



Matong Public School NEWSLETTER

TERM 3 2019

Week 4

Thurs 15th August
Coolamon Central School
Taster Day – Year 5/6

Week 5

**NO NEWSLETTER
THIS WEEK**

Sat 24th August
Ganmain Show

Week 6

Fri 30th August
Riverina Athletics

Week 7

Tues 3rd September
ICAS Digital Technology

Thurs 5th September
ICAS Science

NOTES TO BE RETURNED:

- No Japanese Cuisine Lunch Orders Next Week, 21st August.**



Students in Stage 3 explored an extensive collection of aboriginal artefacts and learnt about Traditional Culture during their visit to the Riverina Environmental Education Centre.

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Matong Public School

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Education &
Communities

Public Schools NSW

Relieving Principal's News

'Every Student, Every Voice.' What a fantastic week we had last week celebrating Education Week. We all had a fabulous time engaging in the Book Fair and dressing up as Superheroes! Thank you to all those who were able to attend the day. We have had positive feedback from students and the wider community and we thank Mrs Fisher for organising the Book Fair and Michelle Rudder for being a great help.

Students also enjoyed travelling to participate in the REEC excursion in Wagga last Thursday. All students behaved and participated well in the organised activities for the day. We are looking forward to visiting this venue again in the near future.



This week we have been lucky enough to have two Japanese students visit our school. This has been a wonderful cultural experience for all and we look forward to participating in some Japanese activities on Friday afternoon with our visitors. Thank you to the Brew family for organising this.



Thanks to all families who were able to attend the school working bee just recently. We had a successful tidy up in a short amount of time. Thanks Jen Hatty for providing the scones to go with the morning tea provided. It was nice to have a cuppa during the cold weather conditions.



Miss Cooper is busy organising Kindergarten transition days and information for new students starting at Matong Public School in 2020. If you know of any interested families in enrolling at MPS please pass on our contact details so that we can give them the appropriate information. Transition dates will be regularly advertised in our school newsletter as well as on the MPS Facebook page. We look forward to seeing the children at the end of this term.

Many thanks,

Kerri McPherson
Relieving Principal

Life Education - Healthy Harold

Stage One:

On Tuesday Healthy Harold came to visit. Stage Ones learnt how to eat healthy and how important exercise is. - Teddy and Elsie

Stage Two:

On Tuesday with Healthy Harold we learnt about minding our medicines. We played games using buzzers. We learnt where to store medicines safely up high in a cupboard or in a fridge.

At the end we got to see Healthy Harold. He gave us a sticker each.

- Zanthé and Violet

Stage Three:

On Tuesday, the 13th of August we learnt about limiting your screen time, being careful online and respecting others while you are online, but looking out for yourself as well. So be careful what you say and do online because people might take it the wrong way.

- Phoebe and Digby



MATONG PUBLIC SCHOOL CENTENARY

Save the Date!

All past and present students, staff parents and community members of Matong Public School are invited to attend the Matong Public School Centenary Celebrations on Friday, 11th October and Saturday, 12th October at Matong Public School.

For further details please join the "Matong Public School Centenary" Facebook page.

For enquiries please send an email to mpscentenary@gmail.com

IT'S ALL ABOUT RELAXATION

Being stressed and worried can have major physical and psychological health effects, and can affect our ability to perform and achieve our best. Relaxation techniques release endorphins that make us feel calm and happy, helping us to gain control over our body, and manage our feelings and situations more effectively.

4 WAYS TO HELP YOU AND YOUR CHILD RELAX

- Breathe slowly from your stomach. Lay down, pop a box of tissues on your stomach and watch it raise and fall as you breath in for 3 counts and out for 4 counts.
- Lay or sit down in a quiet place, tense every muscle in your body and hold for 5 counts, then release the tension while slowly breathing in and out. Repeat 5 times.
- Try scripted meditation CD's for children, and other's for adults.
- Carry out gentle muscle stretching and remember to breathe with each stretch!

Practicing relaxation techniques will assist your child to focus better on tasks, improve their sleep during the night, more effectively handle stressful situations, and be happier in general!

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



STOP THINK DO

Try following the STOP, THINK, DO steps to help problem solve children's behaviours.

STOP

Adult "What has happened?"

Don't react; look, listen, and clarify the problem with your child. Express feelings.

"I feel because (problem)."

THINK

Consider solutions with your child.

"What could we do?"

Evaluate the consequences.

"What might happen then?"

DO

Choose the best solution.

"Let's do it!"

Act!

Offer reasonable consequences if it doesn't work. It may be a lengthy process at first, but with practice it will become easier.

**FOR MORE INFORMATION CONTACT
YOUR SCHOOLS GOT IT! CLINICIAN**



September from 2.00pm – 4.00pm. Our facilitator is Sally Farmer from Coolamon - cost is Free.

Storytime

Our next Storytime will be Friday, 30th August @ 10.30am – theme "Colour and Shapes". Everyone is most welcome to attend.



Presents

Raising Happy Resilient Kids



With Dr Michael Carr-Gregg

Australia's Leading Adolescent Psychologist

Explore the ten most important things you need to raise happy and resilient young people

**A FREE EVENT
EVERYONE WELCOME**

Tuesday 10th September 2019

The Range Function Centre

308 Copland Street

Wagga Wagga

6.30pm - 8.30pm

Supper will be provided

RSVP: <https://expectme.com.au/events/>

Expect Me Events

Suitable for parents, carers, teachers, school P&C members, youth workers, counsellors, sports coaches and our wider community



committee@riverinabluebell.org.au



Community News

Coolamon Library

Family History Group

The family history group will be meeting again at the Library on Saturday, 31st August @ 10.00am. Anyone wanting to chat about family history or researching family history is most welcome. Any questions in regards to this group call Sharon 0432427977.

Road Safety Workshop

The Library is holding a road safety workshop on Tuesday, 27th August @ 10.00am. Glenn Sheehan our Road and Safety Officer from the Coolamon Shire Council will be conducting the workshop. Everyone is most welcome to attend.

Lego Club

Lego club is on every Wednesday from @ 4.00pm – 5.00pm and then on Saturday mornings from 10.30am – 11.30am here at the Library. The aim of the Lego Club program is for children to have fun, learn to communicate with others and to develop problem-solving skills. This is a free program and is being offered to children from 5 years to 15 years of age.

Writing for Pleasure

Join us here at the Library for some writing workshops – "Writing for Pleasure". The workshops will encourage you to write, share and interact with others in a group. They will be held every Tuesday afternoon until the 24th



**CTA IS EXCITED
TO HOST**

**NSW TOUCH FOOTBALL
COME & TRY
SKILLS CLINIC**

WEDNESDAY

4 SEPTEMBER 2019

4 - 6 PM

**JIM THOMPSON SPORTING
FIELDS, LEWIS STREET**

HOME OF COOLAMON TOUCH

**FREE SAUSAGE SIZZLE BBQ
PROVIDED FOR THE FAMILY**

**All welcome to come & try
Join in the fun!**

**Committee will be present to
assist with any enquiries**