, please contact:  
 Nicole Brown - 0406 240 616  
 Damien Mick - 0447 005 663

# Harmony Sairee

SATURDAY | 27 MAY 2023 | 4:30 - 9PM  
DARWIN WATERFRONT

Join Darwin's multicultural communities for fun-filled activities, delicious food and colourful dancing performances.

At twilight, release your decorated lantern into the lagoon and watch as it floats away at sunset.

Experience Darwin's Multicultural Event, meet with your family and friends, bring a picnic blanket and enjoy delicious food and colourful dancing for a wonderful night and experience.





# GOLD COAST SUNS AT KARAMA LIBRARY TUESDAY 30 MAY, 3-4PM

Tell Mum, Dad, Aunty, Uncle, Nana and Pop that the Gold Coast SUNS are coming and everyone's welcome.

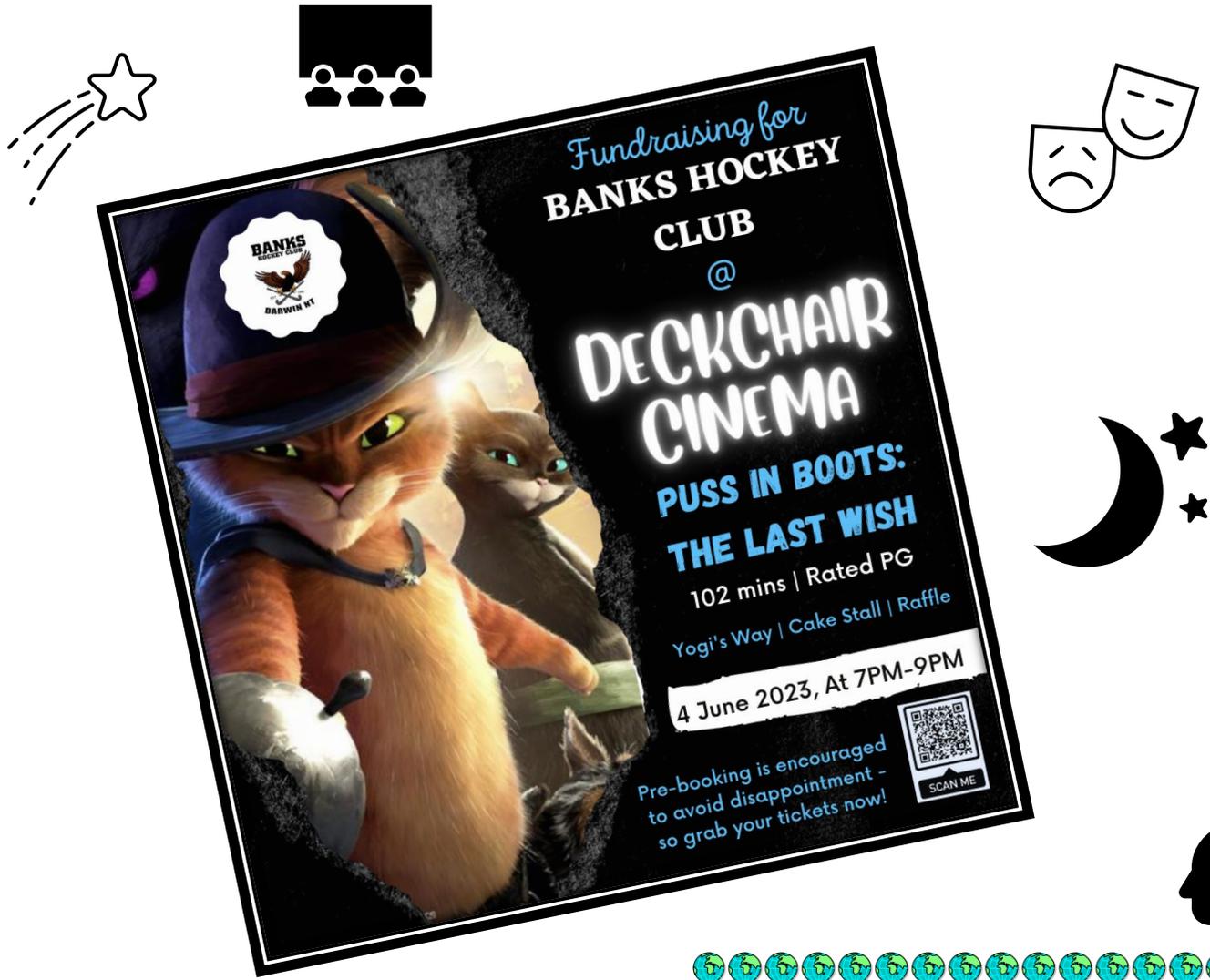
Challenge the players to your favourite video game, code some robots or take your photo.

Afternoon tea provided.

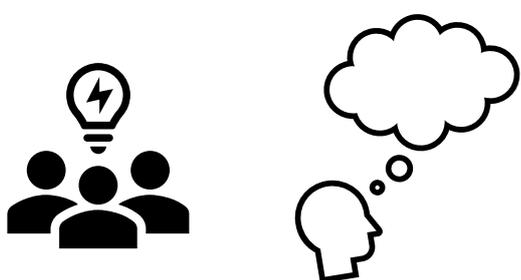


LIBRARIES  
FOR PEOPLE

CITY OF  
**DARWIN**



Let's show some support for our local's who are fundraising, by getting your friends and family together and book a table of 6 to challenge your mind  or by simply going to watch a movie under the stars. 



## Quiz Night

Raising funds to help send NT students to Melbourne for the National Finals of Tournament of Minds (TOM)



Challenging the world

### Tournament of Minds

An International educational program 'challenging the world' to develop creative problem solving skills

Tournament of Minds (TOM) is a program for all primary and secondary students providing the opportunity to solve authentic, open-ended challenges that foster creative, divergent thinking whilst developing collaborative enterprise, excellence and teamwork. Challenges are set in the following disciplines... The Arts, Language Literature, Social Sciences and STEM.

Saturday 3rd June, 2023

6pm for a 7pm start

Palmerston Golf Club

Tables of 6 - \$10 per person

To purchase tickets, please contact Wendy on the details below.

For further information: email [nt-director@tom.edu.au](mailto:nt-director@tom.edu.au) or phone Wendy on 0417824300

**Celebrating 30 Years of the Arafura Wind Ensemble**

# CHILDREN'S BIRTHDAY PARTY

Step into a world of nostalgia and adventure as the AWE bring to life beloved melodies from children's TV shows, movies, and timeless classics. From catchy theme songs to magical soundtracks, this free concert promises to delight both the young and the young at heart.

**📅 Saturday 3 June 2023**  
**🕒 5pm - 6:30pm**  
**📍 Nightcliff Foreshore (near Chapman Rd)**  
**🆓 Free admission**  
**★ BYO chairs/rugs and picnics**












## KARAMA COMMUNITY GARDEN



# Plant Sale

**Saturday, 27 May 2023**  
**9am - 11am**

- Bananas, Pineapples, Chillies
- Papaya, Thai Coriander,
- Tomato seedlings
- Fiddle-leaf Fig, Peace Lily, Hoya, Shell Ginger.

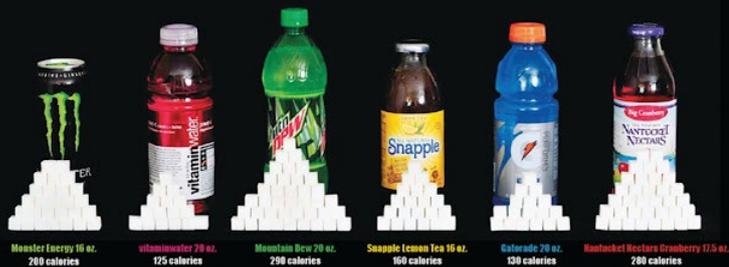
**BBQ Brekky hosted by:**  
**Ngaree Ah Kit MLA, Member for Karama**

**Robyn Lesley Park - Koolinda Cres, Karama**

 [Karama-Community-Garden](https://www.facebook.com/Karama-Community-Garden)



# How much sugar is in your drink?



**13.5** teaspoons  
**8** teaspoons  
**19.25** teaspoons  
**10.5** teaspoons  
**8.5** teaspoons  
**17.5** teaspoons

Consumption of sugar sweetened beverages may be the single largest driver of the obesity epidemic, according to a 2009 study in the New England Journal of Medicine.

**Average sugar sweetened beverage consumption by youth**  
 Ages 7-9: 42 gallons/year  
 Ages 10-11: 65 gallons/year  
 Ages 12-19: 108 gallons/year

**The extra calories from added and free sugar**  
 Add to your regular diet every day for a year would be enough calories to cause a 30 pound weight gain.

Alliance for a Healthier Rhode Island

c/o Rhode Island Medical Society

This artwork was created by our colleagues from the Alliance for a Healthier Vermont. We thank them for sharing!

Sports Drinks - TOO MUCH SUGER or CAFFIENE  
 Please don't bring to school



Gatorade = 6 g sugar  
 Powerade = 34 grams  
 Prime = 200mg Caffiene  
 Coke = 39 grams  
 Apple Juice = 24 grams  
 (Coffee = 80-120 mg)



CENTRE FOR DISEASE CONTROL | Head Lice Advice

# Take a peek, ONCE A WEEK



## Head Lice ADVICE

Every week, check hair and scalp of all family members for live lice and nits.

[www.nt.gov.au/health](http://www.nt.gov.au/health)

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Week 3 1	2	3 Hub Assembly  School Council Meeting – conference room @ 5pm	4	5 Newsletter	6	7
 May Day						
Week 4 8	9	10	11	12 <i>Jeddy Bear Picnic</i> 	13	14 <i>Mother's Day</i> 
Week 5 15	16	17 <i>Year 6</i>  <i>Orientation</i> <i>Assembly</i>	18	19 Newsletter	20	21
Week 6 22	23	24 	25	26  SPORTS DAY	27	28
Week 7 29	30	31 Hub Assembly  School Council Meeting – conference room @ 5pm	1	2	3	4

Notes

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Week 8 5	6	7	4	8	9	10
Week 9 12 <b>Birthday</b>  <b>No School</b>	13	14	15	16	17	18
Week 10 19	20	21 <i>Assembly</i>	22	23 <b>Term 2</b> <b>Last Day</b> 	24 <i>School Holidays</i> <i>Begin</i>	25 
26	27	28	29	30	1	2
<i>School Holidays</i>						
						
29	30	1	2	3	4	5
<i>School Holidays</i>						
						

Notes