

Wilsons Creek Public School

Small School Big Heart

Term 1

Thursday 30th March 2023

Week 10



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PRINCIPALS REPORT

Welcome to the final newsletter of the term.

NSW PSSA Swimming Championships

Next week Ayla, Goldie, Ruby and Eddie are off to Sydney to represent Wilsons Creek Public School at the NSW PSSA State Swimming Championships. What an amazing feat! They will be competing in the Earl McGee Small Schools Relay event. The heats and final will take place on Thursday 6 April and we can livestream the event! I have provided the link below for you if you would like to watch at home, or you are welcome to come and join us to watch it at school. We can't wait!!

<https://app.education.nsw.gov.au/sport/NSWPSSA>

Compass app

During the last couple of weeks you should have received an email with a link to an app called "Compass". This is a program that we will be using as our main administrative tool – attendance, notifications etc. As part of our package we have access to a feature that allows us to send out notifications to our families. Essentially, we would like to move away from paper-based notes and utilise this program.

If you have not yet downloaded the app could you please do so. This will make it much easier for everyone to receive notifications of upcoming events, excursions, or other important messages. It will also allow parents/carers to notify us when your child is absent for the day.

If you have any difficulty with this, or have any questions, please do not hesitate to contact Lynne or I at school and we will do our best to help you.

Valley of Small Schools (VoSS) Cross Country

Today we will be off to The Pocket Public School for the VoSS Cross Country event. The students have been training most mornings, so they are ready to take it on. We wish them all the very best and can't wait to see some photos and hear all about it. Ms Davies, Miss Burns and I will be attending the carnival.

Term 2

Next Thursday, April 6 is the last day of this term. It will be a very busy day, with our last gymnastic session with Ziggy, and watching our fellow students swim in Sydney (via livestream). We would also like to fit in some fun water play during the day. In light of this, could you please ensure your child packs a change of clothes and a towel, as they are going to get wet (rain, hail or shine). If you would like to come and join us, you are more than welcome. I would like to have an agenda, but I'm afraid that the day will need to work around our fantastic swimmers! The swim program does not stipulate times for heats and finals, just the number of the event.

The students return to school for **Term 2** on **Wednesday 26 April**. The staff are back on the Monday, but will be offsite for some professional development around Aboriginal Education. One of the activities will be a walk with Delta Kay around Mullumbimby where Delta will share insights and Aboriginal perspectives in our local area.

P & C Meeting

Last Monday we held our P&C Meeting at school. It was great to see some regular faces at this meeting and Dan and Sarah provided some delicious snacks. Based on the survey that went out

PRINCIPALS REPORT

for best days to hold these meetings, Monday and Wednesday were the preferred days. We are looking at alternating the meetings between Monday and Wednesday so that all parents can attend at least one a term. These meetings are a great opportunity to hear about what is happening in and around the school and to discuss fundraising.

On the note of fundraising, we would like to thank Ben (Forest's dad) for donating money raised from the Mystic Valley event being held at the hall this weekend to the P&C.

Please remember, no matter, or question is too trivial to discuss. All we ask is that you please call 02 66840132 to make a mutually convenient time with myself, Mr Russell, Mrs Davies or Miss Burns. Another method of contact is via email to wilsonscrk-p.school@det.nsw.edu.au and it will be forwarded to the appropriate staff member.

Kylie

Swimming champs Sydney bound for finals

Congratulations to Wilsons Creek Public School students Ruby, Eddie, Goldie and Ayla, who have made it to the state swimming finals, to be held in Sydney at the end of the term.

Principal, Kylie Martin, told *The Echo* the students won the small schools 50-metre freestyle relay event, recently held at the Zone Carnival in Alstonville.

She says, 'Obviously, our four competitors are excited, and we are all brimming with pride.'

To assist with travel costs, a parent has set up a GoFundMe for anyone keen to support the swimming superstars: www.gofundme.com/f/our-kids-make-it-to-the-state-swimming-carnival.



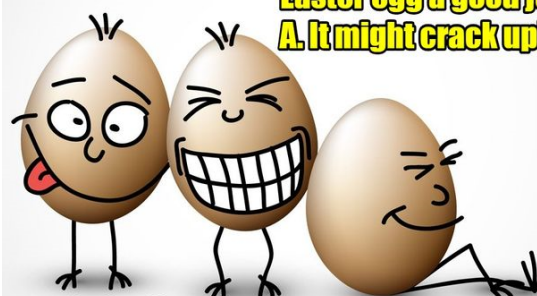
Ruby, Eddie, Goldie and Ayla are headed to the state swimming finals. Photo Jeff Dawson

Easter Egg Hunts: proof your child can find things when they really want to



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user card

Q. Why shouldn't you tell an Easter egg a good joke?
A. It might crack up!



Mindfulness

HAPPY SLEEP HABITS

Make sleep your superpower! Scientists say children need at least nine hours of sleep every night to feel happy and stay healthy.

Getting a good night's sleep is important for happiness. If we have too little sleep, it can make us grumpy, easily upset and less able to concentrate and learn. It can also mean we want to eat sugary foods that aren't good for us and make us less likely to want to exercise.

Can you find a bedtime routine to make sure you get a good night's sleep every night?

TOP TIPS FOR SLEEP

- ★ Try and stick to a regular bedtime, to help you get to sleep faster and sleep better.
- ★ Have a milky drink an hour before bedtime.
- ★ Make your bedtime space cosy, quiet and dark – light and noise can keep your brain wide awake, making it harder to fall asleep.
- ★ Switch off your tech! Devices like phones, tablets and laptops give out a blue light that makes your brain think it's daytime, keeping you awake. Apps, games and messaging keep your mind whirring rather than letting it rest. So switch these all off an hour before you want to sleep and read a book instead.

