



# MEGALONG PUBLIC SCHOOL

## NEWSLETTER

Term 2 Week 5

6th June 2025

Dear Families,

We're now well into Term 2, and it's shaping up to be a busy and rewarding one. Our students have been engaged in a variety of valuable learning experiences, both in the classroom and through special events, and it's been wonderful to see their enthusiasm and curiosity on full display.

The students of Megalong Public School represented us with pride and respect during the ANZAC Day march and ceremony in Blackheath. Their thoughtful participation and heartfelt tribute to our veterans reflected the values of our school and community. We are incredibly proud of the way they honoured the spirit of ANZAC and contributed to such a meaningful event.

A recent highlight was the Combined Small Schools Cross Country held at Megalong Public School. We were lucky to just beat the rain, getting through the event before the heavens opened. It was a fantastic day of sportsmanship and connection, and a lovely opportunity to spend time with students from Hampton and Cullen Bullen Public Schools. These shared experiences are always a great reminder of the strong sense of community across our schools.

We also enjoyed a visit from Healthy Harold and the Life Education van, with age-appropriate programs delivered across year levels. Our younger students explored "The Body," where they learned about the benefits of healthy food for energy and well being, the functions of body systems like the digestive, respiratory and circulatory systems, and the impact of lifestyle factors such as nutrition, exercise and medicines on overall health.

Our older students took part in the "Think Twice" program, which focused on the important topic of alcohol awareness. Through this program, students learned strategies to reduce the harmful effects of alcohol on themselves and others, explored myths and facts about alcohol use, and discussed the physical, social and legal consequences of drinking. They also practised strategies for responding to peer pressure or encouragement to drink—an important life skill as they grow and navigate adolescence.

We're also incredibly fortunate to offer our students the opportunity to learn the violin with accomplished Australian violinist Asmira Woodward-Page. Asmira has performed concertos with major orchestras across Australia and in North America, and now brings her talent and passion for music to our school. The students are absolutely loving these lessons—it's a joy to see their confidence and creativity blossom through music.

Thank you for your continued support. We look forward to many more engaging and meaningful learning opportunities throughout the rest of the term.

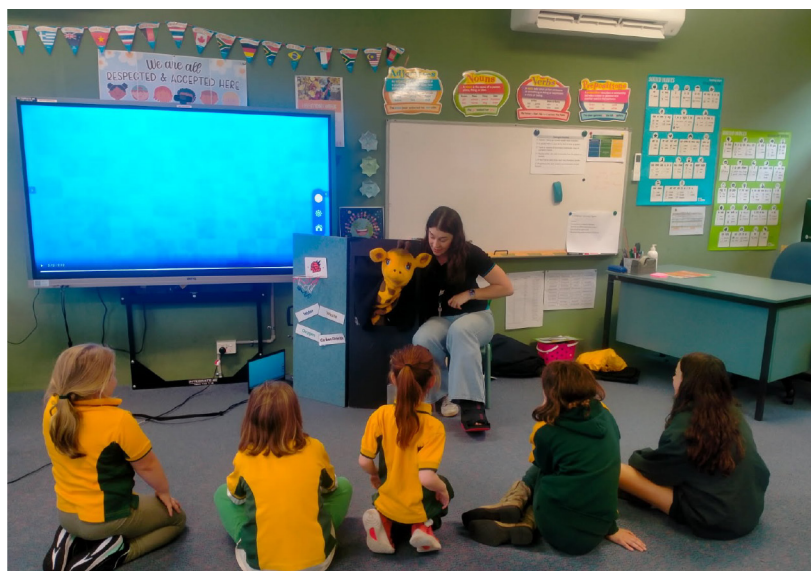
Rachael Penny  
Principal



### Coming up.....

- ◆ Thursdays week 4-9—Gymnastics Lithgow PCYC
- ◆ 16 June— BM Botanical Gardens art excursion
- ◆ 24 June—Public Speaking at Hampton PS
- ◆ 4 July—Last day of term 2
- ◆ 21 July—First day term 3 SDD
- ◆ 22 July —Students return
- ◆ 22-25 July—NAIDOC week

# Healthy Harold Visit



## Life Ed taught us:

- Our body systems: respiratory, circulatory, nervous and skeletal
- The impact food choices have on our health and energy levels
- Strategies to promote healthy eating and physical activity
- How culture and community influence our food choices
- Factors that keep us healthy such as nutrition, physical activity and sleep
- The connection between physical health and wellbeing

## Family activities

### RAINBOW CHALLENGE

See if everyone in the family can eat nutritious and delicious fruits and vegetables over the course of a week that are every colour of the rainbow

### NEIGHBOURHOOD EXPLORER

Head out for a walk together, set a goal before you go (length of time or destination) and then search for as many blue things as you can find!



## What's next?

### CHECK OUT THESE RESOURCES:

- [How to pack a healthy lunchbox](#)
- [How to make ricotta and cinnamon hotcakes](#)



# JOKE

Did you pick your nose?

No, I was born with it!

Proudly made possible by



CLICK TO FOLLOW  
#LifeEd #HealthyHarold

# Megalong Makers Market P&C stall



Our fantastic P&C once again held a successful stall at this years Megalong Makers Market.



Megalong students opened the wonderful Megalong Music festival with a heartfelt Acknowledgement of Country. Held on the same weekend as the markets, this wonderful festival was created and run by one of our parents Asmira.

# ANZAC Day Service



Students, parents and staff were proud to represent Megalong PS and take part in the ANZAC day parade and service in Blackheath



# Around the Playground



Cross country practice, sunny lunch breaks,  
harvesting veggies from our wiki beds and creating  
new treats in their 'Megalong Cafe'.

Every student is known, valued  
and cared for in our schools



## Attendance: every day counts

- **Focus** on identifying and understanding attendance patterns
- **Create** a welcoming place for everyone
- **Embed** proactive strategies to address students' needs

How do we ensure schools are places where  
students want to be?

## Fear-Less Triple P

Six week parenting program to build resilience in children and help them break free from anxiety.

**Term 3  
2025  
PENRITH**

**Help your child manage anxiety and become more emotionally resilient.**

In this six week program parents will be offered information about anxiety and provided with positive parenting strategies that support the development and behaviour of children (6-14 years) with anxiety.

**The seminar will cover:**

- Understanding how anxiety works
- Becoming the best possible model of anxiety management for all your children
- Becoming effective emotion coaches
- Understanding the value of flexible thinking
- Managing your children's anxiety effectively

**REGISTRATIONS CLOSE: 6th August 2025**

Register now via our secure online portal

REGISTER ONLINE

**Gateway**  
FAMILY SERVICES

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

### Program details

**Where:** Gateway Family Services  
cnr Henry & Station St Penrith

**When:** Fridays  
15th Aug - 19th Sept  
10:00am - 12:00noon

**Cost:** FREE for residents of Penrith & Blue Mtns LGA

**For more information or to register via our website:**

**Phone:** 4720 6500

**Email:** groups@gatewayfamilyservices.org.au

**Web:** www.gatewayfamilyservices.org.au

Limited childcare  
\*\* must register

# Combined Small Schools Cross Country







## In the Classroom



### Parenting Programs TERM 3, 2025

Courses provided FREE to residents of Penrith & Blue Mtns LGAs.  
Phone 4720 6500 or email [groups@gatewayfamilyservices.org.au](mailto:groups@gatewayfamilyservices.org.au)

FREE

Program	Date/Time	Location	Register
<b>Fear-less Triple P</b> Six week parenting program to help build resilience in children (6-14yrs) and help them break free from anxiety.	Every Friday 15th Aug - 19th Sept 10:00am - 12:00noon	Gateway FS Office cnr Station & Henry St PENRITH ** Childcare available ** Must register	
<b>Tuning in to Kids</b> Six week program that teaches parents to help children (0-12 yrs) understand and regulate their emotions.	Every Wednesday 13th Aug - 17th Sept 6:30pm - 8:00pm	Online via ZOOM	
<b>Bush Playgroup</b> Six week interactive outdoor workshop for parents & carers and their children aged (3-5 yrs). One child per adult.	Every Friday 8th Aug - 12th Sept 9:30am - 11:30am	Lapstone Public School 1/3 Achievement Ave LAPSTONE	
<b>Bringing Up Great Kids</b> 6 week program for parents to build positive & respectful relationships with children (0-12yrs).	Every Monday 18th Aug - 22nd Sept 7:00pm - 8:30pm	Online via ZOOM	

Register online at [www.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au)



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### Bush Playgroup

6 week interactive outdoor workshop for parents/carers and their children aged 3-5 years.

Term 3  
2025  
LAPSTONE

Bush Playgroup is a 6-week interactive playgroup. The unique outdoor setting provides opportunities for children (3-5 years) to explore nature, socialise with other children, develop fine and gross motor skills and learn about the world around them.

Bush Playgroup sessions run for 2 hours. Children must be accompanied by a parent or caregiver.

- Connect with nature and each other through imaginative, sensory, and messy play
- Socialise and strengthen family relationships
- Learn about local bushland and using natural materials in craft making
- Activities include bushwalks, mud kitchen and campfire cooking

REGISTRATIONS CLOSE: 30th July 2025

Register now via our secure online portal

SCAN HERE



#### Program details

**Where:** Lapstone Public School  
1/3 Achievement Ave  
Lapstone

**When:** Fridays  
8th Aug - 12th Sept  
9:30am - 11:30am

**Cost:** FREE for residents of Penrith & Blue Mtns LGA

**For more information or to register via our website:**

**Phone:** 4720 6500

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

**Web:** [www.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au)



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# VIOLIN LESSONS

With Asmira Woodward-Page



## National Simultaneous Storytime

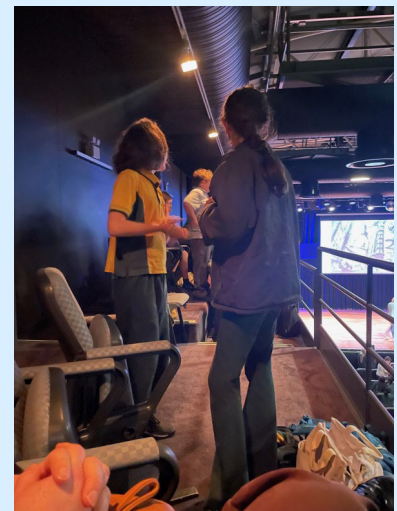
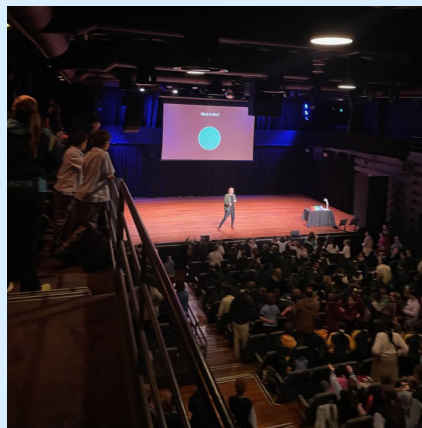
## The Truck Cat



In its 25th year, National Simultaneous Storytime is where a picture book, written and illustrated by an Australian author and illustrator, is read simultaneously around the country. This year the vibrant and colourful book *The Truck Cat* was chosen.

Our Stage 3 students attended the Sydney's Writers Festival. This is an inspiring event with talks this year by renowned authors such as Jeff Kinney and Terri Libenson.

## Sydney Writers Festival



## National Sorry Day

