



Moulamein Public School

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2022 Term 3 Week 3

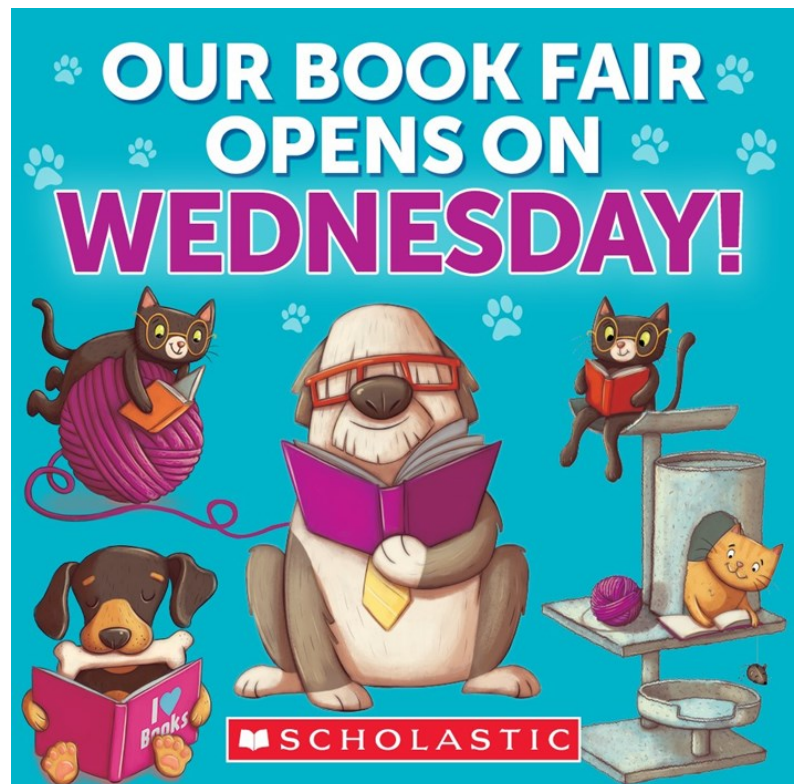
Principal Messages

We have had a busy start to our Term with the conclusion of the Rural Aid program, breakfast club, increased learning support, canteen restarting and the Athletics Carnival. A huge thank you to Miss Laura Wilson and Brett Wilson for attending Tooleybuc for the carnival and managing our team as well as our parents for taking our students over for the day. Congratulations to all our representatives and those students who have made it to the next level. We had many students leave with certificates and Noah and Mila were age champions!



Education Week- Parents Invited!

Education Week 2022 is 1-5 August (Week 3, Term 3). This year's theme is 'Creating futures – Education changes lives' and celebrates the quality education we provide and the opportunities available to everyone in NSW public education.



Parents are invited to attend the school to help celebrate Education Week on Wednesday 3rd August from 12.00pm. Families will be broken up into groups and will receive a STEM (Science, Technology, Engineering, Mathematics) challenge. Families will work for 45 minutes on a challenge outside near the play equipment (unless it is raining) and there will be a prize at the end of the challenge. We will have a short assembly to hand out merit cards and an Education Week Award.

Our annual Book fair is open too!

Rural Aid Report from Mrs Wheeler



We had our final lesson with Marg and Glenda to wrap up our wellbeing lessons. We learned how to complete a nature journal by observing nature and things around them. We labelled big emotions, thought about where in our body we feel these emotions and how to deal with them in a positive manner. Our thoughts, feelings and actions are connected, and we discussed ways to push away unhelpful thoughts and try to think and act in ways that are helpful, we are much more likely to feel better. We learned different ways to control our breathing to help us manage our thoughts and actions.

Belly Breathing

Step 1: Put your hand on your belly

Step 2: Breath in and expand your belly like a balloon

Step 3: Breathe out nice and slowly

Step 4: Repeat at least 4 times. Or as many times as you like.



5 Finger Breathing

Run your finger around the edge of the other hand. Breathe in as you go up your fingers and breathe out as you go down your fingers.



5 Senses

Touching your thumb – think of 5 things you can see

Touching your first finger – 4 things you can feel

Touching your middle finger – 3 things you can hear

Touching your fourth finger – 2 things you can smell

Touching your pinkie finger – 1 thing you can taste

We also listed people we can count on for support, learned about gratitude and how we can be thankful for the things we have, the people who surround us and the fun things we get to do.

A big thankyou to Marg and Glenda for giving up their time to come and teach us these very important skills.



Thank you to Rural Aid for our sausage sizzle and a big thanks to Colleen for cooking it on their behalf!



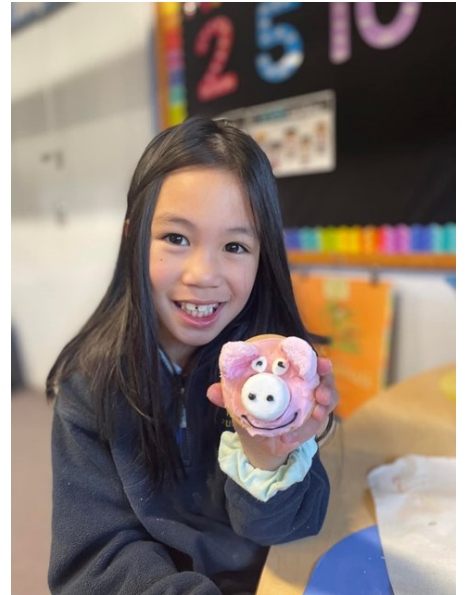
Book Character Parade – Dress Up required!

In Week 6 on Wednesday 24th August, we will have a **book character parade** for students. Each year since 1945 the CBCA has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Students will be encouraged to dress up as their favourite book character (not movie character). We do not expect parents to buy outfits, homemade ones are just as fun. Op shops also have a great array of items available. No toy guns are allowed on this day.



Fun in Year 1/2!

After reading, *The Three Little Pigs*, Year 1/2 were very excited to use our kitchen facilities and do some great biscuit decorating. We hoped they lasted the trip home on Friday afternoon.



Jennie Wilson
Principal