



Maclean Public School

Newsletter

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Principal: Ms Carolyn Phillips

Term 3 Issue 3 – July 29, 2021

This week we are celebrating 'Education Week'. Usually at this time of year we invite our school community to join us in celebrating and sharing time with us in the classrooms, joining us for assemblies and attending our athletics carnival. This year we are going virtual, so look out for facebook posts. The theme is 'Lifelong learners' and celebrates education as a lifelong journey from before a child enters an early childhood setting, progressing to primary and secondary school, and continuing their learning journey into adulthood; learning a trade, entering tertiary education, or the workforce.

**Ed.
week
2021**

COVID-19 Guidelines

Thanks everyone for following the guidelines regarding pick up and drop off. At present no visitors are allowed on the school site unless it is for essential purposes. Any essential visitors entering the school must follow mask-wearing requirements and sign in using the Service NSW QR code at the office.

More information and the latest updates can be found at the following websites:

DoE – Advice for Families

<https://education.nsw.gov.au/.../schools-outside-of...>

NSW Health

<https://www.health.nsw.gov.au/.../covi.../Pages/default.aspx>

If you have any other questions, please contact the office on 02 66452431. We will post any further updates to the SKOOLBAG App and our Facebook and web page. COVID - Safe School Operations Level attached.

Debating

Last week our debating teams debated against Gulmarrad PS and South Grafton PS in the fourth round of the NSW Premier's Debating Challenge. In the debate against Sth Grafton our team was the negative team and the topic was "That schools should devote one day a week to sports, health and fitness". It was a super close debate, congratulation to Sth Grafton. Thanks to Miss Armstrong for being a great debate coach, we only just missed out on moving through to the next round.



Chess

Our chess team participated in the Northern Rivers Primary School Chess Competition held at Yamba Public School this week. Maclean had two teams in the competition and came in 4th place and 8th place against Iluka, Yamba and Gulmarrad Primary Schools. The students showed their chess abilities wonderfully and all of the games were very close! We look forward to practicing and coming back next year even stronger.



Kindergarten 2022

We are now accepting enrolments for Kindergarten 2022. If you have child ready to begin school you are welcome to collect an enrolment from the school office or alternatively you can apply online. <https://maclean-p.schools.nsw.gov.au/about-our-school/enrolment.html>

School tours can be organised through the office. Our Kindergarten transition program begins towards the end of Term 3 with short visits and then full days in Term 4. Please see the attached flyer for dates.

KIDS LOVE LEARNING
KINDERGARTEN ORIENTATION AT MACLEAN PUBLIC SCHOOL

ORIENTATION DATES 2021
 TERM 3 2021 (9:30AM-11AM)
 ✓ FRIDAY SEPT 3 - TEDDY BEARS PICNIC
 ✓ FRIDAY SEPT 17 - MORNING OUT
 TERM 4 2021 (9:30AM-2:30PM)
 ✓ FRIDAY OCT 22
 ✓ FRIDAY OCT 29
 ✓ FRIDAY NOV 5
 ✓ FRIDAY NOV 12
 ✓ FRIDAY NOV 19
 ✓ FRIDAY NOV 26

PARENT SCHOOL TOUR DATES 2021
 ✓ TUESDAY OCT 19 - FROM 5:30PM
 ✓ THURSDAY OCT 21 - FROM 5:30PM

PLEASE CALL THE SCHOOL TO BOOK YOUR SESSION TIME.

ANY QUESTIONS: 0266 452 544
 Please call if you require further information

Athletics Carnival

Last Friday we held the high jump and discus finals. Congratulations to the students below.

HIGHJUMP

GIRLS

JNR: 11YRS : SNR:

1st: Marli, Jessamine, Amelia

2nd: Phoebe, Marley, Laura

3rd: Matilda, Dusk, Zahli

BOYS

JNR:

JNR: 11YRS : SNR:

1st: Kai, Lincoln, Leon S

2nd: Max, Josiah, Amani

3rd: Harry M, Jarris, Noah S

DISCUS

GIRLS

JNR: 11YRS : SNR:

1st: Phoebe, Ruby, Chloe

2nd: Mac, Charlotte, Lilly S

3rd: Aayliyah, Sienna S, Zahli

BOYS

JNR: 11YRS : SNR:

1st: Patrick, Demarco, Amani

2nd: Kai, Lincoln, Brett

3rd: Bailey, Jarris, Noah S

Our running races and other field events are scheduled for Friday July 30 at Wherret Park. Students can wear their house colours, school sports uniform or regular school shirt. Unfortunately restrictions remain at the current level, so these will be **staff and student only** events. Thanks for your understanding.

School Improvements

The senior toilet upgrade is moving along with the tenders out now. The design looks great and we are hopeful the process will be a speedy one. We are also excited to announce that we have approval to install a shade structure over the senior playground equipment.

Staying Connected

Please check the calendar attached to our newsletter for upcoming events and don't forget to download the Skoolbag App so you don't miss any news. You can also join us on Facebook.

5 Easy Steps to Staying Informed
SkoolBag

SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

- 1. Download SkoolBag**
 Search SkoolBag in the Apple App or Google Play Store, download the FREE app:
 SkoolBag: School Communication
- 2. Create an Account**
 Follow the prompts to create your account in seconds.
- 3. Add your School**
 Type your school's name and press enter. Tap the plus icon to add.
- 4. Allow Notifications**
 Ensure you Allow SkoolBag to send you push notifications when prompted.
- 5. Subscribe to Groups**
 Select Year Groups / Sports Teams to appear in your feed.

SkoolBag

Kind Regards,
 Carolyn

MACLEAN PUBLIC SCHOOL

TERM 3 2021

3	26 • Education Week	27 • School Banking • Education Week	28 • Kinder – Yr 2 Sport • Education Week	29 • Stage 2 Sport • Education Week	30 • Education Week • Athletics Carnival • Stage 3 sport
4	2	3 • School Banking	4 • Kinder – Yr 2 Sport	5 • Stage 2 Sport	6 • Whole school Assembly • Stage 3 sport
5	9	10 • School Banking	11 • Kinder – Yr 2 Sport	12 • Stage 2 Sport	13 • Stage 3 sport
6	16	17 • School Banking	18	19 • Stage 2 Sport	20 • Whole school Assembly • Stage 3 sport
7	23	24 • School Banking	25 • Kinder – Yr 2 Sport	26 • Stage 2 Sport	27 • Stage 3 sport
8	30	31 • School Banking	1 • Kinder – Yr 2 Sport	2 • Stage 2 Sport	3 • Whole school Assembly • Stage 3 sport • Kindergarten Orientation
9	6	7 • School Banking	8 • Kinder – Yr 2 Sport	9 • Stage 2 Sport	10 • Stage 3 sport
10	13	14 • School Banking	15 • Kinder – Yr 2 Sport	16 • Stage 2 Sport	17 • Whole school Assembly • 1 • Stage 3 sport • Kindergarten Orientation

Foodie Friday MENU

SALADS & SANDWICHES

SALAD BOWL Lettuce, tomato, cucumber, capsicum, carrot, cheese & egg	\$5.00
SANDWICHES	
CHEESE & TOMATO	\$3.00
EGG & LETTUCE	\$3.00
HAM	\$2.00
VEGEMITE	\$2.00
TOASTED CHEESE	\$2.00
HAM & CHEESE	\$3.00
HAM, CHEESE & TOMATO	\$3.50

SNACKS- Break 1

SCROLLS	.50C
GARLIC MINI SUBS	.50C
JELLY CUP	.50C
MOUSSE	\$1.00
CHEERIOS 3 FOR	\$1.00
CUPCAKES	\$1.00
POTATO GEMS - CUP	\$1.00
JELLY WITH CUSTARD	\$1.00
BEAN BOMBS	\$1.50
MUFFIN PIZZAS	\$2.00
CHICKEN TREATS- CUP	\$2.00

FROZEN TREATS

QUELCH ICY POLES	.50C
FROZEN PINEAPPLE	\$1.00
JUICIES-TROPICAL	\$1.50
TWISTED-FROZEN TREAT	\$2.00

HOT FOOD

PARTY PIES	\$1.00
PIZZA- HAM & PINEAPPLE	\$3.50
CHICKEN BREAST BURGER	\$4.50
SAUSAGE ROLL	\$3.00

DRINKS

BOTTLED WATER	\$1.00
POPPERS	\$1.00
FLAVOURED MILK	\$2.00



Respectful Responsible Safe



The Front Office



Enter office area quietly.

If office area is busy or unattended, please sit on the seats and wait.

Use manners such as excuse me, please and thank you.



LEARNER DISPOSITIONS



Resilient

- ◆ I am willing to try new things.
- ◆ I can bounce back from frustrations and failures.
- ◆ I meet challenges head on.
- ◆ I learn from mistakes.

The Positive Living Skills Program: Family Newsletter

Unit Name: Feelings

Parents, carers and families are an integral part of the Positive Living Skills Initiative.

The Positive Living Skills program is a universal and practical program designed specifically for children from Preschool onwards, and the principles and positive effects of the learning experiences can reach teachers, school staff, parents, families and wider communities.

The goal is to prevent problems before they develop, by implementing a positive life skills program from an early age. The Positive Living Skills program assists to create habitual positive, healthy supportive behaviours by guiding children to learn to understand and self-direct their own thinking processes, emotions, actions, responses and outcomes, and build effective self-management and social skills.

This Unit is based on the principles of emotional Intelligence and cognitive behavioural therapy, and how we can build skills to understand the connection between our thoughts, emotions and behaviours, and learn effective ways to build self-awareness, so we can monitor and manage our emotional states, and direct our thoughts actions and behaviours toward positive outcomes, for ourselves and others. More and more research is now supporting the case for training in emotional intelligence starting from the age of 4, or even younger.

When students learn to identify, acknowledge and understand their own **feelings**, they can begin to link these emotions to thought patterns and internal dialogue and begin to build skills to self-direct their thoughts feelings and behaviours in positive ways.

As students build their understanding of how to acknowledge the feelings of others, and support others, they are building empathy (rather than sympathy) as they are building their own ability to choose empowering emotions.

Definitions: For the purpose of the Positive Living Skills program:

Feelings are *How I feel on the inside, e.g., I am happy or sad or worried or calm. Other people's feelings are important too.*

Empathy is *The ability to sense or imagine what other people might be feeling or thinking.*

Research suggests that students who participate in Social and Emotional Learning Programs focused on Emotional Intelligence display less aggression, less anxiety, and build more effective social and problem solving skills, and pro-social behaviour in early childhood is strongly linked with future academic performance and positive mental health. Higher emotional intelligence also has strong links with the prevention and intervention of bullying, from both perspectives.

Accepting responsibility for our own feelings is one of the most important communication skills we can acquire. We often tend to assign full responsibility for our feelings to another party. While situations and others' behaviours can certainly help us feel a range of feelings, when we claim that someone or a situation 'made' us feel a certain way, we are giving away our power over the situation and over our own emotional state or responses.

Changing Channels

There are a range of strategies combining our thoughts and actions that we can use to assist us to change our emotional state when we want to, and building an understanding that we have a choice when it comes to our emotional state at any time is key.

Children can be encouraged to think of their mind like a TV or Computer



with a range of feelings channels available at any time, from happy and grateful and excited and joyful, to angry or sad or disappointed or worried. Inside their mind they can imagine that they have their own personal remote and if they want to be on a different channel or no longer want to be on the channel they are on, they can be encouraged to choose another channel.

To assist with this, they can press their thumb and finger together like a remote or say click and then focus on a different emotion, or they can use the Positive Living Skills highlight clicker to click from one channel to another. Understanding the link between mind and body, using our physiology to implement effective strategies for changing channels can allow us to create the space we need to regulate our feelings, or can generate the physiological changes that will positively influence our emotional state.

The main concept to understand is that we are all designed to feel a range of emotions and we can all learn to recognise the emotions we are feeling, acknowledge them then process or release them, or seek more support. When we learn how to build on the positive emotions we want to feel more often, we can connect more and more positive experiences, or learn to look for the good in challenging situations.

There is much evidence to support that we can use our physiology to positively influence our emotional state, whether we choose to go for a walk to calm down, or exercise to increase our emotional energy, to looking skyward to promote positive feelings, and (personal) power posing, as supported by modern body language expert Amy Cuddy.

We can use visualisation techniques, breathing techniques, and it is well documented how counting will engage the logical brain when our body is in fight/ flight mode.

We can also 'anchor' and build on positive feelings by using the concept of stimulus and response either within our own physiology or with external stimulus such as songs or phrases or visual stimuli.

These tools for positive visualisation also involving our physiology can be extremely powerful to build confidence to prepare for important events.

All these techniques can assist all of us to create that space to be able to make empowered emotional choices, and to build on our toolkit of practical techniques to promote resilience and our own coping abilities.

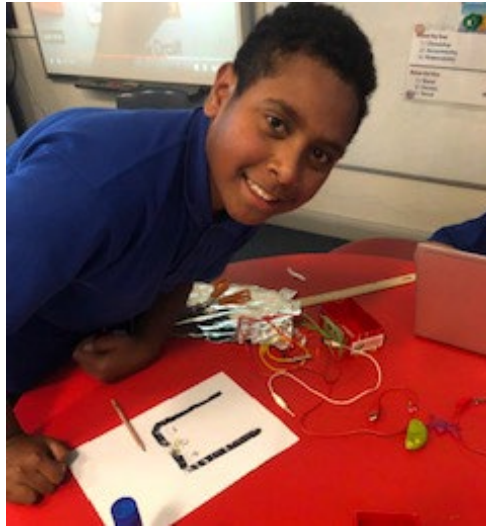
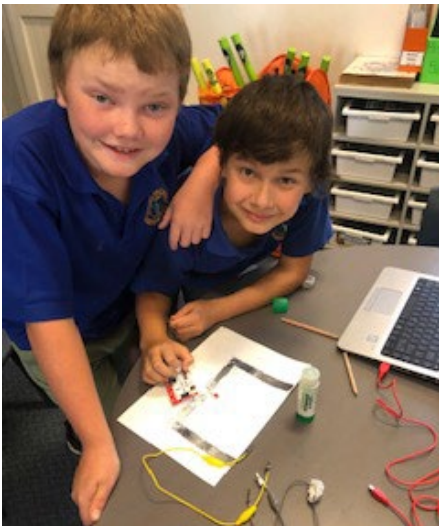
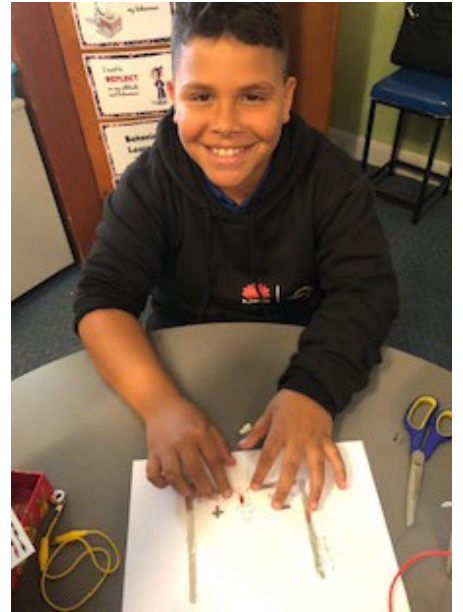
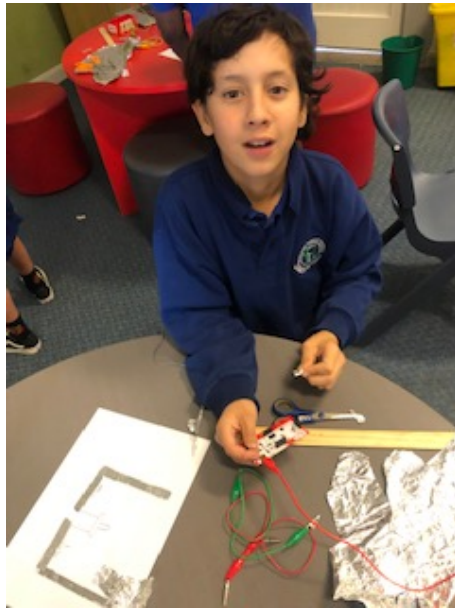
Here are some ideas for how to apply Feelings concepts into your home life:

As well as applying the Feelings lessons within the delivery of the Positive Living Skills program at school, here are some suggestions for how the concepts within this Unit could be applied at home:

- When children can identify and express how they are feeling, they are more likely to be able to manage their emotions and responses assisting parents/carers to understand and support children more effectively
- Assist yourself and your child to build empowerment by using words that encourage ownership of emotions. E.g., Instead of asking 'How did that MAKE you feel? You can ask, 'How did you feel when.....?'
- Teaching children about their own feelings and an awareness of the feelings of others develops emotional intelligence, which will enhance learning and development and have a positive influence on behaviour. Emotional Intelligence is conducive to more effective communication
- When children learn how to associate with others' emotions and perspectives, they can build empathy and better consider how their words and actions might affect others, and they can make more positive choices
- Having knowledge of children's feelings, hopes and desires assists in directing positive discussions
- When children become aware that they have the ability to direct their thoughts and feelings towards the positive, they will be looking for more positive feelings within themselves
- Encourage children to use changing channels to assist them to move to more positive feeling channels at any time at home to enjoy more and connect more with themselves and others, and feel more empowerment over their own emotional health.

For more information about the Positive Living Skills program, and to access free resources from the Positive Living Skills family link, visit www.positivelivingskills.com.au

LIFE LONG LEARNERS





Stage 1

This week 2R have been following the Olympics. We have learnt a little about Japan and Tokyo. We have really enjoyed learning about the Olympic rings, the Olympic torch and mostly researching many different flags from around the world.



Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per **fortnight**
 = **4** weeks  = Over **1** year missed

1 day per **week**
 = **8** weeks  = Over **2.5** years missed

COVID-Safe School Operations



Overview		Guidance on mask wearing
<p>Level 1</p> <p>School operating in a COVID-safe/ COVID-normal way</p>	<ul style="list-style-type: none"> Schools can operate in a COVID-normal way Students and staff to not attend school if they have symptoms; negative COVID-19 test required prior to returning to school Parents, carers and visitors are allowed on-site QR code check-in and check-out required for all staff and visitors COVID safety plans required in line with NSW Health advice (such as large gatherings or events) Activities such as singing, chanting, choirs, bands and school performances allowed in line with broader Health settings 	<ul style="list-style-type: none"> Staff and students are supported to wear a mask or face covering should they choose to do so. Inter-school sport in line with community sport guidelines Community use in line with broader Health settings SRE/SEE (externally provided religion and ethics classes) operational Community Language Schools operational P&C on site Additional cleaning measures in place Further detailed guidance available on the Department's website.
<p>Level 2</p> <p>COVID-safe; restrictions on activities and non-essential visitors</p>	<p>As per Level 1, except:</p> <ul style="list-style-type: none"> Non-essential visitors not allowed on-site (including parents and carers) Mask wearing recommendations Staff identified as vulnerable supported to work from home Activities such as singing, chanting, choirs, bands and school performances allowed in outdoor settings only Assemblies must have COVID-Safe practices in place and no parents/ carers are allowed 	<ul style="list-style-type: none"> While in indoor settings in schools, masks or face coverings are recommended for all staff, and all students in Year 7 and above. Excursions within Local Government Area only, and strongly recommended to be outdoors and within walking distance Further detailed guidance available on the Department's website.
<p>Level 3</p> <p>COVID-safe; further restrictions on activities and non-essential visitors</p>	<p>As per Level 2, except:</p> <ul style="list-style-type: none"> Mask wearing requirements Introduction of staggered breaks and reduced mingling of student cohorts wherever possible Activities such as singing, chanting, choirs, bands and school performances not permitted No assemblies No excursions 	<ul style="list-style-type: none"> While in indoor settings in schools, masks or face coverings are required for all staff, and all students in Year 7 and above. No community use (except early childhood services and OOSH services) No uniform shops No SRE/SEE (externally provided religion and ethics classes) No Community Language School on site Further detailed guidance available on the Department's website.
<p>Level 4</p> <p>Learning from home encouraged, schools are open for families who need it</p>	<ul style="list-style-type: none"> Families are encouraged to keep their children at home, with no student to be turned away Schools activate plans to support continuity of education for all students learning from home. 	<ul style="list-style-type: none"> While in indoor settings in schools, masks or face coverings are mandatory for all staff, and all students in Year 7 and above. No community use (except early childhood services) No canteens Further detailed guidance available on the Department's website.



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KINDERGARTEN
ORIENTATION

AT MACLEAN
PUBLIC SCHOOL



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TO BOOK YOUR SESSION TIME.

ANY QUESTIONS: 0266 452 544

Please call if you require further information

LOWER CLARENCE PLAY N YARN



Are you a parent or carer of an Aboriginal Child aged between 0-5 years? Mudyala and Gummyaney are teaming up with CRANES and Clarence Valley Council to offer Play N Yarn groups in Maclean and Yamba.

Look forward to fun games and activities! Parents / Carers to be present during the Play N Yarn activities. Morning tea provided.

For more information contact Aneika Kapeen

office@mudyala.org.au

Mobile: 0432 341 545

YAMBA – FRIDAY'S 10am till 12pm	
DATE	LOCATION
23 rd July	Treelands Drive Community Centre
6 th August	Treelands Drive Community Centre
20 th August	Treelands Drive Community Centre
3 rd September	Treelands Drive Community Centre
17 th September	Treelands Drive Community Centre

MACLEAN – FRIDAY'S 10am till 12pm	
DATE	LOCATION
30 th July	Maclean Showground Rocky Mouth Pavilion
13 th August	Maclean Showground Rocky Mouth Pavilion
27 th August	Maclean Showground Rocky Mouth Pavilion
10 th September	Maclean Showground Rocky Mouth Pavilion



MUDYALA
ABORIGINAL CORPORATION



COVID-19 SAFETY MEASURES IN PLACE

**MACLEAN
BULGARR YOUTH BOOT CAMP 2021**
FOR YOUNG PEOPLE AGED 8 - 24

BUILD STRENGTH • FEEL ENERGISED • PREVENT ILLNESS • GET HEALTHY

AFTER SCHOOL EVERY WEDNESDAY
3.30pm - 4.30 @ WHERRETT PARK
RANNOCH AVE, MACLEAN

AFTERNOON TEA PROVIDED

FREE

IF YOU ARE FEELING UNWELL, HAVE RECENTLY TRAVELED HAVE BEEN TO A COVID HOTSPOT OR HAVE FLU LIKE SYMPTOMS PLEASE STAY HOME

FOR MORE INFORMATION OR
TO REGISTER CONTACT BULGARR NGARU
TARA on 0490 541 984

