

# 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 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





sunsmartnsw.com.au



## Around the Playground and in the Classroom



## **Nut**rition 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 vegies 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-seasonfor-spring/ Cancer Council

Healthy Lunch Box

### 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:**

40

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

**KEEP OUR KIDS SAFE!!!** 





### **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



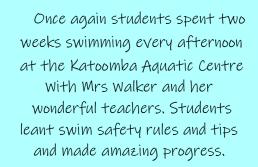




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education.nsw.gov.au

# Swim School 2023

































## Welcome Ceremony for our Emu Egg











Megalong PS was lucky enough to receive an EMU EGG from the AECG. Local Gundungurra man David King líased 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, famílíes, Principal Rachael Penny and Term 3 Relieving Principal Mr Kevín Thoms ín a specíal 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** 





GET THE GUIDE AT

www.MyFirePlan.com.au

### **Centenial Coal and Lithgow Community Youth Grant**

The school received grant from the Lithgow City Council as part of their Centeníal Coal Fínancíal Assístance 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.





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.



Lynley McNab joined our staff this semester to help and support our school community.

Lynley has worked closely with staff, students and families. She has brought with her a wealth of knowledge and experience which we are very grateful for. She has become a valued member of our Megalong Public School family.



- 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







