



MEGALONG PUBLIC SCHOOL

NEWSLETTER

Term 4, Week 10



Dear Families,

Well, we made it! 2023 will be a year we all remember for a long time to come.

Term 4 has been a joyous one with lots of new memories made together. I look forward to our journey together next year providing your children, our students with the best learning opportunities and experiences.

We have a new kindergarten student starting her schooling in 2024. She has had a successful orientation to school and we look forward to her joining the Callistemons.

Mr Jack Wolffs won't be leaving us completely, he will do a casual day for us here and there, as will our lovely Mrs White. Thank you for all you have done for us Mr Wolffs and Mrs White. We hope to see you again in 2024!

Today we say thank you to our beautiful counsellor Ms Lynley McNab for all of her love and support. Lynley has very much become part of our Megalong Public School family, and we will all miss her very much and wish her all the very best as she embarks on a new chapter.

We look forward to Miss Keep continuing teaching next year on Thursdays and Fridays. Thank you for all you do Miss Keep!

Siobhan, Peter and I will be here next year as always. Siobhan will be with us full-time and Peter will be with us two days a week, working hard as usual to keep our school safe and looking gorgeous.

I would like to say a special thank you to Siobhan and Peter who have made my transition to Megalong Public School so much easier than it could've been. They have shown me so much patience and kindness and they work tirelessly to keep our school running smoothly and go above and beyond to keep our students safe and happy.

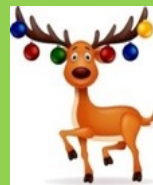
Finally, thank you to the students for welcoming me into your classroom and showing me how things are done here at Megalong Public School. I am blessed and feel very grateful to come to school each and every day to work with you all and experience life with you and your families.

Have a wonderful Christmas and enjoy the new year! See you in 2024.

Rachael Penny
Principal



Around the playground and in the classroom...





Spike and Friends...



Kindy Transition



This Term we welcomed a new kindy student to our school. She has enjoyed four transition sessions and has settled in well. We look forward her joining our classroom next year.



Cool Little Kids Program

6 week parenting program - FREE to register

Cool Little Kids is a 6 week program that gives parents skills to help their child manage and overcome anxiety.

If you have a 3-6 year old child with excessive shyness, anxiety or fears, this program will equip you with skills to help support them.

The program will cover:

- Understanding anxiety and shyness
- Causes and risk factors for anxiety
- How to respond to your child's anxiety
- Skills and strategies to deal with fear
- Dealing with setbacks and difficulties
- Maintaining resilience long term



Help your child manage anxiety, excessive shyness and fears



Learn simple Cognitive Behaviour Therapy (CBT) strategies

DATES:
Fridays 16th Feb - 22nd March

VENUE:
Gateway Family Services
Cnr Station and Henry Streets
Penrith

TIME: 10:30am - 12:00noon

COST: FREE



CHILDCARE LIMITED
Bookings required

Gateway
FAMILY SERVICES

Register at 4720 6500 or groups@gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



School Holiday Workshops



Suncatchers/ Mobiles with Tonica

17th Jan 10:00-12:00 125 Wentworth st



Lego with Bryce

19th Jan 10:00-12:00 125 Wentworth st



Felting with Julia

22nd Jan 10:00-12:00 125 Wentworth st

Parents/Carers must stay on site

FREE

Bookings essential phone Marg or Bryce at:

4787 7770



The Life of Water in the Megalong Valley

Megalong Public School was successful in gaining a NSW Eco Grant from the Sustainable Schools Grants Round 4 Program. This work has been undertaken and we look forward to implementing the teaching and learning programs early in 2024. We received resources from the Penrith Lakes Environmental Education Kitchen Garden Centre. A 10,000Ltr water tank was plumbed to the COLA downpipes. This water will be used to provide water to our new self-wicking raised garden beds and new garden tap. The wicking beds replaced old play ground equipment in the area behind the classroom. We will be including the school community next year in establishing fruit trees and vegetable crops for harvesting to use in our kitchen garden programs.



Ms Hawkes Visit



Students were excited to have a visit from Ms Wendy Hawkes. She was a constant and supportive classroom teacher in terms 1-3 this year.

Wendy guided the students in the art of nature journaling and inspired them to make many wonderful artworks. Their artwork gained recognition at the Lithgow show and the Wabi Sabi artwork they created as a class project won the district Waste to Art Show in their Category. It was lovely to see Wendy again and we look forward to welcoming her back for some casual days next year.

Megalong School Bus



This year our long-awaited school bus arrived!!

This is an essential resource for our school. It will not only to enable students to attend small school partnership events, wellbeing, and Blue Mountains curriculum events, multi-stage excursions and sporting events, it is also an important part of our bushfire management plan. It allows us to evacuate all staff and students in the event of an emergency.

Students enjoyed travelling on "Lennie" the school bus to swim school this term.

Calling all Seniors!

Are you interested in taking part in an intergenerational playgroup with Blackheath preschoolers?

If so, we'd love to hear from you! To find out more, please register your EOI with Marg at BANC: community@banc.org.au Or call 4787 7770 We'll collect your contact details and be in touch with a date/time for an informal information session.

FYI, The intergenerational playgroup will commence Term 1 2024, with 90mins per session, over 10 consecutive weeks.

BLACKHEATH
INTERGENERATIONAL
PLAYGROUP 2024





Lino Printing



This term the students learnt about the art form of lino printing. They explored famous artists such as Margaret Preston.

Students picked an Australian plant to use as their focus, as they have been studying plants that live in different habitats in their Geography unit.

The students made their print using carving techniques into foam.



Students researched Andy Warhol and the pop art movement, turning their prints into pop art, using bright colours for each print. Georgie - duck orchid. Willow - flannel flower. Hamish - Sturt desert pea. Clancy - waratah. Zola - bluebell.



CHRISTMAS CRAFT



The students enjoyed improving their sewing skills during some Christmas Craft.
They all were very enthusiastic about creating their very own Christmas stockings and star decorations for the tree.



RFS Visit and Presentation Day

The NSW RFS works in conjunction with the Red Cross to implement the "Firesafe" program. Captain Rob Morse and his wife Helen came to the school in their new fire truck to discuss our 'Shelter in Place' procedures and to reassure the students that their safety would be made the first priority in the event of a bushfire. The central theme for this program is fire safety and awareness. The motive for this theme is to reduce the number of preventable fires that occur in our society and to reduce the number of injuries, deaths and damage that result from fires.



We were very honoured that our parliamentary member Ms Trish Doyle was able to attend our Presentation Day. Trish was warmly welcomed and presented two very special awards. Clancy received the Resilient Spirit Award and Willow received the Courageous Heart Award.

Congratulations girls!



Community De-Fib Boxes Art Project

Endeavour Energy donated 3 defibs and stands to the Megalong Valley Community. To brighten up these stands the community called on the services of local artist Jayne Sheppard who guided and encouraged local children to paint wildflower murals on the stands over a few days in the holidays. The kids not only had fun but learnt a lot of painting techniques over the 2 days. The finished stands have now been installed throughout the valley in 3 locations (Outside the community hall, at the 6 foot track map and the corner of Peachtree and Ward Roads).
Take a drive and check them out- they look wonderful!



Parenting Programs TERM 1, 2024



Program	Date/Time	Location	Register
Cool Little Kids Six week program that gives parents skills to help their 0-6 year old children manage their anxiety.	Every Friday 16th Feb - 22nd Mar 10:30am - 12:00pm ** Limited childcare ** Must register	Gateway Family Services cnr Station & Henry St PENRITH	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Tuning in to Kids Six week program that teaches parents to help children understand and regulate their emotions.	Every Monday 19th Feb - 25th Mar 6:30pm - 8:30pm	Online via ZOOM	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Circle of Security Eight week program that helps parents form secure relationships and stronger bonds with their children.	Every Wednesday 14th Feb - 3rd April 6:30pm - 8:00pm	Gateway Family Services 70 Old Bathurst Rd BLAXLAND	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Circle of Security Eight week program that helps parents form secure relationships and stronger bonds with their children.	Every Tuesday 13th Feb - 2nd April 10:00am - 12:00pm ** Limited childcare ** Must register	Gateway Family Services 14 Oak Street KATOOMBA	Phone 4720 6500 groups@gatewayfamilyservices.org.au



Our parenting programs are funded by DSS and DCJ and are offered FREE to residents of Penrith and the Blue Mountains LGAs.

Phone 4720 6500 or groups@gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



Tuning in to Kids Parenting Program

6 week parenting program - FREE to register

Tuning In To Kids is a 6 week program that supports you to help your child understand and regulate their emotions.



The goal of the program is to help children to understand, regulate and work through their emotions so that they manage their behaviour and respond in socially appropriate ways.

The program will cover:

- Foundations of emotion coaching
- Regulating and working through emotions
- Identifying and validating emotions
- How to develop emotional intelligence
- Developing resilience and facing challenges



Parents and carers can learn the skills of emotion coaching



Help children develop emotional intelligence and resilience

DATES:
Monday evenings
19th February - 25th March

VENUE:
Online via ZOOM

TIME: 6:30pm - 8:30pm

COST: FREE

REGISTER NOW



Register at 4720 6500 or groups@gatewayfamilyservices.org.au



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