

Miranda North Public School Newsletter

Week 10, Term 3



Principal's Report

As we close out the term, it is time to reflect on all our achievements, celebrations, experiences and learning. This term has certainly been a busy one and I am sure everyone is looking forward to the school holidays.

A quick recap - the term started with our school Athletics Carnival at Sylvania. A great day of races, records and fun for all.

Jellybeans music commenced and the squeals of recorders hung in the air across the school, it has been so pleasing to see students enjoy the classes, learning recorder and percussion, developing their music skills and knowledge.

By week 3 our community came in for Open Day and were entertained by our wonderful dance groups, two choirs and our school band, finished off with a kindergarten item that captivated the audience.

The pace picked up as our dancers and junior choir performed at the Sutherland Shire Schools Music Festival and our school representatives from our athletics carnival were also at the Zone carnival successfully winning several events, resulting in our team winning the entire carnival. An outstanding achievement.

Academically our students have undergone assessments as part of the whole state. In Year 1, the Phonics assessment with 95% of our students meeting the expected score. This is more than double last year and almost double for the previous two years. Years 3 - 6 have also undergone the Check-in assessments and although data is still coming back, indications are that Year 4 is well ahead of state and similar schools.

Year 3 have made excellent gains on the results from NAPLAN and the 5/6 classes continue to be consistent. Results in mathematics have been very strong across the board which has been a focus by the school over the last three years.

Our SRC have also been working hard in raising funds to create a mural on the office wall. Their goal has also been reached with the support of the P&C, the Point Bowling Club and their fundraising efforts. We will now see many students participate in the creation of our new mural.

A highlight of this term was our participation in Southern Stars Arena Spectacular. Being part of 3000 students performing through dance, singing and music was a massive experience for us!

Students across the stages have been working hard in class and at home; with Stage 1 having created dioramas and reporting on their projects. Stage 2 have turned in impressive work, projects that examined and explored chosen countries in depth and Stage 3 have been working hard to get through all their course work and content.

We look forward to an engaging, exciting Term 4 full of learning. Our classrooms will once again be open for Grandparents Day on Wednesday 23 October.

Are you a student in K - 5 and will **NOT** be returning to Miranda North Public School in 2025? Please let us know as soon as possible, as this has a big effect on our class structures.

Staff Changes - Term 4

Mr Angus will be on long service leave for Week 1.

Mrs McHugh will be on leave for all of Term 4. Mrs Byers will be replacing Mrs McHugh on 1E every Wednesday. Mrs Violaris will be teaching and supporting in classes on Monday and Tuesday throughout the term with various classes.

Principal's Report continued

Ms Eleni Petinos visited our school on Monday 23 September to congratulate our student leadership team.



P&C call out for Pre-Loved Uniforms

The P&C have asked for pre-loved uniform donations. Please send in any washed pre-loved uniforms that are still in reasonable condition. We appreciate your donations!!

MIRANDA NORTH PUBLIC SCHOOL



POLO - BOYS SUMMER DRESS - GIRLS SUMMER POLO - BOYS SUMMER POLO - GIRLS



WINTER BOYS WINTER GIRLS WINTER BOYS - LINED



We acknowledge the traditional custodians of country throughout Australia and recognise their continuing connection to land, waters and community. We pay our respects to Elders past, present and emerging, for they hold the memories, the traditions, the culture and hopes of Aboriginal and Torres Strait Islander peoples across the nation.

Sydney East Athletics Carnival

Last week we had several students represent Miranda North at the Sydney East Athletics Carnival.

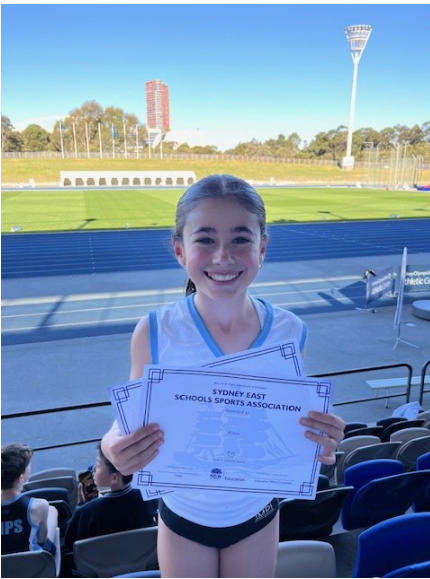
Well done to all of those students who represented our school and the Cronulla Zone. We had some wonderful results and a special mention to the following students who have qualified for the NSWPSA State Athletics Carnival which will be held during Term 4.

Cruz C - 10 years boys 100m

Ava J - 11 years girls 100m and 200m

Nyema T - senior girls shot put

Junior boys relay team - Cruz C, Axl T, Tyson B and Bodhi C



Made Fresh Canteen Menu

If Gluten Free food is required please order before 8.30am

GFA=Gluten Free options available **GF**=Gluten Free **V**=Vegetarian **LF**=Lactose Free

SANDWICHES

Vegemite toast		GFA V LF	\$2.50
Jam toast		GFA V LF	\$2.50
Cheese		GFA V	\$3.50
Lean ham & cheese			\$4.00
Lean ham, cheese & tomato		GFA	\$4.50

WRAPS

Lean ham & cheese			\$4.00
Lean ham, cheese & tomato			\$4.50
Fresh chicken lettuce & mayo			\$5.50

SALADS

Garden salad		GF V LF	\$4.50
Caesar salad		GFA	\$5.50

FRUITS

Watermelon pieces in a bowl		GF V LF	\$4.50
Seasonal fresh fruit salad bowl		GF V LF	\$5.00

Hot Food

Hash Brown		V	\$1.80
Chicken & corn roll			\$2.00
Potato wedges 100g		V	\$3.00
Potato gems x10		V	\$3.00
Beef hot dog			\$4.00
Chicken nuggets x6			\$5.50
Chicken goujonettes x5			\$5.50
Garlic bread		V	\$2.50
Homemade pizza with cheese		V	\$4.50
Homemade pizza with lean ham & cheese			\$5.00
Nachos with salsa & cheese (small)		V	\$3.50
Lean Beef Sausage roll			\$4.50
Lean Beef Meat pie			\$5.00
Chicken burger			\$5.50
Cheeseburger			\$5.50

Daily specials available

Mac & cheese	GFA V	\$5.00
Pasta bolognaise	GFA	\$5.50
Pasta with meatballs	GFA	\$5.50

Gluten Free options available extra \$1.00

Tasty treats

Bread sticks x4		V LF	\$1.50
Popcorn		GF V LF	\$1.50
Assorted chips		GF V	\$2.00
Sumo Cookies		GF V LF	\$1.30
Homemade cookies x 1 (made fresh daily)		GF V LF	\$1.00
Homemade fresh muffins (made fresh daily)		GF V LF	\$2.00
Jelly cup			\$2.00

Beverages

Water 400ml		GF V LF	\$2.00
Popper 99% juice 250ml		GF V	\$3.00
UP & GO 250ml		V	\$3.50
Light milk 300ml		GF V	\$3.50
Groove		GF V	\$4.50

OUR FOOD IS MADE IN THE CANTEEN DAILY FROM FRESH INGREDIENTS

Ordering will be the same through Flexischools on Tuesdays and Thursdays

REGISTER



1 Go to www.flexischools.com.au and select the **REGISTER** option and enter your email address.



2 You will be sent a registration email. Click on the link in the email to complete the registration.



3 Fill in your details on the Registration Form and click "submit".



4 Add your students, select their school and class.

ORDER

flexischools.com.au



1 Go to www.flexischools.com.au and select the **LOGIN** option. Click on "Start an order" for your student.



2 Select the service you wish to purchase from. You can also set up orders in advance.



3 Add each of your items. Extras and options will appear where relevant to the item.



4 Select your payment option. Pay for the one order or "top up" your account. Complete payment to place order.

Enrol now for Kindergarten 2025



The pathway to learning starts from the first steps in Kindergarten

Kindergarten Information Orientation

Kindergarten Orientation 1
Wednesday 23 October 2024, at 2.00pm
Kindergarten Orientation 2
Wednesday 6 November 2024, at 10.00am

Kinder Play Sessions

Wednesday 20 November 2024, at 2.15pm
and
Wednesday 27 November 2024, at 2.15pm

School Tours

Thursday 9 May 2024 at 10.00am
and
Tuesday 14 May 2024 at 2.30pm



MIRANDA NORTH
PUBLIC SCHOOL

162B The Boulevard, Miranda NSW 2228 ☎ 02 9524 6842

✉ mirandanth-p.school@det.nsw.edu.au

🌐 mirandanth-p.schools.nsw.gov.au

Ready, Set,
Kindy!



FUN IS IN FULL SWING!

Join Woolworths Cricket Blast

A safe way to have fun and stay active for kids of all abilities.

FREE Cricket Blast School Holiday Program.
Tuesday 1/10 and Thursday 3/10 from 9am-12pm.
Sutherland Oval #2 - The Grand Parade.
You are able to attend both or just 1 day if available.
Contact Jon on jon.plakourakis@cricketnsw.com.au.



SIGN UP TODAY!

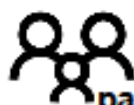
 **Play Cricket**

PROUDLY
PRESENTED BY



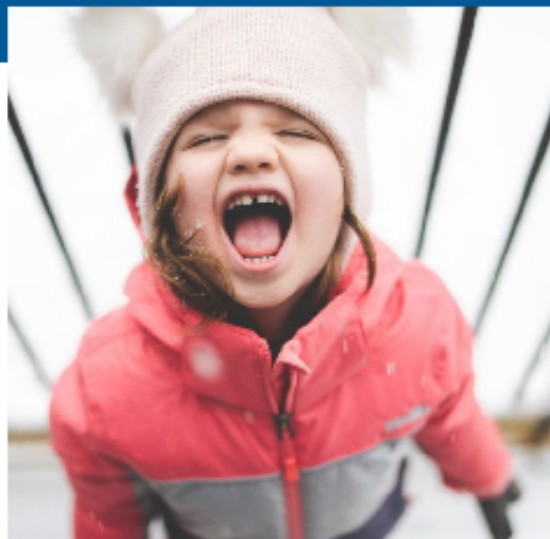
Are you looking for help to manage your child's behaviour?

Ethics committee approval number: 2023/349



Participate in a research study for parents and caregivers

Online telehealth parenting program – families can participate from anywhere in NSW



Who can participate?

- Parents/caregivers (fathers, mothers, grandparents, foster and kinship carers) of children aged between 3-years and 9-years 11 months.

What is the study about?

- This study is called *Measuring Change in Parenting Programs*. It offers an evidence-based 8-10 session parenting program, delivered via telehealth, to help parents manage their child's challenging behaviours. This study examines the effectiveness of measure completion at different time points in the program.
- All families taking part in the study will receive an 8-10 session parenting program and will complete measures about their child and family before and after the program, and again after three months. In addition, families will be randomly allocated to either complete additional weekly measures before and after sessions or to not complete these measures.

What does the parenting program involve?

This evidence-based parenting program is 8-10 sessions and provides parents with evidence-based strategies to manage challenging child behaviour, promote positive parent-child interactions, and support parental teamwork.

- This research will help us find out how often to measure progress and change in parenting programs, so we can better support parents/caregivers.

How do I get involved?

- Contact the researchers at the University of Sydney to find out more about this study. Email your enquiry to scbrc@sydney.edu.au or call (02) 9114 4326.



THE UNIVERSITY OF SYDNEY



Growing Minds Australia

For more information contact scbrc@sydney.edu.au or call (02) 9114 4326

South Eastern Sydney Local Health District

Healthy, happy and active kids

Join a **FREE** after school program supporting children and their families to achieve a healthy lifestyle.

What will your family gain?

- Expert advice from health professionals, including dietitians.
- Quality time together learning healthy habits for life.
- Improved overall wellbeing for the family.



What's involved?

Sessions run once a week for 8 weeks, in Term 4, 2024.

Topics include:

- Encouraging children to try a variety of foods.
- Managing screentime and sleep routines.
- Affordable meals and snacks.
- Building resilience.
- Low-cost ways to get active.

REGISTER HERE



[Click here](#)

Your local program:

Where: Sutherland Leisure Centre, 1 Rawson Ave, Sutherland

Free parking available on-site, or a 10-minute walk from Sutherland train station

When: Mondays 4-6pm, starting 21 October 2024



Go4Fun



Meet Anxiety

Meet Anxiety

A 3-WEEK ONLINE PARENT EDUCATION COURSE TO HELP YOU SUPPORT YOUR KIDS

Helping parents identify and manage their child's anxiety and related behaviours, and building resilience skills in school aged children.

- Learn how to support your child to better manage their anxious thoughts.
- Learn about children's brain development and nervous system, including where fear and anxiety originate.
- Learn practical strategies and mindfulness exercises you can use to safely challenge your child's anxious thoughts.
- Learn how to help your child regulate their nervous system and manage anxious feelings, to build long term resilience.

Sutherland Shire
Residents Only

\$20 enrolment

Wednesdays for 3 weeks
7:00pm - 8:30pm
online via Zoom.
Starts: 23rd October 2024
Ends: 6th November 2024

Please note, payment of \$20 is due at time of registration.

If cost is a barrier, please don't hesitate to contact us via phone or email.
(02) 9528 2933
info@thefamilyco.org.au

The
Family
Co.

90 Soldiers Road,
JANNALI, NSW 2226

(02) 9528 2933
info@thefamilyco.org.au





JUNIOR SUMMER COMP

TERM 4, 2024

7 WEEKS

14th Oct-27th Nov

@ Tradies Hockey Park

73 Sylvania Rd , Miranda NSW 2228

\$90

PER PLAYER

ACTIVE KIDS VOUCHERS WELCOME

Monday, Wednesday

4:30-6:45pm

MONDAY-JUNIOR PRIMARY

MONDAY-SENIOR PRIMARY

WEDNESDAY- HIGH SCHOOL

PLAYERS WILL NEED THEIR OWN MOUTH GUARD & SHIN PADS. HOCKEY STICKS CAN BE PROVIDED.

Beginners welcome

Caters to all levels

Four divisions

6 aside, 30-45min games

Quarter field, 10cm sideboards

to keep the ball in play

Fun with friends

End of competition BBQ

Proudly supported by

**Tradies**

FOR MORE INFO

Contact Peter Krepp – 0415 914 099

or email peterkrepp2@tpg.com.au



Scan the QR code or go to

<https://forms.gle/FMT4dTSa6RUFubtS8>

to register.

School Calendar - Term 4

2024 T4 Week 1	14/10 First day of Term 4	15/10 K-2 swimming program	16/10	17/10	18/10 3-6 Sport
Week 2	21/10	22/10 K-2 swimming program	23/10 Grandparents Day 2025 Kindergarten Orientation 1	24/10 Senior Choir & 1/2 dance group visit to Juliana Village Whole School Assembly	25/10 3-6 Sport
Week 3	28/10 Stage 3 Camp	29/10 Stage 3 Camp K-2 swimming program	30/10 Stage 3 Camp	31/10 3-6 Assembly	1/11 3-6 Sport
Week 4	4/11	5/11 K-2 swimming program	6/11 2025 Kindergarten Orientation 2	7/11 K-2 Assembly	8/11 3-6 Sport
Week 5	11/11 School Mural Workshop	12/11 School Mural Workshop K-2 swimming program	13/11	14/11	15/11 3-6 Sport
Week 6	18/11	19/11 K-2 swimming program	20/11 Kindergarten 2025 Play Date 1	21/11 Whole School Assembly	22/11 3-6 Sport
Week 7	25/11	26/11 K-2 swimming program	27/11 Kindergarten 2025 Play Date 2	28/11 Stage 3 Gala Day	29/11 3-6 Sport
Week 8	2/12	3/12 High School Orientation Year 7 2025 K-2 swimming program	4/12	5/12 Year 6 Farewell Dinner	6/12 3-6 Sport
Week 9	9/12	10/12 Christmas Parade	11/12 Reports go home	12/12 Presentation Day	13/12
Week 10	16/12	17/12	18/12 Clap Out (Year 6) Last day of Term 4	19/12 Staff Development Day	20/12 Staff Development Day

Dec/Jan School Holidays.

Return to School: Tuesday 4th February 2025