



## Testing Out The New Basketball Court

**School Holidays**  
**20th September - 4th October**

**Term 4 Dates**  
**5th October - 16th December**

**Mobile Library**  
**Wednesday 6th October**

**Our school playground is  
open throughout the  
holidays.**

## Principal's Report

Congratulations to our School Captain, Mary Serukalou, who was recently presented with a Director's Award for Educational Leadership. Mary represents our school with pride and provides a positive role model for our students. Well done, Mary.



Whilst there has been some easing of restrictions, the school will continue to not have mass gatherings such as assemblies, school performances and special events. Excursions will still not run at this stage. Sport is allowed but there is to be no contact sport. Sport groups are able to take short walks to other venues in the town to access sporting facilities and we will recommence tennis in Term 4. At this stage we are unable to participate in the Super Friday program. Mask wearing by school staff is mandatory, inside and outside, and all non-essential visitors are not to be on site. We hope there will be further easing of restrictions next term.

Our new school basketball half court has been completed, with painted lines for both basketball and netball. Students are currently developing their basketball skills, aiming to make those 3 point shots. As our school playground is open during the holidays, community members are more than welcome to try their skills.

Finally, Mrs Carol Oatway, Principal of Hay Public School is retiring at the end of this term. Both staff and students would like to thank Mrs Oatway for her mentorship, advice and her inclusiveness over the years. Mrs Oatway is always willing to share her school, teachers, resources and activities with us all and we wish her a very happy retirement.

Have a great holiday,  
Mary-Ann Headon  
Principal

## Our Week 10 Activities.....

Knowing how to act in an emergency is very important and to build this skill students regularly rehearse the steps necessary to help save a life. Here students practise bandaging snake bites, just in case.



Let's hope we never have to use this skill.



Tuesday was Footy Colours Day. Miss Lynne and Jack look ready to hit the sporting arena.

*We were all very relaxed on Thursday.*



*Something I learned during Home Learning that is not school related.....*

One thing I did during home school was make many cakes and help Mum bake dinner. Sally loved to lick the cake mixture and if we weren't careful, Sally would put extra flour in the bowl and the mixture would go dry.

By Anna

When I was reading one of my magazines I found a true story about bread and damper with a recipe for damper. I found out that the first Australian European settlers adapted the Irish soda bread recipe and renamed it damper. The Aboriginals didn't eat damper. I followed the recipe and shared the damper with my family. We put butter and golden syrup on it. It was yummy!

By Eliza



*Something I really disliked during home learning.....*

What I really hated about home schooling was handwriting. I had to do two and a half pages and I was shaking so much I scribbled on my page and spilled my hot chocolate.

By Reef

While I was doing my school work my sister pulled on my arm and the movement put scribbles on my work. I had to rub out the scribble. My sister Sally loved to make noise and she really wanted to play. I was really unhappy when I had done all of my work for the day. I really missed my friends.

By Anna



Something I really enjoyed during home learning.....

My favourite thing was doing English because sometimes the teachers gave us some fun and challenging things. I also liked doing spelling because we get to do a spelling test.

By Lylah

When it was lock down we had to home school and I loved it because I could play with Eliza. We played barbies and we did experiments. We made lemon volcanoes and salt crystals and sugar crystals too. We wore aprons and goggles in case the lemon exploded. It didn't! It exploded a bit but not that much. I had fun experimenting and Eliza did too.

By Emily



When it was lock down I loved it because I can play by myself. I did some experiments with milk, food colouring and ear buds. I dipped the earbuds in the food colouring and put it in

the milk. The milk went a bit orangey-yellow and blue. I had fun.

By Flynn

Home-schooling is the best because I can play football with my Mum and Dad. Dad and I kept winning. Mum still had fun.

By Courtney



Back at school again!

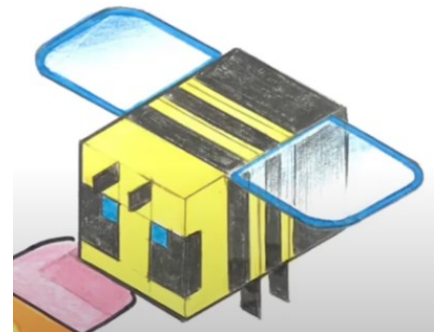
Something home learning that I wish we could do more of now we are back at school.....

I liked the challenges that we did each week. I made paper planes by following youtube clips. There was this really hard one called the Megladon. The title said it could fly 201 feet!! That's long and high! There was tons of paper folding and flipping about but I managed it. When I flew it, it flew about 199-ish feet. Well, it was a windy day. It was fun!

By Reef

During home schooling we did weekly challenges and my favourite one was when we had to draw

a dog house and a bee with a Splat (a tool for drawing 3D shapes). I drew mine from



youtube. Another challenge was to draw sunflowers. Ms Furner's sunflower was the best by far.

By Jack

I really wish we could do more of the Crazy places to read challenge. Some of us came up with the craziest places! Like Jack, he was squished into the TV cabinet. And Eliza was reading on the roof! My favourite



place to read was in the buggy on top of the trailer. It wasn't moving, of course!

By Mary

 <p>Phone number: 1300 130 052</p> <p>Available: Weekdays: 9am - 9pm Weekends: 4pm - 9pm</p>	 <p>Phone number: 1800 551 800</p> <p>Available: Any day, any time!</p>
 <p>Phone number: 1800 737 732</p> <p>Available: Any day, any time!</p>	 <p>Phone number: 1300 224 636</p> <p>Available: Any day, any time!</p>
 <p>Phone number: 13 11 14</p> <p>Available: Any day, any time!</p>	 <p>Phone number: 1800 152 152</p> <p>Available: Any day, any time!</p>
 <p>Family and Community Services Helpline</p> <p>Phone number: 132 111</p> <p>Available: 1800 152 152</p>	 <p>National Coronavirus Helpline</p> <p>Phone number: 1800 020 080</p> <p>Available: Any day, any time!</p>

## 2022 Prospective Kindergarten Students

Parents who have children eligible to start school in 2022 are invited to contact Carrathool Public School to witness the range of academic and social opportunities offered by our school. **A Ready, Set, Kinder Program will be implemented in Term 4** to introduce prospective Kindergarten students to life at school. The Ready, Set, Kinder program provides learning and familiarisation activities in a new learning environment and will assist in helping new students feel happy, safe and secure. Please contact the school for further information.




# Hay Children's Services Enrolments open NOW!

- > Preschool
- > Mobile
- > Early Learning

**ADMIN@HAYCS.COM.AU**  
**WWW.HAYCS.COM.AU**  
**02 69 931 757 MENU #1**

[CONTACT US](#)

## FAMILYWELLNESSPROJECT

# RELAXATION TIPS

Lockdown getting you down? Take some time out of your day and treat yourself to a little relaxation as a form of self-care. Looking after yourself and taking time to do things you enjoy is essential for good emotional wellbeing.

### TAKE A BATH

A hot bath at the end of the day can help you relax and unwind, and gives you a chance to review your day.

### HOBBIES

Take up a new hobby or delve back into something you already enjoy. Reading, knitting, crafting or listening to music are all great ideas.

### PRACTICE MINDFULNESS


Download the 'Headspace' or 'Calm' app and take some time out of your day daily to practise mindfulness. Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander.

### TRY YOGA

Yoga can help you relax which can in turn assist in maintaining a good sleeping pattern. Regular exercise is wonderful for your emotional wellbeing & helps you stay supple & healthy.

breathe

Find out more about the Family Wellness Project at: [parentingni.org/family-wellness-project](http://parentingni.org/family-wellness-project)



## EVERY DAY COUNTS...

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

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

**Every day counts!**

*Give your child every chance to succeed...*

