

MAYRUNG PUBLIC SCHOOL'S NEWSLETTER



Email: mayrung-p.school@det.nsw.edu.au

Website: www.mayrung-p.schools.nsw.edu.au

Term 4 Week 1,
2016

A NOTE FROM THE PRINCIPAL

Welcome to term 4.

Dear Parents/Caregivers
Welcome back!

I hope everyone enjoyed some relaxing family time. Term 4 is already shaping up to be a busy one with many sporting activities and learning experiences planned for our students.

Next Week's Events (Week 2) Year 3/4 Excursion

The 3/4 students will be joining Conargo, Blighty and Jerilderie schools for their excursion to Beechworth and Glenrowan next Monday to Wednesday. They are looking forward to visiting the Ned Kelly Light & Sound Show and walking tour of Glenrowan. In Beechworth they will tour the Courthouse and enjoy story telling by the campfire, take part in a Ned Kelly walking tour, visit the Burke Museum, Telegraph Station and Kelly Vault. A Beechworth Honey tour and Woolshed Falls Walk is also on the agenda as well as having some fun with Sporting Games and a Movie night.

Mrs Melissa Williams and SLSO Ben Howitt will be accompanying the Stage 2 students for the 3 days. The bus leaves at 8:00am on Monday morning from Deniliquin North School and is stopping at Blighty Hotel at 8.40 am and again at Finley Lake at 9.00 am. Please ensure that payment for this excursion is forwarded to the school office as soon as possible.

Child Protection

In term 1 this year we explored the Child Protection unit 'Bullying'. During this term we will further discuss Protective Behaviours and Relationships as part of our Personal Development lessons. These units are mandatory from the Department of Education and use factual vocabulary and some sensitive issues. Your child may come home asking questions about these lessons. Should you have any questions or concerns please contact the school.

Kindergarten Orientation

Next week we welcome Jorja Jansen for her first Orientation Day (whole day). If you know of any other families/students who want to take part in our Orientation Program please let them know.

The Orientation Program is not limited to students entering their schooling; any students are welcome to participate if they are interested in a small school setting.

Please find attached the Term 4 calendar which has the date of the Orientation Days on.

Summer Timetable

It is hard to believe but it is apparently spring! During term 4 we change over to our summer timetable, please note the timetable adjustments and provide an extra sandwich or snack due to the longer literacy block in the morning. Also it is time to change over to the summer uniform and to wear your school hat every day.

State Athletics

The school wishes Yr 5 student Alicia Smith, the best of luck for her big trip to Sydney next week where she is participating at the NSW PSSA State Athletics Championships in the long jump event. We wish her support and encouragement and know she will represent our school proudly.

Georgia Jacobs

Relieving Principal

Mayrung Road

MAYRUNG NSW 2710

Ph: 03 5882 4243

Fax: 03 5882 4326

Relieving Principal: Mrs Georgia Jacobs

Important Dates for your Calendar:

- **First Day Back**, Monday, 10th October
- **Orientation**,
Monday, 24th October
Monday, 31st October
Monday, 7th November
Monday, 14th November
- **Bike Ride**, Friday, 14th October
- **Stage 2 Excursion**, Monday –
Wednesday 17th – 19th October
- **Stage 1 Excursion**, Thursday, 27th
October (*change of date*)

Attachments:

- Term 4 Calendar
- Scholastic Bookclub

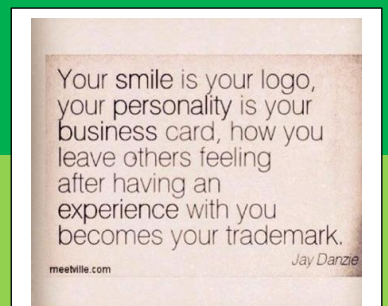
Term 3: Recess & Lunch Times

Recess time: 11.00 am – 11.30 am

Lunch time: 1.00 pm – 1.45 pm

If your child is absent from school

If your child has to be absent from school for any reason, please send a signed note or use the app explaining the reason for the absence within seven days.



MAYRUNG PUBLIC SCHOOL NEWSLETTER Term 3

NEWS FROM PRIMARY CLASSROOM:

What a super start to term four we have had this week!

Students have been busily learning about Ned Kelly in light of our 3/4 excursion next week. They have been researching events of his life and are in the process of designing a visual representation of his life, as a bushranger, through creating scene sets, scripts and filming using Lego.

Year 3/4 students are all very eager to attend the excursion and we look forward to sharing our experience and photos with you in the next newsletter!

K-2 NEWS:

First week back and it has flown, the children are all happy and have settled back into the class and school routines.

We have another busy term ahead.

we will be going to Hay this year for the K/1/2 excursion. We will be visiting the Shearers Hall of Fame. Information in regards to this will be sent home soon.

We had a great day today at the bike ride, congratulations to everyone for their participation and excellent behavior.

I would like to thank our lovely mum Kate Armytage for giving up her time and weeding the garden beds at school. Much appreciated Kate. Hope you all have a great weekend.

Jenny Adamson

BIKE RIDE:

What a great day was had by all. A big thank you to all our wonderful parents who helped out today with riding, driving, walking or cooking the BBQ and even taking photos. Your participation is most appreciated.





Our Award winners of the Day were the Jansen family, Micah and Beth for the safest bike behaviour in the 3 – 6 group. In K – 2 the award went to the Strong family, particular Xander for removing his draining wheels only yesterday and Lara for supporting her brother all the way as well as persisting to finish the ride with only one pedal on the bike. Both families received a \$20 voucher from Bennetts Sport. The ‘Cadbury Chocolate Award’ went to Fletcher Maher for his endurance and persistence whilst on the bikeride. Pinkest person award (Tennis Balls) went to Alicia Smith. A special mention must go to Fiona Langford for donating \$50 towards the Breast Cancer Council, supporting our pink theme for the bikeride.

CANTEEN: NOTE FROM SHARLEEN (REMINDER)

Dear Parents

Due to the canteen struggling for volunteers a few changes have had to be made to the canteen menu. It has now been simplified to accommodate for those doing canteen duty alone.

Also from now on please only write your children’s lunch and drink orders on their paper bags.

The canteen will no longer be taking pre ordered recess items so please supply your children with recess money on canteen day. This will come into effect the first canteen day of term 4.

We have sent the new menu home end of last term, but if you need a new one please let the school know.

If you have any questions or concerns please don’t hesitate to contact myself or the school.

SCHOALSTIC BOOKCLUB:

Please find attached a pamphlet. If you would like to order could we please have them back by Wednesday 26th November?

CANTEEN ROSTER TERM 4:

Please note Term 4 lunch will be from 11.30 am – 12.15 pm and afternoon break from 1.30 pm – 2.00 pm.

CAN TEEN ROSTER: DAY	PARENT ROSTERED ON	
21 October (Week 2)	Armytage	Brain
4 November (Week 4)	Langford	Hayes
18 November (Week 6)	Strong	Maher (supply recess)
2 December (Week 8)	Laverty	Learmonth (supply recess)

End of last term two mums kindly cleaned up the canteen and sorted through draws and cupboards. They found numerous items, ranging from plates, electrical appliances and other pieces which they belief belong to families. If you are missing anything please let us know or drop in and have a look for yourself. If things don’t get picked up by end of week 1 Term 4, we belief that you don’t want them anymore and the ladies will try to sell them and spend the money to purchase items the canteen needs.

Also if you have taken any teatowels home to wash and have forgotten to return them please do so. A big thank you to Sandy Dellwo who has kindly donated some new teatowels, as we are a bit short on them. If you have any spare ones at home, the canteen would love some.

SUNNY THE SCHOOL CAT:

Sunny has been de-sexed over the holidays. A big thankyou to Christopher Moore and his mum Michelle for paying the veterinary bill.



COMMUNITY NOTICES:

Some Helpful Tips for All Parents to Follow

Keep the TV in the family room. Research has repeatedly shown that children with a TV in their bedroom weigh more, sleep less and have lower grades and poorer social skills.

Get the kids moving. The latest research shows that brain development in young children may be linked to their activity level. Place your baby on their tummy several times during the day, let your toddler walk instead of being pushed in the pram and create opportunities for your older child to get plenty of exercise.

Get your kids vaccinated. Outbreaks of measles, whooping cough and other diseases still occur in our country.

Protect that smile. Encouraging your children to brush twice a day with a dab of flouride toothpaste will help guard against cavities.

Be vigilant about safety. Babyproof your home thoroughly, never leave a child under 5 in the bath alone. Make sure car seats are installed correctly and insist that they wear a helmet when riding a bike, scooter, horse or skiing etc

Keep sunblock next to the toothpaste. Apply it every day as part of the morning routine. It’ll become as natural as brushing their teeth.

HOW TO BE WITH YOUR CHILD'S CHALLENGING EMOTIONS

A two part workshop for parents, carers, teachers and all who play a significant role in a child's life, to learn the art of holding space for you and your child in times of emotional intensity, using the principles and practices of mindfulness and meditation.

Brought to you by Dana McNally of Breathe massage meditation movement.

Holding space is a cornerstone of meditative practice where you develop the ability to remain present to thought and emotion without judgment, and without personally identifying with and then engaging in the ever changing flow of your emotional state. In practical terms, we develop the ability to stay grounded, centred and calm as all of the varying degrees of emotion arises and passes.

As parents, it is very very easy to be triggered by our children's emotions and behaviour. We don't need to be. We can learn to stay present and available to them while providing a safe, supportive holding space which benefits not only to our own wellbeing, but our children's wellbeing and the health of our relationship.

PART 1: Saturday, 22 October 2016 ~ 10.30am to 12.30pm

For grown ups only. You will learn and apply the principles and practice of holding space. Expect to be challenged, enlightened and empowered in your ability to be with your own challenging emotions and those of your child.

PART 2: Saturday, 29 October 2016 ~ 10.30am to 12.30pm

For both you and your school aged child. In a fun and loving atmosphere, the two of you will explore and develop your deeper connection beyond the layers of individual personality.

Prerequisites:

Curiosity
Open mindedness
Willingness to step out of your comfort zone
A sense of responsibility for your child's happiness and wellbeing

About the teacher:

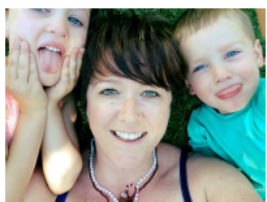
Dana is a fully qualified yoga and meditation teacher, and has been practicing meditation and mindfulness for over 15 years. This work arises out of her own deep spiritual practice and role as mother to two young children.

Your investment:

Parts 1 and 2: \$80
Part 1 only: \$50

Location:
Sisters of Mercy Hall
St Michael's Primary School
Harrison Street
Deniliquin NSW 2710

For more information or to book your place, contact Dana:
0413 725 057
dana@breathemassage.com.au



For more about Dana and Breathe, and to register online, visit
www.breathemassage.com.au

Blighty Tennis Club OPEN DAY



Saturday 15 Oct 2016 2 - 4 pm

Come along & register your interest in the below programs:

- ANZ Tennis Hotshots Program (5-12 yrs)
- Cardio Tennis
- Mum's & Bubs Clinics

*Free Coaching by Jamie Haynes

*Afternoon tea provided

Contact: Dan Harris 0417 687 848 or Sonia Frost 0428 711 797

(If unable to attend Open Day please still register interest)

Proposed 2016 Term 4 Junior Tennis Program

ANZ Tennis Hot Shots

- Starts 9am Sat 22 Oct – Sat 10 Dec
- 5-7 years (½ hr) & 8-12 years (1 hr)
- Equipment provided
- Cost: \$20 5-7 yrs & \$40 8-12 yrs



For more info on the ANZ Tennis Hotshots program

<http://hotshots.tennis.com.au/about/>

SAWS FOR A CAUSE



In support of Breast Cancer Awareness Month join us for a:

Hands-on, Female Friendly Demo Day

Showcasing Husqvarna's new battery product range.

When: Thursday 20th October, 10am-4pm
Where: The Lawns of the Library

Great give-aways, and prizes to be won on the day!



PLUS!

Every PINK Toy Chainsaw purchased, puts you in the draw to WIN one of three limited edition PINK 450 petrol chainsaws, valued at \$1049.

www.sawforacause.com.au



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Join us to learn more about supporting children and young people with disabilities with...

Dolly Bhargava

Presented by **intereach**



THURSDAY 27 AND FRIDAY 28 OCTOBER 2016

Dolly will present three separate training sessions. Choose the workshop/s you wish to attend, and click through to book.

Workshop 1: Developing Emotional Regulation Skills in Children

27 October 2016 - 9.00am - 2.45pm

Workshop info & booking details here: <http://tix.yt/dolly1>

Workshop 2: Supporting Children with Autism

27 October 2016 - 6.00pm - 8.30pm

Workshop info & booking details here: <http://tix.yt/dolly2>

Workshop 3: Preventing and De-escalating Challenging Behaviour

28 October 2016 - 9.00am - 12.30pm

Workshop & booking details here: <http://tix.yt/dolly3>

Cost varies per session and ticket type

Workshops are designed for families, carers, community members & professionals

Where: Intereach Neighbourhood Centre
Cnr Trickett & Napier Streets, Deniliquin, NSW 2710

More info? (03) 5890 5260 or ecis@intereach.com.au

Disability parking available at the front entrance of the Neighbourhood Centre & within the Trickett Street carpark
www.intereach.com.au

For more information or to register, go to the Intereach website:
<http://www.intereach.com.au/latest/news/557-dolly-bhargava-workshops-deniliquin.html> and click on the link for the workshop you would like to attend.

GULPA FASHION SHOW 2016

FRIDAY, OCTOBER 21

Doors open 6pm DENILQUIN MEN'S CLUB
Starts 7pm Cnr George & Edwardes Street



RAFFLE

One raffle only with \$50 prize vouchers from featured stores.

LUCKY DOOR PRIZE

\$150 Voucher from Lucy Horne, Arbonne Independent Consultant.

TICKETS \$15 each includes light supper and lucky door ticket entry

Available at Gulpa Preschool and participating businesses (below).



Enquiries - Lucy Horne 0409 339 955, Stacey Clancy 0419 574 727.