

Miranda North Public School Newsletter

Week 10 Term 3



Principal's Report

It's been another busy term for Miranda North School. With continued improvements taking shape around our school, we have had a testing couple of weeks contending with the earth moving equipment that is replacing our asphalt and the continued installation of covered walk ways. These works have called for a considerable change in arrangements for the students and staff, who I would like to commend for their sensible and flexible adaptation to the interim measures we have had to implement. The safety of our school community is our primary concern whilst building works are undertaken.

Many students have had the chance to go on excursions this term. There was a Stage 1 Kurnell excursion, Stage 2 visited the Wollongong Science Centre this week and next term Stage 3 will be off to camp in week 6 and Kindergarten will visit Calmlsey City Farm.

This term we have enjoyed many activities including incursions from Miranda Library, and Sutherland Hospital, and a successful term of PSSA sport, dance and band performances. It was also wonderful to welcome everyone to Education week.

Mr Angus is currently away in Canada and aside from having a wonderful holiday enjoying the scenery he is visiting several Canadian schools to learn about education in Canada and is also sharing information about school life in Australia.

We wish all of our families a wonderful holiday break and look forward to seeing everyone back at school for term 4.

Oral Care Brigade

As we continue to further encourage and inform about recycling with our students, we are pleased to be offered another opportunity to help our environment with The Terracycle Oral Care Brigade. One of our parents from Kindergarten is a Dentist at Caringbah Dentists, which is participating in a program where they earn 2 points per piece of rubbish recycled. Each point is redeemed for \$0.1 which can be donated to the school or charitable organisation, Caringbah Dentists have generously chosen Miranda North!

To drop off oral care waste you do not need to be a patient at the practice! Everyone's oral care waste is welcome. Oral care waste includes toothbrushes, toothpaste tubes, floss containers and electric toothbrush heads. The only exception is bamboo toothbrushes.

Please help our environment and support our school by dropping off any oral waste products to:

The address is 172A Willarong Road, Caringbah

Phone: 95250595

<https://thecaringbahdentists.com.au/>



MNPS Enviro Heroes

WAR ON WASTE

Recently, the Miranda North Enviro Heroes completed a waste audit to collect information about the amount and types of waste our school produces. We found that 91.9% of our school waste goes to landfill EVERY DAY. The Enviro Heroes sorted the rubbish and found there was:

- 48.6% of organic waste
- 8.1% of paper and cardboard
- 4.5% of soft plastics
- 32.4% of landfill
- 4% 10c Return and Earn

The Enviro Heroes have come up with some exciting initiatives that will be rolled out in Term 4 but we need your help!

1

WASTE FREE WEDNESDAY

At the start of Term 4, Miranda North will be going waste free every Wednesday. Students will be asked to bring in a zero waste lunch box. The benefits include:

- creating sustainable habits
- reducing litter around the school
- encouraging healthier foods



NOW is a great time to start thinking about what goes into your child's lunchbox and consider healthy, waste free alternatives.



COMPOST BINS

Did you know that in Australia, food waste makes up to 41% of the rubbish in household bins. Currently, MNPS has 8% MORE in our red bins. To reduce this, we are excited to launch our new school compost bins.

2

3

NEW COLOUR CODED BINS

We will be introducing new colour coded bins across the school.

- green bins for organic waste
- red bins for landfill
- blue bins for paper and cardboard recycling



Each fortnight, tips and tricks will be shared in the newsletter to help parents help Miranda North be a more sustainable school.



LET'S CREATE A BETTER WORLD



Stage 2 excursion to Wollongong Science Centre

On Wednesday, Stage 2 visited the Science Space Centre for their excursion. Their curiosities were stimulated with interactive STEM exhibits, a physical phenomena show, designing flying machines and the incredible planetarium! The teachers were so proud of the way the students explored, questioned and collaborated. They were also proud of their respectful behaviour. It was a great day!





Grow Your Mind @MNPS Week 10



Did you know that October is Mental Health Awareness Week? We will be doing a range of lessons to support student's wellbeing. This calendar has lots of interesting and joyful ways to support our wellbeing. We hope that you can try some of the ideas over the holidays,

MENTAL HEALTH MONTH OCTOBER 2022

EVERYONE HAS MENTAL HEALTH. WE CAN ALL BENEFIT FROM LOOKING AFTER OUR OWN MENTAL HEALTH AND THE MENTAL HEALTH OF OUR FAMILIES & COMMUNITIES. HERE ARE SOME PLAYFUL IDEAS FOR WAYS TO REFLECT, HAVE FUN, AND FIND CONNECTION THROUGH OCTOBER.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Mindful eating Serve up ice-cream, how slowly can you eat it?
2 Go on a walk you have never been on before	3 Take 3 for the sea. Pick up 3 pieces of rubbish before the day is out.	4 Push up challenge Play: PUSH IT! 5 minutes GO!	5 Share 3 good things & something you would change from your day	6 Listen to a bedtime meditation	7 Play the GYM album and make up your own dance moves	8 Create a family conversation jar
9 Have a funniest joke contest	10 MENTAL HEALTH DAY Participate in a fun community / school event	11 Make up a silly song while doing a chore	12 Lights out: go to bed earlier than you normally would	13 Share a quirky + interesting fact	14 Tell someone how much you appreciate them	15 Watch a family movie
16 Play guess the feeling. Describe the feeling without using its name	17 Hula Hoop or skipping - 5 minutes - who can skip or hoop the longest?	18 Write down 3 things you are grateful for	19 Make a family music playlist	20 Bring out the conversation jar and play at dinner time	21 Have a dress up dinner party	22 Get out in nature today & hug a tree
23 Listen to an episode of the GYM podcast on a drive	24 Pick a favourite family activity and plan to do it this week	25 Sing/Rap the GYM resilience RAP	26 Bust out some family yoga moves	27 Draw something that brings you joy	28 Have a kitchen disco	29 Try a day without screen time
30 Listen to a GYM podcast & print off corresponding colouring in sheet	31 Lie on each other's bellies and laugh!					

Upcoming events

23 Sept	Last day of Term 3
10 Oct	First day of Term 4 for students and staff
14 Oct	3-6 Sport commences
18 Oct	K-2 Swimming commences
20 Oct	Kindergarten 2023 Orientation Session 1—10.00am
26 Oct	Kindergarten 2023 Orientation Session 2—2.00pm
2 Nov	Kinder Play Session 2.15pm
3 Nov	Dance 2bfit—Stage 3 commences
16 Nov	Kinder Play Session 2.15pm
16-18 Nov	Stage 3 Camp Narrabeen
29 Nov	High School Orientation Day
6 Dec	K-2 Swimming last day
7 Dec	Stage 3 Gala Day
8 Dec	Dance 2bfit—Stage 3 final day
13 Dec	Year 6 farewell - Club Cronulla
14 Dec	Christmas concert
15 Dec	Presentation Day
16 Dec	Year 6 clap out
19 Dec	Last day of Term 4 for students

Sydney East Athletics Carnival

Last Wednesday, Miranda North had the following six students competing at the Sydney East Athletics Carnival out at Homebush Athletics Centre:

Cruz Coupe—100m

Cruz Morris—100m

Harley G—100m

Ava J—100m

Andie S—High Jump

Ryder T—Shot put and discus

Congratulations to these students who represented the Cronulla Zone and most importantly Miranda North with pride. We had some excellent results on the day with Ava J making the final of her 100m event. Ava finished 5th overall which is an enormous achievement. We are all incredibly proud of each and every one of you.

