



# Murrurundi Public School

*Pride in our Heritage, Confidence in our Future*

*Be Respectful Be Responsible Do Your Personal Best*



## SCHOOL NEWSLETTER

**Term 3—Week 9**

**Monday 16 September 2019**

### Principal's Report

#### Strengths Focus – Perseverance

**This week the strength that we are learning about is PERSEVERANCE.**

Perseverance is sticking with things. It means being hardworking and finishing what is started, despite barriers and obstacles that arise. The pleasure received from completing tasks and projects is very important to those who are high in perseverance.

#### Week 8 Strengths Focus – Forgiveness

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

**Kinder- Kyesha Schrader**

**1/2- Charlie Power**

**3/4/5/6- Kallie Lawrence**

#### 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>

#### 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 8: Kindergarten**

#### Uniform Review – now Thursday 17<sup>th</sup> October

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

#### Winter Uniform

Summer uniform should not be worn until Term 4. Until then girls and boys are welcome to wear short sleeved shirts and girls can swap their navy tights for white socks.

#### Happy Holidays

Next week is the last week of Term 3. Term 4 commences on Monday 14<sup>th</sup> October.

**Mrs Hopkins**

**Relieving Principal**

### Kindergarten and Pre Kinder

Last week Kindergarten have read the book “Superworm” we then took the opportunity to write about Superworm using the rhyming words we found in the book. The students enjoyed creating sentences that rhymed. In maths we learnt number lines. We created our own number line and used it to identify before and after numbers. We also practiced counting on and off the decade beyond 100!

**Miss Callaghan and Mrs Coffey**



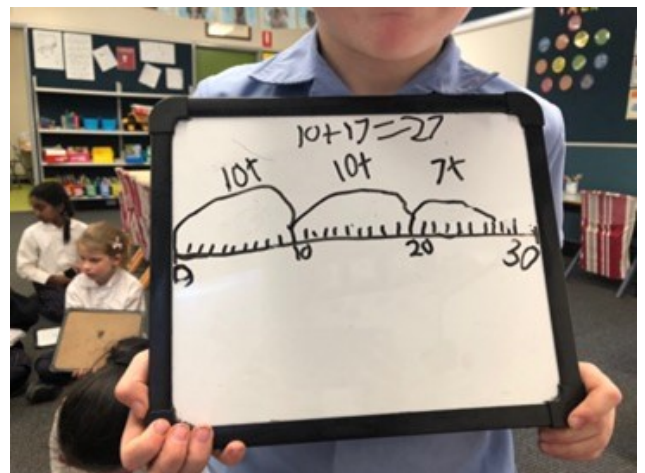
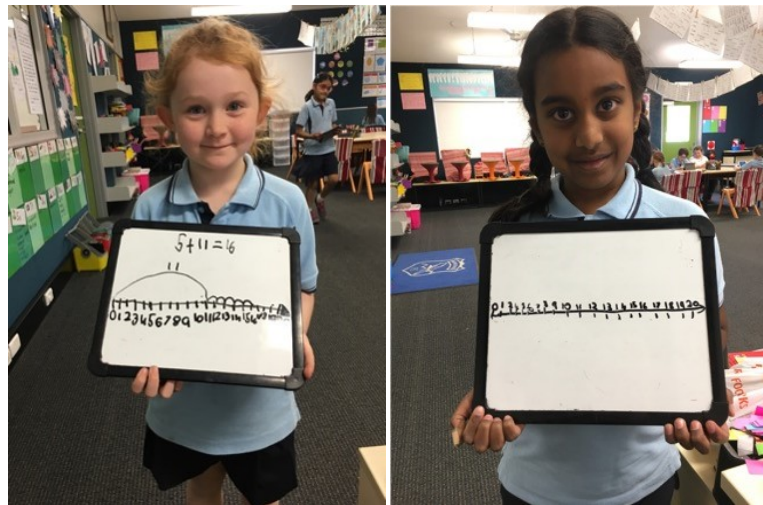
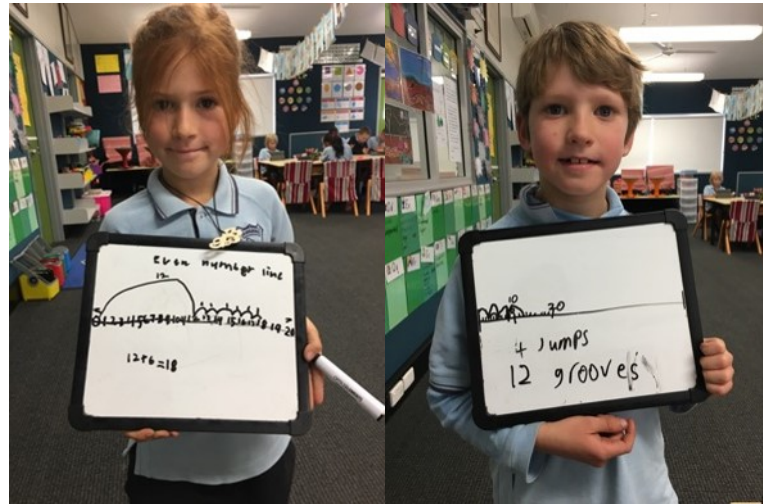




## Year 1 and 2

Last week Year 1 and 2 worked closely using number lines as a problem-solving tool in addition and subtraction. Students have learnt that there are a variety of ways to show a number line and that they all mean the same thing, they just might look slightly different. Students have realised that number lines must start from zero, need an arrow at the end of the line to signify that there are more numbers beyond that point, that the numbers need to be spaced evenly (proportionality) and that not all numbers need to be written on the number line as we can 'leap' over them.

**Miss Reeves, Mrs Quirk and Year 1 and 2.**





## Years 3/4/5/6

Each Thursday Mr Dollin has been working on a transition to high school maths program with Year 6. Thank you Mr Dollin for sharing your mathematical knowledge and problem solving.

Mrs Maxwell and Mrs Waldron



## Good for Kids good for life

### FUNDAMENTAL MOVEMENT SKILLS MASTERING THE KICK



The kick is a manipulative striking skill characterised by producing force from the foot to an object. The stationary place kick involves kicking an object which is still. It is basic to kicks used in all football codes. It is also important for foot-eye coordination.

#### Steps to practice at home:

- Stabilise and raise the ball off the ground by placing it on a bean bag or a roll of masking tape.
- Place a mark on the ball and ask the child to focus on that as they approach the ball to kick.
- Focus on kicking the ball for distance rather than accuracy.
- Place chalk on the child's shoelaces so that a mark is left on the ball after it has been kicked.
- Use a beach ball, balloon, or a ball that is soft, flat or partially deflated.
- Practice kicking the ball against a wall.
- Demonstrate, running up to kick the ball.
- Introduce accuracy by kicking to a partner or target, or into a goal.
- Practise kicking with either foot.

Source: Get Skilled, Get Active and Live Life Well @ School @ State of NSW, Department of Education and Communities, 2012



Health  
Hunter New England  
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au  
<http://www.goodforkids.nsw.gov.au/>

## Footy Colours Day

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



## Good for Kids good for life

### KEEPING ACTIVE IN WINTER

When kids come home from school during the cooler months there is less light for fun outdoor time to burn off energy. Less daylight hours and cooler temperatures does have to equate to more screen time (TV/video games).

Keeping activity is important for everyone even in the cooler months, and the Australian 24-Hour Movement Guidelines recommend that children get **at least one hour each day of physical activity**.

Try the following indoor activities:

- Make up a dance
- Try 'Just Dance' on a gaming console or YouTube
- Sign up to 'Go Noodle!' for free and move along to your favourite Go Noodle's
- Hula hooping or skipping
- Juggling
- Use the furniture to create an indoor ninja park or obstacle course
- Try a family fitness challenge, e.g. who can do the most push-ups, squats, sit ups, burpees
- Use a pair of socks or a balloon to play volleyball, tennis, soccer or football indoors



Image source: <https://picklebums.com/20-fun-ways-to-get-active-with-your-kids/>

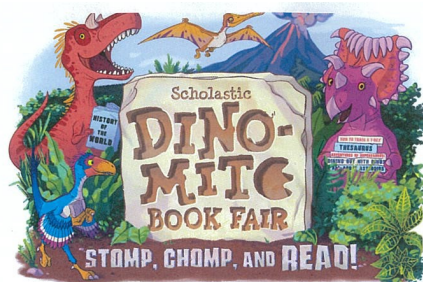


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## Positive Behaviour for Learning (PBL)

We are learning about the character strength of perseverance. We all learn and grow at different speeds, but if we use perseverance, we can all accomplish our goals! Tweet, Tweet!



## 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.



## P&C Information

### Term 3 Canteen Roster

Date	Names
16 <sup>th</sup> September	Jane & Julie
23 <sup>rd</sup> September	Lanie & Julie

### Canteen Volunteers are urgently required for Term 4

*The canteen urgently requires 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.*

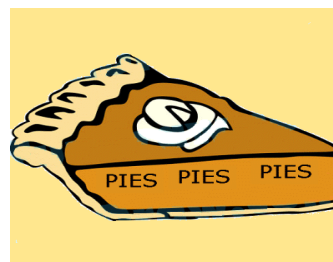
### P&C Meeting

*The next P&C meeting will be held 16th October at 5.00pm. Everyone is welcome to attend.*

## Murrurundi Public School

### Thompson's Pie Drive

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

25 October Grandparent's Day

#### End of Year

11 December Presentation Night

14 December Carols by Candlelight

16 December Year 6 Farewell / Disco

Monday	Tuesday	Wednesday Week 9	Thursday	Friday
Canteen	Student Banking	Resilient Kids		Footy Colours Day  Pre - Kinder
	Choir Library		Scripture	Fun Fitness 4 Littlies