

Macdonald Valley Public School

Weekly Newsletter

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Week 9, Term 1, 2023

23/3/2023

Dear Families and friends

What a lovely time the children had at Longneck Lagoon Environmental Education Centre on Monday. As you can see from the photos and comments from the children, they had a day filled with exploration, curiosity, fun and learning - and used some very expensive but exciting looking equipment. Thank you to Mrs Whitehead for her engaging delivery of her deep knowledge about the environment. The children can't wait for another visit!

It is fitting that the school colour of orange is the colour used to represent Harmony Day. A day to highlight social equity and racial harmony. We pride ourselves on the inclusive manner of the children, the way in which they interact and play together with such imagination and joy.

Warm regards

Sarah

Sarah Allen - Principal



Permission Notes due back.....

- Mobile Dental Program
- Great Aussie Bush Camp (Years 5 & 6)
- Combined Schools Cross Country

Upcoming dates to remember.....

16-31 Mar	NAPLAN
23 Mar	P&C Meeting 3:45pm
24 Mar	Swimming & Water Safety Prog.
27-31 Mar	The Big Veggie Crunch
28 Mar	Dental Health Visit
31 Mar	Gymnastics
6 Apr	Combined X-Country at Maroota
7 Apr	Good Friday
10 Apr	Easter Monday
	Autumn holidays commence
24 Apr	Staff Development Day
25 Apr	Anzac Day Public Holiday
	Anzac Day Ceremony
28 Apr	Hawkesbury Show
26 May	Zone Cross Country
16 June	Swimming & Water Safety Prog.
21 June	Athletics Carnival at Maroota PS
23 June	Swimming & Water Safety Prog.
1 Aug	Small Schools Athletics—Field
4 Aug	Small Schools Athletics—Track
10 Aug	Book Show Wisemans Ferry PS
20 Jul-21 Sep	Tennis lessons
21 Aug	Book Week / Book Fair
30 Aug	Interrelate at WFPS
25 Sep	Spring holidays commence

Mar Birthdays

20 Mar - Mr Hughes
27 Mar - Mrs Butler

Happy Birthday!



Gymnastics

This week during our gymnastics sessions, we practised donkey kicks, handstands, front support and push off and also milkshake and bicycle moves! Check out our moves:

Ms Mulic



Harmony Day

Harmony Day is held every year on the 21st of March. It is a day where we celebrate our country's diversity.

Harmony by definition means 'working together and existing without conflict'. So Harmony Day is about treating each other as equals.

The official colour of Harmony Day is orange. Orange represents communication and meaningful conversations between people, which we should all do.

Here are some of the ways in which we celebrated Harmony Day at Mac Valley...

Ms Mulic



Longneck Lagoon Excursion



"I learnt that water scorpions breathe through their tail and also that they aren't related to land scorpions"



"My favourite activity was dip netting, it was an outdoor activity which I love, it was all about skill and a bit of luck"



"My favourite part of the day was looking at the bugs through the microscope and being able to see all of the hairs on the water scorpions"



"I learnt what bugs body parts are called"



"I loved going to the creek and catching bugs with the fishing nets"



"I learnt that if you could take the bark off a tree in a ring shape, you can kill the tree. This is called ringbarking"



"My favourite activity was when we got to get dressed up as a bug"



"At Longneck I learnt what keeps feathers together on birds. If you zoom in really closely you can see little hooks on the lines of the feathers that keeps the feathers locked together"



"I learnt the two bug parts, thorax and abdomen"

"I enjoyed the walks we went on, they were so peaceful we could hear a whipbird"



"I really loved using the dipping nets because I got to look at the bugs afterwards"



"I really loved making a sketch of a beetle"



"It was funny to see a smiley face on a bugs back"



"Thank you for letting us get dressed up as bugs - we loved it!"



"Thank you for letting us use the microscope"



"I learnt that water scorpions drain blood nutrients"



"I enjoyed dressing up as a dragonfly nymph!"



"My favourite activity was when we got to get dressed up as a bug"



"My favourite activity was going to a tree that was 350 years old and figuring out what bugs lived in and on it"



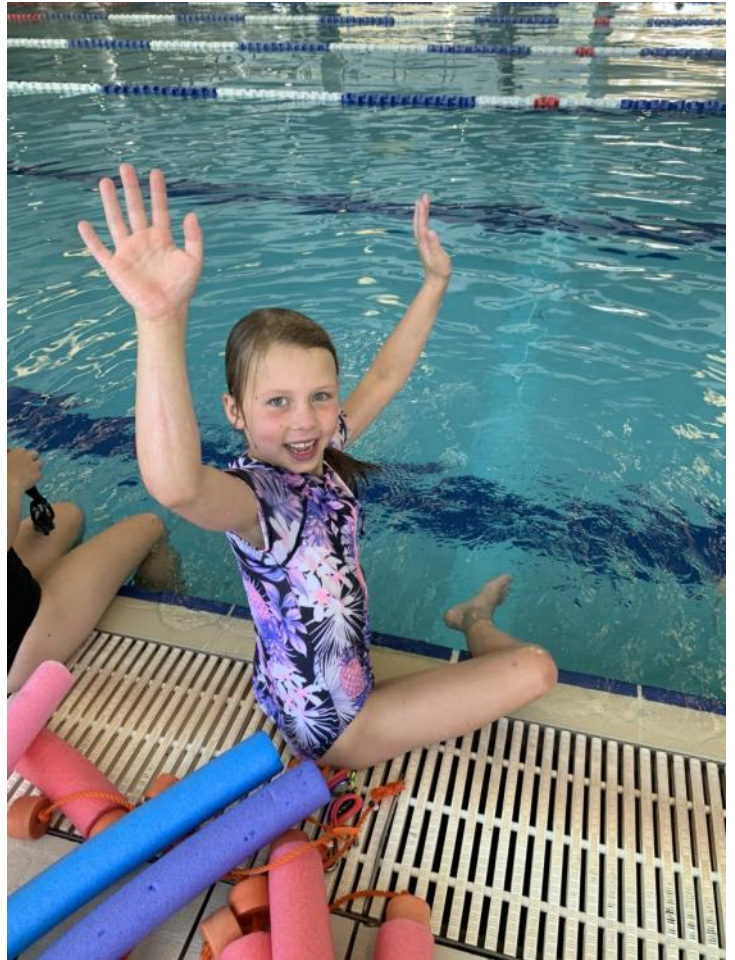
"I enjoyed looking at the bugs because I saw a smiley face on them"



"I enjoyed looking at the bugs under the microscopes"

Swimming Lessons

Students participated in another Swimming & Water Safety session at Hawkesbury Oasis in Windsor last Thursday. They had a great time and are looking forward to their next session this coming Friday.



Environmental Program at WFPS

Macdonald Valley students from Years 4-6 enjoyed collaborating with some of their 'small schools' peers on Friday at Wisemans Ferry. Richmond Agricultural College's Centre of Excellence ran a rich and engaging day program exploring Dyarubbin (the Hawkesbury River) through the lens of science, geography, English and visual art. As always, our students did us proud, representing Macdonald Valley PS with enthusiasm and exemplary behaviour. Thank you, Mrs Dorbis, for hosting us and to all the teachers from Richmond Agricultural College for a great day of learning about the river!

Ms Moss



Crunch&Sip®



Crunch&Sip tips.....

Crunch&Sip does not have to be limited to school days. Encourage your children to crunch on fruit and vegetables and drink plenty of water over the weekend and during holidays. Don't forget to join in! Be a positive role model by enjoying Crunch&Sip with your kids as you set them up for a lifetime of healthy eating habits.

Involve your child in choosing the fruit and vegetables that you buy at the supermarket. Remind them that they need to choose fruit and vegetables that can be eaten easily and eaten raw. Use this as an opportunity to discuss different types of fruit and vegetables and encourage them to try unfamiliar ones.



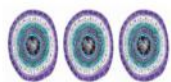
Leftovers are lunchbox lifesavers!

Using leftovers in the lunchbox is a great way to save time and money! Why not try these ideas:

- Use leftover meat on a sandwich or wrap – such as rissoles or kofta with salad
- Pack baked veggies or corn on the cob as a snack
- Pack leftover pasta or fried rice for lunch

Make sure you store your leftovers in the fridge overnight and pack them with an ice brick in the lunchbox!

Find more ideas at: www.swapit.net.au



Artwork: 'Heart of a child' by Lara Went Woomi Artist

MACDONALD VALLEY



VACANCY AVAILABLE ON WEDNESDAYS



Are you looking for care for your little one in a safe nurturing environment? We have one spot available on Wednesdays, and we provide the opportunity for 0-5 year olds to have fun learning experiences and make some new friends. We are located at Macdonald Valley Public School, Central Macdonald. If you would like to know more please email or phone us.

email: **macvalleyfdc@outlook.com**

phone: Simone Butler on **4568 2034**

Rachel Slater on **0459 420 261**

Opportunity class (OC) applications opening!

OC Year 5 entry in 2024—applications open 30 March–15 May 2023

Applications for entry into Year 5 opportunity classes in 2024 open on Thursday 30 March and close Monday 15 May, 2023.

What are opportunity classes?

Opportunity classes cater for high potential and intellectually gifted students.

They help students learn by:

- grouping them with other gifted students
- using specialised teaching methods so students can learn concepts in more detail and more quickly
- supporting their wellbeing needs.

Most students in opportunity classes enjoy learning more when their classmates have similar abilities and interests.

Note: Opportunity classes are unzoned so you can apply no matter where you live.

Where are they located?

There are 76 primary schools with opportunity classes in NSW each year.

- 45 schools are located in metropolitan Sydney
- 30 schools are located in rural or regional centres
- a virtual class, Aurora College, for rural and remote students is available in 618 authorised host schools

Students successfully placed attend the opportunity class full time in Years 5 and 6 at the relevant public school.

In the majority of cases, students who have accepted a place in an opportunity class will leave their current school to attend the school with the opportunity class.

Should you apply?

If your child learns with greater ease and speed than their classmates, they may benefit from placement in an opportunity class.

High potential and gifted children need to be challenged so they remain engaged with their education.

Discuss the opportunity with your child and look through the information together on Opportunity classes – Year 5

If you would like to discuss whether you think you should apply, please contact your child's teacher.

Equity provisions

The Equity Placement Model helps to make access to opportunity classes fairer for the following under-represented groups:

- Students from low socio-educational advantage backgrounds
- Aboriginal and/or Torres Strait Islander students
- Students from rural and remote locations
- Students with disability

The Equity Placement Model holds up to 20% of places at each school for students from these groups to help increase their participation.

These students may be considered for equity placement if their test performance is within 10% of general applicants for each school.

Learn more about the Equity Placement Model.

Learn more about the placement process and the placement test at Opportunity classes – Year 5.

Ready to apply?

Apply online at education.nsw.gov.au/oc

NSW Department of Education



Compulsory school attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

What are my Legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age of 17 years. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the NSW Education and Standards Authority for home schooling.

Once enrolled, children are required to attend school each day it is open for students.

The Importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
 - Helps students learn the importance of punctuality and routine
 - Give students time to greet their friends before class
 - Reduces classroom disruption
- Lateness is recorded as a partial absence and must be explained by parents.

What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

education.nsw.gov.au



MACDONALD VALLEY



TERM 1, WEEK 7

What a fun noisy musical week! On Monday and Tuesday we experimented with tin cans and sound, making chimes. The children had the opportunity to use a hammer and nail to make holes in the tin cans and then tested their fine motor skills threading wool through the holes. We tied the different sized tin cans onto a stick and the children took turns and explored the different sounds. We also made panpipes with straws.

On Wednesday the children got to have fun making a drum and experimented with water and sound, making a xylophone.

On Thursday the children extended their fine motor skills again by decorating paper towel rolls with stickers and then filling them with pasta to make maracas. They then had lots of fun making music and freeze dancing!





WHERE
ST ALBANS RESERVE

WHEN
TUESDAY, 11 APRIL
10AM - 1PM

Come and enjoy food, face painting and activities!

This is a family friendly and alcohol free event



hawkesbury.nsw.gov.au



SHARE YOUR THANKS FOR THE NSW SES

We are encouraging the community to say thanks for the NSW SES volunteers by writing a small heartfelt thank you note that we will send to the local SES Units.

Please limit notes to 100 words

Messages can be sent via email to
rss@peppercorn.org.au



School-age and pre-teen sleep: what to expect

Why sleep is important for children aged 5-11 years

When your child sleeps well, your child will be settled, happy and ready for school the next day. That's because good-quality sleep helps your child concentrate, remember things, manage emotions and behave well. This all helps your child learn well.

Getting enough sleep is also important for your child's health. That's because it strengthens your child's [immune system](#) and reduces the risk of infection and illness.

Sleep: what to expect at 5-11 years

At 5-11 years, children need **9-11 hours sleep** a night. For example, if your child wakes for school at 7 am and needs approximately 10 hours sleep per night, your child should be in bed before 9 pm.

Some children fall deeply asleep very quickly when they go to bed. Others sleep lightly, fidgeting and muttering for up to 20 minutes, before getting into deep sleep.

Children have [different kinds of sleep](#) during the night. The first few hours of sleep are usually the deepest. Most dreams happen in the second half of the night.

[Puberty](#) affects children's sleep. [Sleep for children around 12 years and older](#) might mean going to bed and waking up later, but they still need plenty of good-quality sleep.

How to help children sleep well

A good night's sleep is about getting to sleep, staying asleep and getting enough good-quality sleep. Here are ideas that can help your child get the sleep they need.

Bedtime routine

A [bedtime routine](#) is very important at this age. It helps your child wind down from the day.

For example, a child who normally goes to bed at 7.30 might have a bedtime routine that looks like this:

- 6.45 pm: put on pyjamas, brush teeth, go to the toilet.
- 7.15 pm: quiet time in the bedroom with a book and a bedtime story or quiet chat.
- 7.30 pm: goodnight and lights out.

Relaxing before bed

After a big day at school, your child might still be thinking about the day's events and worries. If your child's mind is still busy at bedtime, it can cause a restless night or bad dreams.

You can help your child [relax for sleep](#) and [sleep better](#) by making time for calm, quiet activities in your child's bedtime routine. For example, you could play gentle music, read a story together or encourage your child to have a bath before bed.

Good daytime and night-time habits for better sleep

These habits might help your child sleep better:

- Keep regular sleep and wake times, even on the weekend.
- Turn computers, tablets and TV off an hour before bedtime.
- Have a quiet and dimly lit place to sleep.
- Get plenty of natural light during the day, especially in the morning.

Avoid caffeine in tea, coffee, sports drinks and chocolate, especially in the late afternoon and evening.

You can manage some [sleep problems in children](#) with [good sleep habits](#). It's a good idea to talk with your GP if you've been encouraging your child to try good sleep habits and this doesn't seem to be helping. [Sleep medicines](#) usually aren't the solution to children's sleep problems.

Raising Children Network

For more information and additional tips please click on the following link: raisingchildren.net.au



Macdonald Valley Public School is willing to support advertisements for local businesses and community functions for our youth, however parents will need to assess for themselves the quality of products and services advertised and the suitable management of functions attended by their children.

MacValley Stars



We are very proud of our students' achievements in external events & competitions and are committed to recognising their achievements, however, this cannot happen unless we are informed. Please ring us or send us something in writing if your child or a group of students achieve success in external events so we can recognise their achievements in our weekly newsletters.

Mrs Stafford/Mrs Smart
(School Administration Managers)

MACDONALD VALLEY PUBLIC SCHOOL P&C NOTICEBOARD

Our P&C meetings are held once a term on a Monday in the Library.

Our next P&C meeting will be held on Thursday March 23 at 3:45pm

ALL WELCOME!

COMMITTEE

President

Simone Butler

Vice President

Susan Walker & Ieva Aboltins

Secretary

T.B.A.

Treasurer

Tanya O'Neill

Uniform Coordinator

Ieva Aboltins



VELLA IVERSON

"We shape our buildings;
thereafter they shape us."

– Winston Churchill

*Proudly Supporting
Macdonald Valley Public School*

Paul Vella
0418 649 294



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0409 738 388



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