

What's Happening At Our School

TERM 3 WEEK 8

Tuesday 6 September	Yr 6 Check In Assessment (Reading)
Wednesday 7 September	Kindy Excursion to Farm BHS Transition Session 3
Thursday 8 September	Indigenous Literacy Day
Friday 9 September	Y3-6 Assembly

TERM 3 WEEK 9

Tuesday 13 September	P&C Meeting Yr 6 Check In Assessment (Numeracy) Girls Soccer Gala Day
Wednesday 14 September	BHS Transition Session 4
Thursday 15 September	SRC Plastic-free day

TERM 3 WEEK 10

Tuesday 20 September	Captains' Assembly Yr 6 Check In Assessment (Writing)
Wednesday 21 September	BHS Transition Session 5
Friday 23 September	Last Day of Term 3

TERM 4 WEEK 1

Monday 10 October	First Day of Term 4 Swim School begins
Tuesday 11 October	P & C Meeting

TERM 4 WEEK 2

Monday 17 October	Week 2 of Swim School
Tuesday 18 October	Kindergarten Transition Meeting
Friday 21 October	Summer Games

PBL Focus: Recap of the Rules

Dear parents/carers,

It is with great pleasure to have the opportunity to lead the school until the end of the term in the absence of Mrs Berwick. We look forward to seeing her back at the helm at the beginning of Term 4. Mrs Nicole Somerville will be the relieving Assistant Principal taking over my duties during this time.

In Week 6 the school celebrated Book Week. I would like to make a special mention to Mrs Franklin for her organisation of the week including Story Quest, book fair, the cupcake competition and the dress up parade. The students had a wonderful time listening to and reading books from their favourite authors.

The cupcake competition was a real success with so many students sending in their entries. I think this may be a regular event on the school calendar for the future.



Today we had a visit from Tim McCallum, Executive Director for Regional North and Helen Davis, School Education Director for Regional North. Tim and Helen spent some time at our school discussing our school priorities.

Anthony Simone
Relieving Principal



Zone Athletics Carnival

On Friday of Week 6 a team of 26 students represented our school at the Zone Athletics Carnival. All students who participated on the day tried their best. Congratulations to these students who will be going on to represent the Blue Mountains Zone at the Sydney West Regional Athletics Carnival to be held at Sydney Olympic Park Athletic Centre on Friday 23 September.

Regional Athletics Representatives:

Ryan (High Jump)

Felix (Long Jump)

Bailey B (Discus).



Smiling Mind Update



Last week Smiling Mind activities focused on managing emotions. Students have learnt that emotions are a normal part of life and sometimes we experience emotions that feel good and other times we experience emotions that don't feel so good. Students discussed that part of growing up is learning how to be the boss of your emotions and choosing how you want to respond to them.

This week activities are about the importance of self-compassion, which is an important skill for being a healthy adult later in life, and building healthy relationships. Students are learning that self-

compassion is about being kind and gentle with themselves and processing their thoughts and feelings without judgement.

Mindful Tip

A common myth about mindfulness is that it is about clearing the mind and not thinking. Mindfulness is in fact about learning to allow our thoughts to simply come and go without getting caught up in them. Mindfulness is about focusing attention on the here and now, rather than getting caught up thinking about the past or worrying about the future.

Activities for home:

- **Stop Drop Breathe** - One way of managing big emotions is to encourage your child to notice when their internal weather is feeling a bit stormy and to stop, sit down and take 3 breaths. Afterwards, discuss with your child how this made them feel and identify other times when they can use this technique.
- **Self Hug** – Invite your child to practise giving themselves a hug by wrapping their arms around their body when they are feeling upset. Remind them how much they love themselves and the people around them when they do this, in order to help them feel better.

Indigenous Literacy Day – Celebrating Stories, Cultures and Languages

This Thursday 8 September the students will be celebrating Indigenous Literacy Day. On the day, the senior students in the school will be reading a short book or Aboriginal story to the junior students in the school. There will also be a competition for all students to draw a rainbow lorikeet / warin.

ART COMPETITION

Mount Riverview Primary School is holding an Art competition. The students are invited to submit a portrait of a person who is special to them, usually a family member. Our school will pick up to five portraits and enter them into The Archibald Prize 2022 regional tour. The school will provide all the materials needed. Mrs Wood will be working with interested students in the Library over the next 2 weeks, on Friday 13 and Thursday 19 September, at lunch time. Artworks will be judged by a panel and the finalists will be exhibited at the Blue Mountains Theatre and Community Hub in Springwood. If your child is keen, could they bring an image of their special person to work with at school.



SRC Initiative – Reduce the Use of Plastic Day

On Thursday 15 September the SRC students have come up with the idea of reducing the amount of plastic waste that is brought to school. Students are encouraged to reduce the amount of plastic used in their lunchbox and to put their food in containers rather than being wrapped in plastic or plastic bags.



Musica Viva

On Monday the students were entertained by the group known as 'Timmy and the Breakfast Band'. The show focused around a perfectly normal school boy named Timmy who hears music in his head - all the time!

These brilliant musicians use an array of instruments such as the mandolin, musical saw, drums, banjo, cello and even acrobatics in this highly engaging performance. Students discover how music can influence their own actions, thoughts and emotions through this energetic and unusual pairing of music making and circus.

Mount Riverview Playgroup

Each Wednesday of the school term
9.30-10.30
LOCATION: Mount Riverview Public School Hall



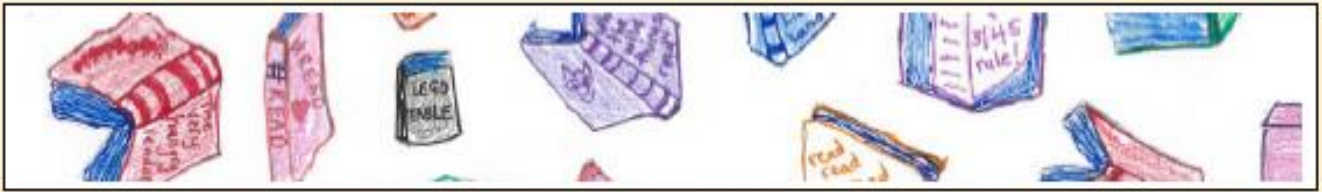
♥ Everyone Welcome! ♥
Enjoy Storytime, Arts and Crafts and make new friends

Contact the school for more information

Term Overview

Weeks	Theme
1 (20 th July)	What do they do with all the poo from all the animals at the zoo? Ahn Do
2 (27 th of July)	Grey Rabbits 123 Alan Baker
3 (3 rd of Aug)	Dear Zoo Rod Campbell
4 (10 th of Aug)	Digger to the Rescue Mandy Archer
5 (17 th of Aug)	The Very hungry Caterpillar Eric Carle
6 (25 th of Aug)	Pig the Pug Aaron Blabey
7 (1 st of Sept)	My dad is a Superhero Ruby Brown and Lesley Varnos
8 (8 th of Sept)	Where is the green sheep? Mem Fox
9 (15 th of Sept)	Mr McGee and the Perfect nest Pamela Allen
10 (22 nd of Sept)	We're going on a Bear Hunt Michael Rosen and Helen Oxenbury

Subject to change if necessary



LIBRARY NEWS



We had a magical Book Week at Mt Riv!

Thank you to everyone who helped make our celebrations memorable! A big shout out to our library monitors for their amazing effort! We raised over \$700 for our school library at the Book Fair! This money will be used to benefit all students at our school. All entries to the Cupcake Competition were incredible, and it was great to see so many students dressed up for our Book Parade. Last Friday, to complete our 2022 Book Week, 142 students were invited to a disco party in the library to celebrate completing the Premier's Reading Challenge!

Yours in reading, Mrs Franklin



Please remember a library bag!

They protect our books and keep your books together!

Place your library bag in your school bag the night before library day!



Time to enrol



Kindergarten 2023

Do you, or a neighbour, have a child that turns 5 by July 31st 2023 and is ready to start school next year?

If so, log onto Mt Riverview Public School's website <https://mtrivervie-p.schools.nsw.gov.au/>

Click on the green tab at the top of the page "ENROLMENT"

How to Enrol - Apply online

After completing the initial details on the next page, you will be directed to either local enrolment, or an 'out of area' application if necessary.

Our Kindergarten Transition Program commences in Term 4.

We support the needs of all students.

If your child has reports from doctors or support services such as speech or occupational therapy, please leave a copy at the office and let us know so that we can ensure a positive start to school for your child.



Please contact
Mrs Wendy Sowter (Assistant Principal)
if you have any questions.

**We look forward to you becoming part of our
Mount Riverview PS school community in 2023.**