



Murrurundi Public School

Pride in our Heritage, Confidence in our Future

Be Respectful Be Responsible Do Your Personal Best



SCHOOL NEWSLETTER

Term 3—Week 8

Monday 9 September 2019

Principal's Report

Strengths Focus – Forgiveness

This week the strength that we are learning about is FORGIVENESS.

Forgiveness means to extend understanding towards those who have wronged or hurt us. It means to let go. In many cases this is the letting go of some or all of the frustration, disappointment, resentment, or other painful feelings associated with an offense.

Week 6 Strengths Focus – Fairness

The following students were identified by the staff as displaying the focus strength of Fairness last week:

Kinder- Chase Barton

1/2- Ben Power, Lilly Hyde

3/4/5/6- Ally Sevil, Zoe-Lee Power

Take the VIA Character Strength Survey

The VIA Survey is the only free, scientific survey of character strengths in the world. Take this simple character test in 15 minutes or less and reveal your greatest strengths at <https://www.viacharacter.org/survey/account/register>

Congratulations Rachel Brown

Rachel proudly competed at the Regional Athletics Carnival on Friday 30th of August in the Senior Girls high jump and Senior Girls long jump events. She placed 5th in the Senior Girls high jump and is to be commended for her achievement.

TPS Conferences

Thank you to the parents/carers who booked in for the TPS conferences. Teachers and students need to prepare for these sessions, so if you tried to book today (Monday) the teacher will contact you to make a time for another day.

Interviews can be requested at any time of the year, through the office. It is helpful if you say what your concern is or ask for the teacher to contact you, so that the teacher can

prepare student work samples or any necessary reports, assessments etc.

Thank you for respecting the work and preparation that the teachers do in the mornings so that they can provide quality teaching and learning opportunities for our students. It is in the best interests of the students and their learning that teachers have this uninterrupted time in their classrooms so as to be prepared and organised when the school day begins. It is our aim to improve results, such as NAPLAN, and ensure the best educational outcomes for all students through the provision of quality teaching.

Assembly – Thursday 11th of September

Please join us for our assembly this week in the 1/2 classroom. Years 5 and 6 will be presenting about the Great Aussie Bush Camp.

Uniform Reward

This term, students in full school uniform will receive a point each, each day of the week for their class (I will convert to a percentage) and the class with the most points will receive a reward at the end of the term.

Winners Week 7: Kindergarten

Uniform Review – now Thursday 17th October

The next uniform review meeting will be **Thursday 17th of October at 3pm.**

Student Wellbeing Support Officer

I am very pleased to announce that the SWSO role for Thursdays and Fridays (until the end of Semester 1, 2020) has been filled by Mrs Heather Leayr. We are still seeking donations for the community portion of the funding, so if you know of any businesses that would be interested in donating to this program, please ask them to contact Mrs Hopkins. The SWSO's have implemented focus groups in playtimes for students who require extra support/skills, supported families in improving the attendance of students, supported students in the area of social skills and friendships and supported students in the classroom.

Survey

Thank you to the parents and carers who have completed the Community Consultation Survey #2. If you have not completed it, another copy was attached to the last newsletter and more copies are available from the office. It is important to us to receive your feedback so that we can ensure the best outcomes for our students.

Student Collection Procedure

Students who have returned their note to indicate that they have permission to leave the school grounds at 3.30pm unaccompanied (to walk/ride home or cross the crossing) have been provided with a yellow tag that has been attached to their bag. "C" on the tag means they can only do so if their parent/carer has contacted the school that day and "M-F" means they have permission to do so every day. The teacher at the gate has a clipboard listing students who are going home with someone else or whose parent/carer has contacted us to say they can walk home just for that day.

Payment and Permission Notes

All monies and notes are to be returned to the office (not the classroom). Please note that payment is due with the permission note. To assist our office staff, no permission notes will be accepted without payment.

Summer Uniform—Term 4

The change over to summer uniform does not take place until Term 4.

Mrs Hopkins

Relieving Principal

Regional Athletics

Congratulations to Rachel Brown who represented our school on Friday 30th August at the Regional Athletics Carnival held at Glendale Sporting Complex. In extremely wet and slippery conditions, Rachel competed in the Senior Girls high jump and long jump events. Rachel amazingly came away with 5th place in high jump. Well done Rachel, we are very proud of your achievement!

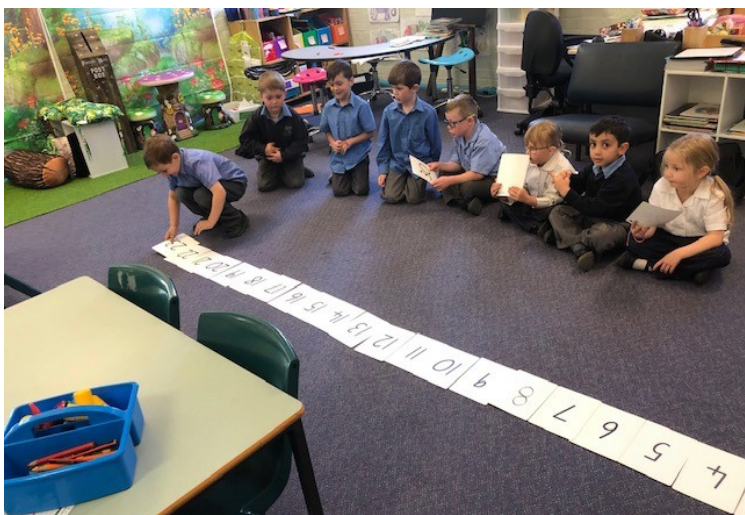


Kindergarten and Pre Kinder

Kindergarten have been working hard on counting forwards and backwards. We have been identifying the number before and after a given number. Last week we read the book "Mister Seahorse" by Eric Carle. We wrote about Mister Seahorse and created a drawing of him and used water colours to complete the artwork.

Miss Callaghan and Mrs Coffey





Year 1 and 2

On Friday we each planted our very own seedling as part of *Woolworth's Discovery Garden Promotion* that is set to begin in store very soon! Our school has been kindly gifted a set of the seedlings which we will be monitoring closely over the coming weeks for any sprouts! This learning experience links in perfectly with our Science program this term in which we have been learning about Earth's resources and how we use them.

Miss Reeves, Mrs Quirk and Year 1 and 2



Years 3/4/5/6

Following our wonderful excursion, 3-6 have been writing recounts about their adventures at the Great Aussie Bush Camp. Here are some excerpts from these recounts.

My absolute favourite activity was the Giant Swing. I love how everyone is a part of the ride. Your team will pull you up. Then it's your job to pull the thin little red rope. The first five seconds is horrible because you feel like you're falling backwards, but you are 100% safe. Just watching other peoples' faces was hilarious. **Jessica**

Rock Climbing was so much fun and I went so high! I went half way and jumped off. The harness caught me and I went all the way down. **Zai**

The last thing we did that day was the Dual Flying Fox. First you get harnessed up, then walk up heaps of stairs. After a workout going up the stairs, we got hooked up to the Flying Fox and pushed off. We went over the lake. It was amazing! While you were flying, you could dance, spin and much more. **Sophie**

We went to the High Ropes. I was really scared and excited at the same time. It was so fun and speedy on the zip-line. I wish I could do it again because it was so much fun! **Blake**

On Wednesday, my group went to the Mud Run. When we arrived we were told by our Instructor Jack to look at our feet and think of good things. Then he got a bucket of water and splashed us with it. It was freezing! **Rachel**

The first thing that we did was the Flying Fox. It was scary but fun. I screamed my head off. You felt like you were going to fall in the lake. **Salwa**

I loved camp because of the fun activities. My favourite was the Dual Flying Fox. **Madison Taylor**

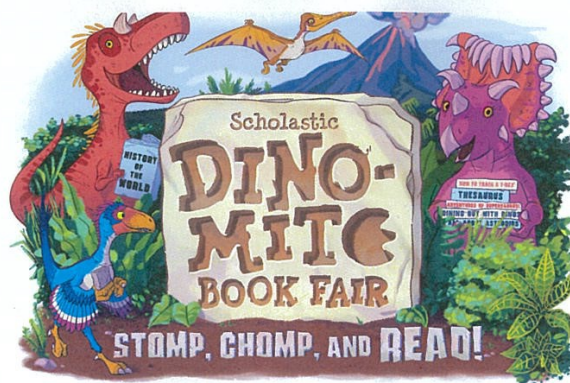
On Tuesday, my group went to the towering Staple Climb. We had to wear a safety helmet and a big blue harness. I wasn't scared of the Staple Climb. I went all the way to the top and rang the bell! **Zoe-Lee**

On the first night there was a fabulous disco. We got to sing and dance and play games. I really liked the disco because you got to have fun with your friends. **Thea**

Rock Climbing was hard. The first time I went a little way. The second time I made it half way. I was proud of myself. **Abby**

Mrs Maxwell and Mrs Waldron





Book Fair is coming. Term 4 Weeks 2 and 3

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let children see you read.
- Have a collection of books in your home. Update this collection routinely to keep up with changing tastes and reading skills.
- Support our school's Book Fair. Allow your children to choose their own books to read.

The theme of our Scholastic Book Fair is **Dino-Mite**, where we hope you will **Stomp, Chomp, and Read!** It's a fun reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school.



Good for Kids good for life

CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L
6—12 years 1.5L

TIPS TO DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle when you go out
- Pack water for school
- Encourage drinking extra water when they play sport
- Limit buying sugary drinks

Information source: © Cancer Council Victoria 2019

Good for Kids good for life

HEALTHY PARTY IDEAS

Parents and teachers can shift the focus for school parties from unhealthy food to fun healthy food.

You could serve snacks with fun plates, napkins, cups or straws, or have a tasting party where children can vote for their favourite healthy snack. Why not try some of the following:

- Fruit kebabs
- Orange quarters – try them frozen in summer
- Fruit smoothies
- Melon balls
- Berries
- Frozen fruit blocks
- Apple sinkies
- Veggie strips with low fat dip or salsa
- Sandwiches
- Raisin bread
- Pikelets
- Rice crackers
- Scones
- Cheese cubes
- Low fat popcorn



Good for Kids good for life

RECIPE

Spinach Pesto Pasta with Cherry Tomatoes



Ingredients

- | | |
|--|---|
| 100g baby spinach leaves | 2 lbs olive oil |
| 1/2 cup firmly packed fresh basil leaves | 1/4 cup shredded parmesan cheese |
| 2 lbs toasted slivered almonds | 375g short pasta shapes (e.g. penne, fusilli) |
| 2 cloves garlic, crushed | 250g punnet small cherry tomatoes, halved |

Method

1. To make spinach pesto, place spinach, basil, almonds and garlic in a food processor. Process until finely chopped. Add oil and parmesan. Process to form a thick paste.
2. Cook pasta in a large, deep pan of boiling water for 10 to 12 minutes or until just tender (al dente). Drain and return to same pan.
3. Add spinach pesto to pasta. Stir over low-medium heat until pasta is coated with pesto and heated through.
4. Stir in tomatoes. Serve hot.

Tips: To toast slivered almonds, spread over an oven tray. Bake in a moderate oven (180C) for 3-5 minutes until light golden. This pasta is also delicious served cold. Keep covered in refrigerator for up to 2 days. Great for school or office lunches.

Sourced from Healthy Kids at www.healthykids.nsw.gov.au/

Positive Behaviour for Learning (PBL)

We are learning about the character strength of *forgiveness*. Showing *forgiveness is a choice to let go of anger towards someone who hurt you and to think, feel or act with kindness towards that person.*

Remember, before we speak or act, think and be smart! It's hard to fix a wrinkled heart. Tweet, Tweet!



**Royal Hotel
Social Club
Op Shop Spring Ball
21st September 2019**

Non- Members \$23 pp

Members Free

Includes 2 Course Meal

Bookings & Payments Essential

RSVP 14th September 2019

Prizes & raffles on the night

Come along & support your

Royal Hotel Social Club

Footy Colours Day

Students are asked to wear their favourite footy colours and bring along a gold coin donation to support kids with cancer.

Friday 20 September



P&C Information

Term 3 Canteen Roster

Date	Names
9 th September	Michelle & Rachael
16 th September	Jane & Julie
23 rd September	NO CANTEEN AT THIS STAGE

Canteen Volunteers are urgently required for Term 4

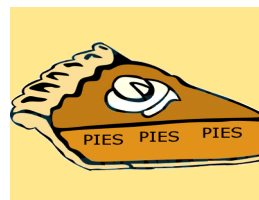
The canteen urgently require volunteers for Term 4. If the P&C cannot secure enough volunteers the canteen days will be reduced.

If you are unable to attend your rostered shift please try and swap with someone.

Murrurundi Public School

Thompson's Pie Drive

Reminder that orders are to be returned to school with the correct money by 13th September.
Delivery to the school is on Friday 20th September.



Notes to be returned please

- ♦ Student Collection Permission
- ♦ Community Consultation Survey #2

Save the Date

20 September Footy Colours Day

23/ 29 October Book Fair

End of Year

11 December Presentation Night

14 December Carols by Candlelight

16 December Year 6 Farewell / Disco

Monday	Tuesday	Wednesday Week 8	Thursday	Friday
Canteen	Student Banking		Upper Hunter Youth Council Meeting	Pre - Kinder
Teacher/Parent/Student Conferences	Choir Library	2.00pm Tabloid Sports	Assembly GABC Review	Fun Fitness 4 Littlies