



WYANGALA DAM PUBLIC SCHOOL

Waugoola Road, Wyangala NSW 2808
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Term 2 of 2019

Week 6

5th June 2019



Dear Parents, Carers and Community Members,

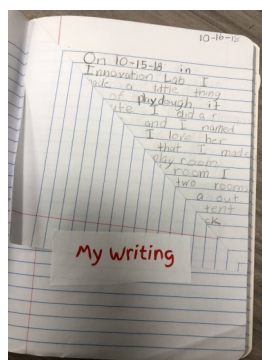
Week 6 is almost done. Again it has been a busy week with Mrs Hill stepping in to teach for 2 days. She comes a long way to teach our students and had to stay over because of the snow!



The Quality Teaching Rounds are proving very successful. I have had some excellent teaching and learning opportunities and been given constructive feedback to my teaching. I am also

looking forward to implementing some of the ideas I was exposed to yesterday, in Dubbo, to help our students become great writers!

Sometimes it is just small changes that make a huge difference to a child's learning.



You may have heard about the issues with NAPLAN online this year. Fortunately, our students do not need to redo their NAPLAN.

Hopefully, these little glitches will be ironed out before next year's online tests, and it will run smoothly for all schools.

NAPLAN
NATIONAL ASSESSMENT PROGRAM
Literacy and Numeracy

Dates to Remember

June

- 9th Wyangala Fireworks
- 10th Queen's Birthday
- 14th Hovells Creek Biodiversity Day

July

- 4th Excursion to Carcoar
- 5th Last Day of Term 2
- 22nd Staff Development Day
- 23rd First Day of Term 3
- 26th School National Tree Planting Day

August

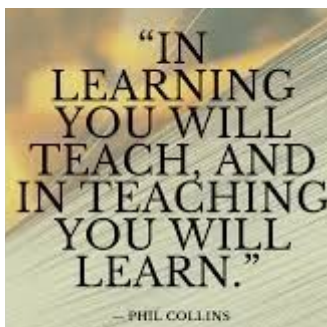
- 22nd Life Education at Woodstock
- 23rd District Athletics Carnival—Grenfell
- 30th Back Up District Athletics Carnival

September

- 1st Fathers Day
- 1st Woodstock Show
- 9th Musica Viva
- 27th Last Day of Term 3

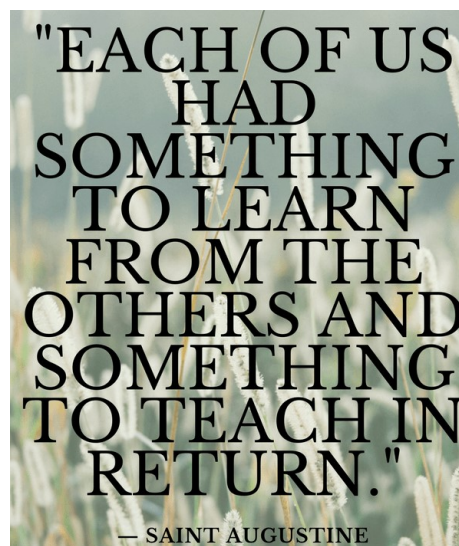
October

- 14th First Day of Term 4



Thursday sees Mrs Carter and myself heading over to Gooloogong Public School for a network meeting with our Small School peers, to continue to develop our strong learning community which gives our students the best learning opportunities.

On Friday, I am heading over to Koorawatha Public School – my old stomping ground – to observe Ms Walker's lesson as part of the Quality Teaching Rounds. I am looking forward to seeing how she teaches. One downside to teaching can be how isolated an occupation it is. You only teach in your room, with your cohort of students, with no interaction with other professionals while you are teaching. The QTR is a wonderful opportunity to observe and be observed in your actual teaching environment. This is particularly difficult in a one-teacher setting, and without the Small Schools Network, I would not have this powerful professional development.



As we head into Winter, please remember to stay warm. Layers are the best! Make sure your student's clothes are labelled because they discard them as they get warm, and then forget them!

As always, have a wonderful week!

Cheers,

Sue Clark
Relieving Principal



Wyangala Dam Public School has a mobile phone for excursions, etc. Please only use in case of emergency whilst we are away from school. The number is **0401 614 184**



School Routines

School Times

9.00am	School commences
11.00am-11.30am	Recess
1.00pm-1.45pm	Lunch
3.00pm	School finishes

Supervision of the playground commences at 8.30am and children are encouraged to arrive after this time. There are no staff available to supervise your child in the playground prior to this time.

We understand that many parents may have commitments at work which require them to start early. As an alternative, you may be able to make arrangements with friends or neighbours for the supervision of your children before school. Whatever arrangements you make, you need to understand that you remain responsible for your child prior to 8.30am when the School's supervision begins. We ask that children are not left at the School before 8.30am.

Children are not to leave the school at any time without permission

At the conclusion of the school day the school is closed as soon as possible. Pupils should not remain in the school grounds but should proceed directly homewards.

Exceptions

- * Supervision will be provided for pupils waiting for parents after school (breakdowns, etc.)
- * Sports coaching, music / band or cultural activities under direct supervision of authorised persons.
- * Before 8.30am if parent has notified the school.

Arrival and Dismissal at school

Children are encouraged to cross the road in the marked crossing areas only. This is supervised of an afternoon. Cars should not be parked inside the marked areas and there is a 40km school zone in force from 8.30am to 9.30am and 2.30pm to 4.00pm on school days.

**The more you
earn, the more
they learn**

It's easy to Earn & Learn. Just get everyone you can earning as many stickers as possible. You can then redeem these stickers for your choice of over 10,000 different pieces of brand new equipment.

**We've helped thousands of
schools get new equipment**

Back in 2017, over 15,000 schools and Early Learning Centres earned over 300,000 pieces of brand new school equipment for kids all over Australia.

This year, we're proud to once again be partnering with Australia's biggest supplier of resources for schools, Modern Teaching Aids. This means you'll once again have access to a huge range of new equipment. You can choose whatever it is that you need, across every possible category including ICT, science, sports, mathematics, arts and crafts and more.



**Anyone can help
you Earn & Learn**

Earn & Learn only runs for a limited time, so spread the word and get everyone helping you collect stickers; kids, parents, grandparents, staff, neighbours and friends.

**It's easy for everyone
to stick together**



Between 1 May and 25 June 2019,
collect as many stickers as you can.



Stick them on the supplied posters or
sticker sheets. Don't forget, you can
always download and print extra sticker
sheets at teaching.com.au



This time, you just need to count
them up and let us know how many
you've got. But it's important that you
hang on to your stickers until your new
equipment arrives.



Wyangala Country Club P & C Meat Raffle Friday 5th July 2019 6.00pm

**Tickets on sale from 6.00pm and raffle drawn
approximately 7.30pm**

**If you are available to assist in the selling of tickets
please come along to the Wyangala Country Club.
All assistance greatly appreciated.**



from Mrs Ruth Carter



It was such an incredibly cold day on Thursday. The children and I went to check on the garden and found ourselves harvesting quite a few tomatoes. As we had rosemary and shallots in the garden as well the idea came that we would fry these for lunch. The children set about chopping and preparing our harvest. We added salt, pepper and garlic and tucked into a warm lunch. A great way to ward off some of those winter chills of a 6 degrees day.





Kitchen

A 10 week hands on Cooking Program
for kids in Years 3-6 (8-12 years old)
run by The Salvation Army

So much more than just learning how to cook.

It's about:

- kitchen & food safety
- basic cooking skills
- budgeting
- numeracy and literacy
- healthy eating and diet
- kitchen cleanliness
- teamwork
- building connections with kids & their families
- providing a safe space
- sharing Jesus

For more information contact Major Cathryn Williamson
cathryn.williamson@ave.salvationarmy.org OR
salvoskidsinthekitchen@hotmail.com



Kitchen

A hands-on Cooking Program
for kids in Years 3-6
run by The Salvation Army

Register NOW!

Term 3 starts

24 July 2019

ADVANCED

Course

Term 4

Kids will learn to cook:
(* depending on weeks in school term)

Bacon, Eggs
& Toast

Sausage &
Veggie Rolls

Mini Pizzas

Chicken Noodle
Stir Fry

Macaroni
Cheese

Spaghetti
Bolognese

Chicken &
Corn Soup

Sausages
& Vegies

Hamburgers

Fried Rice

Places limited to 12
each Term!

Thursday 4-6pm
(Kids can come straight from school)

1 Macquarie St, COWRA

COST: \$5/week

For more information or to register phone 6341 1313
or email: cowrakidsinthekitchen@hotmail.com



from Mrs Ruth Carter



Chelsea, Tahlia and Chais playing a game of 'time' bingo



Congratulations to Felicity and Chelsea for receiving ribbons for their achievements in the Cowra Small Schools Athletics Carnival



GOOLOONGONG PUBLIC SCHOOL

in partnership with the Gooloogong P&C

22-30 King Street

Gooloogong NSW 2805

Phone: 6344 8307 Fax: 6344 8349 Email: gooloogong-p.school@det.nsw.edu.au

Principal: Mitchell Welham

Teachers: Kate Lofthouse, Andrew Morrison

Administrative Manager: Ann-Maree Watson General Assistant: Tony Wakeling

150 Year Celebration – Official Invitation

Dear Sue Clark and the staff at Wyangala Dam Public School,

This year marks Gooloogong Public School's 150 Year Anniversary of Public Education. This is an exciting time for our school, as Gooloogong Public School has been an essential part of the community over the course of this time. Our town is located 40km North-West of Cowra and 55km South-East of Forbes in NSW's Central West.

Currently, close to 400 residents call Gooloogong home. Our small school educates twenty students across two classes. Our school community is supported by a highly proactive and dedicated P&C, four teachers, a general assistant and a school administration manager. Students have stated that at our school, they feel safe, valued, cared for and respected.

To celebrate this occasion, we would like to officially invite you to be part of our 150 Year Markets on Sunday 8th September, 2019. The markets will run from 10:00am to 3:00pm, with the official ceremony taking place at 12:00pm. If your staff or P&C are interested in running a stall on the day, you can contact Keira Idiens on kmidiens@hotmail.com.

If you have any further questions regarding this event, please contact either Mitchell Welham (Principal) or Ann-Maree Watson (School Administration Manager) at school on 02 6344 8307. Alternatively, you can choose to send an email to gooloogong-p.school@det.nsw.edu.au.

We hope that you can come along and be part of a day that is significant to our community.

Yours sincerely,

Mr Mitchell Welham
Principal
May 31, 2019

Alexa Abi Freya Grace Harry Tommy Brock
Tatiana Matilda Nathaniel Aneim Ebony
Sienna Jack Lilly Zac Beth Georgia Archie

Students of Gooloogong Public School



from Mrs Ruth Carter



Before and after shots of the children's cupcakes



The children enjoyed mixing up their own patty cakes. They made chocolate cupcakes with cookies and cream icing. The second type of cupcakes was red velvet with cream frosting. As you can see by the evidence on Tahlia's face and clothes, she enjoyed making the cupcakes. And might I add...eating them as well!!!

WEAR RED

to support Ronald McDonald
House® Orange!

Wear red to work or school
& make a gold coin donation
on **5 July 2019** that
will directly support Ronald
McDonald House® Orange,
a home away from home for
sick kids and their families.

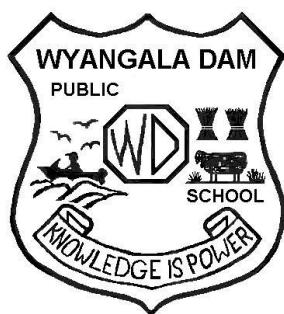


Ronald McDonald
House Charities®
Orange



REGISTER AT: <https://bit.ly/2Wolc6Q>





WYANGALA DAM PUBLIC SCHOOL

Waugoola Road

WYANGALA DAM NSW 2808

Ph: 02 6345 0804

Fax: 02 6345 0802

Email: wyangalada-p.school@det.nsw.edu.au

Dear Parents/Caregivers,

We will be attending a Schools Biodiversity Field Day to participate in a pilot education program promoting sustainable agriculture involving Petarus education Group Inc and the Biodiversity Conservation Trust. We will be working with the Biodiversity Conservation Trust and Hovells Creek Landcare. The students will be involved in many activities such as water quality testing, ground cover surveys and biodiversity surveys. Details regarding the visit are as follows:

Date – Friday 14th June 2019
Time – Depart from school at 9.00am
Return to school at 3.00pm
Where – 3705 Frogmore Road, Hovells Creek
Who – All students K-6
Transport – Woodstock Bus Service
Uniform – School Uniform
Staff attending with CPR – Mrs Clark & Mrs Carter

What to bring – **Packed recess, lunch and a refillable drink bottle**

Please complete the attached permission note and return to school by Tuesday 11th June 2019.

Kind Regards,
Mrs Sue Clark
Relieving Principal

✂ -----

SCHOOL BIODIVERSITY FIELD DAY at HOVELLS CREEK PERMISSION NOTE

I _____ give permission for my child/children _____
to attend a Schools Biodiversity Field Day on Friday 14th June 2019.

I understand that transporting my child to and from Hovells Creek will be by Woodstock Bus Service.

I understand that the bus will be departing school at 9.00am.

My child has the following special/medical needs - _____

I consent to my child/children receiving emergency care if required.

Signed _____

Date _____

10 myths about sun protection

MYTH 1 Sun damage is not possible on windy, cloudy or cool days.

FALSE You can get sun damage on windy, cloudy and cool days. Sun damage is caused by ultraviolet (UV) radiation, not temperature. A cool or overcast day in summer can have similar UV levels to a warm, sunny day. If it's windy and you get a red face, it's likely to be sunburn. There's no such thing as 'windburn'.

Sun damage is also possible on cloudy days, as UV radiation can penetrate some clouds, and may even be more intense due to reflection off the clouds.

Check the daily sun protection times, available online (cancer.org.au or bom.gov.au/uv), in the weather section of newspapers, or on the free SunSmart app. The sun protection times show when the UV is forecast to be 3 or above.

MYTH 2 A fake tan darkens the skin, protecting the skin from the sun.

FALSE Fake tanning lotion does not improve your body's ability to protect itself from the sun, so you will still need sun protection. Some fake tans have an SPF rating but this should not be relied on for continued protection.

MYTH 3 Sunscreen is not necessary when using cosmetics with SPF.

FALSE Unless cosmetics are labelled with an SPF 30 or higher rating, you should wear additional sunscreen under your makeup if you're going to be in the sun for an extended period. For longer periods of time in the sun, use a separate sunscreen and **reapply it every two hours** – not just once in the morning. Be aware that most cosmetic products offer either no protection or protection that is much lower than the recommended SPF 30.

MYTH 4 People with olive skin are not at risk of skin cancer.

FALSE People with olive skin can get skin cancer too. Regardless of skin type, exposure to UV radiation from the sun and other artificial sources, such as solariums, can cause skin to be permanently damaged. People with skin types that are less likely to burn can still receive enough UV exposure to risk developing skin cancer. Care still needs to be taken in the sun.

MYTH 5 You can stay out longer in the sun when you are wearing SPF 50 than you can with SPF 30.

FALSE No sunscreen is a suit of armour and sunscreen should never be used to extend the amount of time you spend in the sun. Though it may sound like there is a big difference, SPF 50 only offers marginally better protection from UVB radiation, which causes sunburn and adds to skin cancer risk. SPF 30 sunscreens filter about 96.7% of UV radiation, SPF 50 sunscreens filter 98% of UV.

Cancer Council recommends applying a sunscreen that is SPF 30 or higher before heading outside, every two hours, after swimming, sweating, or towel drying.

MYTH 6 Plenty of sun exposure is required to avoid vitamin D deficiency.

FALSE Australians shouldn't expose themselves to potentially harmful UV in order to get more vitamin D. Research suggests that prolonged sun exposure does not cause vitamin D levels to continue to increase further but does increase the risk of skin cancer. When UV levels are 3 or above, most Australians get enough vitamin D with just a few minutes of sun exposure while completing everyday tasks – like walking to the car or shops. During peak UV times, it's important to reduce your risk of skin cancer by protecting your skin.

However, sun protection isn't generally recommended when UV levels are below 3. If you live in those parts of Australia where UV levels are low in winter, you can help maintain vitamin D levels by spending time outdoors in the middle of the day and doing some physical activity. People who may be at higher risk of vitamin D deficiency include people with naturally very dark skin, people with conditions or medications that impact vitamin D absorption, those who cover their skin for religious or cultural reason and those with little or no sun exposure. If you believe you are at risk of vitamin D deficiency, speak to your doctor.

MYTH 7 You don't have to be concerned about skin cancer because if it happens you will see it, and it is easy to treat.

FALSE Skin cancer treatment can be much more serious than simply having a lesion 'burnt off'. It can include surgery, chemotherapy and can result in permanent scarring. Skin cancer can also spread to other parts of your body. Each year, more than 2000 Australians die of skin cancer.

Be alert for any new spots or changes to existing spots and consult your GP immediately if you notice anything new or changing. And remember, prevention is always better than cure.

MYTH 8 Only sun seekers get skin cancer.

FALSE Excessive exposure to the sun does not just happen when deliberately seeking a tan. In a high UV environment like Australia, we can be exposed to dangerous levels of UV radiation during all sorts of daily activities, such as working outdoors, gardening, walking the dog or having a picnic. This sun exposure adds up over time increasing the risk of skin cancer.

MYTH 9 If you tan but don't burn, you don't need to bother with sun protection.

FALSE There's no such thing as a safe tan. If skin darkens, it is a sign of skin cells in trauma, even if there is no redness or peeling. Skin darkens as a way of trying to protect itself because the UV rays are damaging living cells. If you tan easily, you are still at risk of skin cancer and need to use sun protection.

MYTH 10 You can't get burnt in the car through a window.

FALSE You can get burnt through a car window. Untinted glass commonly used in car side windows reduces, but does not completely block, transmission of UV radiation. This means you can still get burnt if you spend a long time in the car next to an untinted side window when the UV is high. More commonly, people are burnt in cars with the windows down, where they can be exposed to high levels of UV radiation.



Wyangala Bonfire & Fireworks Spectacular

Sunday of this
June Long Weekend

Matt Morrison Oval, Sixth Avenue, Wyangala



Wyangala Bonfire & Fireworks Spectacular

Sunday of this

June Long Weekend

Matt Morrison Oval,
Sixth Avenue, Wyangala

Gold coin donations most welcome

9:30 Mufti Bowls - \$5 to play
Lunch available
Licenced venue

for

10am 9-hole 3person Ambrose
golf tournament
\$5 greens fees

1pm Morgan Insurance
Nearest the Pin Shootout
4th hole Gold coin / ball

12pm Wyangala Bistro
opens - eat in or take
away

4pm Live and loud
Josh Maynard &
Josie Laver

on the *Jumping Castle*
Coffee Fix by Larz
Sausage sizzle

oval Hot dogs Popcorn
Soft drinks
Hot soup, toasties
& beef rolls

4:30pm Bonfire lit

6:30pm Fireworks Display

Live entertainment to follow at Wyangala Country Club
Courtesy bus drop-offs from 8pm

