

MEGALONG PUBLIC SCHOOL



NEWSLETTER

Term 3, Week 5

23rd Aug, 2024

Dear Families,

As we reach the midpoint of a dynamic and engaging term, I am delighted to share some of the exciting activities and achievements that have been shaping our students' experiences. So far this term has been filled with opportunities for cultural enrichment, creative expression and hands-on learning, reflecting our commitment to providing a well-rounded education.

We began the term with a meaningful celebration of NAIDOC Week. Our students had the privilege of participating in a cultural and historical walk led by Gundungurra man David King. David's expertise and passion for the environment provided our students with a profound understanding of local Indigenous culture and the significance of caring for our land. The insights and knowledge he shared have left a lasting impact on our school community, and we are grateful for his contribution.

Following NAIDOC Week, we celebrated Education Week, a time when we open our classrooms to families. It was wonderful to see parents engaging with the diverse and creative work our students have been producing. Our art display, in particular, was a highlight, showcasing the remarkable talents and creativity of our students. The positive feedback from parents was a testament to the hard work and dedication of our students and teachers.

We also held a productive P&C Meeting where we discussed several exciting developments. We are thrilled to announce that we are planning to introduce violin lessons as part of our music program, which we believe will provide our students with a new avenue for artistic expression. We are fortunate enough to have been offered the lessons from the talented violinist Asmira Woodward-Page. Additionally, our Spring planting project is in the works, aiming to enhance our school environment with vibrant and sustainable greenery. We are also gearing up for our end-of-year celebrations, which promise to be a fitting conclusion to a fantastic year.

In the classroom, our Stage 3 students have been deeply engaged in the Voice to Parliament initiative. They have been working on speeches about their vision for their community over the next decade. Their thoughtful and passionate writing has provided them with an opportunity to reflect on their role in shaping the future and to express their hopes and aspirations for their community.

Our commitment to environmental education has been further supported by the Wet and Wild Challenge, launched by the Awabakal Environmental Education Centre. This challenge is encouraging students to explore and engage with local fauna and flora in a fun and interactive way. It is inspiring to see their enthusiasm for learning about and contributing to the preservation of our natural world.

Book Week has been a major highlight so far, with students attending a delightful performance of "The Gruffalo" at the Bathurst Memorial Entertainment Centre. Following the show, we completed The Gruffalo Spotters Trail at Scenic World, where students had the chance to immerse themselves in the story and explore the outdoors. Our fortnightly visits to Katoomba Library have also been a source of joy, fostering a love of reading, books and storytelling.

As we continue through this term, I am excited about the opportunities ahead and proud of the progress our students are making. Thank you for your continued support and involvement in our school community. We look forward to the many experiences and achievements that the rest of the term will bring.

Rachael Penny

Principal



Around the Playground and in the Classroom



Winter Pie-Day Fridays



Nutrition Snippet

FALAFEL & VEGIE NOURISH BOWL

Serves: 4 Prep time: 20 mins

Cooking time: 25 mins

Ingredients

- ½ head cauliflower, cut into pieces
- 500g butternut pumpkin, unpeeled, cut into 2cm pieces
- 1 large red onion, cut into thin wedges
- Olive oil
- Black pepper, ground
- 225g pre-made falafels*
- 3 cups baby spinach leaves
- ¼ red cabbage, finely shredded
- 1 large carrot, coarsely shredded
- ½ cup honey mustard salad dressing*
- ½ cup beetroot hummus



Method

Step 1: Preheat the oven to 200°C. Line 2 baking trays with baking paper. Arrange the cauliflower, pumpkin and onion on the prepared trays. Lightly spray with olive oil and season with pepper. Bake, turning halfway through, for 25 minutes or until vegetables are tender.

Step 2: When the vegetables are nearly done, heat the falafels following packet instructions.

Step 3: Divide the spinach, cabbage and carrot among bowls and drizzle with the dressing.

Step 4: Divide the roasted vegetables and falafels among bowls.

Step 5: Dollop with hummus and serve.

*Gluten free if using gluten free falafel, dressing and hummus

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Cancer Council
Healthy Lunch Box

Dates to watch for...

28th Aug — Crazy Hair Day

30th Aug—Katoomba Library Visit

2nd Sept—Zig Zag Public School visit

3rd Sept—Feathered Friends excursion

12 Sept—Katoomba Library

16th Sept—Penrith Lakes excursion

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



NAIDOC WEEK 2024



David King very kindly shared his time and knowledge during our excursion to the Gully in Katoomba. Students learnt about the history of the Gully and the importance of keeping our fires burning through sharing and story telling.



Education Week



Open Classroom

Students enjoyed showing their parents all of their hard work, artwork and achievements





Science Week



Science week was filled with excitement as students delved into experiments related to our Energy and Forces unit. The Questacon Foldable Flight webinar offered an interactive experience that complemented their learning, making the concepts of flight and aerodynamics come to life.

We also had a special incursion with the Marine Team by Perform Education, focusing on the long-term sustainability of our oceans. This session provided our students with valuable insights into marine conservation and the importance of protecting our oceanic environments.



Static experiment



Construction



Boat making

Science Week Incursions....

Foldable Flight

During the Foldable Flight webinar, the students investigated the engineering and physics of flight by constructing their own paper planes.

They discovered how to design two different types of paper planes, darts and gliders, and how various design features such as wing size shape and angle, can affect stability and drag.

Students learnt how to experiment with different elements of our paper planes to change the way they flew.



The Marine Team



Our oceans are needlessly being harmed on a daily basis. In today's ever-changing world, those tasked with conserving our planet's resources are members of an elite squad: The Marine Team. This educational incursion engages students in marine science and innovation to achieve long-term species survival and sustainability of our oceans.

The Marine Team is a 45 minute, live-in-school, interactive science sketch comedy that consists of two professional actor/educators with two goals.

The first goal is to highlight

What is ocean sustainability

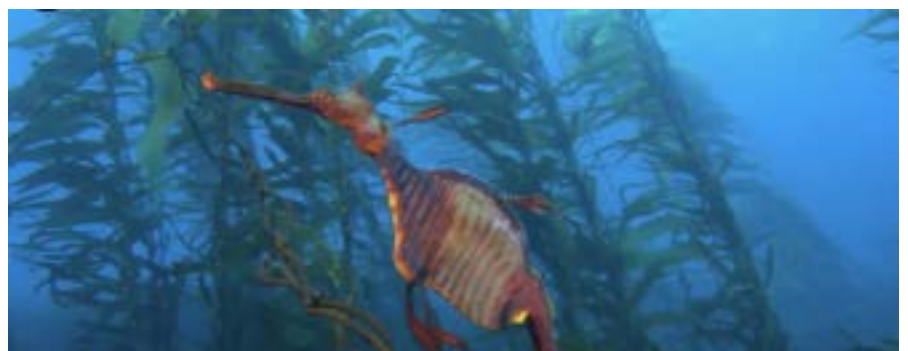
How oceans impact our planet

Solutions that generate healthy oceans and

How YOU can help to ensure the survival and thriving of different species in an ever-changing world.

The second goal is to make your students laugh so hard that they forget they're learning!

The show consists of comedic and interactive science sketches, introducing crazy characters and relatable situations, delivered by our Actor/Educators. Student audience and volunteers become part of the action, and are encouraged to offer suggestions that the actor will incorporate. The result is that students get to have input in the show, while watching and learning!





Students met up with Hampton PS and Cullen Bullen PS for a wonderful live show based on the Gruffalo. The show was so engaging and funny and thoroughly enjoyed by all. A quick trip to the park for lunch with Hampton PS was a great chance to catch up with friends.



The Gruffalo

Live Show, Bathurst



Awabakal Environmental Education Centre



2024 Wet & Wild Challenge

Meaglong Public School is participating in the challenge this year and we can't wait each Monday for our clues!

Our backyards and suburbs are host to many species that thrive close to human settlements. They grow in our gardens, find food, make homes and use our buildings for shelter. Our parks and gardens are habitat for a range of species. We live alongside them but how much do we really know about them?

Our clues will take you on a journey to backyards and urban places in Australia. Students will find out about the plants and animals that live there with us.

Wet & Wild is a research challenge for Stage 2 & 3 students, which integrates technology, research and language skills in the areas of Geography and Science. Students from around the state compete and are challenged to find the names of 16 organisms using mixed up sets of clues over four weeks.

Each Monday, students download 24 clues related to a wetland theme. The students will have until Friday to sort the clues to find and match with four wetland organisms. They may be plants, birds, animals or insects. The challenge goes for four weeks. Term 3: Weeks 2, 3, 4 and 5.

Good Luck Meaglong Public School!

M.P.S. History

Students have been studying their local history this term. As part of this unit they spent an afternoon exploring their own school grounds with Mrs Patching and found some interesting artefacts and shared oral histories.





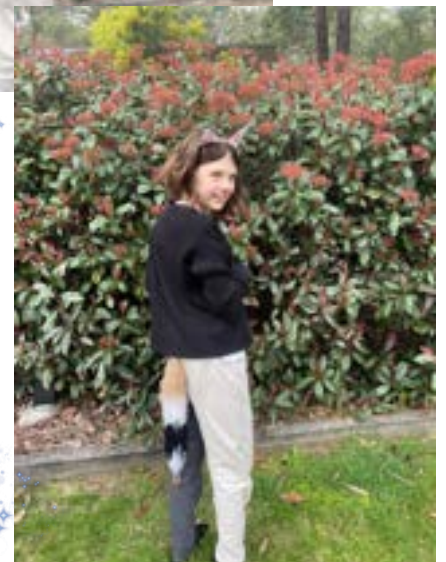
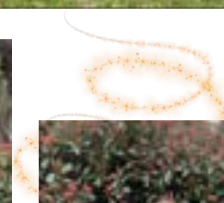
BOOK WEEK 2024



Reading
Is
Magic









The Gruffalo
Spotters Trail

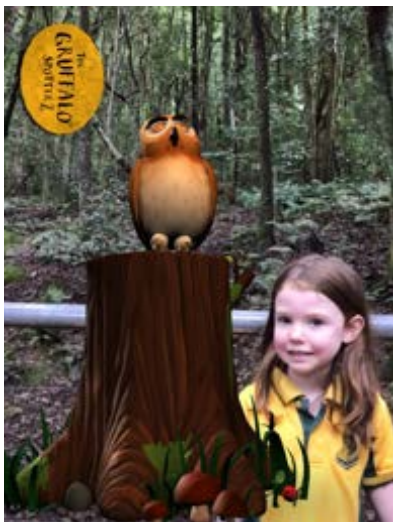






As part of Book Week, students built on their literacy work around *The Gruffalo* with a visit to Scenic World to visit the Gruffalo Spotters Trail. They enjoyed following the trail to find each character in the story. Getting pictures with the characters was a challenge though!







MAKING SPACE

Making Space is a safe, welcoming space for children to connect, share and express themselves through artmaking.

9-12 years

10:15am to 12:15pm

FREE program

9-week program on Sundays
4 Aug - 29 Sep

@ Blue Mountains Cultural Centre,
Katoomba

TIME OUT

1:30 to 3:30pm

13-18 years

Timeout is a program just for young people to slow things down, relax, connect with others, + express their thoughts + feelings through art.

Art Therapy is an evidence-based expressive process where artmaking and conversation are used to promote well-being.

These programs allow children and young people to explore and reflect by making and creating art.

Participants engage with different aspects of their lives and experiences, potentially developing an on-going creative outlet that continues beyond the program.

Groups are limited to 15 participants. No art making skills or medical referrals are necessary, just an interest in participating.

These sessions with qualified Art Therapists can assist with low to moderate intensity mental health issues or distress.

STRUCTURE FOR EACH WEEKLY SESSION:

- 10 min: Arrival & complete pre-session survey
- 20 min: Check in with group members, introduction to theme discussed or gallery visit
- 40 min: Artmaking
- 10 min: Refreshment break
- 30 min: Processing artwork with the discussion facilitated by therapists
- 10 min: Farewell & complete post session survey

Acceptance is via an application form, please scan QR code to complete.



Engage with artworks
Develop creative self-expression
Visit the Gallery

