

# Wongi

*An Aboriginal Word for 'talk' or 'chat'*

*A community newsletter circulating the Moulamein District for over 40 years*

Telephone: 0427 979 914 or 5887 5208

Email: [moulameinwongi@hotmail.com](mailto:moulameinwongi@hotmail.com)

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The poster features three children in football gear. On the left, a boy in a light blue jersey with 'CC' on the sleeve. In the middle, a girl in a maroon jersey holding a red football. On the right, a boy in a purple and blue jersey holding a green and white football. The background is a soft-focus outdoor setting.

**Fight Cancer**  
**FOOTY**  
**COLOURS**  
**DAY!**

We're wearing our  
**FOOTY COLOURS**  
on: 10th June

[footycoloursday.com.au](http://footycoloursday.com.au) #footycoloursday

Proudly supported by **FOXTEL**



**Fight Cancer Foundation**  
*Giving hope. Saving lives.*

Moulamein PS are participating, get your colours organised!



# Moulamein Public School

Email: [Moulamein-p.school@det.nsw.edu.au](mailto:Moulamein-p.school@det.nsw.edu.au)

[www.moulamein-p.school@det.nsw.edu.au](http://www.moulamein-p.school@det.nsw.edu.au)

T: 03 5887 5208

2022 Term 2 Week 5

## In this Issue:

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## Principal Messages - Jennie Wilson

### Thank you for your Support!

On Saturday, Ms Downie and Miss Pappin got up early to have an election breakfast to help raise money for our Breakfast club which we run 2 mornings a week. We are self-funded and any extra funds makes a difference. We are very grateful to those parents, families and community members who donated money too. We hope everyone enjoyed their egg and bacon rolls and ANZAC biscuits. I would like to thank our teachers for their commitment and effort to our school! We are very lucky to have enthusiastic staff who always put students' wellbeing first. A huge thank you to 12 Good Eggs and Moulamein IGA for their generous donations which made the sale of the egg and bacon rolls almost 100% profit.

## We raised \$740 for our Breakfast club!

## Thank you

## Moulamein



Each week over 40 students come to our Breakfast club, twice a week. That is over 80 breakfasts that our staff organise and school funds. This has been a really positive initiative and students look forward to it each Tuesday and Wednesday.



### How can you help our Breakfast club?

Some people have asked how they can support the breakfast club each week. We buy fresh ingredients each week and often prepare early that morning. So we can take cash donations at the office and can accept the following donations that are unopened:

- ◆ Jam- any variety
- ◆ Vegemite
- ◆ Honey
- ◆ Maple Syrup
- ◆ Margarine/Butter
- ◆ Self-Raising flour
- ◆ Bread (we can freeze it)
- ◆ Packets of sliced cheese

Thank you in advance for any further donations. We do not expect families to continually donate, but have had some enquiries from the community.

### Wellbeing Wednesday

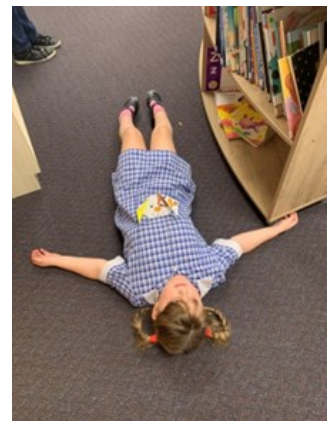
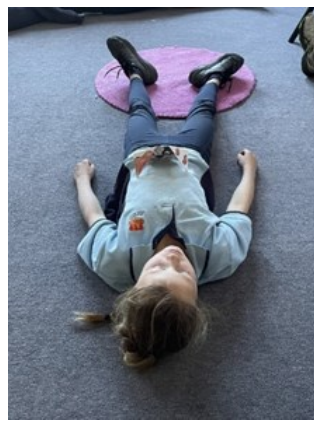
Last week, our focus activity for Wellbeing Wednesday saw students making a 'Breathing Buddy' for a deep breathing exercise. We often tell students to take deep breaths when they become anxious or frustrated but probably neglect to tell them why this can help. During the session students learnt that slow, deep breathing:

- helps to lower your heart rate and blood pressure
- increases energy levels
- can help decrease anxiety and stress
- can help us have a more focused mind

After making their breathing buddy, students got to lie down and watch them rise and fall as they took their breaths. It was great to hear that some felt relaxed, happy and sleepy after their breathing exercise.







## Around the Groups

Miss Schupfer's wellbeing group have been spending their afternoons playing Blueearth games. Blueearth is about positive participation in activities and less about competitive gaming. The children recognise the importance of being good sports and encouraging their peers all while having fun!



Mrs Mertz's group have been busy weaving on CDs. Our aim is to create a colourful artwork that will be displayed within our school (like the one featured below). Most students got the knack of weaving quite quickly with only the odd 'undo' needed.



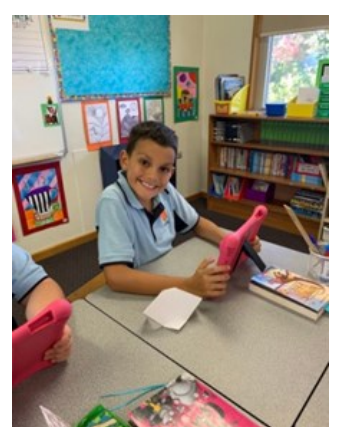
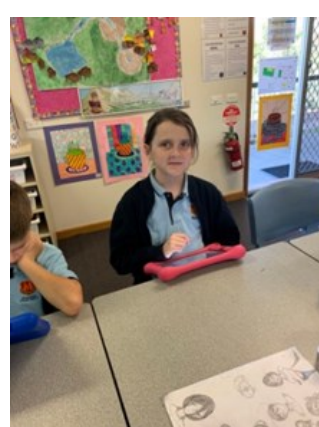


Miss Wilson's group has been looking at team building games and initiatives. The activities are simple (like passing a ball around the group as quickly as possible), but often require students to use lateral thinking, problem solving and teamwork to be successful. They've been able to practice leadership in a safe environment and have had the opportunity to work with people they don't normally work with. Each challenge involves students laughing, discussing ideas, making a plan, trying the challenge and finally reviewing their performance.

Students have set records that they can't wait for other groups to attempt to beat.



Mrs Wheeler's group have been learning how to code. We have completed 'offline' activities including Simon the Robot Programmer Says and guiding a partner through a maze. This week we started coding online using Scratch Jr and code.org. When students learn to code, they develop the ability to bounce back after failure. They learn that failure isn't necessarily a bad thing, and in fact, it can often be something positive because it is a learning opportunity. Students discover that 'debugging' the code is half the fun as they problem solve creative solutions and develop critical thinking skills.







Mrs Wilson's group has been using music to improve confidence and wellbeing. Students have been learning to work in groups to produce music, learn songs and participate in percussion activities. We have also looked at song lyrics such as, "Stand by me" and looked at messages in music before learning to perform a body percussion arrangement to the song. There are a lot of laughs and happy faces in music class.





Moulamein Public School

P&C

## Moulamein Public School P&C Association

### Annual General Meeting—TOMORROW

Wednesday 25<sup>th</sup> May @ 3.15pm

School Library

All Welcome and encouraged to attend



PREMIER'S READING CHALLENGE

## Book of the week



YEAR  
3-6

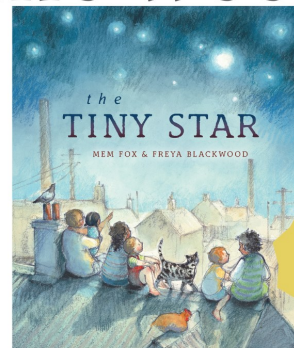
DO YOU HAVE THIS BOOK AT HOME?

YOU COULD READ IT AND ADD IT TO  
YOUR READING LOG AND BE ONE  
STEP CLOSER TO COMPLETING THE  
CHALLENGE.



PREMIER'S READING CHALLENGE

## Book of the week



K-2

DO YOU HAVE THIS BOOK AT HOME?

YOU COULD READ IT AND ADD IT TO  
YOUR READING LOG AND BE ONE  
STEP CLOSER TO COMPLETING THE  
CHALLENGE.







## if you find yourself or a friend in a time of need, here are some services who can help

In case of an emergency call **000** immediately



**Kids Helpline:** 1800 55 1800 (24 hours)

**Lifeline:** Call 13 11 14 (24 hours)

Text 0477 13 11 14 (12pm-2am)



**Youth Beyond Blue:** 1300 224 636 (24 hours)

**Suicide Call Back Service:** 1300 659 467 (24 hours)

**Mental Health Triage Service:** 1300 363 788 (24 hours)



**Homeless Crisis:** 1800 825 955 (24 hours)

**National Alcohol and Other Drugs Hotline:**  
1800 250 015 (24 hours)



**Sexual Assault, Domestic or Family Violence:**  
1800 RESPECT (24 hours)

**Rainbow Door:** 1800 729 367 (10am-5pm)

**headspace Swan Hill:** 1800 975 115  
(Mon-Thurs 10am-6pm / Fri 2pm-6pm)



**eheadspace:** 1800 729 367 (9am-1am 7 days)  
[www.headspace.org.au/eheadspace/](http://www.headspace.org.au/eheadspace/)

**Ask Izzy:** [www.askizzy.org.au](http://www.askizzy.org.au)  
(Details for over 400,000 support services)

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