



MKPS NEWSLETTER

VOL.5. AUGUST 2022

Term three	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
July	1	NAIDOC WEEK 18	19	PYJAMA DAY 20	ATHLETICS CARNIVAL 21	22	23/24
July	2	25	26	27	YR6 FUNDRAISER PIE DRIVE OC TEST 28	DEBATE - DURAL 29	30/31
August	3	EDUCATION WEEK 1	OPEN DAY PERFORMANCES 2	STAGE 3 - CANBERRA 3		4	5 6/7
August	4	KINDY HATCHING PROGRAM 8	BEE'S WAX FUNDRAISER 9	ICAS DIGITAL TECHNOLOGIES 10	ICAS WRITING 11	12	13/14
August	5	15	GROW YOUR MIND BOOK WEEK PERFORMANCE 16	ICAS ENGLISH 17	BOOK FAIR 18		19 ZONE ATHLETICS 20/21
August	6	BOOK WEEK 22		ICAS SCIENCE 24	ICAS SPELLING YR6 BAKE SALE BOOK WEEK PARADE 25	26	27/28
August / September	7	SWIM SCHOOL 29			ICAS MATHS 31	FATHER'S DAY STALL 1	2 3/4
September	8	SWIM SCHOOL 5			FATHER'S DAY BREAKFAST 7	8	9 10/11
September	9	12	KINDY INFORMATION EVENING 13	YEAR 6 MINI FETE 14	15	16	17/18
September	10	19	20	1/2 M AND 1/2 V EXCURSION 21	22	23	24/25

Communication Platforms

Sentral Portal: Essential 2-way Communication

We use the Sentral Portal app to provide quick updates and reminders to families. Please make sure you have the latest update & enable push notifications via your phone's settings.



All parents/carers should have the Sentral Parent Portal app.

Please note that important messages, such as reasons for absences or interview requests, should only be sent via Sentral or traditional note, email or phone call.

Facebook: Recommended Social Showcase

We often report on special events on our Facebook page. Please "Like" our page as well as our P&C's Facebook page (& OOSH if appropriate).

SeeSaw: Recommended Sharing Learning News

Teachers may choose to share classroom news with class parents via the SeeSaw app. You will need to have the app downloaded with notifications enabled.

*NB: SeeSaw is an informal forum and is **not** considered a two-way communication platform. SeeSaw is not checked daily and teachers may not always respond.*

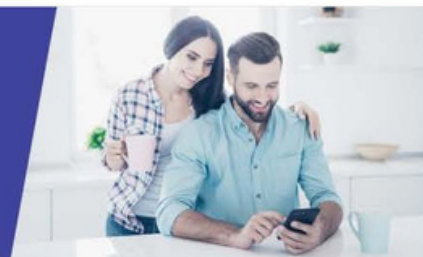
Google Classroom: Student Learning Platform

Some classrooms use this digital platform for learning. Students will have logon details if appropriate.

Google Classroom is for students and teachers to communicate learning

Please be mindful that our teachers may not answer your requests for 2-3 days and they are not expected to answer messages after hours. Thank you.

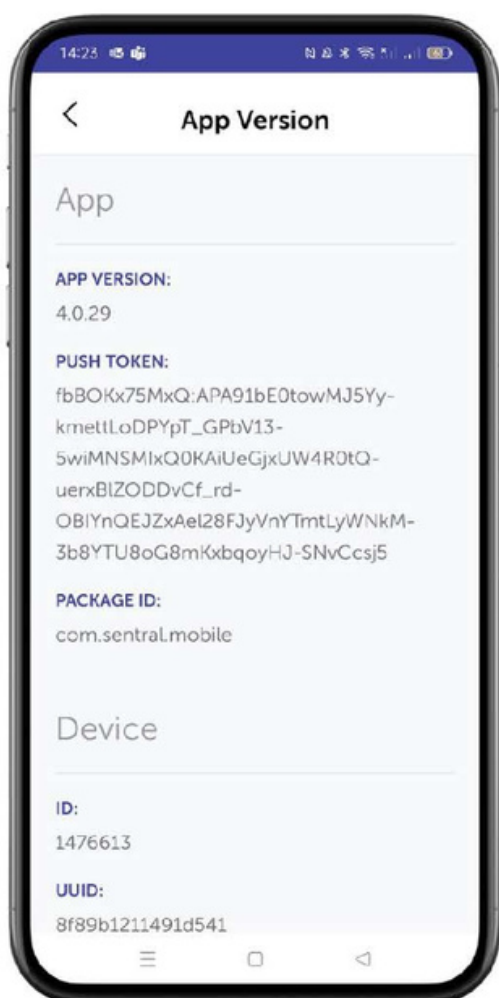
Important Information: Sentral for Parents App



From **Thursday 23rd June 2022**, versions 3 and 4 of the Sentral for Parents App will no longer be supported. If you are on one of these versions, you need to update your app to continue accessing information and receiving notifications.

How do I check what version I am?

From your app, go into Settings cog in the top left corner of the dashboard screen, then into App Version. (See image below.)

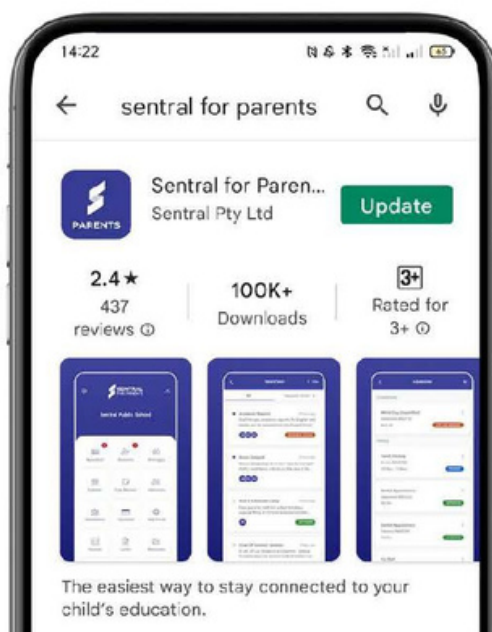


I am on Version 3 or 4

You will need to update your app. Go to your device's app store and search for Sentral for Parents and then select Update (see image below). Or you can access the app store using the QR codes below. After the update, when you go back into the app, you will be required to re-enter your login credentials.

I am on Version 5

You do not need to do anything at this time.



App Store



Google Play



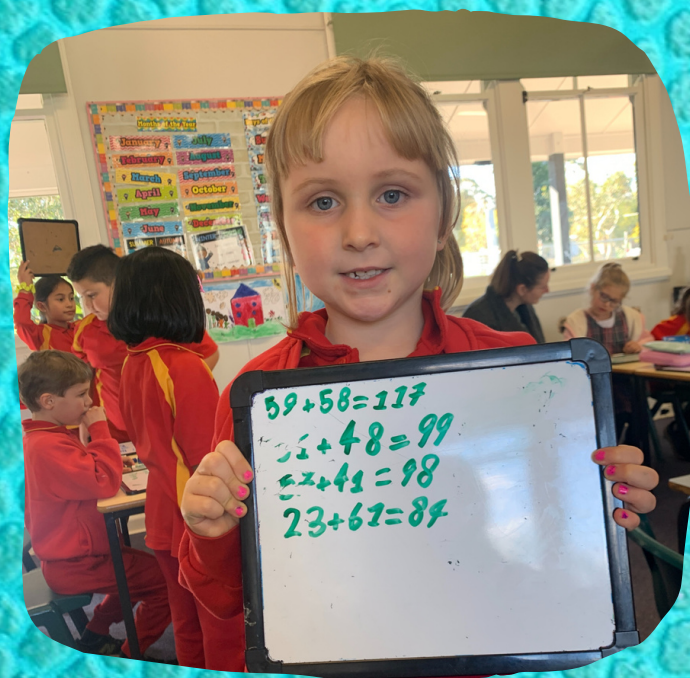
How to get Help

If you require assistance you can email parentapp@sentral.com.au for support.

Learning with 1/2V

Term 3 has certainly been busy so far and we are only half way through! 1/2V has been having so much fun learning both in and out of the classroom this term. Students have enjoyed days like Pyjama Day and learning in the Yarning Circle with Uncle Laurie. They have actively participated in an AFL workshop learning to pass and catch the football and in our weekly Gymnastics lessons, they jump, tuck and balance their way to success. A highlight for everyone was when we welcomed parents back in our classrooms on open day and had them assist create divers to display as a part of our integrated unit on the Great Barrier Reef. In Maths we have been practicing our addition using dominoes to add one and two-digit numbers. Students have been hands on further developing their understand of fractions by drawing and creating them in different ways. We are looking forward to sharing more with you as we delve further into our learning this semester.







Synergy Hub

Synergy Hub had a fantastic time away at Canberra. It was cold, but there were lots of laughs shared and great memories made. It was awesome to see Parliament House in action when we visited the House of Representatives and the Senate. At the War Memorial, we listened to many stories of the brave soldiers who fought for our country. We had so much fun participating in a scavenger hunt at CSIRO where we learnt all about their inventions. We got sweaty at the AIS as we had a go at many different sports and had loads of fun exploring Questacon. Going to Government House and meeting the Governor-General was a highlight. He was very friendly and answered many of our questions.

Back at school, in our Integrated Unit, we have been learning about how the natural environment influences people and places, for example, how climate influences the distribution of where people live. We have just started exploring how the changing physical conditions in the environment affect the growth and survival of living things, for example, how the temperature of the water is affecting the Great Barrier Reef. In the coming weeks, we will be investigating structural or behavioural adaptations that enable living things to survive in their environment.





Stage 2 Camp

Week 10, last term saw Stage 2 brave the elements and take on their trip to the Great Aussie Bush Camp. It was an experience that created many emotions at the thought of the students leaving their families for a night. But our stage was able to overcome this and take that step onto the bus, which would lead them to two days of fun and excitement. The 2 days saw the students take part in activities such as the high ropes, giant swing and flying fox which tested their bravery and resilience. All of the students showed great courage and gave the activities a go and we were so proud to see some particular students push themselves and give their best.

Other activities which we took part in were canoeing, archery, a disco and some stories by the campfire.

We had such a great time and it was pleasing to see many of the students who left with the worries of leaving their families, return with a massive smile on their face and stories of fun and excitement.

Thank you to all of the students for behaving so well and making this a great experience for everyone. A special thanks also to Mrs Connolly for organising this experience for Stage 2.



Stage 2 Camp



EDUCATION WEEK

CREATING BRIGHT FUTURES THIS EDUCATION WEEK AT MOUNT KURING-GAI PUBLIC SCHOOL

It was wonderful to welcome the community back into our school this Education Week.

Open Day was a showcase of talent and fun filled memories.

It was great to have families visit our thriving classrooms and stay for a picnic lunch.

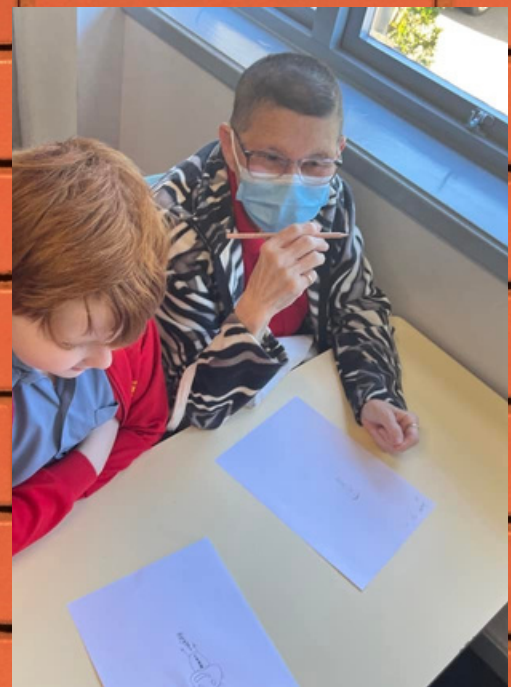
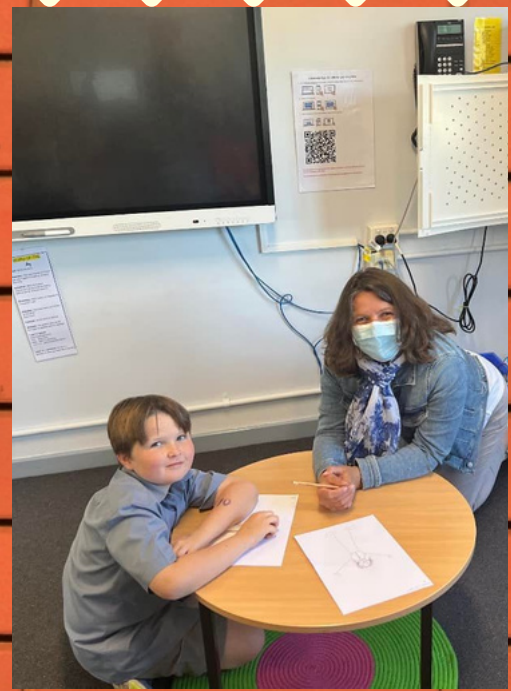
Thank you to everyone for supporting our school and witnessing the quality of education that happens at our school.











PYJAMA DAY



Winter is a perfect time for pyjama day! It was great to see everyone get involved and cosy up in their pyjamas today, even the teachers! Thank you to everyone who brought in a gold coin donation to help us raise money to go towards supporting children in foster care.



PYJAMA DAY




NAIDOC WEEK

As NAIDOC week falls in the school holiday MKPS decided to celebrate this meaningful event in both the last week of term two and the first week of term three. There were flyers sent home for events in the area and I hope you managed to get out in the community and check some out. The theme this year is 'Get Up, Stand Up, Show Up' and as a school we are working towards fulfilling this motto on a daily basis! Through an education based on truth-telling, shared histories and celebrating the many who have driven and led change in our communities over generations, they have been the heroes and champions of change, of equal rights and even basic human rights. As a school each class investigated some of these heroes and we created a "Wall of Fame" which will remain on display in the hall for the remainder of the term. We will continue to research ways in which we can Get Up Stand Up and Show Up for our place, our community, and walk together towards proper environmental, cultural and heritage protections, Constitutional change, a comprehensive process of truth-telling, working towards treaties, or calling out racism.







Charlie Perkins

Charlie Perkins was a young man who became a leader in the fight for Aboriginal rights. He was the first Aboriginal person to be elected to the Australian House of Representatives in 1972.





SAFA

SAFA is a national organization that works to improve the lives of Aboriginal and Torres Strait Islander people. It provides support and resources to help them achieve their goals.

Freedom Ride

The Freedom Ride was a series of bus trips across Australia in 1965, led by a group of young people. They aimed to highlight the poor conditions in Aboriginal communities and the need for better housing, healthcare, and education.





FAITH BANDLER

Faith Bandler was a prominent Aboriginal leader and activist. She was the first Aboriginal woman to be elected to the Australian House of Representatives in 1974.

Fun Lads

Fun Lads is a group of young people who perform traditional Aboriginal dances and songs. They aim to preserve and promote their cultural heritage.

Referendum

The Referendum was a vote held in 1967 on whether to change the Australian Constitution. It was a landmark event in the history of Aboriginal rights.



THE YES campaign

The YES campaign was a series of events and activities that encouraged people to vote 'Yes' in the 1967 Referendum. It was a crucial moment in the fight for Aboriginal rights.

GET UP! STAND UP! SHIM UP!





Eddie Mabo


Eddie Mabo was a Meriam man from the Torres Strait Islands. He was the plaintiff in the Mabo case, which led to the recognition of native title in Australia.












GET UP! STAND UP! SHIM UP!




Referendum

The Referendum was a vote held in 1967 on whether to change the Australian Constitution. It was a landmark event in the history of Aboriginal rights.















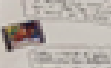
SPORTS

Sports are an important part of many cultures. They provide a way for people to stay fit and healthy, and to compete against each other.




Fun Facts

There are many interesting facts about Australia. For example, it is the only continent where you can drive on the left side of the road.









UNCLE LAURIE VISIT

Once again, MKPS was honoured to have GuriNgai man Uncle Laurie, work closely with us this week to ensure our students are getting exposed to and involved with Aboriginal Culture on a regular basis. This time our visit was to 'open' the Yarning Circle. He spoke with the students about the purpose of such a space. To have a space where all are equal and everyone has a chance to share thoughts and ask questions without judgement is special. A harmonious place encouraging creativity and collaboration through communication. The expectation is that our Yarning circle will encourage respectful and honest interactions between contributors, build trusting relationships, support accountability and provide a safe place to be heard and to respond. The Yarning Circle also provides an Outdoor Learning space for students.



Uncle Laurie worked with all students at MKPS to complete an engraving, featuring a stingray, the totem of the GuriNgai people.



UNCLE LAURIE VISIT



To finish our day Uncle Laurie conducted a Smoking Ceremony in the Yarning Circle, we use Smoking Ceremonies for celebration, healing and cleansing, and also a gesture of goodwill, bringing our community together; for Uncle Laurie, performing the ceremony is a gift and a blessing he shares with us. The official opening will be in the near future.



ATHLETICS CARNIVAL

After a false start due to the wet weather, we were finally able to run our 2022 MKPS Athletics Carnival.

For our K-2 students, this was their very first athletics carnival, with Covid restrictions preventing the running of the last 2 years' events.

It was so lovely to see the students running, jumping and throwing their way through the events, challenging themselves and having fun with their peers. It was also wonderful to welcome back our MKPS families to the carnival, many of whom volunteered at events, the canteen and BBQ (and some even ran in the parent's sprint race, otherwise known as the Hamstring Handicap). We thank all of you for your contribution and helping to make the day a great experience for our students. A particular thanks goes to the wonderful ladies on the recording table led by excel spreadsheet wizz, Belinda Robson.

Also a huge thank you to our wonderful canteen manager Natalie Gallagher and her army of bakers, barbecuers and assistants, for providing delicious food and treats that were enjoyed by all.





Grow your mind day

On Tuesday 16th August, MKPS students participated in our annual Grow your mind day. This is a special day where students are grouped across all year groups. They spend the day rotating to 8 different activities. The aim of these activities is to encourage students to move beyond their comfort zone and to try something new. Students were also encouraged to work together with peers that they usually wouldn't work with to complete the activity.

The activities included planting native plants around the yarning circle with Mr Tapping, board games with Mr Simnett, newspaper fashion designing with Mrs Steel, finger knitting with Mrs Veldon, drumming with Ms Samuel, Stop Motion movie creation with Ms Hoddinott and making seed bombs with Mrs Els.

Thank you to all the students who eagerly participated in each activity. We hope you all had a fantastic day and GREW YOUR MINDS.













HZSS

Hornsby Zone School Sports

Soccer

Week 2: Asquith

Jnr mixed: 5-2 Lost, POTM Audrey

Jnr boys: 2-1 Lost, POTM Billy

Snr girls: 5-1 Lost, POTM Hana

Snr boys: 3-4 Lost, POTM Kai



Week 3: Hornsby Heights

Jnr mixed: Lost, POTM The Team

Jnr boys: Lost, POTM The Team

Snr girls: Forfeit (Stage 3 camp)

Snr boys: Forfeit (Stage 3 camp)

Week 4: Wideview

Jnr mixed: 3-1 Lost, POTM Charlotte

Jnr boys: 5-2 Lost, POTM Tommy

Snr girls: 5-0 Lost, POTM Olivia

Snr boys: 5-4 Lost, POTM Finlay

GO TEAM!



Netball

Week 2: Asquith

Jnr: 25-0 Won, POTM Scarlett

Snr girls: 28-0 Won, POTM Jessi

Week 4: Wideview

Jnr: 16-0 Won, POTM Lydia

Snr girls: 24-4 Won, POTM Florence



Week 3: Hornsby Heights

Jnr: 25-0 Won, POTM Alana

Snr girls: Forfeit (Stage 3 Camp)



Kindergarten

2023

Parent Information Session:

**Tuesday 13th September
at 6:30pm in the school hall.**

Kindy Kick Start Program Dates:

**Tuesday 8th November
Monday 14th November
Thursday 24th November
Wednesday 30th November**



If you have a child starting Kindergarten in 2023 and are looking to enrol them at Mount Kuring-gai Public school, please contact the school office for more information.

Phone: (02) 9457 9088

E-mail: mtkuringga-p.school@det.nsw.edu.au

**** Dates and the program may change due to covid regulations and will be communicated to families ****

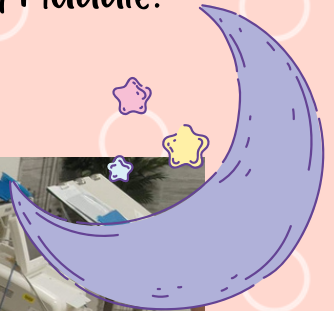


CONGRATULATIONS

B A B Y

Congratulations to Amelia and Jared Kealy on the arrival of their beautiful baby girl. Little Madison Jean Kealy was born on Thursday 16th June. Mum and Dad are loving every minute of life with Maddie.

welcome!





Leader's Loop



ASSEMBLY WEEK 5:



WEEK 5 K-2 MERIT AWARDS:

K/1E - Olivia, Luka, Hugo, Theo, Xander.

1/2M - Zara, Emma, Ethan, Matilda.

1/2V - Archie, Nour, Evie, Nellie.



WEEK 5 3-6 MERIT AWARDS:

Learning Hive - Ariana, Dulcie, Charli, Andy, Scarlett, Lydia, Skye, Ryan, Lucas.

Synergy Hub - Jayden, Zac, Lachlan, Kai, Leya, Kaylee, Lucas, Lukas, Lexi.



READING CERTIFICATES:





Leader's Loop



Prime Ministers:

Lexie Kettle
Anthony Dominello

Deputy Prime Ministers:

Joseph Young
Florence Thompson

IMPORTANT NOTE: Although these motions have been passed by our student parliament members, it does not mean that they will necessarily happen. These suggestions will still need to be followed up with our Governor-General, Mrs Hughes.

WEEK 2 PARLIAMENT

Motions raised:

- More food menu for canteen (NOT PASSED)
- Restart environment club (NOT PASSED)
- Remove school prayer (PASSED) minister responsible Education

WEEK 4 PARLIAMENT

Motions raised:

- New netball and basketball hoops/repaint and clean (PASSED) Minister responsible Sport.
- Greenhouse to go on top of veggie garden (PASSED) minister responsible Environment
- New tarp on sandpit (PASSED) minister responsible Sport
- School hoodies (PASSED) minister responsible Education
- Changing the bell song to the previous winning class (PASSED) minister responsible Education.
- Every stage makes a movie for Mrs Hughes judge (NOT PASSED)
- Each class makes a birdhouse to put around the school (PASSED) minister responsible environment
- Turn the school uniform to polo shirts because its hot and uncomfortable (PASSED) minister responsible Education
- Science club (PASSED) minister responsible Entertainment



Altruistic August 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Set an intention to be kind to others (and yourself) this month

2

Send an uplifting message to someone you can't be with

3

Be kind and supportive to everyone you interact with

4

Ask someone how they feel and really listen to their reply

5

Spend time wishing for other people to be happy and well

6

Smile and be friendly to the people you see today

7

Give time to help a project or cause you care about

8

Make some tasty food for someone who will appreciate it

9

Thank someone you're grateful to and tell them why

10

Check in with someone who may be lonely or feeling anxious

11

Share an encouraging news story to inspire others

12

Contact a friend to let them know you're thinking of them

13

No plans day! Be kind to yourself so you can be kind to others too

14

Take an action to be kind to nature and care for our planet

15

If someone annoys you, be kind. Imagine how they may be feeling

16

Make a thoughtful gift as a surprise for someone

17

Be kind online. Share positive and supportive comments

18

Today do something to make life easier for someone else

19

Be thankful for your food and the people who made it possible

20

Look for the good in everyone you meet today

21

Donate unused items, clothes or food to help a local charity

22

Give people the gift of your full attention

23

Share an article, book or podcast you found helpful

24

Forgive someone who hurt you in the past

25

Give your time, energy or attention to help someone in need

26

Find a way to 'pay it forward' or support a good cause

27

Notice when someone is down and try to brighten their day

28

Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30

Give away something to help those who don't have as much as you

31

Share Action for Happiness with other people today



ACTION FOR HAPPINESS

Happier · Kinder · Together

MOUNTAIN FEST MEETING



Monday 29th August
7pm, MKPS Hall

Are you thinking you'd like to be involved with Mountain Fest, but just not sure how? Please come along to the meeting and find out more about the tasks - big and small!!

We have working committees in the following areas -

**Fundraising, Sponsorship & Marketing | Entertainment
Stalls - Internal and External | Food | Rides**

We'd love to see you there



STORY QUEST!

Join Marley on her new **STORY QUEST** adventure as part of **CBCA Book Week 2022** and celebrating the **CBCA Book Week 2022 theme: "Dreaming With Eyes Open..."**

Students will be immersed into the storytelling and interaction with the books featured from the **CBCA 2022 shortlist** woven into an engaging, original narrative filled with music, adventure, and intrigue!

When: Wednesday 24 August, 5:30 - 6:30pm

Where: Hornsby Library, 28-44 George Street, Hornsby. Entry via Hunter Lane

Age: 5+

Cost: Free

Bookings: Bookings essential. Book online at hornsby.nsw.gov.au/library or at any Hornsby Shire Library Branch.

Bookings are essential. For booking details and further information on this event and more events in your library visit hornsby.nsw.gov.au/library

A FAMILY FUN DAY OUT WITH SOMETHING FOR EVERYONE!



**FREE
EVENT**

26TH ANNUAL



BEROWRA VILLAGE WOODCHOP FESTIVAL

**SUNDAY 28 AUGUST
10AM – 4PM**

Warrina Street Oval, Berowra

WORLD CLASS WOODCHOPPING

MARKET STALLS | LIVE MUSIC

KIDS ANIMAL FARM

RAFFLES | CHOCOLATE WHEEL

AMUSEMENT RIDES

9D MOBILE CINEMA

Thanks to our sponsors

McGrath

BEROWRA
Village
TAVERN
(02) 9456 2193

Nobby
KITCHENS

RON JAMES
DESIGNS

ARQ


HORNSBY
SHIRE COUNCIL

CHILDREN'S SCIENCE PROGRAMS @ HORNSBY LIBRARY

TERM 3, 2022

A series of interactive science programs presented by the Children's Discovery Museum. Children will develop ideas and skills that will inspire further scientific exploration, discovery and learning.



THE JUNIOR SCIENCE CLUB

A four week program aimed for 9 to 12 years young scientists presented by the Children's Discovery Museum. Participants will be able to learn and explore themes from different branches of science through numerous practical experiments.

SESSION 1: AWESOME ASTRONOMY

Explore all things lunar as you make your own phases of the moon model to take home and test your critical thinking skills in a moon survival challenge.

Monday 29 August, 4.30pm-5.30pm

SESSION 2: ILLUMINATED GEOMETRY

Be there or be square as we explore geometry in nature and create geometric lanterns to take home

Monday 5 September, 4.30pm-5.30pm

SESSION 3: MAY THE FORCE BE WITH YOU

Find 'the force' in your every day life and use it to impress your family and friends with some clever tricks.

Monday 12 September, 4.30pm-5.30pm

SESSION 4: TREASURES OF THE EARTH

Identify rocks and minerals as you assemble your own rock collection and create a crayon metamorphic rock to take home.

Monday 19 September, 4.30pm-5.30pm

Where: Hornsby Library, 28-44 George Street, Hornsby

Ages: Strictly 9-12 years

Cost: \$60 for the 4 week program

Bookings: Online at hornsby.nsw.gov.au/library
or at any Hornsby Shire Library branch.



Bookings are essential. For booking details and further information on this event and more events in your library visit hornsby.nsw.gov.au/library



Discover Playgroup!



Playgroups are a place where children (0-6) & parents and carers meet to have fun & learn through play. At playgroup you can discuss ideas & the joys, challenges & frustrations of parenting. Best of all playgroups are fun!

JOIN US AT ASQUITH ABC PLAYGROUP
MT KURING-GAI COMMUNITY CENTRE
5 CHURCH STREET, MT KURING-GAI

ON MONDAYS @ 9:30AM
WEDNESDAYS @ 10AM

For families
with children
0-6 years

Come and join our lovely community!!

Book
Now!

For more information please contact us
1800 171 882
admin@playgroupnsw.org.au
playgroupnsw.org.au



© Playgroup NSW Inc. 2020. All rights reserved.





2-DAY MEGA CAMP

BOOK
NOW

THE BEST
MULTI SPORTS EXPERIENCE
ON THE PLANET

Duration: 2-days Age: Kindy - Yr 6 Time: 8.30am - 3.30pm daily
EXPERIENCE: 12 TEAM SPORTS | 4 MEGA SESSIONS | 8 MEGA FACE OFF
AT A LOCATION NEAR YOU #noonedoesitlikemotiv8sports

JOIN US @ ASQUITH & TURRAMURRA THESE SCHOOL HOLIDAYS

MOTIV8SPORTS MULTI-SPORTS CAMP IS DESIGNED PURELY FOR PRIMARY SCHOOL CHILDREN WHO WANT TO EXPERIENCE 2 x AMAZING DAYS OF SPORTS ENTERTAINMENT. DURING THE NEXT SCHOOL HOLIDAYS EACH EVENT INCLUDES 10 x HYBRID TEAM SPORTS, 4 MEGA BATTLES, CAMP DJ, DANCE OFF, WAR CRIES AND MUCH MORE.

CHILDREN ATTENDING MOTIV8SPORTS MEGA CAMP LEARN ABOUT TEAMWORK AND SPORTSMANSHIP IN AN ENVIRONMENT DRIVEN BY INCREDIBLE LEADERSHIP AND CONSTANT MOTIVATION. CAMPERS ARE TREATED LIKE SUPERSTARS AND OUR SAFETY AND SUPERVISION IS SECOND TO NONE. PLACES ARE LIMITED, BOOK TODAY.

SEPTEMBER 27&28 TURRAMURRA HIGH

OCTOBER 6&7 - ASQUITH BOYS HIGH

EARLY BIRDS SAVE 10%

Limited Available



WWW.MOTIV8SPORTS.COM.AU OR CALL 0402 281 842



REGISTRATION OPEN

2022/23 SEASON

MOUNT COLAH CRICKET CLUB
Your Friendly, Local Cricket Club

Junior & Master Blasters (U5 to U9)
Juniors (U9 to U17)

Register online: www.mountcolahcc.com

More Info: presidentmccc@gmail.com



FACEBOOK.COM/
MTCOLAHCC



Try Baseball @ Rofo Park



Children of all ages welcome

www.rangersbaseball.com.au

Sat 13th Aug 10am

Thurs 25th Aug 5pm

Thurs 1st Sept 4:30



SCHOOL HOLIDAY WORKSHOPS!

BRICKS
4 kidz

playful



AWESOME



An **EXTRAORDINARY** experience for kids!

- ★ **Galaxy Far Away** (inspired by Star Wars™!)
- ★ **Superheroes & Ninjas**
- ★ **Learn to Code with LEGO® Robotics**



- ★ **Mining & Crafting** (inspired by MineCraft™!)
- ★ **Remote Control Mania**
- ★ **Pocket Brick Monsters** (inspired by Pokémon™!)
- ★ **And MORE!**



BOOK NOW!

0426 264 688

Northern-Sydney@Bricks4Kidz.com

Hornsby | Pymble | Epping | Carlingford

LEGO® is a registered trademark of the LEGO® Group of companies which does not sponsor, authorise or endorse these programs.



HAVE A BLAST



Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!

Mount Colah Cricket Club

Contact:

presidentmccc@gmail.com

Saturday 9am - 10am

Parklands Oval

Mixed Boys and Girls



JOIN YOUR NEAREST CLUB

Q Play Cricket

PROUDLY
PRESENTED BY





Let's Go4Fun!

- Go4Fun is a FREE 10-week program to support your family to make healthy lifestyle changes.
- Term 4 programs coming to **Chatswood** and **Hornsby**!

To register visit www.go4fun.com.au/register



Join our Go4Fun program in Hornsby!



Go4Fun



Feedback about Memory Mates™ icons.

Student

"They help you if you need help, and remind you"

"They can teach you a few things so you can do it yourself"

"I have enjoyed giving tips on how to stay focused and much more"

"If there is no picture, I use Picture It and I use Listen when my mum is explaining"

Teacher

"Wonderful, useful strategies that the children relate to and use daily"

"The students are able to verbalise proficiently exactly what each strategy is and how they use it, which is astounding to me"

"The value of talking about what is happening inside your head and sharing that with others"

Parent

"Every time he remembers something he talks about the strategies. I think he has been trying to teach us the strategies 'you remember it by picturing it' he says to us"

He said "Think about a story or a picture Mum, to help you remember where you left your keys. You can use the memory strategies"

FREE downloadable resources...
www.memorymates.education

- Information about Memory Mates™
- Memory Mates™ icons
- Summary icon page
- Teacher booklet to support implementation
- Parents' Guide to assist parents to support their child using Memory Mates™ in the home setting
- General information about attention and working memory



To contact the Memory Mates™ team, go to our website at www.memorymates.education



Research proven strategies to create strong, significant and positive links between working memory and academic achievement

Nash Davis | Linda Sheldon | Dr Susan Colmar



Memory Mates



"Wonderful, useful strategies that the children relate to and use daily"

Working memory is the ability to hold and manipulate information for short periods of time. It is a high-level cognitive skill where students also direct their attention to a task, despite distractions in the environment. A number of research studies have confirmed strong, significant, positive links between working memory and academic achievement in all students.

Previous research has suggested that low working memory skills are linked to underachievement in education for primary school children (10% to 16% of students). This is because students with poor attention skills and low working memory can become cognitively overloaded with instructions and information, and so are unable to cope well with meeting the educational demands of the classroom. However, with appropriate supports, with students and teachers using Memory Mates strategies, positive changes and progress are possible for all students (see references for examples of the Memory Mates™ team's research confirming the positive impacts of using Memory Mates).



Memory Mates™ provides primary school teachers and students with a framework for teaching and learning. The focus of Memory Mates™ is on **attention** and **working memory**, supported by **targeted strategies** to allow students to approach their learning independently.

Strategies focussing on improving students' attention and working memory to enhance the learning process.

Quick, easy and practical strategies for switching on student learning.



Switch On
Is my brain switched on?



Switch Off
I need time to relax.



Listen
Listen to the teacher's instructions.



Download
Put the information into my brain.



Picture It
Create a picture of the activity in my mind.



Memory Coach
Talk to my memory coach about the activity.



Link
What can I link this to?



Self Talk
Say it again to myself.



Memory Supports
What things can I do to help remember?



Time Check
How fast am I going?



Forgotten?
Look at the board
Re-read the instructions
Ask my memory coach
Ask the teacher for help

Implementation

Classroom Teacher

Memory Mates™ is primarily designed to be delivered at a classroom level and therefore the classroom teacher plays a crucial role in implementation. It can also be used by support teachers with small groups and individuals.

Student

While the classroom teacher provides students with strategies, the student has ownership of their Memory Mates™ to use independently and apply to learning. Students are also encouraged to be self-reflective and, from observations, often demonstrate meta-cognitive awareness of their own learning processes and wellbeing.

Strategies focussing on improving students' attention and working memory to enhance the learning process

memory coach

switch off

link

self talk

memory supports

time check

forgotten

picture it

download

listen

switch on



SCHOOL COMMUNITY ANNOUNCEMENT



Gibberagong Environmental Centre (EEC) is a Department of Education school that provides learning experiences for school students in Muogamarra Nature Reserve and other local bushland areas. To celebrate our 50th Birthday, we have established a community Facebook Page "Memories of Gibberagong EEC from 1971-2022"

<https://www.facebook.com/groups/3068558703356134> .

If you have fond memories of attending either Muogamarra any other excursion sites as a student or teacher with Gibberagong EEC we would love to hear about your experience. Alternatively, you can email us on gibberagon-e.school@det.nsw.edu . We look forward to hearing from our local community.





CUBs
REGISTRATIONS
NOW OPEN

BOYS + GIRLS

WEDNESDAY AFTERNOON

STARTS 14th SEPTEMBER

\$45 including shirt
At Foxglove Oval, Mt Colah
4:10pm - 4:50pm

AGES 4 - 7

FOXGLOVE OVAL, MT COLAH



REGISTER @ HORNSBYTOUCH.COM.AU



REGISTRATIONS
NOW OPEN

FOXGLOVE OVAL, MT COLAH

JUNIOR COMP

WEDNESDAY AFTERNOON
STARTS 14th SEPTEMBER

\$70 per player including playing shirt
All Games at Foxglove Oval, Mt Colah
Family Discounts

BOYS + GIRLS

DIVISIONS

9s | 11s | 13s | 15s | 17s



SCAN ME

REGISTER @ HORNSBYTOUCH.COM.AU

Nutrition Snippet

WHAT IS THE HEALTHY LUNCH BOX?



A one-stop-shop for everything you need to know about packing a healthy lunch box.

Here's what you'll find on the website:

- Interactive lunch box builder that helps parents and kids plan and pack a healthy lunch with foods they like.
- Lots of quick and easy recipes and snack ideas.
- Informative blogs about healthy eating for the family.
- Sign up to receive the Healthy Lunch Box e-newsletter for ideas, updates and recipes.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



Emotional Wellbeing Space

FREE Wellbeing coaching

Managing feelings of anxiety or depression can feel stressful. Wellbeing Coaching can guide you towards positive outcomes.

Benefits include to learn and develop strategies to:

- help deal with feelings of stress and worry
- recognise and make best use of inner strengths
- pay attention to emotions and increase emotional resilience
- find solutions to life challenges

PROGRAM DETAILS:

- 6-week group coaching program
- Individual coaching sessions
- online and face to face sessions

Coaching is available to all people over the age of 18 who live, work or study in Sydney North area - LGAs Northern Beaches, Ku-ring-gai, Willoughby, Hornsby, Hunters Hill, Lane Cove, Mosman, North Sydney, and Ryde.

NO DOCTOR'S REFERRAL NEEDED.

This service is supported by Sydney North PHN.



SCAN TO REGISTER YOUR INTEREST

1300 111 278

ewspace@anglicare.org.au | anglicare.org.au



Emotional Wellbeing Space

FREE Wellbeing coaching

Managing feelings of anxiety or depression can feel stressful. Wellbeing Coaching can guide you towards positive outcomes.

Benefits include to learn and develop strategies to:

- help deal with feelings of stress and worry
- recognise and make best use of inner strengths
- pay attention to emotions and increase emotional resilience
- find solutions to life challenges

PROGRAM DETAILS:

- 6-week group coaching program
- Individual coaching sessions
- online and face to face sessions

Coaching is available to all people over the age of 18 who live, work or study in Sydney North area - LGAs Northern Beaches, Ku-ring-gai, Willoughby, Hornsby, Hunters Hill, Lane Cove, Mosman, North Sydney, and Ryde.

NO DOCTOR'S REFERRAL NEEDED.

This service is supported by Sydney North PHN.



SCAN TO REGISTER YOUR INTEREST

1300 111 278

ewspace@anglicare.org.au | anglicare.org.au