



Flat Chat

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Week 3 Term 3 Friday, 5 August 2022

Dear Long Flat school community,

Firstly, hello! My name is Sam Small and I'll be keeping Mrs. Bromfield's seat warm for the remainder of the year. I have been working as the deputy principal at Beechwood Public School for the past few years and was a small school principal prior to that (Hannam Vale Public School and Ellerston Public School).

I love small schools—the tight knit community and ability to get to know each student and family well to build a strong partnership is such an asset and opportunity that not all schools have the luxury of.

Throughout the year, I am not planning on making any major changes while I hold down the fort and aim to mainly enable and support our school and community to achieve its goals and planned initiatives whilst ensuring our students stay safe, happy and learning!

Fun fact, my dad was the principal at Long Flat back in the 90's and Mrs. Small (my wife) worked here last year. I'm also great friends with Mr. Stuart, but try not to hold that against me!

I love dirt bikes, music (mostly drumming), computer games, working on old cars and drinking coffee. I have three young boys, two dogs, two cats, four chooks, a bunny and a miniature goat!



Over the next week or two, I'll be touching base with each family to introduce myself and say hi, going into classrooms to see the wonderful work our staff do and getting to know the ins and outs of our beautiful school.

Feel free to call through to the school to speak with me or make a time to meet if there is anything that you would me to know, answer any questions (if I can) or just say hi!

Sam Small
Principal (Relieving)

We have had some exciting events happen within the school over the last week including:

Small Schools Athletics Carnival

Last Thursday the sun was shining and the smiling faces from every single student reflected what a fantastic day the Small Schools Athletics Carnival was for all involved. The students should be proud of their team spirit and their 'have a go' attitude. I know all of the staff were so proud to see so many Long Flat students 'giving it their all' and participating in an event to earn points for our school regardless of how well they performed as an individual. I can announce that overall, Long Flat came second amongst the five small schools. It was a VERY close point score, but Huntingdon came out on top by a whisker. I want to personally thank all of the staff from Long Flat for their support and enthusiasm in taking over the organisation of the carnival at the very last minute. The feedback I have received is that it was a positive and successful day. A shout out to the parents who offered their help on the day thank you so much for your help. Lastly, thank you to the Huntingdon P&C for organising the canteen and making sure everyone was well fed on the day. Here are some snaps from the day.....



Tim Tam in you Jim Jams



It was so much fun seeing the students and staff looking very relaxed in their pj's on Tuesday. The Years 6 leadership team did a great job with this fundraising event and all funds collected from the day goes towards their Year 6 end of year present to the school. I think eating tims tams and wearing your jim jams at school should be a weekly event!



Dental Van

You would have noticed the dental van has arrived. I look forward to seeing the big, bright smiles from students after their visit to the van over the coming weeks.



Last Words

I just want to make a final thank you for the support, patience and understanding from the school community whilst I have been relieving principal temporarily since Term 2. I look forward to handing over the reins to Mr Small and being able to return to my role as Assistant Principal, Curriculum Instruction on Mondays at Long Flat as well as continuing to work with Mrs Ellis on the 2/3 class.

Elisha Conway

Assistant Principal, Curriculum and Instruction

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17 August 2022



Balance the box

Help kids to **go**, **grow** and **glow** by including food from each food group in the lunchbox.



| Go foods for energy | | Glow foods for vitality | | Grow foods for growing bodies | | | | | |
|------------------------|---|----------------------------|--|----------------------------------|--|-----------------------------------|--|--------------------------------|--|
| 1 Grain Foods | <ul style="list-style-type: none">• Wholegrain breads and rolls• Wraps and pita pockets• Focaccias and Turkish bread• Fruit bread• English muffin• Pasta, noodles and rice• Quinoa and cous cous• Wholegrain crispbreads and crackers• Bagels | 2 Vegetables | <ul style="list-style-type: none">• Cherry tomatoes• Celery, capsicum, cucumber or carrot sticks• Corn cob and baby corn spears• Green beans, snow peas and sugar snap peas• Mixed lettuce• Leftover cooked vegetables• Lentils, chickpeas and kidney beans <p>Try serving crunchy vegies with hummus, tzatziki or salsa</p> | 3 Fruit | <ul style="list-style-type: none">• Whole fresh fruit• Fresh fruit salad• Frozen fruit• Tub of diced fruit (in natural juice)• Fruit puree• Dried fruit such as apricots and sultanas | 4 Milk, yoghurt and cheese | <ul style="list-style-type: none">• Tub of yoghurt• Cheese stick, slices or cubes• Custard• Milk popper/tetra pack• Calcium fortified soy or other plant-based milks | 5 Meat and alternatives | <ul style="list-style-type: none">• Lean chicken, beef, lamb, pork or turkey• Hardboiled egg• Canned tuna or salmon• Hommus dip• Lentils, chickpeas and kidney beans• Baked beans• Falafels• Tofu cubes |