

MEGALONG PUBLIC SCHOOL



NEWSLETTER

Term 3, Week 10

25th Sept, 2024

Dear Families,

As we approach the end of Term 3, it's clear that the last few weeks at Megalong Public School have been bustling with activity and excitement. Our Crazy Hair Day was a particular highlight, with students and staff alike, embracing the fun and creativity of outrageous hairstyles. The vibrant display of colors and styles certainly brightened up our school environment.

The students loved making their father's day presents and cards and we were blown away by their thoughtfulness. I hope all our dads and grandads enjoyed the special celebration.

I'm very proud to announce that the Callistemons were the 2024 overall winners in the Awabakal Environmental Education Centre Wet and Wild Challenge. We all relished in the challenge of finding the answers to the clues released each week and I can report with certainty that we all learnt many new things about our local flora and fauna.

Another standout moment was Clancy's exceptional performance in a play about disaster preparedness. Representing us at Zig Zag Public School, Clancy showcased her talent and commitment, earning praise from all who attended. We were also delighted to participate in engaging workshops with the students at Zig Zag, fostering a sense of community and collaboration between our schools.

Safety Week was another significant event, where students immersed themselves in learning about various aspects of safety, including road and bike safety. We also will have one of our dads provide a safety talk on behalf of Energy Australia about safety around the home. These activities provided invaluable lessons, ensuring that our students are well-informed and prepared to navigate their environments safely.

Lastly, our visit to the Feathered Friends Bird Sanctuary was nothing short of magical. The opportunity to interact with and learn about our diverse bird species left a lasting impression on both students and staff. It was a fantastic experience that enriched our understanding of wildlife and the importance of conservation.

As we reflect on these events, we are reminded of the vibrant and engaging learning experiences that make our school community so special. Here's to a continued successful Term 4 and many more exciting activities ahead!

Rachael Penny
Principal

Dates to watch for...

27th Sept—Katoomba Library

27th Sept—Last day of Term 3

14th Oct—First day Term 4

15th Oct—Film By tickets on sale

7th Nov—Film By the Eucalypts Festival

9th Nov—Megalong Bush Gymkanna

11-22 Nov—Swim School



Around the Playground and in the Classroom



Fathers Day Craft



NSW Department of Education

2024 NSW Premier's Reading Challenge

Well Done Callistemons!

All students completed the challenge and are still enjoying reading all their favourites and discovering new ones at Katoomba Library!





KATOOMBA LIBRARY VISITS



Students have really enjoyed our visits to the Library this term. They have learned where to find books they like and have also enjoyed quiet reading time.





This term, students have been busy working on two films for this years Film by the Eucalypts Festival.

The short whimsical film Magic Bells involved a quick trip down to Old Ford Reserve which was enjoyed by all.

A special shout out to Mrs White for her patience and wonderful acting.



The second film is a short documentary about the silver linings residents found when the most recent landslide happened earlier this year.



Crazy Hair Day



Surprise Visitor

We had a very special surprise visitor in our school cubby this term. After the strong winds, students were lucky enough to meet this Mamma ringtail possum up close, taking shelter in the cubby.



Fact Sheet



REDUCING YOUNG CHILDREN'S SCREEN TIME

Time children spend sitting and watching television or DVDs, or using electronic media such as computers, tablets, or electronic games (known as 'screen time') is time they could spend being active. Research shows that Australian children spend too much time being sedentary and not enough time being active. This can lead to short and long term health problems such as poorer social skills and concentration, slower development of language and memory, reduced muscle and bone growth, and a higher risk of being above a healthy weight.

The Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years) recommend that:

- Children younger than 2 years of age are not provided with any screen time.
- Children aged 2-5 years spend no more than 1 hour on screen time (less is better).

Tips to reduce children's screen time

- **Set limits on your child's screen time** - monitor how much screen time your child engages in. Decide on a time limit, let your child know and stick to it.
- **Make certain days of the week 'screen free'** - it's good for your children to have at least one day of the week where no TV or computer games are allowed. Offer active indoor and outdoor activities instead.
- **Leave the TV off** - only have the TV on when it's being watched, otherwise turn it off and use music for 'background noise'.
- **Eat at the table and leave the TV off** - try to eat at the table as a family, not in front of the TV.
- **Be selective about what your child watches** - use your child's allocated screen time to watch quality programs they enjoy. These could include educational programs or programs that encourage movement.
- **Remove TVs, tablets and computers from your child's bedroom** - keep these in a common area so you can monitor.
- **Be an active role model** - monitor your own screen time and lead by example. Allow time to be active with your child.

- **Encourage productive sedentary activities** - when your child is sedentary, encourage reading, singing, puzzles and storytelling with a caregiver instead of screen time.
- It is important to think about what activities small screens are replacing i.e. playing outside.*

Some ideas to get children away from the screen

- Play with different sized balls (i.e. tennis ball, soccer ball, netball/basketball, football).
- Play with balloons (i.e. punch, kick or throw them to keep them off the ground).
- Play games (i.e. hide-and-seek, obstacle courses, follow the leader, stuck in the mud, or tag games).
- Fly a kite, in the backyard or at the park.
- Play with puzzles, read books, do art and craft.
- Let your child help you cook (i.e. measuring ingredients).

To find out what media and apps are suitable for your child, look at the Australian Council on Children and the Media website <http://childrenandmedia.org.au/>



For more information and ideas on healthy eating and physical activity go to www.healthkids.nsw.gov.au

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SHUTTERSTOCK/ISTOCK

Programs & activities for families in the Blue Mountains



WHERE YOU CAN FIND

- Activities calendar for children, youth and families
- Parenting programs and support groups
- Local services to support your family

Visit strongerfamilies.net.au



THE RESILIENCE PROJECT

Empathy

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy, or we do something kind for someone else our brain releases oxytocin. This leads to increasing our self-esteem/confidence, energy levels, positivity and overall happiness.

Whole Family Activity:

Neighbourhood Kindness Challenge

As a family, choose an act of kindness from the list below that you would like to do for a neighbour or family friend. Each family member can select one to commit to, or you can choose to do one together.

- Cook them something delicious like a cake, hot bread, or cookies.
- Write a note to put in their letterbox thanking them for being a great neighbour or friend.
- Design them a Thank You card.
- Pick or buy some flowers to deliver to them.
- Choose a little plant from your garden to give them.
- Make them a gift from things around your house.
- Offer to do a job for them, like wash their car or water their garden.
- Offer to take their pets for a walk.
- Invite them over for afternoon tea.
- Invite them on a walk.
- Recommend one of your favourite books to borrow and read.
- Ask them if they need anything from the shops next time you buy groceries.
- Say hello next time you see them and ask them how their day is going.

Feel free to do more than one and spread the kindness even further! Report back to each other in one week and share how your acts of kindness were received, and how doing them made you feel.

Family Habit Builder:

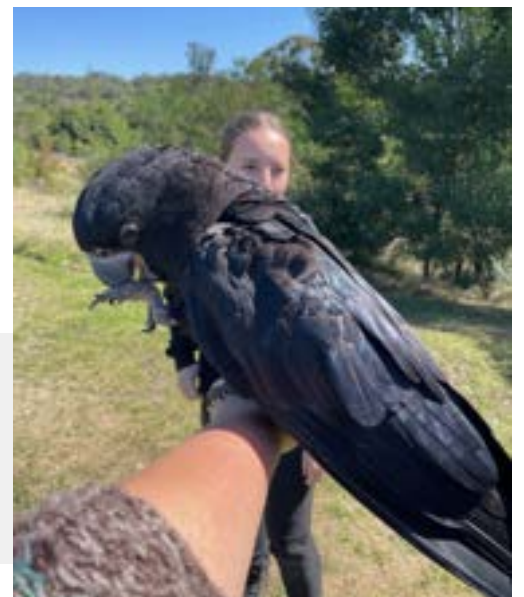
Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.



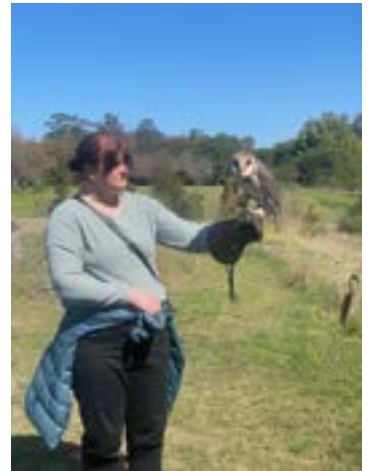
As part of our wellbeing and science units we had a wonderful hands on visit to Feathered Friends Bird Sanctuary. Our hosts were so knowledgeable and engaging and the birds were amazing. One of the birds they met was 'Terry' an endangered black cockatoo that the



school has sponsored. This sponsorship will help the sanctuary with their important work towards helping save this endangered species.







October School Holidays

Workshops and Events

Book into one of our workshops to create, make and construct. More workshops over the page.

To book visit the website or your local Library branch. bluemountainslibrary.eventbrite.com.au



Collaborative Creations - Spring Flowers!

These Spring school holidays we will be celebrating Spring by making flowers, and if you like, adding them to our community flower bowl.

Each branch will have a collection of papers and flower templates for you to make your own floral creations. There will also be a community flower bowl in each branch where you can place your flowers. Drop in to a branch anytime during the school holidays and ask our friendly staff for materials.

Stained Glass with Naomi Oliver

10.00 - 11.00am | Kindy - Year 6 | \$6

Tuesday 1st October, Katoomba Library

Wednesday 2nd October, Springwood Hub, Meeting Room 2

Have fun creating a stained glass design using cellophane, which you can hang on a window to add colour to your space.



Folded Paper Bracelets with Naomi Oliver

11.30 - 12.30pm | Year 3 - Year 8 | \$6

Tuesday 1st October, Katoomba Library

Wednesday 2nd October, Springwood Hub, Meeting Room 2

Learn this step-by-step folding technique to craft an awesome, multicoloured paper bracelet!



BLUE MOUNTAINS LIBRARY



Pirate Portraits with Mariah Calman

10.00 - 11.00am | Kindy - Year 4 | \$6

Thursday 3rd October, Katoomba Library

Tuesday 8th October, Springwood Hub

Arrghh me hearties! Don your favourite pirate cap for a workshop of pirate portrait fun. Learn skills in sketching the face including facial proportions and drawing features of a character. Decorate your pirate's portrait with a range of mixed media including pencil, pastel and watercolour.



Pen-Tastic Portraits with Mariah Calman

11.30 - 12.45pm | Year 5 - Year 10 | \$6

Thursday 3rd October, Katoomba Library

Tuesday 8th October, Springwood Hub

This workshop will focus on experimenting with drawing techniques to create a collection of expressive portrait samples.

Learn skills such as continuous line drawing, building facial proportions, developing tone and using pen and pencil to create representational images.



Zig Zag Public School Visit



Students enjoyed a visit to Zig Zag Public School to watch the play Time To Leave. They followed up the play by joining in with Zig Zag students doing a workshop that aims to help children to be prepared and empowered in an emergency situation.





PENRITH LAKES

ENVIRONMENTAL EDUCATION CENTRE
EDUCATION FOR A SUSTAINABLE FUTURE





Excursion to Penrith Lakes Environmental Education Centre

Focus – Geography – Natural Environment

We had a great time on the excursion to the Penrith Lakes Environmental Education Centre. We investigated Penrith Lakes Scheme as a sustainable contemporary geographical land use issue at a local scale. We had an introduction and tour of Penrith Lakes; we did some water testing using geographical tools and completed aquatic invertebrate and bird investigation.

Key inquiry questions explored were:

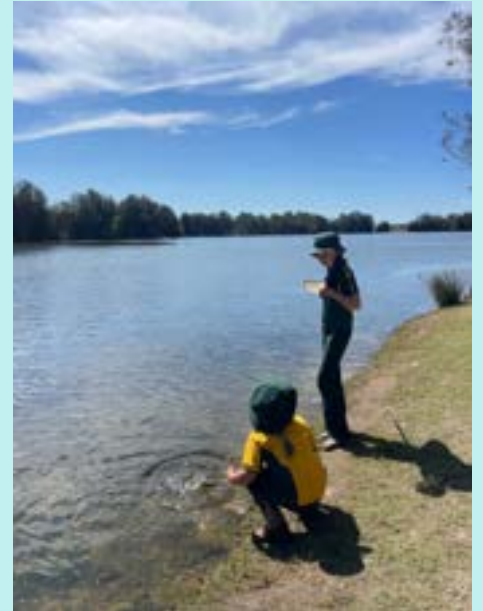
How does the environment support the lives of people and other living things?

How do different views about the environment influence approaches to sustainability?

How can people use places and environments more sustainably?







Voice to Parliament



Raise Our Voice in Parliament is back for 2024

And our federal MP is getting involved!

Our students have the opportunity to have their 90-second speech read out by our MP or a senator during Youth Voice In Parliament week from 7-10 October.

Speeches should answer the question:

What do you want your community to look like in the next ten years and what can the next parliament do to achieve it?



RAISE
OUR
VOICE

We are excited that our Stage 3 students participated in this year's Youth Voice in Parliament week, an initiative by Raise Our Voice Australia. From October 7-10, students from across the country have the chance to have their 90-second speeches read by a federal politician in parliament in Canberra.

This year's question is:

“What do you want your community to look like in the next 10 years, and what can the next parliament do to achieve it?”

This question encourages students to reflect on their ideas for the future and is an opportunity for them to raise the issues that matter most to them.

External Validation August 2024



Every four years, all schools within the NSW Department of Education complete the external validation process. This process requires an evidence bank to be submitted that shows how the school is performing against an excellence framework. The school team participates in a meeting where clarifying questions are asked, and the school is validated against the NSW School Excellence Framework. This framework consists of 14 elements in the areas of Leading, Teaching and Learning.

The framework places schools on a scale of Working Towards, Delivering, Sustaining & Growing and Excelling. Our school recently completed the process and the validation process resulted in some very pleasing progress. Examples of progress are as follows:

- Learning Culture - Excelling
- Wellbeing – Excelling
- Curriculum - Excelling
- Assessment - Sustaining and Growing
- Effective classroom practice - Excelling
- Learning and development - Sustaining and Growing
- Educational Leadership - Sustaining and Growing
- Management practices - Excelling

School Resources – Excelling



Megalong Public School is strongly performing in all other areas and moving from Sustaining and Growing into the Excelling domain in the other aspects of the framework.

Writing for Wellbeing Workshop

5/10/24 Megalong Valley Community Hall



5th October, 2024
10:00am - 12 noon



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