



# Matong Public School NEWSLETTER

## TERM 4 2019

### Week 6

**Mon 18th November**

Kinder Orientation 9.15am – 3.15pm

**Wed 20th November**

Narrandera High Year 6 Orientation

Scripture - Christmas Activities

**Fri 22th November**

Wish Upon a Star Excursion

### Week 7

**Mon 25th November**

Year 6 Farewell Dinner

**Tues 26th November**

School Assembly @ 2:30pm

**Wed 27th November**

Narrandera High Year 6 Orientation

**Thurs 28th November**

Dog Safety Program

**Wed 29th November**

Cricket Trials

### NOTES TO BE RETURNED:

Japanese Cuisine Lunch Orders for **Wednesday, 20th November** must be handed in to the School Office by **Monday, 18th November**.



**Well done to our Year 5 students for delivering inspiring 2020 School Captains speeches at yesterday's assembly.**

■ Phone: (02) 6927 7824      Fax: (02) 6927 7877

■ Email: [matong-p.school@det.nsw.edu.au](mailto:matong-p.school@det.nsw.edu.au)

■ Website: [www.matong-p.schools.nsw.edu.au](http://www.matong-p.schools.nsw.edu.au)

Matong Public School

5649 Canola Way

Matong NSW 2652



Education &  
Communities

Public Schools NSW

## Relieving Principal's News

Thank you to all the Year 5 students who presented at yesterday's assembly for the 2020 School Captains. We know that all students in Year 5 will do a tremendous job next year as leaders and we look forward to the school Captains being presented to the community on presentation night.

After consulting with the P&C this week, Presentation Night is set for Thursday, December 12<sup>th</sup> at the Grong Grong Hall. We look forward to seeing many community members at this event as we continue to recognise the great achievements of our students. If any people from the Matong community find it difficult getting transport to Grong Grong, please contact the school office so we can assist you. A working bee has been set for this event and this can be found on the school calendar.

We received some exciting news this week that four of our students, Baxter, Digby, Julia and Charlie have been accepted to attend the 'Wish upon a Star' initiative funded by the Department of Education. 'Wish upon a Star' is offering 150 rural and remote students a weekend away to participate in fun activities at Sport and Recreation Centres, as well as attending the Saturday matinee performance of the Schools Spectacular 2019. If these 4 students are available to attend they will depart on their excursion on Friday 22<sup>nd</sup> and return on Sunday afternoon, 24th November.

Recently we advertised the School Administrative Manager position for Matong Public School. Glenys Steward decided to retire from this position this year and we thank her for all her contributions to the school. Glenys will continue working at our school on a casual basis and we hope that she enjoys her well-earned retirement spending quality time with her family and friends. We are pleased to announce that Mrs Silvia Fisher who is currently acting in the role was successful in gaining this position. We are fortunate to have Mrs Fisher at the school and we hope that she continues to enjoy her important role at the school.

Next week I will be taking some Long Service leave. If you need to get in touch with me could you please do so by the end of this week.

Many thanks,

Kerri McPherson  
Relieving Principal

## Assembly Awards – Week 5

### Principal's Awards

**Elsie Ferguson**

For always trying her best.

**Violet Gordon**

For displaying more confidence with speaking in front of peers.

**Zanthe Richardson**

For displaying more confidence with speaking in front of peers.

**Jessica Rudder**

For being a kind and caring student at MPS.



### Class Merit Awards

**Kinder: Oscar Gordon** – For fantastic problem solving in Mathematics.

**Year 1: Harriet Dowling** – For working hard to solve Multiplication problems.

**Year 5: Arthur Skarlis** – For displaying initiative to help others.

**Year 5: Charlie Malone** – For excellent achievement in Mathematics.



## Community News

### Coolamon Library

#### Share the Dignity – It's in the Bag

Fill a handbag with gifts for women and girls in need - "It's in the bag". Provide personal hygiene products and everyday luxuries to homeless women, women at risk or women experiencing domestic violence. It's simple - choose a handbag in good condition that you no longer use. Then, fill it with items that would make a woman feel special, such as personal care items. The Coolamon Library will be collecting these bags in October and November if you wish to be involved.

#### Storytime

Our next storytime will be Friday, 29<sup>th</sup> November @ 10.30am, it's all about - "Fire Engines". We will be going down to the Coolamon Fire Station for this session. Our local fireman will be showing the children around the station and the fire trucks - everyone is most welcome to attend.

#### Book Club

Form a group of up to ten individuals and nominate a group leader, pay the \$400 club membership, find a venue and you can begin your own book club.

The library provides ten copies of one title plus background notes and discussion questions. Clubs meet from February to November reading ten titles over the year. For further information phone the Library - 69272492

#### Christmas Craft

The library is holding a Xmas paper marbling workshop on Tuesday, 26<sup>th</sup> November @ 10.30am. Paper marbling is a process using water and ink. Be creative by using the paper to make Xmas cards. Cost is \$5.00 with morning tea provided.

## Library Awards

**Harriet Dowling** – For keen participation in group discussions and for an avid interest in books.

**Josef Meier** – For his happy and enthusiastic attitude in the library and for his amazing creations.



## Stage 2/3 News

Stage 2/3 students participated in the "Coming Home from the Great War to the Riverina and Central West" 2019 writing competition by The Hon. Michael McCormack earlier this year. Certificates were presented at assembly to students for their participation. Congratulations to all involved.



# NARRANDERA HIGH SCHOOL

**Orientation days for Term 4 for Year 6 students are:-**

**Week 6 - Wednesday 20th November 2019**

**Week 7 - Wednesday 27th November 2019**

**Week 8 - Wednesday 4th December 2019**



Advance Ganmain Committee invite you to

# CHRISTMAS CAROLS

## IN THE VICTORY GARDENS

## Sunday 15th December

BBQ from 6pm, Singing from 7:30pm  
Featuring Junee Band & Local Schools

BYO Rug or Chair      Candles for sale



## Come try Scouts!

Narrandera Scout Hall  
9 Sturt St

**7pm – 8.30pm**

**Wednesday 13 November**

**For ages 5 – 17 years**

**Phone 6921 3066  
for further information.**



#ITSINTHEBag

**Do you have a spare bag at home you no longer need?**

Drop your donation to the Coolamon  
Library before November 29th

and we will deliver them to charities that assist women in need, to be handed out as a special gift.

Items you may choose to include in your bag are:

Soap	Hair ties
Pads & Tampons	Small brush/Comb
Moisturiser	Compact mirror
Deodorant	Poncho
Toothpaste & Toothbrush	Umbrella
Babywipes or Hygiene wipes	Gift card
Hand sanitiser	Phone card
Makeup	Shampoo & Conditioner
Stationery	Handcream
Chapstick/Lipbalm	Gift Vouchers
Socks	Meal Vouchers
Tissues	A little note from you

The charities and shelters that we send the bags to for distribution, have requested that the following items ARE NOT included in bags for safety, health and hygiene reasons:

For more information please visit our website  
[www.sharethedignity.com.au](http://www.sharethedignity.com.au)



**1<sup>st</sup> Reconciliation/Confession** for Public School and Catholic School children (Yr. 2 or higher) is scheduled for **Sunday morning, 1 December 2019**. Please contact Fr. Justin Darlow at St. Brendan's Catholic Church to register your child's interest. Ph. 0269276438 or 0407734747



*Annual count of Superb Parrots along the Murrumbidgee River*

The annual census is back and we need your help! Come along for a morning of bird watching in beautiful surrounds and help us to understand the size of the population of Superb Parrots along the middle reaches of the Murrumbidgee River.

## Activities

Participants will learn about the breeding, feeding and lifespan of Superb Parrots and be invited to monitor their spring breeding distribution. Previous bird watching experience is useful but not essential, guidance and instructions will be provided on the day. Please bring along a comfortable chair, clip board, water bottle, snacks, hat, sturdy shoes and binoculars (if you have them). Participants will be invited to survey at nominated locations along the river, then return to debrief and enjoy a complimentary lunch.



Photo: Sandra Henderson

### Event details

Sunday 17<sup>th</sup> November 2019  
7:45am – 12:00pm (followed by lunch)  
Lions Park, corner of Darlington St & Bridge St, Darlington Point

## RSVP

Please RSVP by 14<sup>th</sup> November 2019  
 gffield@greeningaustralia.org.au  
 (02) 6129 5400



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# Commemorating Remembrance Day 2019





## The simplest way

### ... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

[healthylunchbox.com.au](http://healthylunchbox.com.au)

## The simplest way

### ... to swap ham out of the lunch box.

We know that ham is a lunch box staple for many families, however, Cancer Council recommends that we limit or avoid processed meats such as ham, salami and bacon, because of their link with increasing the risk of bowel and stomach cancer.



One way to help your family limit their intake of processed meats is to keep them out of the lunch box. Better choices include:

- BBQ chicken with skin removed
- Canned tuna or salmon
- Boiled eggs
- [Hummus](#)
- Cheese
- Leftover home-cooked meat
- [Home cooked rissoles](#)

For more ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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## The simplest way

### ... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	<a href="#">Homemade bliss balls</a>
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	<a href="#">Homemade fruit muffins</a>

For snack ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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## The simplest way

### ... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.

**Protect yourself in five ways when the UV is 3 and above.**



Sun protection is required today from \_\_\_\_\_ to \_\_\_\_\_  
Maximum UV Index \_\_\_\_\_

Access the daily sun protection times on the SunSmart app or at [sunsmart.org.au](http://sunsmart.org.au)



**When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!**

Go to [www.sunsmartnsw.com.au/resources](http://www.sunsmartnsw.com.au/resources) to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)