

MEGALONG PUBLIC SCHOOL

NEWSLETTER



Term 3, Week 10

22nd Sept, 2022

Dear Megalong Families,

We are finishing a wonderful term three and I would like to take this opportunity to thank our wonderful staff who do an amazing job! A special thank you to our SASS staff who always are caring and hardworking putting our students needs first.

This term we have had another exciting excursion. Students enjoyed their visit to the Sydney Symphony Orchestra and the Powerhouse Museum. It was a great outing building student's knowledge about electricity, experiencing the space display and the appreciation of orchestral music. At Megalong we endeavour to give our students various learning experiences. Our incursion Beat Box looping performance was engaging and Jobe shared his talent inviting students to make sounds with their mouths.

As part of our safety and wellbeing we thank our parent Justin from Endeavour Energy who visited for Safety Week covering the importance of keeping clear of power poles and safety with switches and electricity in our homes. We are also continuing our child protection lessons every three weeks, which encourages us all to have those conversations with our children about various scenarios and keeping them safe.

Another safety topic that is priority is cyber and social media safety! As technology is becoming part of our life, we need to ensure it does not 'become our life.' So, how much is too much? It is a balancing act for each family to produce the right amount of screen time for their child and set screen-time limits. Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school, tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with websites or games & extreme anger when being asked to take a break
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family

Start by making your home environment as safe as possible. Set some 'house rules' Discuss with all siblings in age-appropriate ways and ensure everyone agrees to play by the same rules. Consider setting a wi-fi curfew. Determine a reasonable time to shut off the wi-fi, and then do so consistently each night. Make sure your child is unlikely to come across in appropriate content from your own devices. Ideally, your child should only use them in public areas of the home. Talking regularly and openly with your child about what they are doing online will help build trust and may reduce your desire to monitor your child's browser history or check up on them without them knowing. Take advantage of the parental controls available on computers, modems, and other devices, and ensure the 'safe search' mode is enabled on browsers. Explaining to your child the reasons for putting controls in place. Especially for older children and teens, being too controlling may lead them to hide their behaviour and not be open with you. As we end Term three, I wish you all a safe and happy holiday.

Regards

Stephanie Scott

Be Kind

Do it For Dolly -
Colour Run

Dolly's
Dream



Protect yourself in five ways from skin cancer

sunsmartsnsw.com.au



Around the Playground and in the Classroom

Megalong
Sandpit
Cafe



Mrs Scott trying some of the students sandpit delicacies.



Our resident King Parrots saying hello.



Logic Games

Logic, problem-solving, visual perception, reasoning and creative thinking

From saving the Potato King to bending laser beams, these fun games and puzzles will flex and strengthen your brain. With solitary and group games for children four and over, Logic Games are available to borrow at your local Blue Mountains Library <https://bit.ly/LogicLibrary>

BLUE MOUNTAINS LIBRARY
library.bmcc.nsw.gov.au

blue mountains City Council

Dates to watch for...

23rd Sept — Do it For Dolly Colour Run

— Last Day of Term 3

10th Oct — First day Term 4

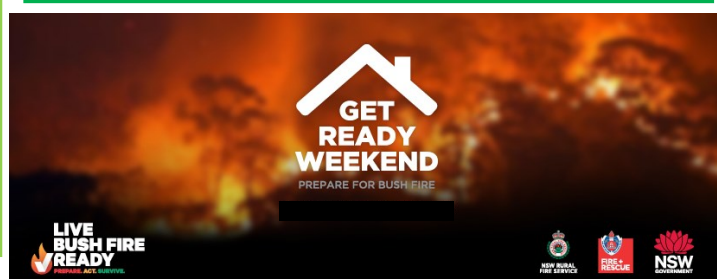
15th Oct — Edible Garden Trail

17th Oct — Film by due

24th Oct — Leigh Hobbs author visit BPS

7th Nov—20 Nov — Swim School

16th Dec — Last day of Term 4!



Beatbox Incursion



Students enjoyed learning about beats and rhythms that they can make themselves.



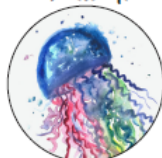
Spring School Holidays workshops with Naomi

Shadow Puppet Theatre



Springwood Hub | Kindy-Year 6
Tuesday 27 September | 10am

Watercolour Jellyfish Artwork



Katoomba Library | Kindy-Year 6
Wednesday 28 September | 10am

Macrame Keychain



Springwood Hub | 12-18 yrs
Wednesday 5 October | 10am

Chalk Pastel Owls



Katoomba Library | Kindy-Year 6
Thursday 6 October | 10am

Cost \$6 | Bookings Essential
bluemountainslibrary.eventbrite.com.au

BLUE
MOUNTAINS
LIBRARY

your
library

blue
mountains
City Council

SYDNEY SEAFOOD SCHOOL



SCHOOL HOLIDAY FUN AT THE FISH MARKET

Looking for something fun and educational for the kids these school holidays?
Then book your junior masterchefs into a cooking class at Sydney Seafood School.

We offer fun, educational and entertaining cooking experiences for kids aged 7+:



Kids' Dumpling Making Class

Tuesday 27th September 2022
10am-12pm

Classes priced from \$75. For more info head to:
www.sydneyseaschool.com.au
or call 02 9004 1111.



Scan to find
out more!



Sydney Symphony orchestra and Powerhouse Museum



Students enjoyed a lively show performed by the Sydney Symphony Orchestra—exploring how music makes us move our bodies!



Powerhouse
Museum

Exploring
forces and
simple
machines





Students learning about
space travel in Space
Exhibition







Another highlight for students was afternoon tea at Glenbrook park before heading back up the Mountains





Things to do in the School Holidays

Come and join the fun with NPWS ranger-guided activities for kids, teens and families. Discover, create, imagine and explore!

Spring 2022



Join our team this September for some exciting school holiday activities.

Clastral Canyon Virtual Reality

Experience one of the world's most spectacular canyons – Clastral canyon in the World Heritage Listed Greater Blue Mountains Area – using Oculus Quest VR.

NPWS Blue Mountains Heritage Centre

Looking for a unique gift or experience these school holidays? Choose from a great range of gifts including Blue Mountains locally-made MTNS Made products, Australian made, and Australian designed products.

We also offer **gift vouchers** for your friends and family to experience the famous Clastral canyon located in the Blue Mountains with a virtual reality experience (\$10.00 per person)

End of Govetts Leap Road Blackheath NSW 2785 T 02 4787 8877

S	L	B	J
For the Small and Curious Aboriginal Games for Kids Monday 26 Sept • 10am-12pm	Living Country Stories around the Campfire Tuesday 27 Sept • 10am-12pm	Bush Alive Navigation, Mapping and Orienteering Wednesday 28 Sept • 10am-12pm	Junior Rangers Spotlight Friday 30 Sept • 5pm-7pm
Aboriginal Games for Kids Thursday 29 Sept • 10am-12pm	Bush Safety and Aboriginal Culture Friday 30 Sept • 10am-12pm	Spotlight Tuesday 4 Oct • 5pm-7pm	Aboriginal Games for Kids Wednesday 5 Oct • 10am-12pm
Spotlight Tuesday 4 Oct • 5pm-7pm	Aboriginal Games for Kids Wednesday 5 Oct • 10am-12pm	Stories around the Campfire Thursday 6 Oct • 10am-12pm	Navigation, Mapping and Orienteering Friday 7 Oct • 10am-12pm

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Clastral Canyon Virtual Reality
 All holidays
 \$10pp

School Holiday Program T 02 4784 7301 E BlueMtns.Education@environment.nsw.gov.au

Holiday activities \$20 per person. All activities are onsite at Blackheath. Meet 15 mins before activity start time. For more information and bookings visit www.nationalparks.nsw.gov.au/kids-and-family-activities

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Megalong Valley Community Expo

MEGALONG VALLEY COMMUNITY & LANDOWNERS ASSOCIATION PRESENTS

MEGALONG VALLEY COMMUNITY EXPO



MEGALONG VALLEY COMMUNITY HALL

24th SEPTEMBER
10am - 3pm

Come along and join in for a fun, informative social event including FREE community lunch and coffee van.

Strengthening Community
Resilience, Connection, Wellbeing

FREE COMMUNITY EVENT

- ▶ Stalls
- ▶ Displays
- ▶ Demonstrations
- ▶ Guest speakers
- ▶ Entertainment for kids and adults
- ▶ Photo competition
- ▶ Drumming workshop
- ▶ Food & drink



SEPTEMBER 24th
2 – 3pm
DRUMMING WORKSHOP with EMILY from HANDS, HEART & FEET
MEGALONG COMMUNITY HALL

FREE COMMUNITY WORKSHOP

A fun, hands-on experience of drumming based on traditional West African styles.

Each participant has a drum, we sit in a circle and learn rhythms.

No previous experience necessary.

Suitable for all ages.

All drums provided.

Register your interest to secure a drum (email address – possibly Pru)



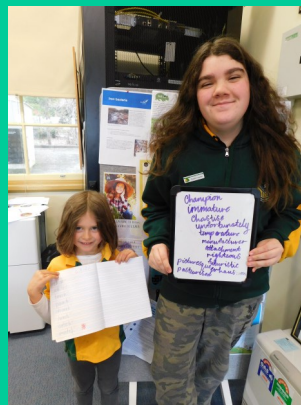
Resilience NSW

This activity is supported by Nepean Blue Mountains Primary Health Network (NBMPHN) as part of the Australian Government's response to the 2019/20 bushfires. Wentworth Healthcare is the provider of NBMPHN.



Backyard Bird Count

Students participated in the annual Australian Backyard Bird count in September. They spotted lots of birds including Pardalotes, White Throated Treecreeper, Rufous Songlark and of course our resident King Parrots.



Students have been working on their penmanship skills.



Working on units of measurement

