



# Murrumburrah Public School

NEWSLETTER: 24 February 2020 ~ Term 1 Week 5



## SMILING MIND!



### Our Minds Are Smiling

Building healthy minds, engaged classrooms and equipping our students with skills they need to thrive in life is the focus of the Smiling Minds program.

This well-researched initiative has become an important part of caring for our students and involves daily practice of mindfulness. Mindfulness helps you to focus on the things and people you care about in this moment.

Some of the benefits of a daily mindfulness practice include increased mental wellbeing, greater concentration and focus, increased academic performance, improving relationships and resilience and emotional regulation. Staff are already seeing the benefits in our homes, classrooms and school.

As part of our smiling minds initiative in the school, we are going to be conducting whole school mindfulness sessions at assembly, creating 'mindful spaces' for students within our classrooms and school and bringing mindfulness to all areas of our lives.

There is an app and it is a completely free, state of the art technology platform that supports every member of the school community with hundreds of guided meditations and mindfulness activities that can be used in the classroom and at home. We would like to encourage all our families to have a go at Smiling Minds!

### Drop-Off and Pick-Up zones for cars

The staff car park at the front of the school is a very busy place with staff cars and delivery trucks coming and going. We advise that **children are not to walk through the car park** and that parents use the pickup zones in Ward Street and Derby Street.

We have designated departure points for children to use at the end of the school day. Teachers are on duty at the points each afternoon. Eg bus lines, pick-up zone and walkers. Sometimes children do not arrive to where they should be at the end of the day and frantic parents call the school. We can then cross check where we last saw your child. However if they do not consistently use one of these departure points it slows down the process of determining when we last saw your child.

### Students all in school uniform

Thank you parents for supporting our school uniform policy. Students have never looked better, even with the cooler mornings students have been arriving to school looking smart in their school jumpers. A greater number of families are also embroidering names on hats and jumpers which is the best way of making sure they come home at the end of the day.

### School Photos

Along with today's newsletter, a note has been sent home regarding our school photos. Cliff and Kay Dykes will be here on Wednesday 18 March for school photo day. All ordering is now done online only, using the shoot key/access code. Envelopes for family photos are available to collect from the front office.

From my desk...

*Clare Crawford*





## WHAT'S HAPPENING...

EVENT	CLASSES	ACTIVITY DATE	COST	Notes / Money due
Review Meetings	Selected students as per notes sent home	Tuesday 25 & Wednesday 26 February	Free	
SRC Assembly	All welcome	Friday 28 February 2.30pm in the hall	Free	
Swimming for Sport	All students	Friday 28 February	As per note	overdue
District Swimming Carnival	Selected students	Friday 28 February @ Cootamundra	\$4 levy	Overdue



### SCHOOL PHOTO DAY - WEDNESDAY 18 MARCH

Accompanying this newsletter is a note with information regarding school photos. Please be aware that all orders are now online only. Envelopes for family photos are available from the front office.

## ...Sharing the joy of reading...

Last Thursday Year 2 students took a trip to the nursing home to share their love of reading with the local residents.



### PE Sessions

Each Thursday Mr Shean and the classroom teacher run specialised skill development sessions for students K-6. Next term our skill focus is volleyball. Friday sport is then dedicated to putting the skills learnt into action. We are fortunate enough to have amazing grounds for our students to learn and grow.



# SWIMMING ASSEMBLY

Students who participated at the swimming carnival were recognised for their achievements at our swimming assembly last Friday. Congratulations to all students!





## - REMINDER -

Please adhere to our school signage located at the car park entrance. Our students safety is our number one priority.



### STAFF PARKING ONLY

**NO PICK UP OR DROP OFF**



No pedestrian access.  
All visitors report to office.

## P&C NEWS & INFO

### MONDAY 2 MARCH LUNCH SPECIAL

Beef burgers & Popper \$5



## PLEASE - NO PEANUTS OR NUT PRODUCTS



## Murrumburrah Public School Community News



### Young Mobile Playgroup

Tuesday 25 Feb: 1.30—3pm  
In the Murrunyip room at MPS



### BEFORE & AFTER SCHOOL CARE

Please contact Bunyip Preschool  
on 6386 2631 or  
Murrunyip mobile 0418 581 357.



## CAKE STALL

Students from MHS are holding a cake stall and raffle to raise funds for their outward bound excursion.

**Wednesday 26 February**

**8.30am—12 noon**

**Outside the post office at the local stall**



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