



# Murringo Public School Newsletter Term 1 Week 2

**Principal:** Mrs Kaelene Neville  
**Senior Administration Manager:** Mrs Gina Galvin

**Address:** 91 Murringo Gap Rd Murringo  
**School's email:** murringo-p.school@det.nsw.edu.au  
**Principal's email:** kaelene.neville@det.nsw.edu.au  
**Telephone:** (02) 6384 6351  
**Fax:** (02) 6384 6322  
**Web:** murringo-p.schools.nsw.edu.au

Friday 8th February 2019

## Settling In ...

Both classes have settled well into their learning this week, with students becoming familiar with the new class routines and the staff members that they are working with each day.

We would like to officially welcome Ms Kayla Whitechurch to our school. Ms Whitechurch has been working hard to make connections with all of the Upper Division students and has planned some exciting and rigorous learning programs for our students.

It has been wonderful to welcome Mrs Richens back to our school as well. Mrs Richens is already super busy supporting all of the teachers and students. Our beloved cleaner, Anmaree, has just started training to be a teacher's aide herself, and will be doing her work placement at our school every Wednesday, spending time in both classrooms supporting the students and teachers. We are very excited to welcome her onboard in another capacity.



## Wiradjuri Language Awareness

After last week's word of 'Yes' or 'Ngawa', we are focusing on the word 'No' this week. In Wiradjuri, it is pronounced 'wi ray'. Hopefully your children don't say 'Wiray' to you too often next week! Maybe you can use it: "Can I stay up a bit longer?" "Wiray!"



## Manners Focus

This week's focus in manners is to put things away. This includes keeping a clean desk area, bag area and classroom.

The entire school are focusing on recycling better this term, and we are ensuring that we keep paper and recycled materials separate to our general rubbish.

Please encourage your students to look after their school gear themselves at home, to support this week's focus area.



## Kitchen Garden Assistance

Our wonderful Kitchen Garden program can't run without parent assistance, as we need an adult with every group. We have a few regular volunteers, and many parents work on a Friday and can't make it, which is completely understandable. If you CAN help out though, could you please fill out availability form below, indicating a date that you could help out and your preference for garden or cooking and either send back in to school or screenshot and send to us via email or Messenger.

Thanks in advance!!

Date/Time	Gardening	Cooking
Friday 22nd February 10.30-12.30		
Friday 8th March 10.30-12.30		
Friday 22nd March 10.30-12.30		
Friday 5th April 10.30-12.30		

## Regional Sporting Dates

We have many talented athletes at our school, who often make it to Regional carnivals. We have included the dates that we know about below for 2019. We have also included Regional Trials dates for some sports that students have been keen on in the past. Only students who are very talented should consider trialling for these teams as selection is very tough. Parents do need to transport their own children to trials and training and comps if they make it in.

**Boys Rugby League Trials—1st May—Leeton**

**Boys Rugby Union Trials—17th May—Wagga**

**Boys Touch Football Trials - 3rd June—Albury**

**Girls Touch Football Trials—6th June—Griffith**

**Regional Cross Country—13th June—Gundagai**

**Regional Athletics—30th August—Albury**



Hot and Sweaty At School!



# Circle of Security® PARENTING SERIES

**Presented by:** Jenny Spring  
Family Chain Coordinator

**Sponsored by:** Hilltops Community Hub

**Location:** 2c Campbell St Young

**Times:** 12.30 – 2.30pm

**Cost:** Free

**Who should attend:** Parents and carers of young children

**How to register:** call Jenny at the Hub on 63826697  
Mobile: 0429886697  
Email: [jenny.s@youngnc.org.au](mailto:jenny.s@youngnc.org.au)

**Dates:** Thursday 21<sup>st</sup> February 2019  
Tuesday 26<sup>th</sup> February 2019  
Tuesday 5<sup>th</sup> March 2019  
Tuesday 12<sup>th</sup> March 2019

**Bookings are essential, as spaces are limited**

**Tea and coffee available**

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

### Learning Objectives of the Training:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



Gecko Sport Fun

## Chook House Working Bee

The P&C have decided on tomorrow morning as our working bee, to finally build our huge chook house.

Everybody is welcome to come along

and assist. We will be there from 9am, but if you can even attend for part of the day, that would be very useful.

Bring along a couple of screwdrivers, maybe a drill, old paintbrushes and your smiling face.

A huge shout out to the Wheeler and Bennett families, who contributed to the purchase of the chook house. It is going to be great!

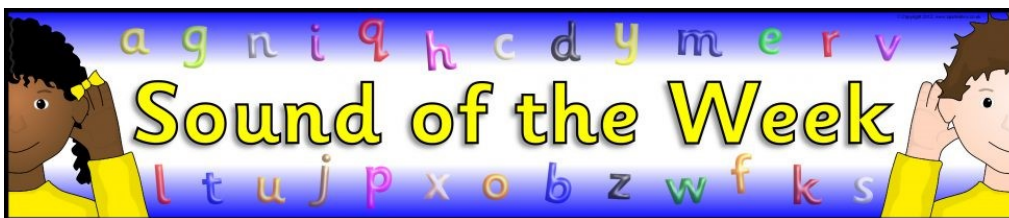


# SWSCU

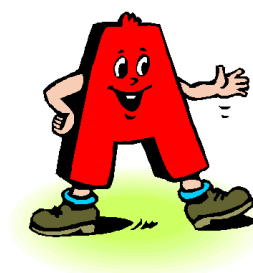
## School Banking

We will be sending home packages of information from South West Slopes Credit

*BIG ENOUGH TO HELP, YET SMALL ENOUGH TO CARE.* Union about their school banking program, which we run here at school. Over the years, we have had a few families take up the school banking option, but we haven't sent information out for a while. Look out for that in the coming week or so.



Each week, our school is focusing on a sound across the whole school. That sound can often be made with different letters and combinations. We will share the sound with you each week in the newsletter. Next week's sound is:



## Setting SMART Goals

As part of the back to school program, all of our staff set themselves 3-5 professional goals that they want to achieve this year, in order to improve student outcomes. Upper Division students have also set a goal, to focus their efforts for this term. We have included a few on the next page as an example.

It is important that goals are SMART goals, as detailed below. Goal setting is an important key to success in life. It might be useful to talk to your children about setting a goal for home as well, using the SMART format below.

# Setting **S M A R T** Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



**How** will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



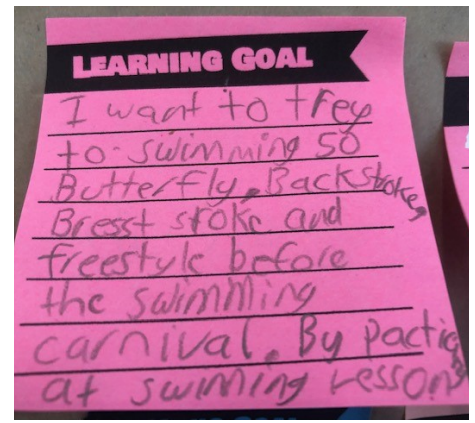
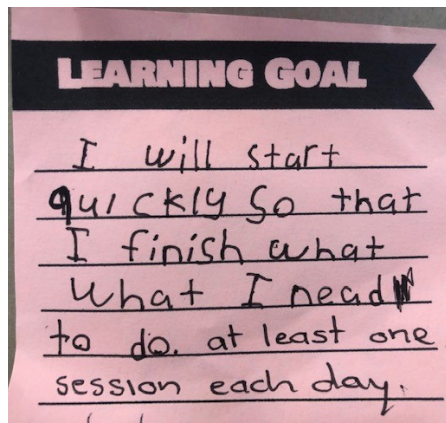
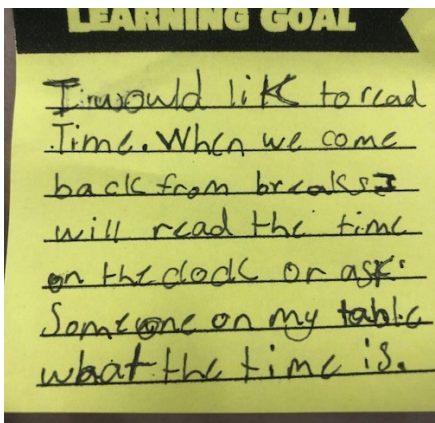
Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.



Examples of SMART goals set by Upper Division students

## Swimming Carnival

We are looking forward to seeing all of our students, and heaps of our parents, families and friends, at the Swimming Carnival next Tuesday. Students need to meet us at the pool in Young for a starting time of 9.00am. All students are to have a hat and sunscreen, as well as food to eat, or money to buy food at the canteen. They also need bottles of water.

Parents who are keen to swim in our parent relay team are encouraged to wear their swimmers. Supporters are also encouraged to wear red to support the team on the day.

Please note that students competing in 25 metre races are not timed and certificates are not given for these races. Some students will be swimming with assistance tools (kickboards etc...) and some without. It is too hard to judge winners in these races. The 25 metre races are all about doing your personal best, and pushing yourself in new challenges.



## Term One Calendar

As always, we have included as many dates as we know about on the term calendar. Please note these dates on your own calendar or stick up on the fridge, so that you know what is going on. New dates since the last newsletter are written in red.

3	<b>11th Feb</b> Swimming Lessons (afternoon)	<b>12th Feb</b> Swimming Carnival	<b>13th Feb</b> MCA Meeting @ The Hall at 7pm	<b>14th Feb</b> Choir @ Lunch	<b>15th Feb</b> Happy Birthday Peter C!	<b>16th Feb</b> Staff Training in Orange	<b>17th Feb</b> Family Duck Day
4	<b>18th Feb</b>	<b>19th Feb</b>	<b>20th Feb</b> Happy Birthday Lexie!	<b>21st Feb</b> Choir @ Lunch	<b>22nd Feb</b> Kitchen Garden	<b>23rd Feb</b>	<b>24th Feb</b>
5	<b>25th Feb</b> Director Visiting	<b>26th Feb</b> District Swimming	<b>27th Feb</b> Principal's Meeting	<b>28th Feb</b> Choir @ Lunch	<b>1st Mar</b> Clean Up Australia Day	<b>2nd Mar</b> Staff Training in Orange	<b>3rd Mar</b>
6	<b>4th Mar</b> P&C Meeting 7.30pm AGM	<b>5th Mar</b>	<b>6th Mar</b>	<b>7th Mar</b> Choir @ Lunch	<b>8th Mar</b> Happy Birthday Nat! Kitchen Garden	<b>9th Mar</b>	<b>10th Mar</b>
7	<b>11th Mar</b> Happy Birthday Bailey!	<b>12th Mar</b>	<b>13th Mar</b> Regional Swimming	<b>14th Mar</b> Choir Happy Birthday Gus!	<b>15th Mar</b> Possible P&C Cook Up @ School for catering	<b>16th Mar</b> P&C Catering Job (volunteers needed)	<b>17th Mar</b>
8	<b>18th Mar</b>	<b>19th Mar</b>	<b>20th Mar</b>	<b>21st Mar</b> Choir @ Lunch	<b>22nd Mar</b> Kitchen Garden	<b>23rd Mar</b> State Election P&C BBQ and Cake Stall	<b>24th Mar</b>
9	<b>25th Mar</b>	<b>26th Mar</b> Science Excursion @ Maimuru	<b>27th Mar</b>	<b>28th Mar</b> Footy Gala Day (Upper Div) Choir @ Lunch	<b>29th Mar</b>	<b>30th Mar</b> Lambing Flat Festival	<b>31st Mar</b>
10	<b>1st Apr</b> P&C Meeting 7.30pm	<b>2nd Apr</b> Director Visiting Happy Birthday Peter E!	<b>3rd Apr</b> Happy Birthday Hayden!	<b>4th Apr</b> Happy Birthday Heidi! Choir @ Lunch	<b>5th Apr</b> Kitchen Garden	<b>6th Apr</b> Happy Birthday Izequil!	<b>7th Apr</b>
11	<b>8th Apr</b>	<b>9th Apr</b> YSS Athletics Carnival	<b>10th Apr</b>	<b>11th Apr</b> Choir @ Lunch	<b>12th Apr</b> Easter Assembly	<b>13th Apr</b> Holidays!	<b>14th Apr</b> Holidays!