Long Flat School and Community LONG FLAT PUBLIC SCHOOL Achieving Our Personal Best Week 3 Term 1 Thursday, 9th February 2023

Dear Long Flat school community,

Welcome back to all our students and families.

We are pleased to say that we have had a settled return to school so far, with all students and staff still smiling!

We welcome a small number of new students to the Long Flat PS community and have also said goodbye to a couple who have relocated over the break. Our enrolments currently sit at 43 students. We have been fortunate to maintain three classes this year, as well as several additional support teachers and staff. Late last week our staffing for 2023 was finalised, with this year's staff being:

- Mr Sam Small Relieving Principal (until Mrs Bromfield's return)
- Mrs Melinda Finch Relieving School Administrative Manager
- Mrs Kylie Whitfield K/1/2 class teacher
- Miss Miranda Davison 3/4 class teacher
- Mis Skye Sherlock 5/6 class teacher
- Ms Sarah Martin School Learning Support Officer (M-F)
- Mrs Karmel McKinnon School Learning Support Office/ School Administration Officer/ School cleaner (M-F)
- Mrs Louella Bayly Release from face-to-face/ Digital Classroom Officer (M-F)
- Mrs Suzie Mea
 – Learning and Support (T-F)
- Mrs Sim Small Assistant Principal, Curriculum and Instruction (Tuesdays)
- Mr Michael Duck COVID Intensive Learning and Support (Thursdays)
- Mrs Caitlin Coombes Aboriginal Education Officer (Mondays)
- Mr Noel Tape General Assistant (Tuesdays)
- Mr Jeff O'Dwyer General Assistant (Casual)

We are so glad to be back, and our teachers are happy to meet and chat with parents/carers, through phone calls or by scheduling a meeting. Your child's teacher is the first point-of-call if you have any questions or would like any class related information.

Skool Loop

We continue to use the Skool Loop App for sending out school related notices and reminders. Make sure that you have opened it recently unless your phone turns off notifications!

Student leadership

Finally, I would like to give a shout-out to Zac, Kali, Sienna, Robbie, Liham, Alezae and Ellen, our Year 6 student leaders, who have already shown great leadership and initiative. Well done leaders!

Early Leavers / Late Arrivals

Please remember to sign students in and out at the front office- Not directly from their classroom.

Breakfast!

We all know that breakfast is the most important meal of the day, so why not have two! This week we started offering breakfast to all students, for free, as much as they want from 8:30 to 9:00 am out of the canteen. Doesn't matter if they've had breakfast at home or not, all students are welcome to join in.

School Breakfast has numerous benefits, including:

- reduced food insecurity
- helps children learn
- improves attendance, and reduces behaviour problems

Did You Know?

Children who eat breakfast at school closer to class time perform better and learn more than those who skip breakfast or only eat breakfast at home.

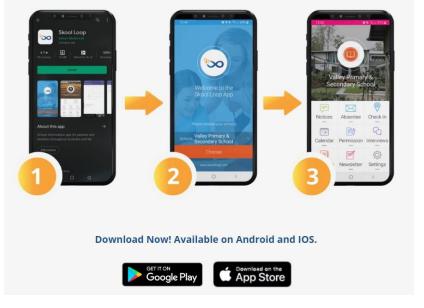
Thanks to Foodbank NSW we can offer this initiative free of charge. They have generously donated cereal, milk, up & go, tinned beaches, vegemite, and jam. We have bought a fancy conveyor toaster and will purchase bread and butter for toast. Each morning there will be something different – and YOU are welcome to come in a help out! No need to call ahead, just turn up and we will give you a job.

Sarah is our Breakfast coordinator – see her if you have any questions.

Mr Small

We have developed an updated Bushfire and Grassfire Plan in line with new government classifications – the biggest change to our school is that we have been upgraded from category 3 to category 2, which means that if a 'catastrophic' fire warning is issued for our area, school will be non-operational the following day. Community will be contacted primarily through our 'Skool Loop' application.

- (1) Download
- (2) Choose Long Flat Public School
- (3) Communicate





Dear Parents, February 2023

We are looking forward to another wonderful year of sharing stories and books from your Community Library van. We will be visiting each school three times per term, twice for borrowing and the last time at the end of the term to collect all books.

Students in Years 3-6 will use their own library cards as they have in the past and have the opportunity to borrow directly from the town library, via the van.

All borrowed books are due on the subsequent visit. You will be notified by notes/emails however, if the books do become overdue. Flyers will be sent home with students when they borrow, indicating our visiting dates for the term.

Students in Years K-2 will again have a class tub delivered each visit. It will be full of a varied selection of books for them to enjoy in their classrooms.

We hope the children enjoy our visits as much as we do,

Kind regards, Elizabeth and Julia



Upcoming Events

Week	Mon	Tue	Wed	Thu	Fri
4	13/2	14/2	15/2 Swimming Carnival	16/2	17/2 HCH Swimming P & C Meeting
5	20/2	21/2	22/2	23/2	24/2
6	27/2	28/2	1/3 Tennis Choir Rehearsal	2/3	3/3 K/1/2 Assembly 2:30pm
7	6/3	7/3 Library Van	8/3 Pulse Alive Tennis	9/3 Pulse Alive	10/3 Pulse Alive

What's in a Lunchbox?



"FREE Junior Tennis Coaching!

The Wauchope Timbertown Tennis Club will be offering Free Tennis Lessions this summer.

The junior coaching sessions are planned to commence on **Wed 8 Feb 2023 at 3.30pm onwards each week for 4 weeks (8/2, 15/2, 22/2 and 1/3).** This offer is only available to new members of the club. All Equipment can be provided (Tennis Racquets etc) and coaching is provided by qualified tennis coaches.

For your child to be eligible for free coaching they must be a financial member of our club. Your family may wish to take up family membership and get involved with Tennis after the coaching sessions finish. To become a member is easy, please find the link below:

https://play.tennis.com.au/wauchopetimbertowntennisclub/Membership/Join

Membership cost is \$40.00 (Single) \$80.00 (Family-2 Adults & 2 Children under 16) & \$15.00 (Junior under 16) per year

Once you have become a member, please **register** for the free tennis coaching by clicking on the link below:

https://www.portmacquarietennis.com/wauchopetennisclub

Sponsored by Port Macquarie Hastings Council."

Georiean Davison

Practice Manager

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Immerse your child in the world of yoga to:

- build resilience and confidence
- calm the mind and reduce anxiety
- enhance physical strength, flexibility and balance
- educate and empower

\$100 for 8 sessions Casual visit \$15

Family concession available

Limited Spaces: Bookings

essential

Monday afternoon

3.45 - 5:15pm

Age 5 - 12 years





Hastings Valley Kids Yoga hastingsvalleykidsyoga@gmail.com Specialisng in Yoga Therapy 21 Redbank Road Wauchope Contact Leanne 0437 712 930