



# MICHELAGO PUBLIC SCHOOL

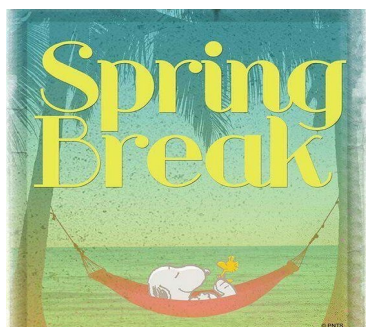
## **Term 3 September 20 2019**

Only one week to go! What a busy term! A huge thank you to all the staff for their commitment to our students' learning and for a fantastic unit of learning based around 'Reduce, Reuse, Recycle- Sustainability and the Environment'

This unit of learning will extend into Term 4 as staff and teachers will begin to prepare the garden beds. By this time, our chicken coop should be up and running. The students can't wait.

The whole school will be attending an environmental excursion within the local area on Friday 18 October – the first week back. Students will visit the Baroona Wetlands and will be engaged in tree planting and bird watching activities. The students will be collected and returned by bus at no cost.

On Tuesday 22 October the Senior Class students will be travelling to the Deep Space Communication Complex. The bus cost is \$15 which has been kindly subsidized by our SRC.



## **Kindergarten Orientation** **Term 4**

Thursday 7 November  
Thursday 14 November  
Thursday 21 November  
Thursday 28 November

### **Term Dates:**

**Term 3 ends:**

**Friday September 27**

**Term 4 starts:**

**Monday October 14**

### **A reminder to all our school community**

The P&C are hosting the Cake Stall at the Michelago Spring Fair. The Fair will be held on Sunday 10 November.

We are known for our fabulous baking and we are looking forward to your generous donations



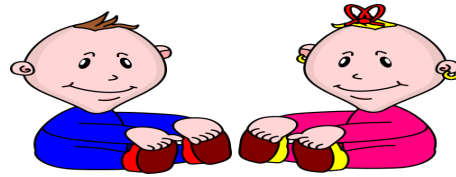
***There are NO After School Programs next week or in the first week back of term.***

***Safe holidays to all!***

## **MICHELAGO POP UP PLAYGROUP**

The next 2 sessions are being held on:

- Thursday 26 September
- Wednesday 30 October
- Wednesday 13 November
- Wednesday 27 November
- Wednesday 11 December



## **Small Schools' Sport Fun Day:**

### **Thursday 26 September**

Jerangle Public School will be joining us for our sports' day which should be great fun. We are providing a BBQ for lunch. \$5 Lunch deal pack will be available. Students must have their sun hats and sunscreen for the day.



## **DIAMOND BLUE STABLES**

### **Equine Assisted Learning and Leadership (Psychology service)**

Information has been attached in regards to the services offered by Zoe at Diamond Blue Stables, a local provider.

Our Year 6 students will be taking part in a Transition Program for 4 Weeks using this service. We are looking forward to feedback from our students.

## **HAIR WORKSHOP**

The next session will be held on :

Tuesday 29 October 3:00 - 4:00pm

Email: [H-hairdesign@yahoo.com](mailto:H-hairdesign@yahoo.com)

Ph: 0439 552 531



## **P&C News**

**The next P & C meeting will be held on**

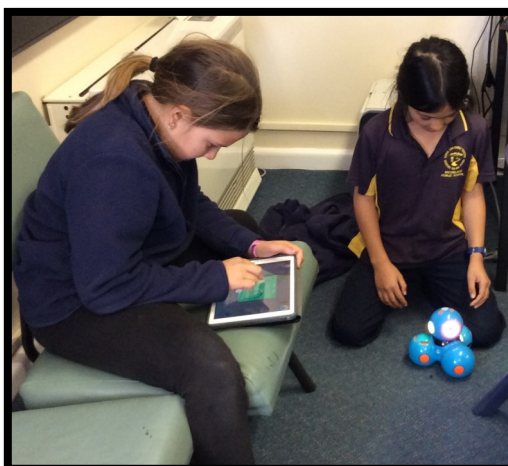
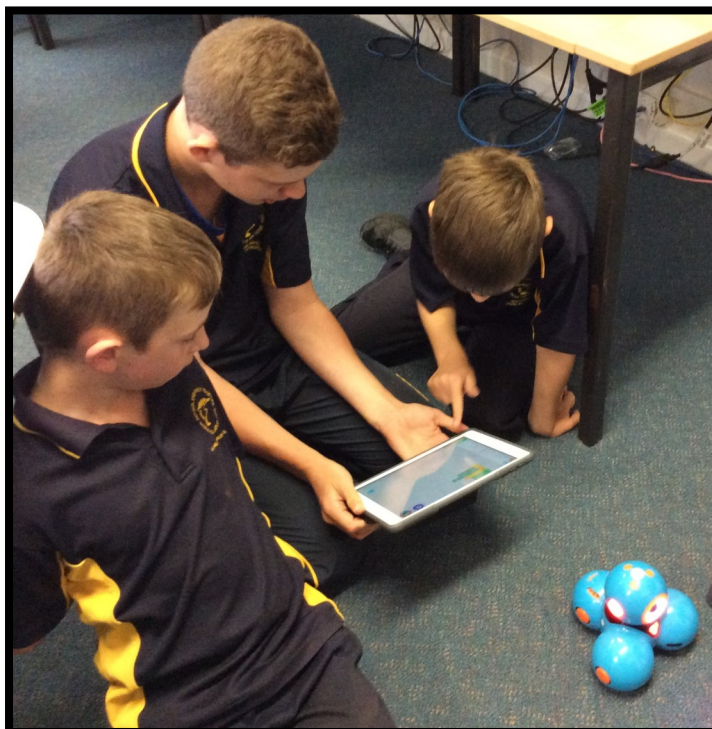
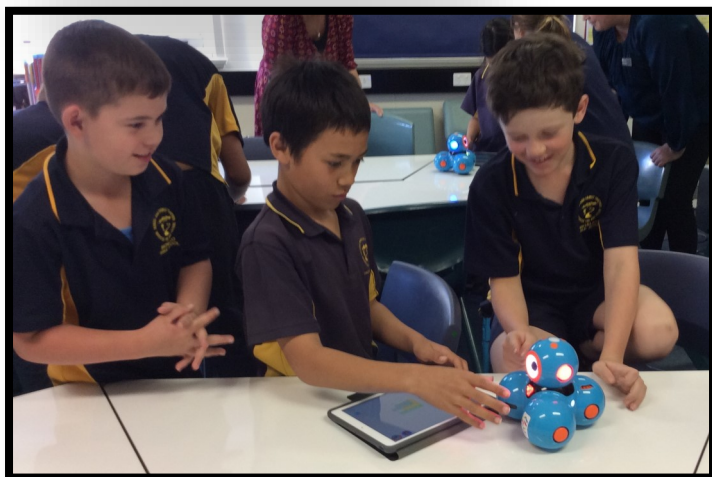
**Wednesday 23 October @ 5:30pm**



**Assemblies are fun**



**Robotics are a favourite lesson for our senior class**






**LEAP INTO SPRING**  
**School holiday program**  
**Monday to Friday 9-3pm**  
**every day excluding labour day**

Register via Jackrabbit class parent portal  
 or email [coomagymclub@gmail.com](mailto:coomagymclub@gmail.com)

## COOMA CHAMPS TENNIS



### School Holiday Tennis Camp



Come along and have loads of fun, win some great prizes,  
 while learning lots about tennis

**BBQ LUNCH**

2<sup>ND</sup> ACTIVE KIDS VOUCHER AVAILABLE

BREDBO TENNIS COURTS

COST:\$50

**Fri 11 Oct, 2019. 9AM - 3PM**

Tennis lessons available in Bredbo each Term.

**Please contact Tom Perea : 0404838049**

Qualified Tennis Australia Coach, ATPCA Accredited, Active Kids and Sporting Schools certified.



Department of  
Primary Industries



## Kids' fishing workshop



Kids 9-14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and size limits, and fish handling for best release techniques.

**COST is \$40 PER CHILD**, and includes \* rod and reel combination \* shirt \* hat \* tackle box \* show bag—all to take home!

**BOOKINGS ARE ESSENTIAL.** Maximum 25 participants.

### Locations and Dates


Gaden Trout Hatchery	Fri & Sat 4 <sup>th</sup> & 5 <sup>th</sup> October 2019
Batemans Bay	Fri & Sat 10 <sup>th</sup> & 11 <sup>th</sup> January 2020
Lake Illawarra	Tuesday 14 <sup>th</sup> January 2020
Greenwell Point	Wednesday 23 <sup>rd</sup> January 2020
Merimbula	Tuesday 21 <sup>st</sup> April 2020
Turros Head	Wednesday 22 <sup>nd</sup> April 2020
	Wednesday 13 <sup>th</sup> January 2020
	Thursday 16 <sup>th</sup> April 2020
	Wednesday 16 <sup>th</sup> April 2020

To book: e-mail [stephen.thurstan@dpi.nsw.gov.au](mailto:stephen.thurstan@dpi.nsw.gov.au) or ring Stephen Thurstan, 0438 245 190

Web details: <http://www.dpi.nsw.gov.au/fsheries/recreationalinfo/workshop>

NSW DPI fishing workshops are run with the assistance of the Fishcare Volunteers and are supported by funds from the Recreational Fishing Trusts





## Strengthening Children Against Anxiety

From anxious to empowered.

*A presentation by Karen Young*

What could our children do if they knew in their hearts they were brave enough? All children are capable of their very own versions of greatness. For too many though, anxiety will shut down their capacity to discover their potential – but it doesn't have to be this way. This transformational session will provide the essential information and strategies to support children to build courage and resilience, uncover their strengths, and take anxiety back to small enough. We will discuss ways to nurture the skills and qualities that will strengthen all children for life. Participants will learn:

- a new, empowering way for children and adults to think about anxiety;
- why anxiety feels the way it does and how to use this to manage anxiety;
- how to build courage, resilience, and confidence in children with anxiety;
- proven, practical ways to calm and strengthen an anxious brain;
- the power of parents to move children towards brave – and how to do this when anxiety is in the way;
- how to respond to anxiety in the moment to make way for calm and courage;
- the different ways anxiety can manifest (including anger, tantrums, meltdowns, poor grades, inattention, hyperactivity, disruptive behaviour), and what to do.

*Because our children are mighty. Now to make sure they know it too.*

**About Karen Young**  
In her work as a psychologist, Karen has worked extensively with families, children and teens. She is the founder of 'Hey Sigmund', an online resource that provides contemporary, research-driven information on anxiety. The website attracts millions of visitors each year. She is the author of the bestselling 'Hey Mum!' and 'Hey Awesome', which creatively empower children to understand and manage anxiety. Both books have been translated into a number of languages. She is a sought-after speaker and consultant, both at home in Australia and overseas.



**wellways** **STAMPEDE SIGMA**  
A WELLWAYS PROGRAM

## Pop-up movie in the park

Friday 11 October

Connecting with family, friends and community is GREAT for your mental health. Join the Snowy Monaro community in raising awareness around mental health this October.

**Movie screening:**  
**Inside Out (PG)**  
This family movie is a great way to celebrate Mental Health Month. Snuggle up and enjoy a movie and popcorn with your family, friends and community.

**At the event:**

- Coffee vans
- Water station
- Savage store
- Screens (for movie)
- Face painting
- Gender bags
- Loads of information on your local mental health services

**Where:** Centennial Park, Cooma  
**When:** Friday 11 October  
All activities begin at 5:30pm  
2:00pm start for the movie

**What to bring:** Sleeping bags, bean bags, cushions, etc... anything you need to keep you relaxed and comfy.

You may also like to pack a picnic and some nibbles to share with your family and friends.

*All welcome, no need to book.*

wellways.org | 1300 111 400

2XL, SNOWY MONARO REGIONAL SERVICE, SNOW MONARO, ANYTIME FITNESS



 **monaro family support service**

# THE 'WORRYING' SEMINAR

A 4 step approach to managing ANXIETY in your child

**Tuesday 24th Sept 12-3pm**

At Monaro Family Support Service, Cooma (above newsagency)

To register : 64523450

Parents will come away with:

1. The facts about anxiety
2. Strategies for parents to strengthen their child against anxiety
3. Understanding of how to build a coping kit for their child
4. An action plan for the future