



44 Perry Street  
Mudgee NSW 2850

Phone: 6372 2036

11 August 2020



# MUDGEE PUBLIC SCHOOL

Newsletter - Term 3, Week 4

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

Website: [mudgee-p.schools.nsw.gov.au](http://mudgee-p.schools.nsw.gov.au)

**UNIFORM SHOP - Wednesday 2.30pm - 3.30pm** (Residence Building via Perry St)

**BREAKFAST CLUB - Monday - Friday 8.45am - 9.10am**

- ★ All visitors to the school MUST sign the visitors book in the front office.
- ★ Where students arrive late or need to depart early, again this is done through the front office.
- ★ Have you contacted the school with your changed details? It is necessary that your contact details are correct.

**IMPORTANT:** If your child needs to leave school during school hours please send a note to the classroom teacher so they can arrange for the student/s to be at the Office for collection.

**Emergency messages regarding a change of routine for students must be received before 2.30pm**

## DIARY DATES

**Wednesday 12 August**

3W & 3L Walking Excursion

**Thursday 13 August**

Red Hill Excursion 1C / 1R

**Friday 14 August**

Red Hill Excursion 1T / 1S

**Tuesday 18 August**

Stage 3 Meeting at the MHS - 3.45pm

## PRINCIPAL'S MESSAGE

### Education Week Conclusion

Whilst it wasn't a normal Education Week, I am so pleased at the effort our teachers went to last week to encapsulate the spirit of Learning Together and connect with our parents at home to share the learning happening at school. In case you missed the videos made, click on the link below to find each stage's work. A big thanks also to the teachers who put these videos together – Well done!

[Kindergarten, Stage 1, Support Unit, Stage 2](#) and [Stage 3](#)

### Kindergarten Information Session

The scheduled Kindergarten information session that was postponed from last week is now available via a pre-recorded link for families of newly enrolling Kindergarten students for 2021. All families should have received an email from the school with a link to the information session this week. If you do not receive an email, or you have any difficulty viewing the clip, please contact the school and we will endeavour to sort this out for you.



[Click here to access the presentation](#)

### COVID-19 Update

Thank you in advance for your support and understanding in keeping our whole community safe and healthy. We do encourage you to keep your children at home if they are unwell and we also ask that if your child is being tested for COVID-19 you let us know and share the results with us, so that we can help inform the Department's Health and Safety Directorate. Confidentiality will of course be maintained. All the latest information for Parents and families can be found on the Department's Website here: <https://education.nsw.gov.au/covid-19>

### Parent Liaison Network Initiative – Ask Mr Carters

Hopefully you have received an email from Liz Halbisch, our Parent Liaison coordinator. I mentioned to her that I



### Principal Awards

*Grace Rayner,  
Lilah Rayner,  
Ettric Toombs,  
Nathaniel Starr,*

*Dakota Hogan x2, Lily Clapham, Zoey Sharpe, Shaylee McQuiggin, Oliver Scales, Cooper Lecke, Chloe Clarkson, Kassi Curtis, Jasper Dyke, Alannah Cumberland, Dana New, Lukas Schrover, Amelia Bennett, Olivia Henry, Henry Fowler, Darcey Kost, Grace Knowles, Kaylee Robertson, Lachlan Wright, Mara Lucic, Liam Doyle, Jayden Faucett, Everly Willetts*

### Deputy Principal Awards

*Jasper Dyke, Jasmine Miles,  
Alannah Cumberland, Dakota Hogan,  
Clayton Masling*

Like us on our Facebook page '[Mudgee Public School P&C](#)' and follow us for all the latest updates, events and excursion arrival times.

of course would love to meet each member of our Parent Community, however, the current health situation is making that a bit difficult. To give you a chance to get to know me a little more, the Parent Liaison Network is hosting 'Ask Mr Carters'. Email in your questions to elizabeth.halbisch@det.nsw.edu.au and the Parent Liaison Network will organise a bit of a Q+A video. I hope you find this new initiative worthwhile.



### Canteen Helpers

Thanks to all our Canteen helpers so far. Please see below the upcoming timetable. If you can be of assistance, please reach out.

TERM 3 CANTEEN HELPERS	
wk5	17/8 KN
wk6	24/8 1C
wk7	31/8 1S
wk8	7/9 1R
wk9	14/9 1T
wk10	21/9 2S

### Attached - Smiling Mind

Parent information attached regarding the Smiling Minds School Program. One of Smiling Mind's major areas of focus is to support educators in bringing mindfulness into their learning environment.

**Attached - Times Table initiative**  
Mastering multiplication for years 3-6 - in partnership with Mangahigh.com. Contact your teacher for assistance

### Year 4 Local History Excursion

Last week, Year 4 enjoyed a very interesting and fun-filled excursion, examining some of the rich history of our local community. Mrs Endacott planned visits to the Railway Station, Memorial Park and The Camping Tree where students learnt of the significance these locations have to the history of Mudgee.



As always, have a great week!

**Mr John Carters**  
Principal

### STUDENT OF THE WEEK

KN	Parker Pollard
KC	Jaxson Schmid
KL	Alli Smith
KW	Kyesha Riley
1R	Darcey Kost
1T	Brandon Coupe
1S	Tyler Masling
1C	Heston Pickard
2H	Lou Smith
2S	Kandice Marlin
2C	Claudia Robertson
2W	Annabell Pronk
MW	Emma Godfrey
JC	Brodie Speechley
3W	Taylah McMahon
3T	Jack Lawler
3B	Chelsea Schmid
3L	Angus Murdoch Tilmouth
4E	Riley Turnbull
4J	Sam Halbisch
4D	Scott Stanford
5/6J	Jackson O'Brien
5/6B	Isabella Westcott
5/6M	William van der Bruggen
5/6K	William Mattick
5/6C	Lachlan Pippert-Punch
5/6L	Ollie Horton
SM	-
TT	James Peterson
GY	Aiden Schrouder
LA	Lilly Hill

### Pre owned uniforms needed!



"Have you any school uniforms that your child has grown out of?"

The school is in need of small pants sizes 4-8 for the sick bay.

If you would like to donate any 2nd hand items please bring them to the front office. Your support is greatly appreciated!

Mudgee Public School would like to thank the following businesses who kindly support our Breakfast Club.







## Smiling Mind parent information

We are always looking for new up to date information that can help us to support students at school. We have noticed a significant increase in children requiring wellbeing support over the last 1-2 years, with a dramatic increase in recent months, possibly due to the current Covid-19 pandemic.

Last Term, we were given a wonderful opportunity to engage in intensive training with the Smiling Mind Schools Project. Mrs Lisa Smith our wellbeing teacher has now completed the training and is in the process of upskilling all staff to integrate Smiling Mind across our school. The Smiling Mind Project Team have successfully mapped the Smiling Mind Schools Program into the National Education Curriculum so it is very well suited to schools. Classroom teachers will start integrating these sessions in to classrooms from this week. If you have any questions or comments about the Smiling Mind Project, please do not hesitate to contact the school.

If you would like any additional information on Smiling Mind you can follow this link

<https://www.smilingmind.com.au/at-home>



There is also a FREE app that you can download onto any device if you would like your children to engage with it at home.

Following are some facts as to why we are very excited to be introducing Smiling Mind to our school

One of Smiling Mind's major areas of focus is to support educators in bringing mindfulness into their learning environment. Smiling Mind believes mindfulness is important in education because:

- We want all children to grow up with the skills they need to navigate our modern challenging world.
- We teach children about how to look after their physical bodies and we believe it's equally important to teach them how to look after their minds.
- Mindfulness is an important skill that can help children develop skills of self-regulation, self-awareness, identity, and resilience. Mindfulness can also foster skills needed to manage difficult emotions and reduce reactivity so that learning can take place.

**Research** has revealed to us the many benefits of mindfulness. Some of these include:

- Cognitive Benefits — Improved concentration, attention, focus, cognitive flexibility and clarity.
- Emotional Benefits — Enhanced self-awareness, self-compassion, improved emotional regulation, positive affect, increased empathy and lowered anxiety levels.
- Physical Benefits — Increased immune function, lower blood pressure and heart rate, improved sleep, reduced stress and fatigue.
- Performance Benefits — Enhanced productivity, creativity, better decision making and problem solving, improved focus, and increased emotional control.
- Social Benefits — More pro-social and collaborative behaviour, increased empathy and less aggressive behaviours.

### **Mindfulness vs. Meditation**

These two terms are often mixed up or used interchangeably and it is important to clarify them – whilst certainly related, they are different.

Mindfulness is really a way of seeing and a way of being. It offers an overarching model for examining the way we are living and working, the way we are relating to ourselves and others. It is living in the present moment.

Meditation is one of two ways we cultivate mindfulness. It's what we call a formal mindfulness practice and is essentially the act of bringing our attention back over and over again to one point of focus (or anchor). This anchor can be the breath, the body or another object of focus (our senses).

# TIMES TABLE LICENCE FOR STUDENTS

Dear parents,

Mastering multiplication facts can give your child more confidence when learning advanced maths concepts.

In partnership with **Mangahigh.com**, our school will be giving students an opportunity to earn their times table mastery licence. To earn a licence, students will need to complete a series of online learning quiz and games on Mangahigh and achieve a minimum Bronze standard for each of the activities.



## How the Times Table Initiative works:

How to earn the Times Table Licence

Your child has been provided with a Times Table Learning Toolkit. Your child will need to complete the relevant worksheets, then visit **Mangahigh** to complete the suggested activities. There are 9 Prodigy quiz activities, 9 Jetstream Riders and 2 Sundae Times activities to complete. Suggest to your child they repeat and reattempt each activity 3+ times to help build a Growth Mindset workflow.

Your child will be able to track their own progress by clicking on their name in their Mangahigh student platform. Our teachers will also be able to track each student's progress online.

If you have any questions, please reach out to your child's teacher for further support.

All the best,  
Maths Team