



# MEGALONG PUBLIC SCHOOL

## NEWSLETTER Term 4, Week 6

Dear Families,

Thank you for your warm welcome to Megalong Public School. I have really enjoyed my first few weeks at this beautiful school and feel very blessed to be working with such a wonderful community.

I would really like to thank all the staff who have done so much to make my transition to Megalong run so smoothly. Mr Kevin Thoms has also worked very hard to ensure the smooth transition back to school for our students and staff.

We are very lucky to have Mr Jack Wolffs teach on Tuesdays and Miss Lauren Keep every Thursday and Friday. Mr Peter Heslop will be attending to our maintenance needs every Tuesday and Wednesday and Mrs Siobhan McIlveen and myself will be at school full-time.

We are excited to announce that our school has upgraded to the School Bytes finance system. It is all running smoothly.

The Callistemons participated in the NSW Department of Education School Swimming and Water Safety Program. This is a learn to swim program that develops water confidence and provides students with basic skills in water safety and survival. The program provides opportunities for students to attend daily lessons of 45 minutes over 10 consecutive days. The students all made tremendous progress with their swimming and their confidence in the water.

We have been lucky enough to loan some playground equipment from Live Life Well @ School. Live Life Well @ School is a collaborative initiative between NSW Ministry of Health and the school sectors in NSW. Live Life Well @ School is supported in NSW primary schools to promote healthy eating and physical activity to students. The program aims to get more students, more active, more often and focus on healthy eating habits.

We really enjoyed having Mr David King and Mr Shane Thompson visit our school to present our school community with our beautiful carved emu egg. Becky Chatfield worked with the students writing a lovely thank you card for Cilla the artist and is looking forward to working closely with our community on some Landcare projects next year.

Our Presentation Day will be held on December 13 and we have an end of year fun day to Bathurst organised for our last day of the term together. I am looking forward to these exciting events!

Rachael Penny

Principal



# Around the Playground and in the Classroom



## Nutrition Snippet

### WHAT'S IN SEASON FOR SPRING?

Buying seasonal fruit and veg is cheaper, tastier and better quality.



The change in seasons brings a plentiful supply of veggies such as zucchini, spinach and tomatoes. Give these recipes a go:

- Zucchini and corn fritters
- Homemade tomato pasta sauce

Find these recipes and more on our seasonal blog at [healthylunchbox.com.au/blog/whats-in-season-for-spring/](http://healthylunchbox.com.au/blog/whats-in-season-for-spring/)



## Dates to watch for...

22nd Nov—School Photos

24th Nov—Kindy transition days begin

13th Dec— Presentation Day

15th Dec— School fun day

—excursion to Bathurst for movies, sushi and park

--Last day of school

15th Dec—Megalong Community Christmas party.

1st Feb 2024—First day of school 2024

## ATTENTION:

For the safety of our students, please drive 40km p/h in the school zone

KEEP OUR KIDS SAFE!!!

40



## Backyard Bird Count



Students headed out into the playground during the morning session to see how many birds and how many different bird species they could see and hear. In total the students saw 36 different species and recorded this to the Aussie Bird Count.



### Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just... they miss days per year

5 mins per day = 3 days

30 mins per day = 18 days



Patterns of lateness can have a serious impact on your child's education.

# Swim School 2023



Once again students spent two weeks swimming every afternoon at the Katoomba Aquatic Centre with Mrs Walker and her wonderful teachers. Students learnt swim safety rules and tips and made amazing progress.







# Welcome Ceremony for our Emu Egg



Megalong PS was lucky enough to receive an EMU EGG from the AECG. Local Gundungurra man David King liaised with staff and students to finalise our School Totems. David, Becky Chatfield and Shayne Thompson then found indigenous woman Cilla Lawlor to carve our totems onto the egg. The Egg was welcomed back to the school by students, families, Principal Rachael Penny and Term 3 Relieving Principal Mr Kevin Thoms in a special ceremony. Presented by David King and Shane.

Becky Chatfield later visited the students to work on a thankyou card to Cilla for her amazing carving.



## Red Pillowcase Project

The Callistemons were very lucky to be taught the 'The Red Cross Pillowcase Program' during term 4. It is a education program that teaches students about personal and family preparedness and safety skills, local hazards, and basic coping skills. Red Cross volunteers lead students through a "Learn, Practice, Share" framework to engage them in disaster preparedness and survival skills. Upon completion, students receive a sturdy pillowcase in which to build their personal emergency supplies kit.



BLUE MOUNTAINS CULTURAL CENTRE  
30 Parke St, Katoomba | FREE event

# Dig!

Minibeasts up close  
Music performances from KHS  
Local schools creative displays  
Artmaking with exhibiting artists  
Blaxland Gem and Mineral Club  
Sunday 26 November | 11 am - 2 pm



BLUE  
MOUNTAINS  
CULTURAL  
CENTRE

blue  
mountain  
City Council

healthy  
waterways

Travelbugs  
MOBILE WINT-BEASTS



**GETTING READY FOR BUSH FIRE  
IS EASIER THAN YOU THINK**

**THE 4 SIMPLE STEPS ARE:**



1. DISCUSS



2. PREPARE



3. KNOW



4. KEEP

GET THE GUIDE AT

[www.MyFirePlan.com.au](http://www.MyFirePlan.com.au)

## Centenial Coal and Lithgow Community Youth Grant

The school received grant from the Lithgow City Council as part of their Centenial Coal Financial Assistance for Young People.

We used these funds to contribute towards establishing our Bus Bushfire Emergency kit. We are very appreciative for this assistance.



# Our Callistemons are flowering



Our beautiful megalongensis callistemons that were planted back in 2017 have been in full bloom this spring, brightening up the garden in front of our classroom.

Next year we are hoping to propagate some more seedlings to share with the local community.



**Gateway**  
FAMILY SERVICES

LET'S TALK ABOUT...  
**THE IMPACTS OF COVID  
ON KIDS (0-6 YRS)**

**Social and emotional development after  
the pandemic for children 0-6 years old**

Wednesday 29th November, 7:00pm - 8:30pm

Term 4  
2023

Children born during the COVID pandemic can be slower to reach social and emotional milestones, with an increase in developmental delays and challenging behaviours.

This unique Q&A session provides the perfect opportunity to explore any concerns you might have about your child's development if they are in the 0-6 year age range.

#### We'll be discussing...

- ✓ Brain development and milestones from birth to 6 years
- ✓ Strategies to help your child develop emotional regulation skills
- ✓ Ways to help manage big emotions like tantrums and meltdowns

#### Meet Jenny, our expert



Jenny Rankine is a Child and Family Health Nurse, Midwife and Registered Nurse who has been working with families with young children for over 20 years. She is passionate about empowering parents by providing practical but research-based information that aims to enhance parent-child connections and promote family wellbeing.



Register at 4720 6500 or [groups@gatewayfamilyservices.org.au](mailto:groups@gatewayfamilyservices.org.au)



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



#### COVID Q&A SESSION



DATE: Wed 29th November

TIME: 7:00pm - 8:30pm

LOCATION: Online via ZOOM



"No act of  
kindness, no  
matter how small,  
is ever wasted."

— Aesop

**OCTOPLAY from Live Well**



This students were able to borrow both an Octoplay set and a Soccer Pool set from Live Life Well at School

