

# MEGALONG PUBLIC SCHOOL



## NEWSLETTER

Term 3, Week 3

5th Aug, 2022

Dear Parents and Families,

Welcome to Term 3! I hope that everybody managed to enjoy some Winter sunshine over the recent school holiday.

Term three promises to be a busy term! Firstly, we wish to welcome our new classroom teacher Miss Keep who will be teaching on Thursdays and Fridays. She is enthusiastic to join our small school and shares memories of her partner who attended our little Megalong school.

We are planning a sustainability energy focus this term which will lead into the Summer months in term four. Miss Keep will be teaching Science and the physical force strand, and I will be teaching Geography and sustainability themes. We look forward to some exciting activities and possible excursion.

Firstly, in week 2 we held NAIDOC week Get Up! Stand Up! Show Up! We learnt about various cultural, language and histories of Aboriginal and Torres Strait Islander peoples. Then, in week three for Education Week the theme 'Creating Futures – Education Changes Lives,' we will invite families in for our open classroom and an assembly. Education Week is a chance to focus on how public education can change the lives of just not our students but for our communities and families.

### COVID SAFE MEASURES

With the recent spike in COVID cases, I would like to take the opportunities to remind our community of the COVID safe measures in place at Megalong Public School.

For the first 4 weeks in particular, students, staff and visitors to our school are encouraged to wear a face mask. This measure is a strategy to slow the spread of the virus. Staff will continue to be mindful of ventilation within the classrooms and shared areas. The school cleaning has a focus on high touch areas around the school daily. Students will continue to practice hand hygiene and sanitising practices.

If your child is experiencing flu-like symptoms, please keep them at home until they are well again and symptom free. Should you or your children test positive, please contact the school and follow NSW Health protocols.

Thank you

Stephanie Scott

Principal

### Reminders..

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



**Visit the PRC  
Student Site!**

<http://online.det.nsw.edu.au/prc/StudentExperience.html#/>





# Around the Playground and in the Classroom

The last few weeks has brought some lovely sunny winters days and students have been enjoying playing in our back reserve building cubbies and exploring.



**Blackheath Kookaburra**

**Kindergarten Inc**



Kookaburra Kindy is a community run preschool in beautiful Blackheath. We have provided quality preschool education to children aged three to five for over 65 years.

**Our Educators** are enthusiastic, warm and caring. They use the children's abilities, strengths, and interests to individualise learning. Kookaburra uses play based learning that follows the EYLF (Early Years Learning Framework).

We aim to support families and children in our community to reach their full potential and provide assistance and advice where possible.

**CALL OR EMAIL KERRIE TO BOOK A TOUR OF THE PRESCHOOL TO SEE OUR LOVELY ROOM AND NATURAL PLAYGROUND AND TO MEET OUR WONDERFUL TEAM.**

Ph: 02 4787 8977 9-11 Park Ave, Blackheath, NSW, 2785

E-mail: [contact@kookaburrakindy.nsw.edu.au](mailto:contact@kookaburrakindy.nsw.edu.au)

## Dates to watch for...

- ◆ **5th Aug** - Education Week Assembly
- ◆ **8th Aug** - Athletics Carnival
- ◆ **10th Aug** - Ride to School day
- ◆ **15th—10th Aug** - Science Week
- ◆ **15th Aug** - Mt Piper Excursion
- ◆ **22nd—26th Aug** - Book Week
- ◆ **22nd Aug** - School Photo Day tbc
- ◆ **25th Aug** - Book Parade
- ◆ **26th Aug** - Hampton visit/Pirate Day
- ◆ **1st Sept** - Sydney Symphony Orchestra
- ◆ **5th—8th Sept** - Electricity Safety week
- ◆ **7th Sept** - Pre School Visit
- ◆ **22nd Sept** - Incursion—Beatbox
- ◆ **22nd Sept** - Colour Run - Do it for Dolly Day



# NAIDOC WEEK



Throughout NAIDOC week, students enjoyed sharing stories around our Yarning Circle. They also spent time learning about local Aboriginal seasons and language groups.





# Crunch and Sip Tips

## 6 tips

### to increase fruit and vegetables at home

- 1. Be a role model**  
Let your kids see you enjoying fruit, vegetables and water.
- 2. Get the kids involved**  
Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.
- 3. Make it accessible**  
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.
- 4. Try Crunch&Sip® at home**  
Make time on weekends or during school holidays for a quick snack of fruit or veggies.
- 5. Keep trying!**  
Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!
- 6. Include it in every meal**  
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.

## Crunch&Sip®

### Information for parents

### What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

### Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

### What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.

## ART, FUN & FEELINGS

**Free 2 part workshop for children aged 6-9 and their parent/carer**

**Learn simple, effective, creative strategies to help manage big emotions**

**Wednesday 3 & 10 August**  
**3.30 - 5.00 pm**  
**125 Wentworth St**  
**Blackheath**

**Bookings call Jo 0438 099 081**

Proudly supported by NSW Government's Bushfire Local Economic Recovery Fund

**Gateway Family Services**  
**Term 3, 2022**  
**Parenting Programs Summary**

Program	Date & Time	Location	Registration
<b>Tuning In To Kids</b> <i>Emotionally Intelligent Parenting</i> <i>Learning to better talk &amp; understand your child to help manage your child's emotions &amp; behaviour.</i> <i>Suitable for parents of 2-8 years old.</i>	Every Monday 1st Aug - 29th Aug 9:30am - 11:30am <i>* NO Childcare available</i>	Blaxland Uniting Church (Meeting Room) 70-76 Old Bathurst Road, BLAXLAND	Ph: 0490 662 498 OR Email <a href="mailto:groups@gatewayfamily-services.org.au">groups@gatewayfamily-services.org.au</a>
<b>Circle of Security</b> <i>Learn how to be a strong, wiser &amp; kinder parent with your kids. Suitable for parents of 0-12 year old.</i>	Every Wednesday 3rd Aug - 14th Sept 10:00am - 12noon <i>* NO Childcare available</i>	Gateway Family Services - Penrith Office Cnr Station & Henry St, PENRITH	Ph: 0490 662 498 OR Email <a href="mailto:groups@gatewayfamily-services.org.au">groups@gatewayfamily-services.org.au</a>
<b>1-2-3 Magic &amp; Emotion Coaching</b> <i>Learn how to understand &amp; manage your child's difficult behaviour.</i> <i>Suitable for parents with 2-12 year olds.</i>	Every Friday 2nd Sept - 16th Sept 9:30am - 11:30am <i>* NO Childcare available</i>	Belong Blue Mtns Mid Mountains Neighbourhood Centre 9 New St, LAWSON	Ph: 0490 662 498 OR Email <a href="mailto:groups@gatewayfamily-services.org.au">groups@gatewayfamily-services.org.au</a>
<b>Bringing Up Great Kids: PARENTING ADOLESCENTS</b> <i>Learn about brain development in adolescents and what influences their thoughts, feelings &amp; behaviour whilst identifying important messages and how to convey to your adolescent.</i> <i>Suitable for parents of 10-19 yr olds.</i>	Every Monday 1st Aug - 5th Sept 7:00pm - 9:00pm <i>* NO Childcare available</i>	Via ZOOM	Ph: 0490 662 498 OR Email <a href="mailto:groups@gatewayfamily-services.org.au">groups@gatewayfamily-services.org.au</a>

For more information and individual Flyers go to:  
[www.gatewayfamily-services.org.au](http://www.gatewayfamily-services.org.au) or [www.facebook.com/GatewayFS](https://www.facebook.com/GatewayFS)  
 Gateway Family Services parenting programs are funded by DSS and DCJ.  
 Gateway works collaboratively with community partners to bring parent groups to communities from St Marys to Blackheath.  
 Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.