

# MEGALONG PUBLIC SCHOOL

## NEWSLETTER



Term 2, Week 5

31st May, 2024

Dear Families,

Term 2 started with a bang with the exciting achievements and experiences from our recent Little Athletics training and Athletics Carnival! Our students have shown incredible spirit and determination as they prepared for this highly anticipated event.

The Athletics Carnival was a resounding success, filled with thrilling competitions and joyful moments shared among friends. Special highlights included our fantastic collaboration with Cullen Bullen Public School and Hampton Public School, where our students forged new friendships and enjoyed every minute of the day.

Adding to the excitement, we were honoured to welcome Healthy Harold, whose visit brought valuable lessons on health, well-being and cyber safety to our students.

Students from grades 3 to 6 had a fantastic opportunity to explore the art of characterisation at the Sydney Writers' Festival, enriching their creative minds and sparking new imaginations. They have been enjoying reading their new books signed by the authors at the Festival.

Sorry Day holds significant importance in our nation's journey towards reconciliation and understanding. Our students demonstrated admirable empathy and respect as they engaged in discussions and activities focused around Sorry Day. Through learning about the experiences of the Stolen Generations and the impact of past policies, they have deepened their understanding of our shared history and the importance of healing and unity.

We are incredibly proud of all our students for their hard work, sportsmanship, and enthusiasm throughout these events. Their dedication and positive attitude truly exemplify the spirit of our school community. Here's to many more achievements and memorable moments ahead!

Rachael Penny,  
Principal



### Reminders..

- ◆ **School Drive Subsidiary**—Apply at Transport NSW.
- ◆ **Premiers Reading Challenge** has begun— record any books read at home as well.

NSW Department of Education

## Every Day Matters

Make sure your child doesn't miss out on the important things like:

**Learning**

**Strengthening friendships**

**Emotional development**

When it comes to attending school, every day matters.

Scan the QR code to learn more.

# Little Athletics Training

## With Hampton PS and Cullen Bullen PS













# Around the Playground and in the Classroom



Our beautiful new musical garden flowers have been installed. They look and sound so lovely and the students love experimenting with their melodies.



## Dates to watch for...

**31st May**— Healthy Harold

**10th June** — Kings Birthday holiday

**17th June**— Touch Footy Practice at Hampton

**20th June**— Public Speaking at Hampton PS

**24th June**— Touch Footy Knockout comp with Hampton PS at Taralga

**5th July**— Crazy Hair Day

**5th July**— Last day of term 2

**23rd July**— First day of Term 3

**22nd—26th July** — NAIDOC week

**5th -9th July**— Education Week

**9th July**— Gruffalo Play at Bathurst

**12thg-16th Aug**— Science Week

**19th -23rd August**—Book Week

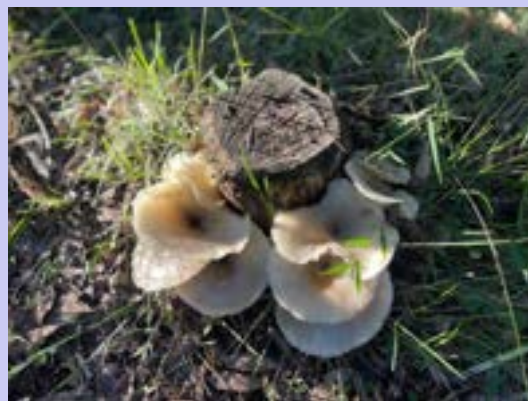




Megalong students have found some mushrooms straight out of a fairytale! These bioluminescent fungi are growing in our back reserve.

*Omphalotus nidiformis* create their own light through a chemical reaction similar to fireflies. They emit a soft ghostly glow. At present there is no conclusive evidence as to why they glow—but it is certainly a wonderful magical thing!

## GHOST MUSHROOMS



### Nutrition Snippet

#### WINTER FRUIT & VEG

Seasonal fruit & veggies taste better, are more nutritious and better for the environment.



#### Try these recipes

- [Chicken cacciatore](#)
- [Shepherd's pie](#)
- [Apple crumble](#)

For these recipes and more visit:

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box



Discover strategies to help your child manage and overcome their 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. Learn simple Cognitive Behaviour Therapy (CBT) strategies to help your child manage and overcome their anxiety, phobias and fears.

**NOTE:** This course is for parents only, children are not required to attend.

#### 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
- Coping with setbacks and difficulties
- Maintaining resilience long term

"Thank you for your information and the course has given me new skills and knowledge to put into my parenting toolbox"



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



#### Program details



**Where:** Blaxland Public School  
5 Baden Place, Blaxland

**When:** Fridays  
18th Aug - 20th Sept  
10:30am - 12:00pm

**Cost:** FREE

Childcare available - must register

**For registrations and more information contact:**

**Phone:** 4720 6500

**Email:** [groups@gatewayfamilyservices.org.au](mailto:groups@gatewayfamilyservices.org.au)





### Wheelies

As part of our wellbeing funding we have purchased more scooter boards and connectors. These have been a big hit at lunch.



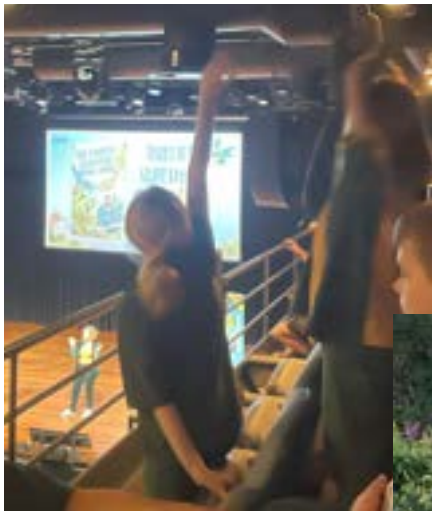


# Sydney Writers Festival



Our Stage 2 & 3 students attended the Sydney Writers' Festival at the Joan Sutherland Performing Art's Centre Penrith. The Sydney Writers' Festival Primary School Days program is designed to inspire the next generation of readers and storytellers.

Students enjoyed listening to inspiring stories and advice from Five bestselling children's book creators who came together to share insights behind their bestselling work.







Fun in the bus with the Hampton kids



Birds eye view.



Meeting the authors and getting books signed.



Bin Chicken race!!

### You are in our thoughts Miss Keep



It is with a heavy heart that we share with you about the sudden departure of Miss Keep from our school community. Miss Keep has been a valued member of our teaching staff, known for her dedication and passion for education.

Unfortunately, Miss Keep's daughter has been diagnosed with Stage 4 cancer, and she has made the difficult decision to take a leave of absence to focus on her family during this challenging time. We extend our deepest sympathy and support to Miss Keep and her family as they navigate this journey.

During her time at our school, Miss Keep has made a positive impact on the lives of many students and colleagues alike. Her absence will be keenly felt, and we will do everything possible to support our students during this transition period.

Please join us in keeping Miss Keep and her family in your thoughts and prayers during this difficult time. We will provide updates as we have them and appreciate your understanding and support during this sensitive period. We wish Miss Keep and her family all the best and can't wait for her return.

Mrs Clara Patching will replace Miss Keep during her absence. Mrs Patching recently moved from Sydney to the Blue Mountains and has three young children. She comes to us with a wealth of experience and I'm sure you will join me in welcoming her to our school community.





# Athletics Carnival



**With Hampton P.S. and Cullen Bullen P.S.**





Go  
Megalong!!!





















