

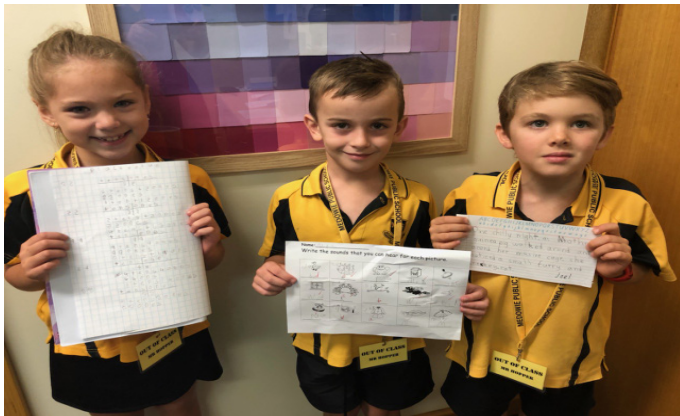


Medowie Public School

Term 1 Week 4

2H Learners

I was fortunate enough to have three class members come and show me their work last week. Isla, Joel and Mac showed me various work they had completed which demonstrated they had been giving 100% effort to their learning. Isla showed me her place value work, Joel had written a very interesting sentence whilst Mac had expertly completed a word recognition activity.



Thursday 20th February 2020

Sports House Captains

I would like to officially welcome our House Captains for 2020. They performed their first official role at the swimming carnival last week. Although there was some rain on the day, this did not dampen their spirits nor did it prevent them from doing an amazing job. Well done! It was lovely to hear reports that all students who attended the swimming carnival represented our school respectfully to the wider community at the Tomaree Swim Centre. This year was the first time that the slide was operating during the carnival. The school recognises that this made it difficult for those children to hear events being announced. Staff will determine how this issue can be rectified for 2021's carnival.



What's on at Medowie...

| | |
|-----------------|-----------------------------------|
| | |
| 21st Feb | Kinder Photos 12pm (no cost) |
| | Book Club orders & money due in |
| 27th Feb | N'stle & Stockton excursion Stg 3 |
| | permission notes & money due in |
| 28th Feb | Infants Assembly 2.05pm |
| | Clean up Australia Day |
| 2nd Mar | Newcastle & Stockton History |
| | Excursion - Stg 3 9am |
| 3rd Mar | Starr's Planetarium Incursion - |
| | Stg 2 (no cost) |
| 5th Mar | School Photo Day |
| | |

Merit Awards

Last Friday we had our first whole school primary assembly. A highlight is always seeing our students being recognised for their efforts both in and out of the classroom. Congratulations to all primary students who received a

Notes in Circulation

Newcastle & Stockton Excursion Note (Stage 3)

2020 Equipment Pack

Book Club

School Photo Order Form

Year 6 T Shirt

merit award at this assembly. What an honour to receive an award at our first assembly! It was also lovely to see our community members being able to sit inside the hall.

PBL Expectations

For the last two weeks at morning assemblies, I have been reiterating our school's expectations of being respectful and responsible. The last expectation to be presented is resilient. Students will receive lessons in class of how they can encourage others, have a positive attitude and follow sensible instructions.

Our PBL mascot, Bunji, made an appearance last week. He particularly enjoyed visiting the new Kindergarten classrooms and they really enjoyed meeting him for the first time. Bunji is a great asset to our school and helps reinforce our school expectations in a fun way.

The PBL Committee are also looking for an interested parent who could meet after school twice a term to join their committee. If you have the time and would like to be part of this team please leave your name with the office.



Medowie Pick-Ups and Drop-Offs

Our school is committed to ensuring everyone is safe. Last year our school carpark became a staff only zone as a result of changing departmental and school policies. A risk assessment was undertaken and the only way to eliminate the risk of accident occurring was to restrict access to this area. To new families I remind you that you are required to drop and collect your children from school by either using the kiss and drop zones or taking the time to park your vehicle and accompany your child/ren to and from our school grounds.

Please remember the Car Care across the school is a business. This is not an area to park in. They have reported that they are worried about an accident occurring as they have experienced children playing in this area.

Swimming Champions

Congratulations to the swimming champions for 2020. The champions are:

Juniors: Hayden Sepp and Addison Doyle

11 Years: Jonte Burns and Alannah Poole

Seniors: Cooper Irwin and Indie Wilson

There was great participation in the swimming carnival however there can be only one house that wins. Congratulations to Bottlebrush! The point scores are as follows:

Bottlebrush: 384

Wattle: 322

Banskia: 255

Waratah: 193

I'd like to extend best wishes to the 19 students who qualified to representing our school tomorrow at the zone swimming carnival. I am confident they will represent our school with pride. They will be supervised by Mrs Johnson throughout the carnival.

Star Spotlight

A huge congratulations to Kynan Dorn. Last Friday he attended the zone tennis trials at Raymond Terrace and was



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successful in making it through to regionals. He will now be representing our school and Port Stephens at the regional tennis trials. We wish Kynan all the best when he competes at this high level in the coming weeks.

Community PBL

Community PBL is an initiative to recognise our students who demonstrate they are following the STARS values in the wider Medowie and Raymond Terrace communities. STARS is an acronym for Safety, Trust and Honesty, Acting responsibly, Respect and Success. These values are also represented in our own school's expectations. If you notice a Medowie school student who demonstrates these values please contact the school or fill out a nomination form from the school office. Starting in Term 2, one student will be recognised at Marketplace during an awards ceremony held on Thursday evenings.

Variety

Variety is a charity that believes in all kids deserving a fair go. Variety supports kids who are sick, disadvantaged or have special needs. Individual grants are now available to provide assistance in providing children educational supplies, educational technology, medical equipment and supplies, mobility equipment as well as a range of other areas. If you are a family that is currently experiencing financial difficulty, Variety may be able to assist your child by applying for a grant. Please feel free to contact me if you would like assistance in applying for one of the individual grants or use the website: <https://www.variety.org.au/nsw/individual-or-community/>

Mindfulness In-School Program

Head and Heart Mindfulness is a local business that aims to create calm minds and happy hearts for children. The programs taught by *Head and Heart Mindfulness* intend to enhance the wellbeing and mental health of students by teaching them the skills and ways of thinking associated with mindfulness, meditation and heartfulness. *Head and Heart Mindfulness* was founded by Kylie Humphreys, a local primary school teacher, who is now a qualified mindfulness teacher.

Head and Heart Mindfulness wellbeing programs address:

- Anxiety, stress and worry
- Concentration, attention and memory issues
- Emotional regulation
- Gratitude, empathy and compassion
- Positive classrooms and homes

Mindfulness benefits include:

The regions of the brain that provide happiness, attention, self-regulation, compassion and resilience become more active and grow

Reduction in stress and anxiety which in turn reduces the risk of illness and disease

Prevention of depression and reduces symptoms of depression

Increased stress threshold and improved resilience

Improved working memory

Increased positive thinking, feelings and emotions

Enhanced wellbeing

The team from Head and Heart Mindfulness encourage you to ask your child what they are learning in mindfulness and have them practise it at home to help consolidate their learning.

Lesson Topics Include:

Introduction to mindfulness

Mindful Listening

Breathing – anchor points (tummy, chest, nose)

The brain

Body awareness- noticing sensations and body scan

Thoughts- 'lily pads' past/present/future

Emotional regulation- the "It" steps

Heartfulness- loving kindness

Recognition of Former Medowie Students

Congratulations to Brooke Ellicott, Bryce Tuppurainen and Robert Stanely who all received a mayoral scholarship last Monday. The Mayoral Academic Scholarship program gives Port Stephens students starting TAFE or



University in 2020 \$2000 to help cover the cost of their studies.

School Photos

Could all parents please return their photo envelopes. MPS photography requested our school change photo dates and the envelopes were issued with the incorrect date. School photos will occur on **Thursday 5th March.**

Dear Families & Community Members

We are excited to announce a change to our assembly structures for 2020. Assemblies will still be held once a fortnight, however, Primary classes will attend a separate assembly to Infants classes. Separating the assemblies into Infants and Primary has been done to ensure that as our school grows our families are able to have a better view of class items and awards by sitting at the back of the hall as opposed to the side. This will also allow for the assemblies to be more closely suited to the age of the students to increase their enjoyment as well. There will be some assemblies where we join together as a whole school and this will be noted on the forthcoming roster. The roster detailing when classes will be having their class item will be released shortly. The first infants and primary assemblies will not feature a class item giving parents plenty of notice to arrange work commitments around their child's item.

Kind Regards,
Mr Thompson
Assistant Principal (Stage 2)

Library News

Welcome back to the Library for 2020, especially our new Kindy students. Below is a schedule for each class library day where books are returned from the previous 2-week loan period:

Monday: KM, 5/6R, 5W

Tuesday: 2H, 3/4T, 2G, 1F

Wednesday: K/1N, 1P, 4N

Thursday: 4/5S, KH, 6J, 3H

Friday: K/6B

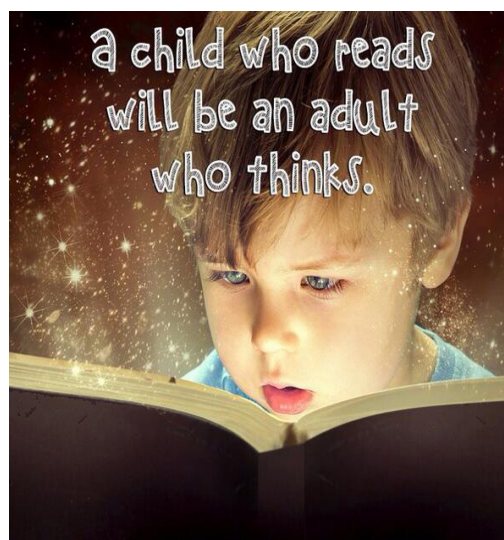
Our annual Book Fair is on 10th, 11th and 12th March. The theme this year is **Enchanted Forest - let your imagination grow**. Leading up to the Book Fair students will receive a pamphlet and a wish list to complete. There will be book vouchers given away to competition winners. If any parents can volunteer to help could you please contact Rebecca Newton (Teacher Librarian) on 49 82 8222. It has also been great to see many students visiting the Library during lunch and recess to use the games, computers, drawing, jigsaw puzzles, weaving and of course BOOKS.

From the Library staff.

Coming soon

Easter Raffle

Drawn after the Easter hat Parade in the top playground, Medowie Public School. Tickets sent home with each child soon



TOOGEE MARTIAL ARTS



MEDOWIE


Classes - Tuesday and Thursday 5.30 - 7.00pm
Medowie Community Centre

BEGINNERS WELCOME - 2 FREE LESSONS

Enquiries: @TMAMedowie or 0418686241

Can you spare an hour a week?

Become a **volunteer ethics teacher** in your local school



PrimaryEthics.com.au
Ph: (02) 8068 7752

Primary ETHICS

ETHICS FOR CHILDREN. SKILLS FOR LIFE.
Primary Ethics is an independent not-for-profit

PLEASE JOIN US
Find out more about volunteering, becoming a donor, or other ways you can be involved in this exciting program. If you are a parent or carer seeking ethics

Ethics classes provide an alternative during scripture time in NSW public primary schools. While we have strong interest from parents in Ethics classes at MPS, and have had classes running in previous years, the program is not currently active due to a lack of volunteer teachers.

My name is Kelly Kurtz and I have recently taken on the position of volunteer Ethics Coordinator for our school. I am looking to recruit parents interested in becoming volunteer teachers to re-establish the Primary Ethics program at MPS.

Ethics classes include scenarios, group work and activities to encourage children to think about what they should do in different situations, about how those circumstances might make a difference and about the consequences of their actions. Children discuss topic such as: - imagining how others feel - how do we treat living things? - what is laziness? - how do we disagree in a respectful way?

Lesson plans are provided by Primary Ethics and have been approved by the Department of Education. The classes are facilitated by a volunteer ethics teacher who received full training through online modules and a comprehensive 2 day workshop.

If you are interested in learning more and becoming a volunteer teacher, contact **Kelly Kurtz** on **0408 695 261** or kelly27kurtz@gmail.com. Also visit primaryethics.com.au to see lesson topics and learn more about the Primary Ethics program. I will also be holding information sessions during term 4 where I will share my own experiences about how rewarding it is to teach Ethics classes and answer questions – contact me to register your interest.

Cancer Council NSW Sun Snippet

The simplest way
... to choosing a SunSmart hat

SunSmart hats such as a bucket, broad-brimmed or legionnaire styles are best.

A SunSmart hat not only protects the face, head, neck and ears, but can reduce the amount of UV reaching the eyes by 50%.



Warning: baseball caps expose the cheeks, ears and back of the neck to harmful UV radiation.



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



Group Music Tuition at Xpression Music

Xpression Music Medowie are now offering group music tuition at their new location on Ferodale road (opposite Medowie Public School).

Group Keyboard tuition on Monday morning: 8:15 - 8:45am
Group Guitar tuition on Tuesday morning: 8:15 - 8:45am
Maximum of six students per group class
Group tuition cost is \$20 per class/week

For more information, or to enroll in group or one-on-one music classes please contact Ammiel on 0413 078 505 or send us a message via our Facebook page.
www.facebook.com/xpressionmusic1



Start Up Kidz Multisport Programs are coming to

NEWCASTLE

Start Up Kidz multi-sport camps give children with a physical disability the opportunity to try a range of adaptive sports while also improving their skills and having fun!

Children are able to try six adaptive sports in the January and April school holidays.

Visit www.startupkidz.com.au to register your interest and learn more!

#startupkidz

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SPORTAUS



Medowie Public School P&C Association

2019 Christmas Raffle Report

THANK YOU to all the families who supported last year's Christmas Raffle. Together we raised \$1301 for our school to purchase STEMM resources.

25 great prize packs containing many vouchers were donated from 40 very generous local businesses valued at more than \$2000.



THANK YOU to all 2019 Christmas Raffle Donors

Ashmore Palms Resort

Battlezone laser tag

Berefield Golf

Captain Cook Cruises

Central Health Alliance

Cold Rock Salamander Bay

Daisy Belle Florist

Deb's Detailing

Dominos Medowie

Elderslie Skydiving

Estabar

Fighterworld

Flight Dance Supplies

Harrys Schnitzels

Hoyts Greenhills

Hunter Wetlands

Imagine Cruise Nelson Bay

Inner City Winemakers

Joanne Johnson Massage

Laneway on Darby

Little Beach Boathouse Restaurant

Maitland Gaol

Medowie Pet Shed

Medowie Pharmacy

Nelson Bay Cinemas

Newcastle Pudding Lady

Newcastle Putt

Oakvale farm

Port Stephens Country Club

Pulse Photography

Raymond Terrace Marketplace

Sheer Indulgence

Shimmer scents with Leah

Studio Beauty

Taronga Zoo Sydney

Terrace Showcase Jewellers

Timezone Greenhills

TM Therapy

Wendy's Raymond Terrace

Western Plains Zoo Dubbo

Welcome from the P&C!

All our new and returning families – we'd love your feedback, comments, we'd love to hear from you!

Please complete and return to the school office. Thank you.

Name _____

Phone _____

Email _____

- I'm interested in helping in Canteen
- I'm interested in helping in the Uniform Shop
- I'm interested in helping with fundraising activities like discos, Mother's Day and Father's Day Stalls, Girls Night Out
- I'm part of an organisation that may be able to donate to P&C fundraising events
- Please let me know when the next P&C meeting is on
- Comments (suggestions for fundraisers or events you would like to see the P&C arrange)

AGM & General Meeting

P&C will hold its Annual General Meeting on Monday, March 9 at 5.00pm in the School Library. An election for the Executive positions of

President

Vice-President x 2

Treasurer; and

Secretary

will be conducted and 2018/19 financial statements tabled.

All Welcome!

2019 financial members are eligible to stand for nomination and eligible to vote. Contact our current Secretary, Kelly via email pandcmedowie@hotmail.com if you would like more information.

Please bring your \$2.00 annual membership fee with you to the meeting.

Our AGM will be immediately followed by the general monthly meeting.

Upcoming P&C fundraisers during term 1

Easter Disco date TBA!

Easter Raffle

We are currently finalising the details and notes will be sent home with students and information posted onto our Facebook page shortly, stay tuned.

Thank you for supporting Medowie Public School through P&C events. To contact P&C, email pandcmedowie@hotmail.com.