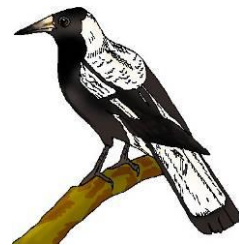


# MAGPIE MAIL



Tuesday 25 August 2021 - Week 7

## Up coming events....

**Breakfast Club & Canteen-closed**

### *Mrs Schuchmann's Spiel...*

Hi Everyone

I realise that many people are finding things difficult at the moment, but can I say that as a community we should be so very proud of all the effort being made; for our parents and carers who have responded to home learning in such a positive manner; for our students who are engaging in their learning and trying their best; and for the effort that our staff are making to communicate and keep teaching; all this is truly inspiring.



The phone calls that staff have been making to students and their families are an important part of our teaching at the moment...we want our students to stay engaged with the teachers that they see each day, as well as understand that their teacher is there to teach them regardless of whether they are at school or at home. Thank you so much for encouraging your child to talk with their teachers over the phone as it does make a difference.

Unfortunately, due to the current restrictions we have had to postpone several school activities- Book Week which we celebrate traditionally in Week 7, and our celebration of NAIDOC week set for Week 8. As soon as we are able, we will reschedule these activities and advise you of new dates.

We do have congratulations to go out from before the lockdown: A massive congratulations for the winners of the toy hampers...there were many beaming faces leaving school that Friday, and the school was beaming too as the raffle raised almost \$1,000. Well done to the winners and the families who sold tickets!

As soon as we hear more about the current lockdown restrictions and what they mean for schools, we will post information on our Facebook page. If you have

access to the page, I urge you to continue monitoring it as we are trying to post daily optional activities as well as general information.

As usual, if you have any questions, please don't hesitate to call as we have a rotation of staff at school during the normal operating hours.

Please continue to look after yourselves and your families

Mrs Schuchmann  
**Rlg Principal**



**FIT FOR LIFE:** Students from Mogo Public School take part in the program before school.

Before lockdown and home learning, students at Mogo Public School were taking part in a Fit For Life program to kickstart their morning, every Thursday.

The PCYC has been running the program at the school since Term 2 2021 after securing the funding from St Vincent De Paul.

PCYC youth worker Caine Brierley teaches the children a number of sports and exercises before the school day starts.

Fit For Life is an early intervention program designed to engage youth aged 10- to 17-years old who are at risk of poor choices and anti-social behaviour.

Through physical fitness, nutrition and social engagement, Fit For Life aims to improve overall wellbeing as well as prevent and divert youth from offending behaviours.



## Mogo Public School

part of the community since 1871

*Confident - Achieve - Respect - Enjoy*

**Phone:** (02) 4474 4815 **Fax:** (02) 4474 4806 **email:** mogo-p.school@det.nsw.edu.au

## FRUIT BREAK

Just a reminder fruit break is at 10.45am daily. Please bring a piece of fruit cut up. Check out the website for healthy lunch box and snack recipes and ideas: [healthylunchbox.com.au](http://healthylunchbox.com.au)

### Healthy Lunch Box recipe

#### Japanese vegetable pancakes



##### Ingredients

1/2 small cabbage, very thinly sliced  
 4 medium carrots, grated  
 2 cups baby spinach, very thinly sliced  
 4 spring onions, thinly sliced  
 1/2 cup wholemeal plain flour  
 6 large eggs, lightly beaten  
 Pinch of salt  
 Olive oil spray

##### Method

Place the vegetables in a bowl and mix together. Toss with the flour, ensuring it coats all the vegetables. Stir in the eggs and pinch of salt.  
 Lightly spray a large non-stick fry pan with olive oil spray and heat over medium-high heat. You may need to re-spray between batches.  
 Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approximately 3 minutes, and then turn to cook the other side.

For more recipes visit: [healthylunchbox.com.au](http://healthylunchbox.com.au)

**Cancer Council**  
Healthy Lunch Box

## P&C NEWS

- Our next P&C meeting is cancelled due to Covid restrictions.
  - Congratulations to our Toy Hamper winners:
 

1 <sup>st</sup>	Miss Aathne
2 <sup>nd</sup>	Ares
3 <sup>rd</sup>	Miss Kat
4 <sup>th</sup>	Tyrone
5 <sup>th</sup>	Amiirah
6 <sup>th</sup>	Averie-Skye
- Thank you to everyone who bought and /or sold tickets.

## COMMUNITY NEWS

- Mogo Aboriginal Preschool.** Ph: 4411 8453 for enrolment details.
- Mogo SUPA Club-Boomerang Meeting Place** every third Tuesday of the month 3.30-5.30pm. Permission form available at the school office.
- The *NSW Health* has a number of resources for our Aboriginal Communities providing valuable educational material such as Posters, Videos and PDF's, to share throughout our Networks.  
<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/aboriginal-resources.aspx>
- Learning Labs** is a program designed for students to participate in challenging,

innovative and fun workshops during the school holidays. The workshops are presented by teachers or professionals with specialist training or a specific interest in gifted education. See flyer below.

### Shoalcoast Community Legal Centre Inc.



## FREE LEGAL ADVICE

Do you have a legal problem?

Credit & Debt Issues	Family Law - Separation
Personal Safety	Family Law - Children
Parenting Issues	Domestic Violence
Employment Issues	Victim's Compensation
Centrelink Issues	Tenancy Problems

**Phone 1800 229 529**

Free legal advice & information is available by telephone.

Phone our staff to complete a client intake. Then a solicitor will call you back or an appointment will be made for the next time we visit your area.

Shoalcoast acknowledges the Traditional Custodians of the land on which we work and live. We pay our respects to Elders past, present and emerging.

## UOW Learning Labs Years 1-6 at Batemans Bay

### KEY INFO

**WHEN:** 29-30 September 2021  
**WHERE:** University of Wollongong, Batemans Bay campus

<b>YEARS 1-2</b>	<b>YEARS 3-6</b>
<b>TIME:</b> 9:00am - 2:00pm	9:00am - 3:00pm
<b>FEE:</b> \$165	\$180

### CREATIVE KIDS PROVIDER

Learning Labs can now accept Creative Kids vouchers. Workshops that apply for Creative Kids vouchers are identified on our website in the workshop descriptions (marked as CREATIVE KIDS ELIGIBLE).

### APPLICATION INFO

Our workshops fill up really quickly each year so don't hesitate to submit your application to avoid disappointment. For more detailed workshop descriptions, how to apply, FAQs, and the online application form, please go to [uow.info/learninglabs](http://uow.info/learninglabs)

### PROGRAM INFO

Learning Labs is a face-to-face enrichment program designed for students who are excelling in their area of interest within their year group, and are seeking a challenging and fun experience during the school holidays.

All September Batemans Bay workshops are held over two days, and are presented by teachers with specialist training or a specific interest in gifted education. There will be sponsorship places available for some participants - please see more details on how to apply for these places on the website.

### WORKSHOPS ON OFFER

Learning Labs has a range of workshops on offer for our Year 1-6 students. Workshops cover a variety of topic areas from debating, robotics and more. Workshops are designed to challenge and stimulate the interests of self-motivated and curious learners. For full workshop descriptions on offer, please go to our website: [uow.info/learninglabs](http://uow.info/learninglabs)



**APPLICATIONS CLOSE**  
**WEDNESDAY 18 AUGUST**  
**APPLY NOW AT**  
[uow.info/learninglabs](http://uow.info/learninglabs)

Find Out More

 FIND US ON FACEBOOK  
[facebook.com/uowlab](https://www.facebook.com/uowlab)

 EMAIL US  
[learninglabs@uow.edu.au](mailto:learninglabs@uow.edu.au)

 CHECK OUT OUR WEBSITE  
[uow.info/learninglabs](http://uow.info/learninglabs)

 CALL US  
 (02) 4221 5557



# Learning Labs at Batemans Bay

Years 1-6

2 Day Workshops on 29-30 September



Outreach & Widening Participation

## Year 1 & 2

### BRIGHT SPARKS ROBOTICS PRESENTER: JOSHUA MAGGS CREATIVE KIDS EDUCABLE WORKSHOP

Curious about coding? Want to build a robot and program it to move? Join STEM specialist, and Primary School Teacher, Joshua Maggs in this awesome hands on exploration workshop involving smart hubs, motors, motion sensors, tilt sensors and circuits. Using Ozobots, Makey Makeys and WeDo Lego, students will problem solve their way through robotics challenges, and dive into the world of future technology!

## Find out more

FIND US ON FACEBOOK

facebook.com/ola



CHECK OUT OUR WEBSITE

www.info/learninglabs



EMAIL US

learning-labs@uow.edu.au



CALL US

(02) 4221 5557

## Years 3 - 6

### FUTURE-PROOFED LEARNERS PRESENTER: JULIAN DAVIES CREATIVE KIDS EDUCABLE WORKSHOP

Do you want to become a well-rounded thinker and awesome communicator? Or enhance the skills you already have? Did you know in 2030, communication and critical thinking are going to be valued and needed more than ever? Future-proof yourself in this 2 day workshop that explores tips of how to successfully argue a case, create a persuasive speech and debate like a champion! Students will be encouraged and supported to take part in impromptu speeches and mind debates. Julian Davies has over a decade's experience working with school-age students from Years 3 to 12. He is an accredited debating and public speaking adjudicator and has coached debating teams and public speakers to progress as far as the State Finals in the Department of Education competitions.

### RADICAL RHYTHMS PRESENTER: BYRON MARK CREATIVE KIDS EDUCABLE WORKSHOP

Dive into a creative dimension where you will set upon a journey to discover rhythms from all around the world. Africa, Spain, South America, India and of course, make your way back to Australia! Open to students of all levels (no prior musical knowledge required), they will learn how to play a variety of rhythms on an exciting array of percussion instruments: Cajon, Djembe, Dun duns, shakers, tambourines and recycled junk materials, promoting sustainability. Students will also have the opportunity to create their OWN rhythms, as they are guided to learn how to compose rhythmic pieces of music in small groups, using the instruments they have been taught to play. All arrangements and compositions developed across the two days will be presented to parents in a small concert showcase at the end of the workshop series. Byron Mark has been performing around Australia and internationally for 17 years, on keyboards and various percussion instruments.

## Years 4 - 6

### LEFT BRAIN - RIGHT BRAIN PRESENTER: VAL MANN

Learn about the benefits and deficits of your own - and others' - learning preferences. Take the (very brief) test and find out! What are the implications and how can you apply the strengths of your learning style to maximise your potential. Can you modify, grow or change your natural tendencies? Enjoy some basic exercises to see if you can. How can you benefit from others who are totally different in their thinking to you? What is the left brain - right brain theory and its implications for maths instruction? What can you expect to be strong at and how can you become stronger in your supposed weaknesses. What does it mean if you're in the centre of the left and right brain? Fun, informative, enlightening and broadening for all thinking students.

### MATHEMATICS INVESTIGATIONS PRESENTER: NILESH VYAS

For those who enjoy mathematics and all it can do then this is the workshop for you. In this hands-on session, you will work on your problem solving skills, reasoning and functionality. You will be working both independently and as part of a small team in the art of mathematical modelling. You will be involved in spotting patterns, formulating and testing your ideas. This workshop is designed to improve your mathematical communication and critical skills. There will be room for extension and enrichment using your higher order thinking skills. There will be time for reflection and your teacher will guide you. So see you there on the day with your scientific calculator!

- [COVID DISASTER PAYMENT](#)
- [NSW HEALTH COVID UPDATES FOR REGIONAL NSW](#)
- [COVID CASE LOCATIONS - LAST 14 DAYS](#)
- [CURRENT NSW RESTRICTIONS](#)
- [COVID HELP FOR BUSINESSES](#)
- [SELF ISOLATION RULES](#)
- [NEAREST COVID TESTING CLINICS](#)
- [BOOKING A COVID VACCINATION IN NSW](#)
- [WHERE CAN I GO SHOPPING?](#)
- [KIDS AND SCHOOLING INFORMATION DURING COVID](#)
- [VISITORS TO YOUR HOME](#)
- [CAN I GO TO WORK?](#)
- [BUSINESSES THAT CAN BE OPEN](#)
- [TENANT SUPPORT](#)
- [FOR HOME OWNERS EXPERIENCING FINANCIAL DIFFICULTY](#)

## Message from Fiona Phillips MP.

With the spread of the Delta variant of the COVID-19 virus, the entire state of NSW is currently in **LOCKDOWN**. In order to help as many people across the Gilmore electorate as possible, I have organised some important links for you, hopefully, making it easier to navigate COVID related information that you may require.

Given the 'stay at home' public health order my offices in Nowra and Batemans Bay will remain closed temporarily but staff, all working from home, are 100% available should there be any additional information that you require. Even if it's just for a chat... we're here for you on **4423 1782**. Supporting each other through the pandemic is crucially important, I hope you find this information helpful. Service NSW can be contacted on **13 77 88** (24/7) for guidance on any COVID related matters.

## How to look after your mental health

- Talk to people you trust.
- Set up regular check-ins by phone or video call with friends and family.
- Maintain a healthy lifestyle: Good diet, sleep and exercise.
- Keep perspective.
- If you feel overwhelmed, talk to a health professional.

Kids Helpline | Lifeline | Beyond Blue  
1800 551 800 | 13 11 14 | 1300 224 636

For the latest health advice, visit [Australia.gov.au](#)

Source: Australian Red Cross

AUTHORISED BY PAUL ERICKSON, ALP, CANBERRA.

# TIPSHEET



## WHAT IS WORRY?

Anxiety is a feeling of uneasiness due to excessive worrying or fear that makes people feel tense, nervous or afraid. As a response to worry, children may become quiet and withdrawn or easily agitated, seeking frequent reassurance.

### Coping Mechanisms Children Can Use When Feeling Worry

1. **Take a deep breath.** Inhale all the way deep into your stomach, count to 10 and slowly let your breath out through your mouth. Give your mind time to slow down.
2. **Stretch.** If you can feel your muscles are tense, stretch them out. Stretch your arms to the side like you're trying to hug an elephant, touch your toes, reach for the sky, then...
3. **Do the flop.** Let your arms and neck completely relax to let those worries drip out of you. If you don't have room to do all this, you can just imagine your body as a rag doll—completely relaxed.
4. **Zip it.** Once you recognize it's the worry talking, zip it away, shut it up. *You* get to do your own thinking, not your worries.
5. **Replace it with realistic thinking.** Try to figure out what you're worried about and whether it is likely to happen. If what you fear isn't very likely to happen, focus on what you fear might happen and what you can do about it.
6. **Think about ways to make the situation better.** If you can't think of anything, then talk to an adult to get some ideas.
7. **Start a worry jar.** Write down the things you are worried about, the questions you think about, and the "what-if's." Then when you've calmed down, you can go back to your worry jar and tackle your worries one by one. You can also get a trusted adult to help you with this part.
8. **Get active.** It can take your mind off things and make you feel good. Afterwards your body will feel more relaxed.
9. **Try to get more sleep.** If you're having trouble sleeping, talk to your mum or dad to come up with ideas together to help you sleep.

**Remember how brave you've been before.** Remember when you got over your fear of the first day of school? You got that shot even though you were worried about the needle hurting? Think back to when you've conquered worry before and use that to remind yourself that you can conquer this worry, too.

### Additional resources:

<http://www.childanxiety.net>

[http://bipolar.about.com/od/anxietydisorders/a/anxiouskids\\_2.htm](http://bipolar.about.com/od/anxietydisorders/a/anxiouskids_2.htm)

<http://childparenting.about.com/cs/disorders/a/childanxiety.htm>

<http://specialchildren.about.com/od/mentalhealthissues/a/breathing.htm>