# Howlong Public School Wednesday 2 November 2022 Newsletter



### Dates For Your Calendar

Fri 4 November	KMH Assembly		
Wed 9, 16 & 23 Nov	2023 Kinder Seedlings visit		
Thurs 24 November	School leaders speeches Assembly 9.30am –Parents welcome		
Wed 30 November	Presentation Day		

#### SRC Student Assembly

Our SRC have begun to run a student assembly on our alternate Friday afternoons. This is designed to allow them to practise their leadership and public speaking skills. Last Friday was our first student assembly and all the representatives did an amazing job. They ran the assembly and also demonstrated our PBL values to the rest of the school by performing a series of skits, assisted by Mr Curtis. All representatives from kindergarten to Year 6 made sure they were heard clearly by projecting their voices all the way to the back of the hall – not an easy feat for some.

Another part of the assembly is our new Special Interest Showcase. Each SRC assembly has a different focus area and students are able to nominate to perform in front of the students and share their special skills. Last Friday we were dazzled by the artistic expertise of Logan Allport (3/4M) and Ellie Evans (1/2C). These students took us through the process of drawing some characters they developed. A big congratulations to both Logan and Ellie on their presentations, which engaged and enthralled the entire school. The next assembly will be music. Nominations are closed for this performance, however, students can still submit their nominations to Mr Curtis for the Week 9 assembly, which will be dance.







#### 2023 Kindergarten Transition

We were excited to welcome our 2023 kindergarten students on Wednesday for their first official transition day as part of our Seedlings program. They got to meet our Year 5 buddies and complete an art activity in some of the classrooms. We can't wait to get to know our newest students over the next three sessions.



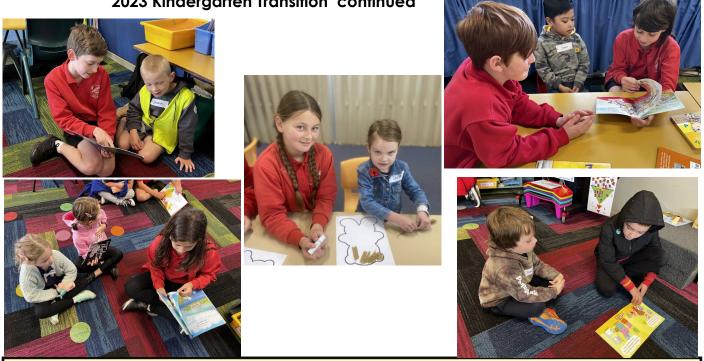






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#### 2023 Kindergarten Transition continued



#### Term 4 Week 2 Assembly Awards:

#### Congratulations to the following students who received a Class Merit Certificate:

Ella Breden, Wallace Cann, Ryder Coles, Korbin Cowley, Freya Dunkley, Maddi Dunkley, Harper Eyers, Mia Farnsworth, Tilly Fenner, Claire Feuerherdt, Jesse Gray, Kelci Howe, Ben Ibrom, Oliver Just, Violet Kiely, Beau Lavis, River Leathern, Maddi Mackay, Olive Marriott-Statham, Andrew McGrath, Ivy Morgan, Jaxson Napolitano, Joshua Nicholson, Hudson Parcsi, Connor Pascual, Francesca Pattinson, Rida Saleh, Saj Saleh, Ellie Seymour, Mirabelle Taylor, Oliver Thomas, Logan Turpin, Railand Wilson.

#### State Athletics Carnival

On the 19th Of October Paddy and Oliver went to the NSW State Athletics Carnival in Sydney. Oliver went in the 12/13 boys high jump and Paddy went in the 1500m and 800m races. Oliver came 6th out of 40 boys and jumped a PB of 1.45m, Paddy came 29th out of 39 in the 1500m and 27th out of 37 in the 800m, equalling his PB in both events.

We both had a great day at the Sydney Olympic Park and a great experience. Patrick Conroy and Oliver Just.

	Canteen Roster
Nov 4	Sarah Longley
Nov 11	Rohan Matthews
Nov 18	Bronwyn McCormack
Nov 25	Gemma Steers



The year 6 Fun Fair is coming up in a couple of weeks. The white elephant stall needs a few more donations. If you have any old toys or books, please take this into consideration and donate them to the white elephant stall. Could all donations come to 5/6H room please.



# **Casual Clothes Day**









Last Wednesday the SRC organised a Casual Clothes Day fundraiser. Our students enjoyed the chance to wear casual clothes as a way to raise money for our garden.









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# Healthy Harold



#### Life Education Van with Healthy Harold

#### Here's what the students are saying:

We learnt that to be a good friend you need to be helpful and kind. Ryder and Jesse In an emergency, call 000 if someone passes out and they won't wake up. Annie, Amity Healthy Harold taught us that friends are important, and we need to be kind to be happy. Luke, Rida and Mason

Call 000 in an emergency. Include others to be kind. Bee

We learnt that to be a good friend include others, be kind and helpful. Take sunscreen, a hat, lunchbox, and water bottle when hiking. George and Carter

We learnt that when you get lost go to the police office and tell your mum's phone mobile number. We learnt to call 000 but if you can't get into your parent's phone, then you press the Emergency call button. I learnt about taking sunscreen, a hat, a torch, a tent, and a sleeping bag when going camping. Claire and Demi

I learnt about helping your friends and to call 000 in an emergency. Brock

At Healthy Harold I learnt to call 000 for an emergency. If someone is not moving, try moving their arm but if they don't wake up call 000!! Stevie

When you go camping these are the supplies you need: sunscreen, hat, fishing rod, drink bottle, mossy spray and lunch box. Call 000 in an emergency. Billy and Sonny

In an emergency when you call 000 you say your phone number and your address. Hamish Call 000 if someone passes out. I learnt to take a first aid kit when you go camping. Amelia And finally, from Healthy Harold: Children need to know their address and parents' phone numbers in case of an emergency.







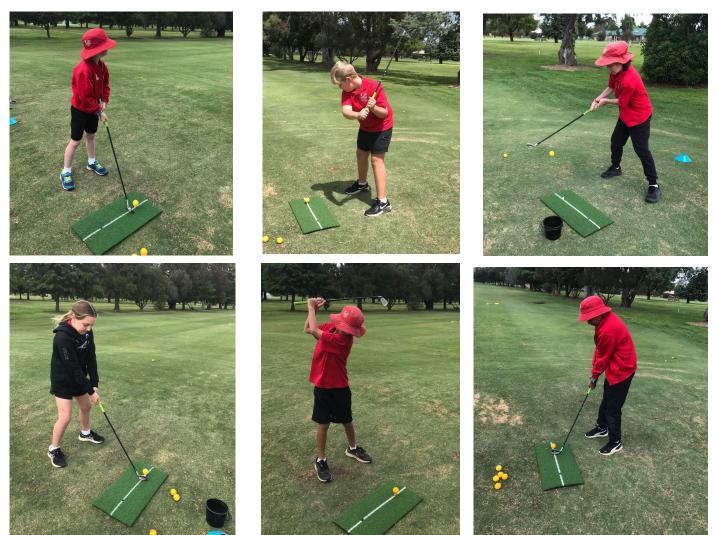
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Community sport commenced last Friday, our students had the opportunity to swing the clubs and pick up some valuable golfing tips from some wonderful volunteers down at the Howlong Golf Club.





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## Intereach Family Mental Health Support Service PROGRAM INFORMATION SHEET

#### What is the program about?

ROAR aims to improve the emotional health and wellbeing of children and young people. It provides early intervention support to people up to the age of 18, and their families, who may be showing early signs of, or are at risk of developing a mental health issue.

#### How can the program help?

We offer a range of support such as:

- short-term assistance for families, children & young people,
- · long-term, early intervention case management support, and
- · community outreach, mental health education & community development activities.

#### How does the program work?

We work with people in their home, the community, or any place they feel safe. It is a free and confidential service. A formal diagnosis of mental illness is not required.

We accept referrals from anyone, including self-referrals. We conduct a brief screening to ensure that ROAR is the appropriate service for them. We operate from 9am to 5pm, Monday to Friday.

#### Where does the program operate?

We work with people in the local government areas of Balranald, Wentworth, Berrigan, Hay, Conargo, Deniliquin, Wakool, Corowa, Murray, Jerilderie, Urana, Murrumbidgee, Narrandera, Wagga Wagga, Lockhart, Leeton, Temora, Griffith, Carrathool, Coolamon, Cootamundra, Gundagai and Junee.

If you live outside of this area, phone us and we can refer you.

#### Where do I start?

Phone us, and ask for the ROAR program, or email us.

### Contact Us:

Phone: 1300 488 226 Email: roar@intereach.com.au

www.intereach.com.au

This service is funded by the Australian Government Department of Social Services







Surface States

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# **Howlong Public School**

## Term 4 2022



Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun		
October	1	10	11	12 Boys 2 the Bush Cultural day	13	14 Home Reading Session 9am			
October	2	17	18 Home Reading Session 5pm	19	20	21 2/3 PM Assembly			
October	3	24	25	26 2023 Kinder Interviews	<b>27</b> 2023 Kinder Interviews	28			
October/ November	4	31	1 Healthy Harold	2 Seedlings Healthy Harold	3	4 KMH Assembly			
November	5	7 Healthy Harold	8	9 Seedlings Visit	10	11			
November	6	14	15	16 Seedlings Visit	17 Stage 3 Fun Fair	18 5/6H Assembly			
November	7	21	22	23 Seedlings Visit	24 School Leader Speeches	25 House Captain Speeches			
November/ December	8	28 Dental Van Visit	29 Dental Van Visit Bookfair AHS transition	30 Dental Van Visit Presentation Day	1 Swim School Begins	2			
December	9	5	6	7 Stage 3 Canberra Excursion	<u>8 Stage</u> 3 Canberra Excursion	9 Stage 3 Canberra Excursion			
December	10	12 Yr6 Fun day & Farewell Dinner	13	14	15 Year 6	16 Xmas Scripture Service Meal deal			
December	11	19 SDD	20 SDD	21	22	23			
December									

