



**Week 5 Term 1 Thursday, 23rd February 2023**

Dear Long Flat school community,

## Swimming Carnival

What a great day to go swimming. Last Wednesday, we held our annual swimming carnival with the Bago Small Schools. 8 to 13 year olds swam their hearts out in freestyle, breaststroke, backstroke and butterfly. Our younger students played a variety of water awareness and safety games, smiling, and laughing the whole time. It's always a treat to spend the day out with our friends from our other small schools and our students did us proud with their sportsmanship and behaviour. Well done Long Flat!

## “What did you learn today?”

### “I dunno...”

School is such an important part of your child's life. It can sometimes be hard to know what happens at school. We all know that when you ask, “How was school?” and they reply “OK,” you don't always get the whole rundown.

Talking with your child about the school day shows you're interested in what's going on in their life. This interest boosts their mental health, happiness and wellbeing. It can also have a very positive effect on your child's behaviour and achievement. It shows your child that you value school and education, which encourages them to value it, too.

Simple, positive and specific questions about parts of the day can get your child talking. For example:

- What was fun?
- What did you like best at school today?
- What does your classroom look like at the moment?
- Who did you play with at school today? Who did you talk to?
- What subjects did you do today?
- What projects are you working on at the moment?

## Upcoming events

Keep an eye on our upcoming events section within each newsletter – we try to make sure that everything planned across the next four weeks is included!

Ideas for Creating a Growth Mindset Environment at Home Part 4:

### Struggle

- Help your child become curious about errors or lack of success. Remind your child that failure is important on the way to success. Model (practice and demonstrate in your own behaviour) this!

Show your child the [Michael Jordan Failure commercial - https://goo.gl/nnsjsA](https://goo.gl/nnsjsA) and talk to your child about what the last line of the video means.

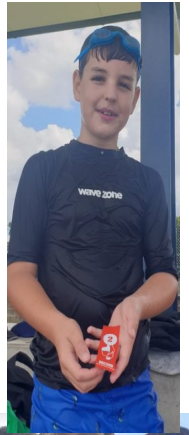
- Provide some puzzles and games that may create a little struggle for your child. Work together and discuss why struggle shows that you are learning and that you can build resiliency.

Model and encourage resiliency - the ability to bounce back from errors and failures.









**Small Schools  
Swimming Carnival  
2023**





## Acknowledgement of loss to the Bramble Family.

**Long Flat Public School would like to pass on our condolences to the Bramble Family for their loss.**

### 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.

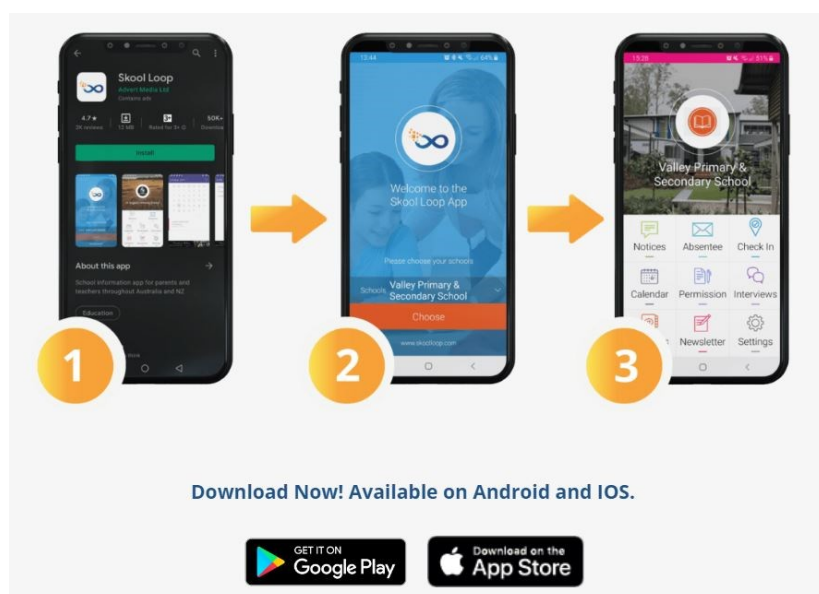
Thanks to Foodbank NSW we can offer this initiative free of charge. They have generously donated cereal, milk, up & go, tinned beaches, vegemite, and jam. We have bought a fancy conveyor toaster and will purchase bread and butter for toast. Each morning there will be something different – and YOU are 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
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 3/4 Assembly 2:30pm
7	6/3.	7/3 Library Van	8/3 Pulse Alive Tennis	9/3 Pulse Alive	10/3 Pulse Alive
8	13/3	14/3	15/3 Tennis	16/3	17/3

# IT'S ALL ABOUT FUN FRIENDS & ADVENTURE

 **CONTACT: District Manager**  
Name: Kelly Steele  
kelly.steele@girlguides-nswactnt.org.au

## GIRL GUIDES MEET NEAR YOU

### Junior Guides

(For girls 5-9 years)

**Wednesdays 4.30-6pm**

### Guides

(For girls 10-13 years)

**Wednesdays 6-8pm**

### Senior Guides

(For girls 14-17 years)

**Monday Fortnightly 6-8pm**

**Rotary Youth Hall, Oxley Lane,  
Wauchope (Opposite Bain Park)**



### **“FREE Junior Tennis Coaching!**

The Wauchope Timbertown Tennis Club will be offering Free Tennis Lessons 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.”

**Georjean Davison**

**Practice Manager**

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[www.wauchopephysio.com.au](http://www.wauchopephysio.com.au)



**getback**



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PORT MACQUARIE  
HASTINGS  
**HOCKEY**

# HOCKEY

**HAVE FUN KEEPING FIT**  
**MAKE NEW FRIENDS**  
**ALL IN ONE LOCATION**  
**BE PART OF A TEAM**  
**LEARN NEW SKILLS**  
**ALL WEATHER SURFACE**



**VENOM**



**MARLINS**



**WARRIORS**



**THUNDER**

***Mondays in February***

4.30 - 5.15 Primary Students  
5.30 - 6.25 High School Students  
Social Games

***Wednesdays in March***

All ages , 5-6pm

Sticks provided  
Hockey Place, Port Macquarie  
[www.revolutionise.com.au/pmhha/](http://www.revolutionise.com.au/pmhha/)





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