

MEGALONG PUBLIC SCHOOL

NEWSLETTER



Term 1, Week 3

10th Feb, 2023

Dear Megalong families,

Welcome to a new school year and I hope you all have been able to enjoy the holiday break.

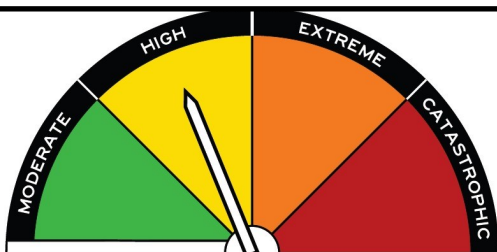
I am happy to introduce myself and I'm looking forward to a great year ahead. I am excited to meet our students and start my position at Megalong as Assistant Principal Curriculum and Instruction. The Assistant Principal, Curriculum and Instruction role focuses on strengthening literacy and numeracy instruction, supporting students with their learning goals. I have over 20 years of teaching experience and have a passion for technology and creative arts.

This year, we are happy to inform parents that Back to School vouchers are accepted here at Megalong P.S. The Premier's Back to School NSW Vouchers program provides 3 x \$50 vouchers, totalling \$150 for each eligible student. The vouchers can be used towards the cost of school uniforms, shoes, bags, technology, textbooks and other eligible expenses. The vouchers need to be redeemed before the 30th June 2023.

We have lots of interesting learning opportunities for our students in this coming year as well as community events for us all to join together. I look forward to working with you all as we build and support our students to be the best they can be.

Warm regards,
Mrs Chelsea Walsh

Assistant Principal Curriculum and Instruction



FIRE DANGER RATINGS

MODERATE	PLAN AND PREPARE
HIGH	BE READY TO ACT
EXTREME	TAKE ACTION NOW
CATASTROPHIC	LEAVE BUSHFIRE RISK AREAS

For your current local fire danger rating and more information, visit [emergency.wa.gov.au](https://www.emergency.wa.gov.au)



ATTENTION:

For the safety of our students, please drive 40km p/h in the school zone! When entering the driveway, please drive VERY SLOWLY!! KEEP OUR KIDS SAFE!!!



Around the Playground and in the Classroom



Students were excited to catch up after the holidays and have settled back into our daily routines. They have been enjoying our wonderful grounds, both at play times and also some outdoor learning as we enjoy the end of summer.



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:

- Learn
- Make friends
- Build skills through fun

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight	4 weeks	Over 1 year missed
1 day per week	8 weeks	Over 2.5 years missed

education.nsw.gov.au

Dates to watch for...

- 17th Feb— Swimming Carnival
- 27th Feb— Premiers Reading Challenge
- 14th March— Birdwatching—Mark Fuller Visit
- 15th-27th March—NAPLAN
- 17th March—Harmony Day
- 17th March —P & C meeting
- 29th March — Pirate Day
- 6th April—ANZAC ceremony
- 6th April—Last day of Term 1
- 25th April—First day of term 2

The Pillowcase Program



The Pillowcase Program was originally inspired by events during Hurricane Katrina in the US. While evacuating campus, students of a local University used pillowcases to carry their cherished and basic possessions. After hearing this, Red Cross staff developed the concept of using a pillowcase as an emergency kit. The program quickly grew into a preparedness education program that has since become known as the Pillowcase Program.

Delivered by Red Cross volunteers and staff, it encourages children to be active participants in their own emergency preparedness. The content is useful for all kinds of emergencies and includes activities to highlight the importance of being prepared. Pillowcase helps to reduce real and imagined fears and has successfully built children's stress management skills.



As part of the Blue Mountains Resilient Villages conference, Year 4 student Clancy, helped develop and act in a play about The Red Cross's PILLOWCASE PROGRAM written by BANC's Liz Barclay. Conference participants said it was one of the highlights of the conference and highlighted the benefits of being prepared on children's wellbeing and resilience.



Actors Clancy and Helena performing and pictured with Writer and Director BANC's Liz Barclay



BANC EVENTS AND WORKSHOPS CALENDAR

For more information, location, or to book an event, go to www.banc.org.au/events. No internet? Call 4787 7770
All events are FREE unless otherwise noted.

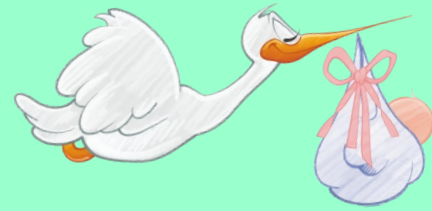
BOOKINGS ARE REQUIRED for most events, and numbers may be limited, so get in early

FEBRUARY

Wed 1st Feb Art Play on Wednesday 10am - Noon	Thurs 2nd Feb Shared Reading Group 10am-Noon	Fri 3rd Feb FRIDAYS AT 125 music, games and pizza for all ages and abilities. No booking needed 5pm -7pm	Mon 6th Feb Go with the Flow Art Therapy 10.15am-12.30pm & 1:30- 3:30pm	Tues 7th Feb Van Gogh & Vovo's Senior's Event 10am -1pm	Wed 8th Feb Art Play on Wednesday 10am - Noon	Thurs 9th Feb Shared Reading Group 10am-Noon	Sat 11 & Sun 12 Feb Resilience Villages Conference Fairmont Resort 9am - 3:30pm
Mon13th Feb Go with the Flow Art Therapy 10.15am-12.30pm & 1:30- 3:30pm	Tues 14th Feb Public Reading Workshop 10am - Noon	Wed 15th Feb Art Play on Wednesday 10am - Noon	Wed 15th Feb Seniors Week Expo 2pm - 4pm	Thurs 16th Feb Shared Reading Group 10am-Noon	Fri 17th Feb The Inklings writing group Cost \$15 12:30- 2pm	Mon 20th Feb Go with the Flow Art Therapy 10.15am-12.30pm & 1:30- 3:30pm	Tues 21st Feb Public Reading Workshop 10am - Noon
Wed 22 Feb Seniors Week Dance Well Class 9:30 -11:30am	Wed 22nd Feb Art Play on Wednesday 10am - Noon	Thurs 23rd Feb Shared Reading Group 10am-Noon	Fri 24th Feb The Inklings writing group Cost \$15 12:30- 2pm	Mon 27th Feb Go with the Flow Art Therapy 10.15am-12.30pm & 1:30- 3:30pm	Tues 28th Feb Public Reading Workshop 10am - Noon	Wed 1st March Art Play on Wednesday 10am - Noon	
Thurs 2nd March Shared Reading Group 10am-Noon	Fri 3rd March The Inklings writing group Cost \$15 9.30am-Noon	Fri 3rd March FRIDAYS AT 125 music, games and pizza for all ages and abilities. No booking needed 5pm -7pm	Person Centred Emergency Planning Sessions Wed 15 & 22nd Feb & Wed 1st March at BANC Bookings Essential	Blackheath Area Neighbourhood Centre exists to enhance the quality of life of all residents of Blackheath and surrounding areas. Together, our members, volunteers and staff are building a resilient, supportive and active community where everyone is included and no-one is left behind. Check www.banc.org.au for social support, useful free services and more. Volunteers welcome!!			



Mrs Keep Visit



Students were excited to catch up with our lovely teacher Mrs Keep just before her baby was due. We wish her the best over the next few months and cant wait to meet baby Keep very soon.



YOUR *Healthy* LUNCHBOX GUIDE



WHOLEGRAIN BREAD & CEREALS

PLANT & ANIMAL PROTEIN

FRUITS

DAIRY & ALTERNATIVES

VEGETABLES

Choose water and limit consumption of sugary drinks
Pick whole fruit over fruit juice

Examples

Top Tip
Pick one from each food group

THE FIVE FOOD GROUPS

1		WHOLEGRAINS provide long-lasting energy for the brain and body.
2		PROTEINS which are important for growth and to keep your tummy full!
3		DAIRY AND ALTERNATIVES for calcium to build strong bones and teeth.
4		FRUITS keep your body healthy. The more colours, the better!
5		VEGETABLES for a healthy gut and immune system. Enjoy a wide variety!

