



# Murrurundi Public School

*Pride in our Heritage, Confidence in our Future*

*Be Respectful Be Responsible Do Your Personal Best*



## SCHOOL NEWSLETTER

**Term 1 — Week 10**

**Tuesday 2 April 2024**

| Date                                  | Event/Activity                                 | Who is involved   | Further Information   |
|---------------------------------------|--|---|---|
| 2/4/2024                              | P&C Meeting 4pm                                | All interested  | Enter via back gate /held in the 3-6 class-room   |
| 3/4- 5/4 2024                         | Kia Ora Music Camp                             | Students who registered   | Enrolled students   |
| 4/4/2024                              | Power FM Breaky Visit                          | All students/Parents and teachers                                 | 7am –9am  |
| 10 /4/2024                            | Newcastle Secondary Marching Band              | P&C volunteers - breakfast and lunch students and wider community | Free performance 9.30 -11.00<br>BBQ lunch for students provided by the P&C              |
| <b>Note change of date: 11/4/2024</b> | <b>Celebration Assembly</b>                    | <b>Whole School and families</b>                                  | <b>Starts at 3.00pm</b>   |
| 12/4/2024                             | Last day of Term 1                             | K-6 and Staff   | Enjoy your holidays!  |
| 25/4/2024                             | ANZAC Day March                                | Interested students and school captains                           | Meet in Adelaide St at 10.45am<br><b>*Note this is in the last week of the holidays</b> |
| 29/4/2024                             | Student free day - Staff only return to school | Staff   |   |
| 30/4/2024                             | Students return to school                      | Students  | Welcome back!   |
| 8/5/2024                              | Proposed date for Athletics Carnival           | Whole school  | TBC   |
| 10/5/2024                             | UHPSSA Zone Cross Country                      | Qualifying Students   | Notes to come   |
| 10/5/2024                             | Scone Cup - Half Day Holiday                   | Whole School  | Finish at 12.30pm   |
| 14/5/2024                             | Jack Johnson Memorial Day                      | K-2 only  | Notes to come   |

### Wednesday and Friday – Sports uniform

### Wednesday – Library for all classes (Please remember your Library Bag)

### Staff Wellbeing

The Department of Education has been working to improve staff wellbeing over the last 12 months. Many things have already been actioned, including reduction in amount of daily emails, units of work provided for English and Mathematics and making sure that we take some time during the week to look after our own wellbeing.

The next phase will involve communication. Staff are being encouraged to ‘switch off’ from school every afternoon. This means any incoming emails or phone calls outside of school hours will not be answered until the following day. The best form of communication is a phone call or email. Do Not contact staff via any form of social media, as it will not be answered. We are also asking parents to respect the little amount of preparation time teachers are given in the mornings, by not approaching teachers in the classroom, but rather contacting the office first. If the issue is urgent, then arrangements will be made for the teacher to be available. If it is not so urgent, then a mutually convenient time will be set up for you to meet with your child’s teacher. These steps are necessary to ensure teaching staff have a suitable mindset as they start the day.

## Wellbeing - Sleep

### Key facts

- Healthy sleep means getting enough good quality sleep, and having regular sleep routines.
- Sleep is essential for growth, immunity and learning, and is important for helping children heal and recover from illness and injury.

Poor sleep is linked to mental health problems, poor growth and reduced school performance.

### Why is sleep important for my child?

All children need sleep for growth, learning and development. Getting enough sleep is vital for your child's physical health, brain function, emotional wellbeing, safety, and ability to function day to day. Having a good night's sleep can help your child be happier, helps them to concentrate and remember things, and improves their behaviour.

Not having enough sleep or not sleeping well can affect how children learn and lead to mood swings, poor growth and behavioural problems.

### How much sleep do children need?

The amount of sleep your child needs changes as they grow. Everyone is different, but as a guide, children need the following amounts of sleep every night:

- **ages 3 to 5:** 10 to 13 hours (including naps)
- **ages 6 to 12:** 9 to 11 hours
- **ages 13 to 18:** 8 to 10 hours

### Tips to help children sleep well

Getting enough sleep is as important for your child as healthy eating and exercising. Here are some tips to help your child fall asleep, stay asleep and get enough good quality sleep:

- **Establish a sleep schedule:** Make sure your child goes to bed early enough to get the sleep they need. Once you have set an appropriate bed time, stick to it — even on the weekend.
- **Establish a bedtime routine:** Follow the same routine every day: bath or shower, change into pyjamas, brush teeth, read or spend quiet time in their bedroom, lights out and go to sleep.
- **Help your child wind down:** Busy children need some time to relax. Consider playing soft music or reading to them.
- **Make sure the bedroom is suitable for sleep:** Ensure the bedroom is dark and quiet. If your child is anxious or afraid at night, use a night light.
- **Avoid stimulants:** Make sure your child avoids tea, coffee, chocolate and sports drinks, especially in the afternoon.
- **Turn off technology:** Try turning off computers, tablets and television one hour before bedtime to help your child sleep better.

### Brighter Beginnings

A new hub to help parents and carers navigate the first five years of life. This is a new campaign promoting the Brighter Beginnings online information hub that has been launched by the Department of Education to give children the start in life and learning, from pregnancy to age 5.

The hub brings together NSW and Federal Government resources as a one stop shop of information and tools that may be needed to support children's health and development during this time.

The launch of the hub is supported by a campaign that aims to build understanding of the importance of the first five years and uplift access to child development resources and services.

## Mrs Darlington

### Principal

## Claim the Date

Celebrations for Murrurundi Public School turning 175 will be held on **Saturday 19<sup>th</sup> October.**

Please share this with anyone who would be interested in attending.

*If you are interested in joining the planning committee, please contact the school.*



## Birthday Wishes to Jett R

### Merit Award

Fletcher

Ayla

Mia

Luke

## Assembly Awards Week 9

### PBL Award

Savannah - Personal Best

Max - Personal Best

Lilly McN - Personal Best



### Principal Award

Max



## Class K/1/2

We have all been working hard over the last few weeks. It was wonderful to see that every student in K-1-2 participate in the cross country at Scone last week. Every one tried their best. 800m was a long way to run!

Last week, we participated in the Responsible Pet Owners program. Students learnt about caring for their dog, how to pat unknown dogs and what action to take if an angry dog approaches you in the street. We had lots of fun talking and singing. Everyone got to pat the dog at the end of the session. An opportunity to practise their new skills.

Kindergarten now know enough sounds to start decoding and blending sounds to make words. They have been using their new skills to write and read words in writing and phonics activities. They are nearly ready for home readers. They have also been practising every day to ensure they are correctly forming letters and numbers.

It is great to see the progress being made by most students in Years 1 and 2 in writing. We have moved on from many not writing correct simple sentences, to many students writing 3 – 6 sentences now. This is something to be very proud of. Some students are still working on consolidating their sounds, however, they too can articulate a sentence and write the sounds they can hear.

We have been working hard in numeracy to consolidate understanding of numbers. Kindergarten are working on numeral formation, counting forwards and backwards from 0 – 10, instantly recognising numerals and learning to instantly recognise common dot patterns, such as those found on a dice or dominoes.

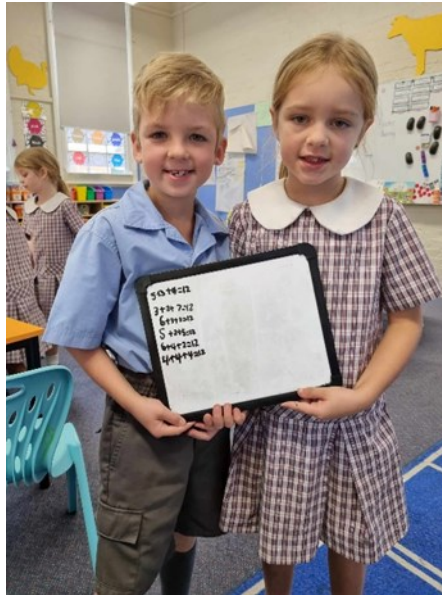
Year 1 and 2 have been working on part – part – whole. That is, looking for small numbers in big numbers. For example 12 can be made up of 6 + 6, or 3 + 9. This helps to develop flexible thinking when adding and subtracting numbers mentally. They have explored this concept using towers, rekenreks and cuisinare rods.

Thank you to all parents who are making an awesome effort to ensure library books are returned and borrowed each week and homework is returned on time. Most students have earned their first reward and are well on their way to earning their next reward. Thank you for supporting their learning.

**Mrs Darlington, Mrs Leayr and Miss Housten**



K/1/2



**Murrurundi P&C**  
**The next P&C Meeting to be Tuesday 7 May at 6.00pm**  
**Everyone invited to attend.**  
**Please enter the school via the back gate and the meeting will be held in the 3/4/5/6 classroom.**

## Class 3/4/5/6

Over the past fortnight 3-6 have continued working on their "Desert Lake The story of Kati Thanda Lake Eyre" unit, exploring concepts of emotive language to create a persuasive argument. We have also continued our exploration of fractions with stage 3 beginning to add and subtract fractions with the same denominators.

3-6 have had a very busy fortnight away from the classroom participating both the World of Maths and Drumming day and the Invermein Small School's Cross Country carnival. Drumming proved to be another highlight of the term with students actively participating in learning new beats from last year's workshops. Primary students demonstrated excellent perseverance in their respective Cross Country races, putting their best efforts in to qualify for the Upper Hunter Zone carnival which is to be held in early Term 2. Students who have qualified will be notified once the full carnival information has been received from the organising school.

## Mr Pulik and Mrs Gorst



## Rural Library Donation to MPS



A promotional banner for the Scholastic Book Club. The top part is a pink ribbon with the text "SUPPORTING READING FAMILIES" in white. Below this, a woman is smiling and reading a book to two children. Text overlays include "40% of products \$10 and under" in yellow and "Latest releases at great prices" in green. At the bottom, the text "Heavily discounted books" is written in white on a blue background, and "SCHOLASTIC Book Club" is written in white on a red background with the Scholastic logo.