

Long Flat School and Community



Flat Chat

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Week 8 Term 1 Thursday, 16th March 2023

Dear Long Flat school community,

Pulse Alive Sydney Trip

As you no doubt saw, from the multitude of Skool Loop messages, a handful of our Years 4, 5 and 6 students joined with Huntingdon and Comboyne Public Schools last week to travel to Sydney for a fun filled adventure culminating in a performance at Sydney Olympic Park. We are hard at work writing up a special bulletin with photos and stories from the trip, so stay tuned for that!

Work, work work..

If you haven't noticed, we have a lot of work happening on site now. Our yarning circle and sensory garden are nearly complete and then our entryway is going to get a revamp. This is all very exciting, and our students are showing great respect around the workers, staying behind the barriers and complimenting their hard work.

Starr's Planetarium

Next Friday, Comboyne and Huntingdon are joining us for the Starr's Planetarium. We are looking forward to studying the night skies (from the comfort of the bike shed) and playing sports and having lunch with our friends from our neighbouring small schools.

Ideas for Creating a Growth Mindset Environment at Home Part 5:

Flexibility and Optimism

Model flexibility. Communicate that change is an important part of living life. Model this by taking a flexible mentality when things don't go as planned. Don't let frustrating situations get the best of you - make your children aware of your ability to adapt due to a change in plans. Praise your children for their flexibility and adaptability when plans change, or success is not met.

Model optimism. Adopt a "glass half full" mentality in your home. A person with "hope" believes there can be a positive side to most situations.

Play a game with your kids: For every time something happens that is perceived as "bad", try to find the good in every situation. This game can get a little silly, but, it gets a message of positivity across. For example, when a glass is accidentally broken, a possible response might be, "Now we have more room on our shelf!"

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!

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun



Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

1 day per fortnight = **4** weeks = Over **1** year missed

1 day per week = **8** weeks = Over **2.5** years missed

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. It 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, finned peaches, 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.

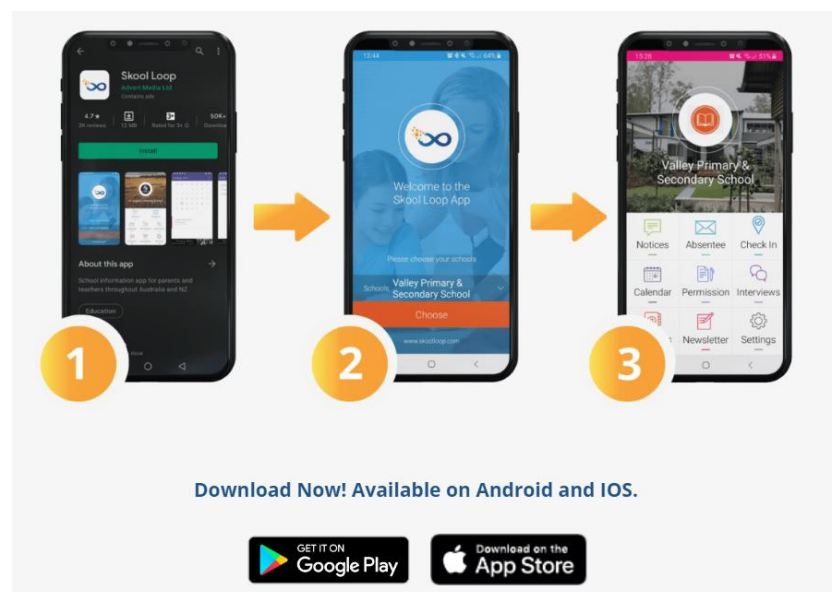
Mr Small

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



Easter Hat Parade – Wednesday 5th April

Students will be making Easter Hats during the next few weeks.

On Wednesday 5th April we invite parents, carers, friends and family to the school to join us for our Easter Hat Parade. The pre-school will also be coming along on the day.

The afternoon activities will begin at 1.00pm with a FREE BBQ lunch for all the students, parents and relatives.

The parade will begin at approximately 2.00pm, followed by an Easter Egg hunt.

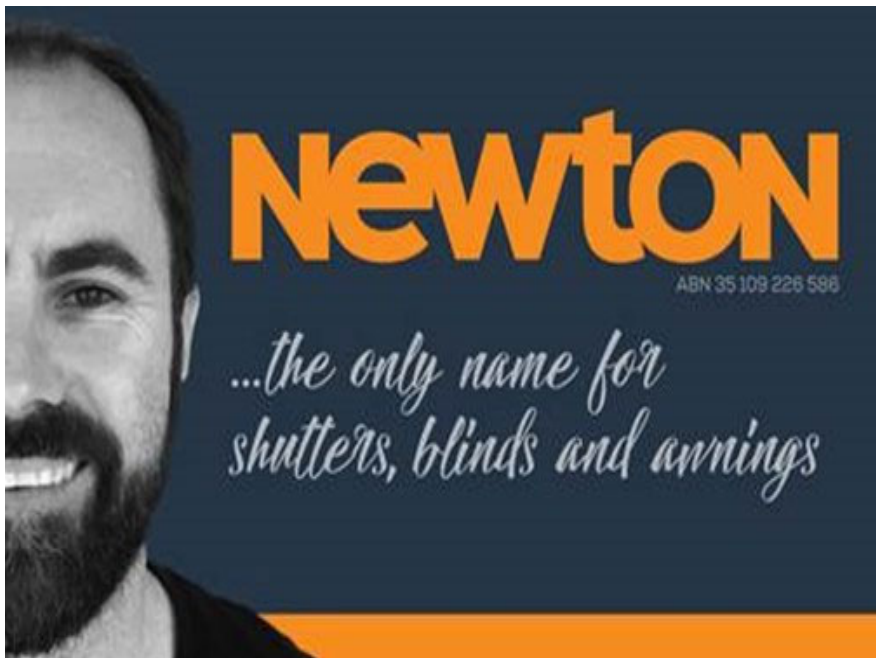


Upcoming Events

Week	Mon	Tue	Wed	Thu	Fri
8	13/3	14/3	15/3 Tennis	16/3	17/3 K-2 Assembly @ 2:30pm
9	20/3 Naplan	21/3 Naplan Harmony Day	22/3 Tennis Naplan	23/3 Naplan	24/3 Starr's Planetarium Naplan
10	27/3 Naplan	28/3	29/3 Tennis	30/3	31/3
11	3/4	4/4 Library Van Pickup	5/4 Tennis	6/4	7/4 Good Friday

Thank you to the following
Sponsors for donating money
for the Pulse Alive 2023 trip to
Sydney. This wouldn't have
happened without your

generous
donations.



COME & TRY

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/





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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)

