



44 Perry Street
Mudgee NSW 2850

Phone: 6372 2036

17 November 2020



MUDGEE PUBLIC SCHOOL

Newsletter - Term 4, Week 6

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

Website: mudgee-p.schools.nsw.gov.au

- ★ All visitors to the school MUST sign the visitors book & complete the External Visitors to School Site form.
- ★ 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.
- ★ Emergency messages regarding a change of routine for students must be received before 2.30pm

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.

DIARY DATES

MON 16 Nov - FRI 27 Nov

Swim School

TUE 17 Nov & WED 18 Nov

Jolly Beginners - 9.30am / 11.40am

WEDNESDAY 18 Nov

Red Hill Excursion 4J

THURSDAY 19 Nov

Red Hill Excursion 4D

FRIDAY 20 Nov

Red Hill Excursion 4E

THURSDAY 26 Nov

Roger Wotton & Kevin Pye Public Speaking

FRIDAY 27 Nov

Kindergarten Pirate Day

CANTEEN ROSTER

*** THIS Week - Wk 6 5/6B**

NEXT Week - Wk 7 5/6J

Wk 8 5/6M

Wk 9 5/6C

Wk 10 Any!!

PRINCIPAL'S MESSAGE

NAIDOC Week

What a great NAIDOC week it was last week at Mudgee PS. Students engaged in many activities from Indigenous relays in Kindergarten using Wiradjuri names for animals, Weaving, artwork, more Indigenous Games, artworks, exploring different acknowledgement of country, engaging in videos, discussions and much much more. The enthusiasm of the staff and the students was fantastic. It made me proud to be a part of a school that is so passionate in educating all students about Aboriginal traditions, history and culture. A big thanks to Mrs Liddle and our Aboriginal Education team who really got all this up and running. Remember, everyday we come to learn, work and play on Waradjuri land, and every day we should remain grateful that this land is available to all of us to create opportunities for all students and our community. It

always was, and always will be, Aboriginal land.

[Click here to access the full NAIDOC Week Gallery at Mudgee PS](#)



Principal Awards

*Ayog Rayamajhi,
Grant Walsh,
Eathen Reid,
Wailen Barrass, Jonah Hogden*

Deputy Principal Awards

Hayley Hill, Charlie Pye, Chloe Clarkson, Jake Colley, Evie Cox, Lauren Norris

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



Ethics Classes in 2021

From Term 1, 2021, Primary Ethics classes will run weekly during the school year at the same time as special religious education (scripture). At first, this program will be offered to students who currently attend Non-scripture. The number of classes will be dependent on the interest from students/families, as well as the availability of trained teachers.

The Primary Ethics program is designed to support the important work of parents, carers and teachers by giving children the confidence and skills to talk about ethical issues, to question what they see and read, to think things through and seek and evaluate reasons. Ethics classes include scenarios, stories, group work and activities to encourage children to think about what they should do in different situations, about how circumstances might make a difference and about the consequences of their actions. The classes support children to express their own ideas as well as to listen respectfully to different points of views expressed by their peers. These important life-long skills help children make well considered decisions rather than acting out of habit or peer pressure

A note will be going home with non-scripture students tomorrow to survey the interest levels of students and families wishing to undertake ethics classes.

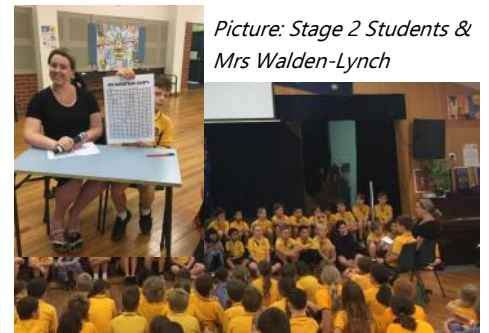
Interested in volunteering as an Ethics Teacher?

Primary Ethics offers free training for anyone interested in learning to facilitate classes. This could be a parent, grandparent, carer or someone from the local community with an interest in lifelong learning and rapport with children. All lesson plans are provided by Primary Ethics. The Primary Ethics coordinator at Mudgee Public School is Robyn Chase. If you

would like to learn more about volunteering, please email Robyn at ethics.mudgeepublicschool@gmail.com

Stage 2 Spelling Bee

What a fabulous time Stage 2 students had at our very own Spelling Bee. While COVID restrictions this year prevented the Premier's Spelling Bee going ahead, we wanted to give the 'spellers' a chance to shine. And shine they did ☆ ☆ ! Not daunted by the challenge of spelling out random words in front of an audience, 40 students nominated to have a go! After four rounds, Jake Wolfson from 4E was the eventual winner. Sebastian Turner from 3W was the runner-up. A huge thank you to Mrs Walden-Lynch and to Toby Williams for their organisation of the event.



Picture: Stage 2 Students & Mrs Walden-Lynch

Remembrance Day

Last week, we also held a special Remembrance Day service. Students watched along in their classrooms as we remembered those who fought in World War 1, as well as those who fought in other conflicts and those who continue to serve today. I shared with students that in World War 1, 158 teachers in NSW left their positions of teachers to join the war and never returned. We listened to a fantastic rendition of the Last Post performed by Patrick Holleman. [Please click here to view](#). All students who presented at this service did a fabulous job and should be proud of their efforts.



Parent Toolkit Talk

It's time for our final Parent Toolkit Talk for 2020. Join us Wednesday night 25th November from 7.30pm on Zoom to hear local psychologist Alison Nipperess discuss Social Anxiety - what it is, and how we can help our kids? Alison is the Principal Psychologist at [Mudgee Psychology](#)

and brings a wealth of experience to the discussion. The talk will be held on Zoom. Please use this link to register for the talk: [ZOOM LINK](#)

If you have any questions you would like to ask Alison on the night, you can email them to: elizabeth.halbisch@det.nsw.edu.au or ask in the chat at the event.

I look forward to seeing you at the talk. (see advert over page)



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

BREAKFAST CLUB - Monday - Friday 8.45am - 9.10am





Swim Scheme

Swim Scheme is underway for Year 2 this week, and what a week to



start with temperatures every day up in and around the 30s. Stage 2 & 3 are also attending in the afternoon. For students who are participating in the MPS swimming school, please remember to pack your swimmers, towel, rash shirt, hat, sunscreen and thongs (for to and from the pool only) Please pack the following items in a separate bag, this bag will go home each day to be re-packed for each day of swimming.

Children will be getting changed at school each day, before departing by bus.

PBL Assembly and Pennants

Our final PBL Assembly for the year is scheduled for Thursday 3 December. As students are in the process of collating awards, one thing we have become aware of is that there have been very few community events this year that the students have been able to participate in, such as the Anzac March. As a result, we have decided a DP Award will be equal to a Community Award. For 2020, if your child requires participation in a community event to gain a medallion / pennant they may use a DP award instead.

Fun Thursday

Fun Thursday? I thought it was fun Friday? It turns out you can also have fun on a Thursday. Due to the athletics carnival (which in turn didn't go ahead) we held our Privilege Session last Thursday. Well done to all the students who made good behaviour choices over the past 5 weeks and enjoyed their Fun Thursday activities!



Update on the Sports Courts

Things are coming along nicely down at the new sports courts, with the final stages just about ready to get underway. The following is the expected timeframe - "All Weather Permitting":

- Monday 23 November – Delivery of Surface materials & prep Concrete
- Tuesday 24 November - Thursday 3 December - Equipment installation & surface work
- Friday 4 December expected, Project Handover Meeting
- Monday 7th December – Temp Fence Removal – Courts Ready to Play

Screen Time

*Check out the attached fact sheet to discover 7 tips for understanding screen time for your child.

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Click here to view the screen time fact sheet: https://www.esafety.gov.au/sites/default/files/2019-06/EC-ESP-screen-time-tips-flyer_0.pdf

Staffing Update: Mrs Walden-Lynch

This Friday is Mrs Walden-Lynch's last day with us before she goes on Maternity Leave. Miss Gabby Lyons and Mrs Helen Mooy will be teaching 3W for the remainder of the year. We wish Mrs Walden-Lynch all the best over the coming weeks and beyond!

As always, have a great week

Mr John Carters
Principal

LIBRARY NEWS

Book Club - Issue 8 brochures were sent home last week. This is the last issue for the year! All orders must be returned by Friday November 27th. That is Friday, Week 7. No late orders can be accepted as that will delay the delivery.

Week 8 will be the last week for borrowing. This will enable us to return all books, and chase up any overdue books.

Overdues - There are still more than 1000 overdue books across the school at the moment. Overdue notices will be sent home this week with replacement costs.

Happy Reading!

Mrs Siobhan Vitnell
Teacher Librarian

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



STUDENT OF THE WEEK	
KN	Xavier Campbell
KC	Lotte Kensey
KL	Tyler Sheridan
KW	Scarlett Tracey
1R	Olivia Boyce
1T	Claudia Williams
1S	Junior Daoudi-Davis
1C	Eliese Longmuir
2H	Levi Fenney
2S	Chloe Clarkson
2C	Holly Daoudi-Davis
2W	Angel Percy
MW	Jack Knobbs
JC	Lockie Cox
3W	Poppy Waugh
3T	Mackenzie Jackson
3B	Matilda Bartlett
3L	Jackson Makepeace
4E	Alistair Chase
4J	Mia McAllister
4D	William Marshall
5/6J	Liam Doyle
5/6B	Cooper Crowe
5/6M	Chloe Logronio
5/6K	Julia Hubner Perini Zanoni
5/6C	Aiden Beale
5/6L	Ollie Horton
SM	Hunter Cullen
TT	Tyler Kemp
GY	Tyler Nixon Shaw

STUDENT ABSENCES

IMPORTANT MESSAGE:

As a requirement of the DoE, (Department of Education) and to ensure that the daily class roll is marked correctly, we ask that should your child be away from school please phone or email the school on the day explaining their absence. This prevents your child having any unexplained or unjustified absences recorded.

Thank you kindly for your cooperation with this matter.

Live Life Well @ School is a whole of school approach to get students 'more active, more often' and focus on healthy eating.



HOW WE LIVE LIFE WELL @ OUR SCHOOL

HEALTHY EATING

Our school is striving towards creating a healthy eating environment by:

- Providing students with opportunity to 'Crunch n Sip' during a fruit, vegetable and water break in class.
- Teaching students about healthy eating in the classroom.



PHYSICAL ACTIVITY

We aim to get our students more active, more often by working towards:

- Students having dedicated time each week for physical activity.
- Students getting active in the playground during recess and lunch.
- Encouraging active travel such as walking, biking or skating.

Live Life Well @ School



This resource was developed by the Western NSW Local Health District

Nutrition Snippet

SUMMER FRUIT AND VEG.



Try these summer sizzlers:

- [Lamb and veg meatballs](#)
- [Coleslaw](#)
- [Frozen fruit puree](#)

Check out our [blog](#) to find out more about what's in season.

healthylunchbox.com.au



SCHOOL BUS TRAVEL 2021

Applications now open for student bus passes 2021.

If you are going to be a new student in years K-6 in 2021 at Mudgee Public and would like to catch a bus to and from school **OR** you are a student who already catches the bus but has changed address, you will need to apply online for a pass before 31st December 2020. (Click on the link below)

<https://transportnsw.info/tickets-opal/ticket-eligibility-concessions/child-student-concessions/primary-secondary-school>



Sun and UV at School - Factsheet

Skin cancer: the statistics

General

- Australia has one of the highest rates of skin cancer in the world.
- Two in three Australians are likely to be diagnosed with skin cancer by the age of 70.
- Overexposure to ultraviolet radiation (UV or UVR) causes about 95 per cent of melanoma skin cancers and 99 per cent of non-melanoma skin cancers in Australia. Skin cancer is highly preventable.

Australian youth

- High sun exposure in the first 10 years of life more than doubles melanoma risk.
- Painful sunburns before the age of 20 are associated with a 1.4 times increased risk of melanoma, 1.5 times increased risk of squamous cell carcinoma, and 1.6 times increased risk of certain basal cell carcinoma subtypes.
- Melanoma is the most common cancer affecting young Australians aged 15-24.
- Secondary school students (aged 12-17) have high rates of sunburn compared with the adult population.
- 43% of secondary school students in NSW were sunburnt twice or more in 2017.
- 26% of secondary school students in NSW believe that they have little chance of getting skin cancer.
- A tan is not healthy and does not protect the skin from UV radiation, yet 58% of secondary school students in NSW said they prefer a tan and 46% have tried to get a tan in the last year.
- Students aged 12-17 in NSW are more likely than any other age group to get sunburnt and are least likely to wear protective clothing, sunglasses, or a sun safe hat.
- Secondary school students spend more time in the sun than any other age group and are least likely to protect their skin.

Prevention

- Skin cancer is highly preventable.
- It is never too late to protect your skin from UV ultraviolet radiation (UV or UVR) and reduce your risk of skin cancer.
- The easiest way to protect yourself from UV is to Slip, Slop, Slap, Seek and Slide. Never rely on just one measure alone:
 - Slip on sun/UVR protective clothing such as tops that cover the shoulders and chest, preferably with collars, covered necklines, and sleeves as well as longer style dresses and shorts. This also includes rash shirts and board shorts for swimming.
 - Slop on sunscreen which is at least SPF 30+, broad spectrum and water resistant. Apply sunscreen 20 minutes before going out in the sun and reapply it every two hours.
 - Slap on a sun/UVR safe hat which shades the face, neck, and ears such as a bucket, broad brimmed or legionnaire hat. Caps and visors are not recommended as they do not provide sufficient protection.
 - Seek shade from trees, built structures or use portable shade like an umbrella, particularly in the middle of the day when the UV is highest.
 - Slide on sunglasses which meet the Australian Standard AS1067.



Your guide to driving and parking safely near schools

The beginning and end of the school day are busy times for pedestrians and vehicles outside the school. That's why you need to take extra care in 40km/h school zones.

- Park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.
- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park and turn legally around the school.
- Never double park as it puts children at risk.
- Manoeuvres such as U-turns and three-point turns are dangerous.
- Never park in a bus zone or in the school bus bay.
- Make sure your children use the Safety Door (rear footpath side door) to get in and out of the car.
- At a supervised crossing, observe the directions of the school crossing supervisor.
- Model safe and considerate behaviour for your child – they will learn from you.

Remember to always give way to pedestrians particularly when entering and leaving driveways. Don't park across the school driveway or the entrance to the school car park. It's always a good idea to use the drop off and pick up area suggested by your school. This will help keep all children as safe as possible during the busiest times of the school day.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)