



Matong Public School NEWSLETTER

TERM 4 2018

Week 3

Thu. 1st November

Visit from Life

EducationVan – Please
return permission note

Thu. 1st November

Scholastic Book Club
orders due

Fri. 2nd November

Kinder Orientation
9:15-3:10

Week 4

Tue. 6th November

Assembly – 2:30pm

Japanese Lunch

Orders for Wednesday

**7th November must be
handed in by Monday.**

**Sorry – late orders will not
be accepted**



SAVE THE DATE -

Saturday, 30th March
2019

Ian Lucas Memorial
Bike Ride

*Our Evie – what an honour ! carrying the Riverina flag into the
opening ceremony at the NSW PSSA Athletics Carnival today.*

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Matong NSW 2652



Education &
Communities

Public Schools NSW

Term 4 2018

Week 3

Thu. 1 st November	Healthy Harold Visit
Thu. 1 st November	Scholastic Book Club orders due
Fri. 2nd November	Kinder 2019 Orientation 9:15-3:10pm

Week 4

Tue. 6 th November	Assembly at 2:30pm
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Week 6

Tue. 20 th November	YAHS Transition Day
Wed. 21 st November	NHS Transition Day
Thu. 22 nd November	12 noon - Yr 5 "Captain" speeches

Week 7

Mon. 26 th November	Stage 3 leave for Borambola Excursion
Tue. 27 th November	Stage 3 Borambola Excursion
Wed. 28 th November	Stage 3 return from Borambola

Week 8 Swimming every day at Ganmain, 11am -12noon

Wed. 5 th December	NHS Transition Day
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Week 9 Swimming every day at Ganmain, 11am-12noon

Tue. 11 th Dec.	School Presentation Night – 7pm
Wed. 12 th Dec.	NHS Transition Day
Wed. 12 th Dec.	Yr 6 Farewell, 6-8pm.

Week 10

Wed. 19 th Dec	Last day of term for students and staff
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Relieving Principal's News

Thank you to all the parents who have returned their survey responses in relation to 'Homework' at Matong Public School. Staff have also decided to survey the students at school as well. It has provided us with some great discussion points. If you could please send your responses in by the end of this week staff would be very grateful. We will look over the responses and let you know what the future of 'Homework' will be at our school.

Evie Ostler is currently in Sydney representing our school at the PSSA state carnival in discus and shot-put. Her events are held over two days. We hope that she enjoys this fantastic experience and the couple of days of looking around Sydney.

Healthy Harold will be held on Thursday. Through the generous contributions from our school's P&C we were able to cover student costs free of charge. We value the wonderful programs that are shared through the Healthy Harold school tours.

Students are learning a tremendous amount at school and I am very impressed to see the improved progress and concentration levels of all students at the school.

This makes all staff very pleased to see the improved learning growth of every student. If you would like to talk to staff about your child's progress before the end of the year, please feel free to contact the office to make an appointment.

Thank you

Kind regards,
Kerri McPherson

Healthy Harold Visit –Thurs. 1st Nov.

The Life Education Van will be open tomorrow. Please return the attached permission note.

Assembly

The next assembly will be on **Tuesday, 6th November** at 2:30pm. Parents are welcome to attend.

Election of 2019 Captains

On Thursday, 22nd of November 2018, at noon, our current Year 5 students will be giving their captain's speeches, outlining why they should be chosen to represent and lead Matong Public School as our Captains in 2019. Parents are welcome to attend this special occasion. Teachers will allocate time at school for Year 5 students to write and rehearse their speeches in the lead up to the election. The speeches will be immediately followed by student and staff voting.

Miss Tilly,
Stage 2/3 Classroom Teacher

Attendance of students in Term 4

All students in Kindergarten to Year 11 are required to attend school until Wednesday 19 December, the last day of teaching for 2018. Prior to this date, students in all year groups should be engaged in meaningful work based on the curriculum and syllabus requirements.

If parents are seeking permission for their child to be absent from school for a period of time the Exemption from School - Procedures should be followed.

As in previous years, students who complete Year 12 in 2018 will be signed out from school on dates determined by principals to align with local school management practices.

If you require further information, please contact your Director Educational Leadership.

Yours sincerely
Murat Dizdar
Deputy Secretary, School Operations and Performance

Stage 1 News

Stage 1's "Wombat" day last Wednesday: They read "Wombat Stew" then went on a wombat walk collecting rubbish for their posters to tell people to put rubbish in the bin!



Stage 1 made AMAZING SUNSAFE HATS last Friday



Stage 2/3 News

Last week in Science, Stage 2/3 students created models of buildings out of Lego bricks and wooden blocks to test structures for strength and structural integrity in a simulation of minor, moderate and severe earthquakes to see what types of features architects might consider when designing buildings to withstand these situations.





The pancakes were a hit last Friday! Thanks Mrs Hutchins for bringing in your pancake maker!



Orientation Day for our new 2019 Kinders – they are busy learning to write their names



Year 2 Transitioning to the Stage 2/3 Class



Fresh lettuce from the vegie garden! Lelia's plants are thriving! Please pick some of the outer leaves and add to your salad.



Community News

Coolamon Library

Story time: Our next story time will be held Friday, 9th November at 10.30am – theme "fire engines". This will be held at the Coolamon Fire Station where children will be able to explore the fire trucks and the station.

Lego Club has started again – it's here at the Library on Wednesday afternoons 4.00pm- 5.00pm and then Saturday mornings from 10.30am – 11.30am. Everyone is most welcome.

Food for Fines: The Library will again be holding the "Food for Fines" campaign from the end of November. Food for Fines offers library members an opportunity to clear their outstanding overdue fines by donating non-perishable food in lieu of money. All collected food will be donated to local charities, who will distribute the food to local families.

Halloween Spooktacular!



Put on your favourite Costume and join a great night of fun and Games!

Saturday 3rd November

Ganmain Sports Club

5.30pm-8.30pm

Prizes for best costumes

Dancing, games and other fun activities

\$10 per child

\$25 Family (3+ Children)

Children will receive a sausage sandwich, drink and lolly bag

Parents can purchase sausage sandwiches \$2 and steak sandwiches \$5

Parents must be present at the venue while children are attending

All proceeds go to Ganmain CWA Ovarian Cancer Research Fundraiser

Phone Megan 0418838050 for more information



If you are currently living in a drought-affected area in Queensland, NSW or the ACT, please feel free to reach out.

Ways to reach The Salvation Army:

Call our Assistance line:
02 8757 8088

Online:
Go to salvos.org.au/drought and fill out an assistance form

Local Salvos:
Find the closest Salvation Army church or centre to you at salvos.org.au/findus

Ways to reach other services:

Rural Aid:
1300 327 624

Rural Financial Counsellor:
1800 686 175

Country Women's Association:
02 8337 0210

If you'd like to support people affected by the drought, donations can be made online at: salvos.org.au/ruralsupport

How to take action...

GP – Contact your local general practitioner (GP)

Health Direct – www.healthdirect.gov.au
Look up health services in your area.

NSW Mental Health Line – 1800 011 511
24/7 telephone line providing advice and referral.

Lifeline – 13 11 14
24/7 confidential telephone line for crisis support.

Suicide Call Back Service – 1300 659 467
24/7 telephone line for anyone affected by suicide.

Alcohol Drug Information Service – 1800 250 015
24/7 confidential telephone line providing advice, referral and support.

National Association for Loss & Grief – 02 6882 9222 (During Business Hours)
Offers a free telephone counselling service to those experiencing loss or grief.

Salvation Army Rural Chaplains – 02 9466 3544
Provides regular visits to farmers and other rural workers and provides other assistance.

Rural Aid – 1300 327 624
Conducts free calls or personal visits from qualified and registered counsellors. This is a new service and is not operational in all areas of NSW.



Further drought support:

DPI Drought Hub – www.dpi.nsw.gov.au/climate-and-emergencies/drougthub
Provides information on services and supports available to prepare for and manage drought.

Rural Resilience Program – www.dpi.nsw.gov.au/about-us/rural-support/rural-resilience-program
Links farmers to services and initiatives to build personal and business resilience through Rural Resilience Officers and Rural Support Workers.

Local Land Service – 1300 795 299
www.ils.nsw.gov.au
Provides services and knowledge in regards to agricultural production, animal health, pest and disease management and environmental threats.

Rural Financial Counselling Service – 1800 686 175
Provides free information and assistance on financial position, budgets and submitting applications to primary producers, fishers and small rural businesses.

NSW Rural Assistance Authority – 1800 678 593
www.raa.nsw.gov.au
Provides assistance to rural producers and small businesses in regional NSW.



Find your local
RAMHP Coordinator

VISIT www.ramhp.com.au



RAMHP has 14 Coordinators based across NSW who are able to provide specialist knowledge and support for people experiencing mental health concerns.



CONNECT WITH US:



E: ramhp@newcastle.edu.au
W: www.ramhp.com.au





Bring a smile to a child's face

WIN A CUBBY HOUSE RAFFLE

Strong construction 2400D x 1800W x 1600H
Vinyl Cladding with colourbond roof.
Fully lined inside with timber laminate floorboards.

Generously donated by
Opas Cubbys

The last cubby made by Opa
Last chance to win one

Tickets \$5 each OR 3 for \$10

All money raised goes directly to supporting local families who have experienced the loss of a baby to miscarriage, stillbirth or neonatal loss.



Raffle Drawn 2nd Dec 2018 12pm Botanic Gardens

Tickets can be purchased from school office



Nutrition Snippet

The simplest way

...to make fruity ice creams.

Watermelon

200g watermelon flesh
200g low-fat vanilla yoghurt
8 mint leaves



Mango raspberry

Flesh from 1 mango
1 banana, peeled
200g low-fat mango yoghurt
24 raspberries, fresh or frozen.

Method

Place all ingredients into a blender. Blend until smooth and pour into the cups or moulds. Freeze for 4-6 hours or overnight until solid. Stand at room temperature for a few minutes before removing from the cup or mould.

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www.eatittobeatit.com.au
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- > kids rides
- > markets
- > music
- > food
- > santa

SAVE

THE

DATE



June Business and Trades
Chamber of Commerce
Live Shop Play



SunSmart Snippet

The simplest way

...to be SunSmart in summer!

Did you know?

Temperature doesn't determine when you need sun protection. It is UV radiation, which is not affected by temperature that damages skin cells and causes cancer. To reduce your family's risk of skin cancer, **use sun protection whenever UV levels are 3 or above.**

How do I know when the UV is 3 or above?

Download the free SunSmart App and set it up for your location!

Most parts of NSW experience high levels of UV radiation, especially from October to March. Check the UV every day using the app, or set up the auto-alert, to find out when you need to use sun protection.

Got any questions? Contact the friendly SunSmart Team on (02) 9334 1761.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

