TERM 3
WEEK 8
2nd September 2014
Stage 3 at Borambola all week

Tues 2nd
Miss M - course

Wed 3rd
Miss M - course
Scripture
Stage 2/3 Library
Milo Day

Thurs 4th
Mrs Moore - Principal’s Conf
Stage 1 Library

Fri 5th
Mrs Moore - Principal’s Conf
2pm Kinder Taster
Healthy Lunch Box Session

Matong Park
Tree Planting

Enviro Champs
Hopscotch
Stage 1 and 2 students are enjoying the extra space this week. With our Stage 3 students away at Borambola, the playground seems very vast. It is also lovely to see the students utilising the oval at break times for cricket and soccer and other games. Today they were out there practising for cricket leading up to our Milo Blast day in Narrandera next week.

We always enjoy seeing fresh faces at school, whether it be our SpICE students, Scripture teachers, parent helpers or guest speakers. We are looking forward to welcoming back our pre-kinder students this Friday 5th September and welcoming parents and caregivers attending the ‘Healthy Lunch Box’ which will be held in the library at 2pm.

Next Wednesday and Thursday some of our students will travel to the Narrandera Park, participating in the Milo Blast Cricket gala day. Transport is by private vehicle and confirmation notes will be going out this week. If you are unsure about transport arrangements, please contact the office to confirm.

Please take the time to view our new additions to the school website. I have added a new page called ‘Parent Information’ which may assist parents and caregivers supporting children at home with various educational issues such as speech development, bullying and reflective practice.

Anne-Moore, Principal

SCHOOL LUNCHES

Maybe it is the change in seasons or our students are going through growth spurts, whatever the reason, many of the children seem to be hungrier. Some children have been requesting staff to make them an additional sandwich at lunch or recess. Please discuss with your child about their lunch box needs and help them pack more food if required. Thank you.
MATONG PARK

Matong Public students were invited to assist the Coolamon Shire Council to plant six Queensland Brushbox trees at the Matong Park last Friday morning. Mr Polkinghorne accompanied our School captains and Enviro Champ leaders for a morning of community service to help with the upgrade of this great Community asset. Our students look forward to future opportunities to help. Thank you to Mr Jason Mitchell for organising this activity for our students.

SCHOOL WEBSITE NEWS

Please visit the school website Matong-p.school@det.nsw.edu.au for information regarding bullying, reflective practices and reform agenda. New links can be accessed under the P&C tab. Also check out our exciting new school newsletter tab where you can view the newsletter in an e-book style, turning the pages like a book.

KINDER TASTER DAY

Our next Kinder Taster Day is on Friday 5th September at 2pm. Pre-Kinders need to bring their recess, hat and water bottle. While the children are in the classroom all parents are invited to attend a 25 minute HEALTHY LUNCH BOX SESSION presented by the Cancer Council as part of involvement in the Eat It To Beat It program.
RECOGNITION FOR OUR SAS STAFF MORNING TEA
# Change of date#

Each year our school recognises the important work our School Administrative and Support Staff members do at our school. Whether working in the office, the library, the school grounds or in a classroom setting, the school recognises and celebrates the work our support staff as vital to the education of our students.

This year we are inviting everyone to attend a thankyou morning tea for SAS Staff Recognition on **Wednesday 17th September at 11.15am**, while the students enjoy their packed lunch. Please bring a plate to share.

AWARD WINNERS

Stage 1 Awards

Baxter Smith - *Always displaying a positive attitude*

David Beard - *Fantastic contribution to writing*

Stage 2/3 Awards

Rosie Collins - *Safe and responsible behaviour*

Florence Meier - *Going beyond in her maths work, extending herself to complete harder activities*

Charlotte McGuiness - *Applying herself to all areas of learning*

RFF and Library Awards

Tegan Hatty - *Always trying her best*

Connor Smith - *Being a responsible and respectful member of Stage 2/3*

Special Awards

Connor Smith, George Hatty, Tegan Hatty

Principals Award

Charlotte McGuiness - *Responsible attitude at all times*
### LIBRARY DAYS

**Stage 1 Library** will now be on **Thursdays** with Miss M.

**Stage 2/3 Library** day is **Wednesday** with Mrs Moore.

### SEPTEMBER IS FRUIT AND VEG MONTH

Fruit and Veg Month is about trying new foods and developing healthy eating habits for the future. Variety is key! Eat fruits and vegetables of many different colours every day to help ensure your children are getting a wide variety of nutrients.

Vegetables, both raw and cooked, are a great snack. Research shows Aussies don't eat enough of them. Try making your kids veggie chips. Just finely slice carrots, parsnips, potatoes, zucchini, sweet potato, and pumpkin. Toss them in a small amount of olive oil and garlic powder, then bake until crisp.

Quesadillas are a quick and easy snack. The great thing is you can fill them with whatever veggies you have: corn, beans, tomatoes, capsicum, onion, or anything else you have in your kitchen. Add some low-fat cheese and you have a delicious, healthy snack.
Self Reflection and Children
Help Kids to Develop Reflective Skills

Self reflection is a skill that children of all ages need to develop. This is a skill that will help kids in adulthood in many ways including developing their self-esteem. Being reflective means being able to think about what you have done, why and if it was effective. If children can adapt their behaviour after reflecting on what went well or not well. Those that can will hold a worthy skill.

There are various ways to promote self reflection skills. Journal writing is a very effective way to start these skills. By writing down what they are thinking and feeling kids will be able to review and contemplate on their actions and reactions.

Children also need to learn to develop self-questioning skills as another important way they can develop their reflective skills.

Questions to Develop Self Reflection in Children

☐ How do I feel?
☐ How did I feel earlier in the day, yesterday or the week before?
☐ Why do I feel this way?
☐ Why did I act in a certain way? What prompted me to act like that?
☐ What does this tell me about myself?
☐ What can I learn from this situation?
☐ If I am in this situation again, what would I do the same and what would I do differently

Activities to Promote Children’s Self-Reflection Skills

**Mirror Activity**

Give your child a hand mirror. Ask them think about a recent event that made them (use different words happy, proud, sad, disappointed) while looking in the mirror. Ask them to think about the event and what they did, what went well, what didn’t and how they will handle a similar event in the future. It will be easier for many children to do this while looking at themselves in the mirror rather talking directly to a parent.

**Two stars and a Wish**

You could use this one any time of day! After an event or experience, ask your child to tell you two stars and a wish, that is two things that went well and they are happy with and one thing they want to improve.


**MILO T20 BLAST CRICKET GALA DAY**

Year 2-4 and Years 5 & 6 have been invited to participate in a Cricket Gala day to be held at Narrandera over two days. Years 2-4 on Wednesday 10th September and Years 5-6 on Thursday 11th September.

PLEASE SEND IN OUTSTANDING NOTES
THANK YOU

A BIG THANKYOU to Mrs Jannelle Beard for coming in last Friday to teach Stage One to make unique top secret gifts for Father’s Day. Happy Father’s Day to all our lucky Dads, this Sunday.

2015 ENROLMENTS

Matong Public is now taking enrolments for 2015. If you have a child to enrol please contact the school for an enrolment pack.

KINDER TRANSITION

If you know of a child considering starting school at Matong Public School in 2015 we would love to hear from them. Please inform us of their name/contact details so we can send an invitation to join us for an exciting Kinder Transition detailed below.

FOR SALE

Bark Chips for your garden. $20 per trailer load. All money raised will go to our P&C.

WHO AM I?

We recently received this photo from Wagga Wagga DEC Office. It is a photo of Wagga Wagga Director of Schools, Mrs J Whittaker with Matong children. Does anyone know when this photo may have been taken and who the students in the photo are? Please contact the school if you have any information so we can update our records.
EDUCATIONAL EXPERIENCE FUNDRAISING CATALOGUE

Get ready for Christmas and choose gifts that are perfect for your family and friends from Educational Experience. Browse our 350+ quality learning resources, toys and gifts and raise funds for our school.

Shop online for your Christmas gifts at www.edex.com.au/fundraising or browse through the Gift Essentials catalogue where every dollar spent provides 20 cents in educational resource vouchers for our school. Please nominate Matong Public School in your shopping cart. A limited number of catalogues are available at the office.

---

EDUCATIONAL EXPERIENCE FUNDRAISING CATALOGUE

Get ready for Christmas and choose gifts that are perfect for your family and friends from Educational Experience. Browse our 350+ quality learning resources, toys and gifts and raise funds for our school.

Shop online for your Christmas gifts at www.edex.com.au/fundraising or browse through the Gift Essentials catalogue where every dollar spent provides 20 cents in educational resource vouchers for our school. Please nominate Matong Public School in your shopping cart. A limited number of catalogues are available at the office.

---

**Kinder Transition**

*For children starting school in 2015*

Please join us at

**Matong Public School**

**Key Dates**

**Tuesday 16th September, 2014**

1:30 pm Parent Information Session, Library, Tea, coffee, light refreshments.

**Kinder Visit 1: Friday 10th October, 2014**

9:15 am - 12:00 noon (please bring lunch, water bottle and a hat)

Kinder readiness testing conducted on this day.

**Kinder Visit 2: Wednesday 15th October, 2014**

11:15 am - 3:15 pm (please bring lunch, water bottle and a hat)

Kinder readiness testing conducted on this day.

**Kinder Visit 3: Friday 24th October, 2014 - ALL DAY**

9:15 am - 3:15 pm (please bring lunch, recess, water bottle and hat)

Individual Parent-Teacher Meetings will be held on this day.

**Kinder Visit 4: Wednesday 31st October, 2014**

2:00 pm - 3:15 pm (please bring recess, water bottle and a hat)

**Kinder Visit 5: Wednesday 7th November, 2014**

2:00 pm - 3:15 pm (please bring recess, water bottle and a hat)

**Monday 15th December - Presentation Night and Concert**

*Lunch orders are available on Fridays, but orders must be placed on the Thursday before.*

We look forward to seeing you at the Parent Information Session on the first week back next term. Further details regarding the transition program will be explained at the meeting.

Thank you for supporting your child’s transition to ‘big school’!

For more information call 69277824
HOW COOL IS THIS?
This is the only time you see this phenomenon in your life. August, this year, had 5 Fridays, 5 Saturdays and 5 Sundays. This happens only once every 823 years.

<table>
<thead>
<tr>
<th>August 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
</tr>
<tr>
<td>1</td>
</tr>
<tr>
<td>8</td>
</tr>
<tr>
<td>15</td>
</tr>
<tr>
<td>22</td>
</tr>
<tr>
<td>29</td>
</tr>
</tbody>
</table>

TENDERS WELCOME
We have available for tender the old school ride-on mower and a bar fridge. If you would like to submit a tender for either item, please lodge in writing to the school office. Tenders close 3rd September, 2014. All reasonable offers considered.

CAPTURE COOLAMON SHIRE PHOTOGRAPHIC COMPETITION
Cash prizes for 1st and 2nd places in each of the five sections in the Youth Category for those aged 17yrs and under
*Landscape *Built Environment *Nature  *People/Portrait Study  *Creative
Entry $5 for a maximum of five entries. Entries close October 24, 2014
For more information please go to www.coolamonshire.com.au
P&C NEWS

A P&C catering meeting will be held this Thursday 4th September at the Ganmain Providore at 9.30am to discuss catering for the The Rural Women’s Gathering. All welcome!

COOLAMON LIBRARY NEWS

Our next Storytime will be held this Friday 5th September @ 10.30am. The theme is “Buzzy Bees”. Come and join in the fun of stories and songs; we welcome new families to come along.

The library will continue to host schools for our Book Borrowing Extravaganza during the month of September. Students will explore and discover the library and be given the chance to borrow items to earn rewards for their school.

A Gardening Workshop will be held Thursday, 18th September @ 11.00am at the library. This is a free workshop presented by Kerry Geale through REROC. Bookings can be made by phoning the library - 69272492.

It still not too late to come in and sign our petition to support our funding issue in NSW Public Libraries, we need your support. It will be debated in the Legislative Assembly later in the year. We are approaching 40,000 signatures statewide which is an amazing result; however we still need some more signatures. Call into the library, your support will be very much appreciated.

The Coolamon Library is on Facebook! News, pictures, events and opportunities are regularly uploaded - join us now!
SPOTLIGHT ON "ARMS UPTO" - Building self-esteem and confidence through sport

Day 1 – Archery, Softball/T-ball and Indoor Rock Climbing

- Tuesday 30th September 2014
- Where: Borambola Sport & Recreation Centre
- Time: Bus leaves Bolton Park Car Park 8:30am sharp (please arrive at 8:15am)
- Activities: Lunch 9am – 4:30pm; Bus returns to the Bolton Park Car Park at 5:15pm.
- Cost: $59.00 per day
  (Note: The cost to attend both days is $1,140.00; Sports and activities may change subject to weather)

Day 2 – BMX, Cricket, Low Ropes Challenge and Kayaking

- Thursday 2nd October 2014
- Where: Borambola Sport and Recreation Centre
- Time: Bus leaves Bolton Park Car Park 9:30am sharp (please arrive at 9:15am)
- Activities: Lunch 9am – 4:30pm; Bus returns to the Bolton Park Car Park at 5:15pm.
- Cost: $59.00 per day
  (Note: The cost to attend both days is $1,140.00; Sports and activities may change subject to weather)

Places are limited – Booking is essential! Return the attached enrolment form with payment today or contact us on (02) 6928 4300

Daily activities will also be held at the following centres:

- Childers Park
- Mitchell Park
- Waterbury Park
- Lake Park

What to bring:
- Come dressed in comfortable clothing for playing sport, enclosed shoes, bring a hat and a drink bottle.

For more information, please contact us at 6928 4300.

Sport & Recreation
1800 218 933

Facebook
www.facebook.com/nswsportandrecreation

Twitter
@nswsportandrecreation

Instagram
Instagram.com/nswsportandrecreation

---

NETBALL SCHOOL HOLIDAY CLINIC

Monday 22 September, 2014

Looking for something to do during the school holidays? Register for the Netball NSW School Holiday Clinic!

When: Monday, 22 September 2014
Where: Narrabri Netball Association – Car Elizabeth St and Victoria Ave, Narrabri
Time: 10:00am – 1:00pm (notes at 9:30 am for registration)

Participants will receive a Netball NSW goody bag including a Gilbert netball!

- 3 hours of netball fun
- Age specific
- Learning skills
- Try new netball moves
- Tailored to participant skill levels
- Accredited coaches on hand

Play lots of fun games and improve your netball skills all at the same time!

Fees: $40
Fees: Children aged 7 – 12 years old

Healthy snacks; drink bottle, sunscreen and a hat

Registrations for this clinic will close: Friday 12 September 2014.

Presented by: Dave Skinner, Black Dog Institute & Chris Wilson, Riverina Blue

Sporty Swift
- Official from Swifts of the NSW Swifts

Contacts: Let’s Play Netball
- 9361 5000 or Email: netball@letsplay.netball.com.au

---

KIDS CAMPS

THE BEST HOLIDAYS HAPPEN AT CAMP

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You’re sure to find a camp the kids will love.

Kids’ Camps from $45 per day

fb.com/nswsportandrecreation

---

bluebell
prents

NAVIGATING TEEN DEPRESSION

- Peer pressure
- Anger
- Being bullied
- Depression
- Technology & social networks

Turning is all around
- Building resilience & coping

Presenters: Dave Skinner, Black Dog Institute & Chris Wilson, Riverina Blue

When: September 12th 2014 High school students
September 12th 2014 6:30pm for 7:00pm For parents, staff & community

---

NORTHWEST MEDIA SOLUTIONS

DRUGS, DRINKS & DICK/DAMAGES

-对儿童有害的图片

运动和娱乐

Game On! Spring school holiday sports program

体育和娱乐

体育和娱乐

体育和娱乐

体育和娱乐

体育和娱乐

体育和娱乐

体育和娱乐

体育和娱乐

体育和娱乐

体育和娱乐
Weekly Quiz

1. Why was X Factor judge Redfoo in the news last week?
   a. he has quit the show
   b. he released a new album
   c. he was attacked at a nightclub

2. Why has Brad Pitt and Angelina Jolie been in the news recently?
   a. they have just adopted their seventh child
   b. they are producing a movie about the life of Julia Gillard
   c. they got married in France

3. Why was an 82-year-old NSW man in the news last week?
   a. he had to be rescued after falling off a Sydney Harbour ferry
   b. he tried to take over a light aircraft
   c. he got his wheelchair stuck in railway lines at a pedestrian crossing

4. Tony Abbott has received criticism over the strong remarks he made over another country’s upcoming independence vote. Which country was he talking about?
   a. Scotland  b. India  c. Ireland

5. True or false, the World Health Organization has released a report that says e-cigarettes (electronic cigarettes) dramatically increase the likelihood of smokers quitting?

6. Residents of Geraldton in Western Australia are pleased to hear that an issue affecting their quality of life for years, will soon be fixed. What problem have residents been putting up with?
   a. a power supply that is not adequate
   b. a sewer that has been leaking foul odours
   c. a smouldering underground peat fire

7. What is the main cause of fatal accidents on Australian farms?
   a. tractor accidents
   b. firearm accidents
   c. quad bike accidents

8. Who delivered the famous ‘I have a Dream’ speech?
   a. Mahatma Gandhi
   b. Barack Obama
   c. Nelson Mandela
   d. Martin Luther King Jr

9. True or false, new Queensland laws will enable Principals to access a student criminal history to support suspension or exclusion decisions?

10. Which Australian town is known as the Opal Capital of the World?
    a. Mt Isa (QLD)
    b. Coober Pedy (SA)
    c. Port Hedland (WA)

11. What type of original comic has just been bought on eBay for over $3.8 million?
    a. a Tintin comic
    b. a Superman comic
    c. an XMen comic

12. True or false, Tony Abbott has announced Australia Air Force planes will carry weapons into Iraq to help the Kurdish battle against Islamic State militants?

13. What type of project are large numbers of locals protesting against in Gloucester Valley NSW?
    a. a new coal seam gas project
    b. the building of a wind farm
    c. the building of a new prison

14. In which country has the United Nations confirmed that 43 peacekeepers have been captured by armed groups?
    a. Syria
    b. Iraq
    c. Israel

15. In which country would you find the Forbidden City?
Weekly Quiz - Visual

1. This animal made international headlines last week. What name was given to him?

2. This picture was tweeted as a joke by a Canadian military account. What is the real name of the country shown in blue?

3. In which country near Australia did this amazing scene take place last week?

4. Which Australian state has this flag?

5. Who wrote the book with this well-known cover?
Weekly Quiz - Answers

1. Why was X Factor judge Redfoo in the news last week?
   c. he was attacked at a nightclub - The 38-year-old singer and television reality show judge was treated by paramedics after a man threw a glass at him at the Golden Sheaf Hotel. Redfoo was cut above his right eye during the alleged attack.

2. Why has Brad Pitt and Angelina Jolie been in the news recently?
   c. they got married in France - Angelina Jolie and Brad Pitt were married in the French hamlet of Correze. Jolie and Pitt wed in a small chapel in a private ceremony attended by family and friends.

3. Why was an 82-year-old NSW man in the news last week?
   b. he tried to take over a light aircraft - An elderly passenger who allegedly tried to take control of a light plane and shut down its engines during a flight across regional New South Wales has told family members he has no recollection of the incident.

4. Tony Abbott has received criticism over the strong remarks he made over another country's upcoming independence vote. Which country was he talking about?
   a. Scotland - Prime Minister Tony Abbott has declared "supporters of Scottish independence are not friends of freedom or friends of justice". The problem with Scotland becoming independent is that there would be no sovereignty of the United Kingdom which is currently how Australian constitutional laws define our head of state.

5. True or false, the World Health Organization has released a report that says e-cigarettes (electronic cigarettes) dramatically increase the likelihood of smokers quitting? False - the World Health Organization has warned that there is no evidence that e-cigarettes can help smokers quit and the devices pose a threat to unborn foetuses.

6. Residents of Geraldton in Western Australia are pleased to hear that an issue affecting their quality of life for years, will soon be fixed. What problem have residents been putting up with?
   a. a sewer that has been leaking foul odours - A sewer emitting "rotten" odours that have permeated people's homes for years in a Western Australian town will be fixed by October, the State Government has said.

7. What is the main cause of fatal accidents on Australian farms?
   c. quad bike accidents - A coronial inquest in Queensland is examining nine recent fatal crashes and a list of recommendations will be released later this year with the aim of making the vehicles less dangerous. Road safety experts are calling for anyone under the age of 16 to be banned from riding adult quad bikes, a new licensing system and helmets to be made mandatory.

8. Who delivered the famous 'I have a Dream' speech?
   d. Martin Luther King Jr - The American civil rights activist delivered the speech to a huge crowd in Washington DC on August 28, 1963, in which he called for an end to racism in the United States.

9. True or false, new Queensland laws will enable Principals to access a student criminal history to support suspension or exclusion decisions?
   True - Principals would get access to students' criminal histories and have the power to ban people from school grounds under proposed new Queensland laws. The proposed legislation would also enable regional directors to prosecute parents for failing to comply with compulsory attendance requirements.

10. Which Australian town is known as the Opal Capital of the World?
    b. Coober Pedy (SA)

11. What type of original comic has just been bought on eBay for over $3.8 million?
    a. Superman comic - The cover features the red-caped man of steel hoisting an automobile over his head. The character is widely credited with starting the multi-billion-dollar worldwide comic book superhero phenomenon. Only 50 to 100 copies of the comic book are believed to still exist.

12. True or false, Tony Abbott has announced Australia Air Force planes will carry weapons into Iraq to help the Kurdish battle against Islamic State militants?
    True - the aircraft will join those of other nations, including Canada, Italy, France and the United Kingdom, as part of a multi-national effort.

13. What type of project are large numbers of locals protesting against in Gloucester Valley NSW?
    a. a new coal seam gas project - The Gloucester Valley in mid-north New South Wales is bracing for an invasion of protesters over the state's first new coal seam gas project in more than five years. Gloucester Shire Council is considering an application for a primitive camp for more than 1,200 protesters on farm land next to the project site.

14. In which country has the United Nations confirmed that 43 peacekeepers have been captured by armed groups?
    a. Syria - Syrian armed groups have captured 43 Fijian United Nations peacekeepers on the Syrian side of the Golan Heights which borders Israel, and have surrounded 81 others, the UN says.

15. In which country would you find the Forbidden City?
    China - The Forbidden City is located in Beijing and was the Chinese imperial palace from 1420 to 1912

**VISUAL ANSWERS**

1. Shaun the Sheep - the six-year-old merino ram had never been shorn and produced a fleece weighing over 20kg
2. Ukraine - the tweet was sent after Russian soldiers were found in Ukrainian territory, claiming they were lost.
3. Papua New Guinea
4. Queensland
5. Roald Dahl

Feedback: staff@classroomsolutions.com.au