

Long Flat School and Community



mini Flat Chat

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Week 10 Term 3 Friday, 23 September 2022

Dear Long Flat school community,

Wow! Week 10, Term 3 time certainly flies when your having fun.

I just wanted to say a quick thank you to finish the term.

Thank you parents and carers for your ongoing support through this term. Our whole school appreciate all your efforts. A special thank you to those parents that offered to help cover our readers. These resources will be in great condition for years to come.

Thank you teachers. You are such a devoted bunch who really care for these students, and it is amazing to see.

Thank you students. You do a great job of putting in effort everyday to be PROUD learners. I will also say... STOP GROWING... I feel tears coming on thinking about saying goodbye to year 6 next term... although I don't know if they are sad tears or happy tears.



Term 4 is looking jampacked with incredible fun. We have 3-6 camp, soccer gala day, K-2 day excursion, swimming, Remembrance day and end of year events like the Christmas tree night and the year 6 farewell. Next term will also see our students and staff taking a Smiling Mind approach every Wednesday. Information is attached to this mini newsletter. All notes and information regarding these events will be coming out starting day 1 of next term, so keep your eye out.

So parents and carers, we say good-luck and hope you have safe and enjoyable holiday.

Kind regards,

Ms Sherlock

Relieving Principal

Coming Events

10 October	School resumes
12 October	Year 6/7 transition afternoon
Week 3	Lake Keepit Camp
Week 3	K-2 excursion
Week 3	Swimming
Week 4	Soccer Gala Day

Where Does Smiling Mind Fit in Schools?



We are Smiling Mind.

Smiling Mind is Australia's leading not for profit in the preventative mental health space.

We take a technology led approach to supporting good mental health, with a particular focus on enabling young people to develop the skills they need to thrive in life.

That's why our goal is to reach 8 million young Australians with our tools and resources by 2027.

-  **6.6M** app users
-  **8.6M** young people reached globally
-  **298K** teachers – over a third of all Aussie educators!
-  **50K** staff using our workplace program
-  **Top 10** Apple health apps
-  **#1** mindfulness app in Australia



Benefits for Students

- Significantly better sleep quality
- Reduction in bullying
- Improvements in student safety
- Improved classroom behaviour
- Reduced psychological distress
- Enhanced positive wellbeing
- Enhanced ability to manage emotions
- Improvements in concentration



How You Can Support Your Child at Home

We encourage you to get involved in your child's mindfulness journey!



Mindful eating

Think about how your family eats meals – is everyone all over the place or do you sit down and enjoy meals together?

Try and use meal time to savour your food, speak to each other and be present without any unnecessary distractions.



Mindful awareness

Spend time inside your house, in the garden, or even on your commute to your early learning center and simply pay attention to what you can see, hear and smell.

It's amazing how often we go about our day without noticing what's happening around us.



Mindful communication

Try and practice mindful communication by being aware when you are distracted and not paying attention, and bring your attention back.

Try to remind yourself to stop multitasking and simply pay attention when you're speaking to one another. Really try to focus on what is being said and see if you can listen without thinking of other things – it's hard, but worth it!



The App

Kids



Sleep for kids, aged based meditations, practices for the school curriculum

Youth



Meditation and mindful activities for teenagers to support sleep, study and sport

Families



Bedtime, mealtimes, weekends

Classroom



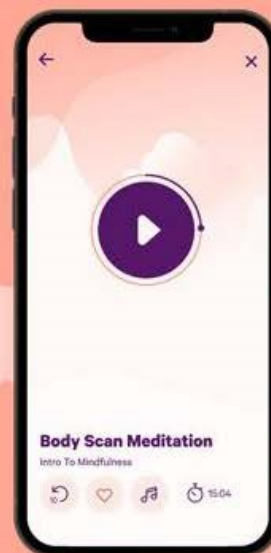
The Smiling Mind Primary Classroom Program

Adults



Mindfulness foundations, sleep, calm, daily commute

And lots more!



Thank you

With your help we can change the lives of young people across Australia and the world.



Wauchope Little Athletics Club

23 Aug · 🌐



We are very excited to host a Melinda Gainsford-Taylor sprint clinic.

The clinic is open to all athletes from all sports that could benefit from explosive sprint training.

Melinda's speed clinics include the following areas of speed development.

Analysis & correction of running technique

Technical running drills

Techniques in developing strength and stability

All participants will receive a MelGT water bottle and bag

Register via link: <https://bit.ly/3T4Va4n>



RUN JUMP THROW HOLIDAY CLINIC

Little Athletics NSW will be holding a skills development clinic at Blackbutt Park during the school holidays.

Open to all athletes (including Non Members) aged 8 to 15.

A great opportunity for new athletes to learn about the events and for returning athletes to have skills coaching from professional coaches.

Development Clinic U8 - U15 age group as of 2022/2023 season

Date: Saturday, 8 October 2022

Venue: Blackbutt Park, Wauchope

Address: Peppermint Crescent Peppermint Crescent, Wauchope, 2446,

Time: 9am - 3pm

Cost: \$45

Closing Date: 9am Monday, 3 October 2022

Age: U8 - U15 age group (non-members welcome to come n try!)

Events: Sprint, Long Jump & Shot Put. Athletes will rotate around these 3 events.

Parents: Free mini workshops for parents will be available during the clinic. The topics will be shot put, long jump, and sprints, plus an "ask anything" Q&A session

BASKETBALL GALA DAY SKILLS & GAMES



EVERYONE'S GAME IT'S FUN & FREE

Saturday 24th September

10:00am-11:30am 9-12 yrs

12:00pm-1:30pm 13-16 yrs

**Tamworth Sports Dome,
7-9 Jack Smyth Dr**



Note: The Gala Day is aimed at new or returning players and is not open to existing NEJL rep players.



**THE FUTURE IS BRIGHT!
MORE INFO TO COME**

Northern Inland Basketball League (NIBL)



**Basketball
NSW**

HOLIDAY DANCE FUN

Are you looking to keep your dancer moovin & groovin these school holidays??
We've got you covered with 3 fantastic days of dance!!

Alice In Acroland
Join us for some acro fun and games!
29th September 2022
9.30am - 10.15am
Ages 4 Years - 11 Years
Cost \$15

PMPA
PORT MACQUARIE
PERFORMING ARTS

HOLIDAY DANCE DAY
29TH SEPTEMBER 2022

REGISTRATION 10.15AM - 10.30AM
CLASSES FROM 10.30AM - 3.45PM

INTERMEDIATE 7YRS - 12YRS ONLY \$75
SENIOR 12YRS PLUS

INCLUDING GUEST TEACHERS
NEVE BETENSON & CHENAYE MEYER

PMPA
PORT MACQUARIE
PERFORMING ARTS

BOOK NOW VIA
[HTTPS://WWW.PMPPERFORMINGARTS.COM/SHOP/](https://www.pmpperformingarts.com/shop/)

Trolls Dance Party
Join us for some dance party fun!
October 4th 2022
9.30am - 11.00am
Ages 3yrs - 7yrs
Cost: \$25

PMPA
PORT MACQUARIE
PERFORMING ARTS



BOOK NOW VIA

[HTTPS://WWW.PMPPERFORMINGARTS.COM/SHOP/](https://www.pmpperformingarts.com/shop/)

or

SCAN THE QR CODE



SPRING INTO SOUND AND MUSIC SEPTEMBER SCHOOL HOLIDAYS

MAKE YOUR OWN WIND CHIMES

Thurs 29 September @ 10am
Laurieton Library
Create your own wind chimes to take home
Ages 7 years and up



SPARK DISCOVERY BOXES

Take some music home with you, by borrowing one of our Spark Discovery Boxes! Borrow or reserve the **Sound** or the **Sound and Music** kits at your library today!

Find out more at mnclibrary.org.au/spark-discovery-boxes



MAKE YOUR OWN TAMBOURINE

Wed 28 Sept and Wed 5 Oct @ 10am
Port Macquarie Library
Make your own music maker to take home with you
Ages 7 years and up



MAKE YOUR OWN MUSICAL INSTRUMENTS

Thurs 6 October @ 10am
Laurieton Library
Design your own musical instruments and make music in the library
Ages 5+ years



MAKE YOUR OWN TISSUE BOX UKULELE

Thurs 6 October @ 10am
Wauchope Library
Join us in making and decorating your very own ukulele
Ages 6 years and up



THE VEGETABLE PLOT - LIVE CONCERT

Tue 4 October @ 2:00pm
Port Macquarie Library
Join the mission of Love and Peas and fall in love with veggies through the power of award-winning music and storytelling!
Book in now to save your seat at one of these great concerts for **all ages**.



NOISY TIME STORYTIME AT THE LIBRARY

Thurs 29 September @ 10am
Wauchope Library
Come and share some stories and craft, all about noises and sound.
Ages 3-5 years



MINI BUILDERS

Tues 27 Sept @ 10am
Wauchope Library
Build and create in this fun Duplo building session.
Ages 3-5 years



THE RHYTHM REALM DRUMMING WORKSHOP

Fri 7 October @ 2pm
Port Macquarie
Join this global percussion class for kids, and experience rhythmic exercises, body percussion games, call-and-response singing and group drumming.
Ages 5-12 years

