



We're on the Web at  
[www.medlowpublicschool.com](http://www.medlowpublicschool.com)



Medlow Public School is a proud member of the Valley 10 Community of Public Schools

*"Great teaching is explicit, engaging and enables students to experience success."*

## Upcoming Events

October	
25	School Photos
November	
2	Scripture
24	Art Show opening
26	School swim program
December	
3	School swim program
9	School swim program

# Medlow Public School

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**Week 1 Term 4 2018**

## CREATIVITY

A warm welcome to our final term for the year. We have lots of learning experiences planned for our students that will challenge and delight. The rain is replenishing our tanks and the grounds look lovely.

We wish Nate Bloomfield a healthy recovery from his operation and we look forward to seeing him on 19 November.

## Arcade Day

Congratulations to all the students and Mr Simpson who put a lot of work in to designing and creating the Arcade Games. It was great to see parents and community members supporting the students and joining in on the fun.

Many thanks to Jane and Mel for cooking up a storm on the BBQ – it was a lovely lunch.

## Uniforms

As we move in to the warmer months please ensure your child has the correct uniform.

\*School shirt – these can be

purchased from the office

\* Royal Blue shorts/skirt

\*Royal Blue Jumper/Jacket

\* Socks and Joggers

The Hat basket is working really well and students are in a good routine of returning their hats after each outdoor play or outdoor learning session.

## RESPECT

## TEAMWORK

### School Focus

#### Times Table Challenge

50 questions in 3 minutes

## Renovations!

The LEGO room and the kitchen/back room received a face lift during the holidays with new carpet and lino. Both rooms look wonderful.

## Mindfulness

### Conference—17 Oct

I will be in Sydney on Wednesday for a Mindfulness conference. Ms Rebecca Schweinsberg will be taking the class for the day.

## School Photos

School photos will be taken on Thursday 25 Oct. We have attached order forms to the Newsletter. Please return these orders with correct money enclosed by Monday next week.

All students need to be in full school uniform for the photos.

## Term 4 Swimming Program

Medlow's swimming lessons are Monday 26 Nov, Monday 3 December and Monday 9 December.

Families are encouraged to make use of the great facilities at Macksville Pool and enrol your child in swimming lessons prior to the school program.

## Creative Arts

Magpie Mural - Nelli will be back on Monday 5 November (Week 4) to work with our students on creating the Magpie Mural.

## Mental Health Week: Help is Always at Hand

This year Mental Health Week falls from 7 to 13 October and the theme is Share the Journey.

To share the journey, anyone with mental health concerns is urged to open up to someone about their issues and take steps to get some professional help.

If you or someone close to you is struggling with mental health issues, help is always at hand. The NSW Government's Mental Health Line is open 24 hours a day, seven days a week and is staffed by mental health professionals.

When you phone the Mental Health Line the person you speak to will be able to provide you with information about the help available for you based on your particular needs.

The number for the Mental Health Line is 1800 011 511.

Regards,

**Sarah Landers**  
Principal



## Arcade Day

We had a great morning showing all our friends and families the clever games we invented.

