



# Cudal Public School News

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2/3/23

Term 1 Week 6



**Lauren Shepherd**  
Principal

## Cudal Students swim their way to be OSSA Champions !

Twenty-one students competed at the Orange Small Schools carnival on Friday 17<sup>th</sup> February and had such amazing results, with everyone participating to the best of their ability and showing great sportsmanship.

Cudal were awarded the champion school winning the overall point score trophy as well as 3 students awarded individual age champions for the day.

Congratulations to Patrick Gordon – junior champion, Merryn Roberts & Ben Thomas – 11 yrs champions. Fantastic effort !

Thank you to our parents who assisted with jobs at the carnival, it was greatly appreciated particularly by the OSSA organisers.

There will be no rest for these swimmers as tomorrow, 19 of them are now competing at the Orange District swimming carnival. Best of luck to our team and I am sure we will be writing about more achievements after this carnival.



Cudal students all smiles with their swag of trophies achieved at the OSSA swimming carnival.



**Patrick Gordon**  
Junior Champion



**Merryn Roberts & Ben Thomas**  
11 year Champions



Honour All



Achieve Together

We are thankful that our first few activities of the year have been successful and the students have had enjoyable and safe times together. Some of these activities include:

- **The School Swim and Survive Program**

We loved the refreshing cool of the pool during the two weeks of the program, even though the walk got the better of some of us in the heat. Some students enjoyed learning water survival skills and water safety techniques. They were also able to race and show off their swimming talents; while others were brave and achieved firsts in the pool like full-body submersion, bubble blowing, and safe entry and exits of the "big pool".

We continue to find lost items of swimming paraphernalia and will return these to their rightful owners when found. Thank you students for showing your **Yindyamarra** to our community by walking safely and respectfully, and picking up rubbish and other items from around the pool area each day.

*We will be participating in the Swim & Survive program again at the end of the year, which is our normal timeframe, however it will be a shorter five day program.*

- **OSSA Swimming**

Once again we took home the highest percentage points award and will get to keep the memorial shield with Cudal 2023 as the last plaque to fill the blank. Well done, everyone!

*We wish all the students representing Cudal and OSSA White at the District Carnival the very best and can't wait to hear how you all showed your Yindyamarra to the entire Orange District.*

- **Personalised Learning and Support Plan Meetings**

Thanks to those who booked and attended the learning plan meetings this week. We hope you are encouraged to see your children's progress and are as excited as we are by the goals we have set (and aim to achieve together) as we work to support students in achieving their best.

*If you feel your child needs extra support in achieving their potential or have missed your meeting; please contact the school to arrange a mutually suitable time to discuss your child's learning goals.*

- **Staff Professional Learning**

We've also been able to look into some student data from our preliminary assessments done during class routine at the start of the year and from the end of last year. As a staff we have begun to identify areas of need to learn and improve our teaching capacity. We are always striving to be the best teachers we can be, while supporting each other in sharing strategies that work in our classrooms.

Next week, I will be participating in **Stronger Smarter Leadership Training** which is a program that recognises the role that principals, teachers, support workers, parents and the community play in a student's education, health and wellbeing. Their vision is to have Stronger Smarter communities across Australia, where all people are strong in culture, strong in identity and enjoy prosperous, safe and healthy lives. Mrs Ann Marriott, Miss Selina James and Mrs Hannah Oakden have all previously participated in the program and I'm looking forward to participating after it being postponed at the end of last year.

I'm also really excited about the next Professional Learning event I've booked in for staff, as well as the providers also kindly offering a parents and community session free of charge afterwards:

**FOR Parents/Carers - Small Steps Anxiety Forum - Wednesday 15th March 5:30pm at the school**

Topics covered in Small Steps:

- Different types of anxiety disorders and how they present
- Evidence-based treatments for anxiety disorders
- Skills and strategies to support children with anxiety
- Next steps for strategy implementation, support and help seeking
- Referral and treatment options

*Lauren Shepherd* - Principal





What an incredible achievement for Cudal student, Rupert Hough. At the end of last year Rupert was selected (through his own talents) to be a member of the Western Region Cricket team.

Rupert and his team are heading off to Ballina next week to compete in the **NSW Primary Schools Cricket Championship** competing against other NSW zone/teams including private schools for the whole week.

Rupert and his Western team will have a training run on Monday then play their first match against MacKillop on Tuesday, followed by many more games through the week.

Best of luck Rupert, hit them for a six and enjoy the experiences of the week.....

## P&C News

Thank you to everyone who made the effort to attend the P&C Extraordinary Meeting on Monday night. We are very excited to say that we were able to form a committee and have some great things already planned for the year.

Congratulations & welcome to our 2023 executive members:

**President** - Jude Cooke

**Vice Presidents** - Bev Irvine & Kate Gordon

**Treasurer** - Emma Thomas

**Secretary** - Belinda Wood & Jo Xuereb

**Fundraising Committee:** Mel Vero & Jess Upton

**General Committee:** Sandra Spratt, Tina Hough, Kym Chase, Grace Frankham, Stacie Curran, Duncan Whittle.

Thank you to Tina Hough for her amazing contributions during her term as President.

**Upcoming Events** for the P&C will be a sausage sizzle & cake stall at the State Elections on 25th March, followed by catering at the OSSA Cross Country carnival on Friday 31st March







## Schools Clean Up Day

We have changed the "Clean Up" day from tomorrow to Monday 6th March, largely due to the number of students who will be away competing at the district swimming carnival.

On Monday, the students will be participating in "Step Up to Clean Up" around our school and town. They will be placed into their peer

groups with a Yr 6 leader and staff member, and walk around cleaning up in specific areas. They will be provided with gloves and bags, collecting items that can be recycled as well as rubbish. Our school town will become more environmentally friendly, all thanks to our students being involved in this activity.

## Whole School Excursion to Orange Regional Gallery

A reminder of the whole school (K-6) Excursion on Tuesday 7th March to attend a "First Nations Day" at the Orange Regional Gallery. Students will be split into two groups and partake in workshops in Bushtucker, Burruguu Art, Aboriginal Storytelling and a Museum workshop. They learn about culture, create their own mini art piece, interactive storytelling and tasting of bushtucker.

## OSSA Athletics carnival for K-6

The OSSA White Athletics Carnival will take place on Wednesday 8th March at Waratah's Sports Ground Orange. This is a whole school event therefore, there will be **no one at school**.

**Those students who are travelling on the bus, must be at school no later than 8:10am, with bus to depart by 8:15am.** Those children who are travelling privately with parents must arrive at Waratahs no later than 8:45am. They will be required to get their name marked off the roll and collect a name tag.

Students are to wear their sports uniform including their hat. They must also pack their recess, lots of water and lunch if they had not pre purchased a lunch order.

Miss James and Miss Sue will be supervising our students at the field events and school tent area. During the day, all children must assemble in the allocated school area, unless of course they are participating in an event. Miss James and Miss Sue will be our supervisors at both the school tent and field events area. All other staff members have been allocated jobs at the carnival. Thank you to those parents who have offered to help out on the day. If you can help and have not submitted on school stream, please do so as soon as possible.

Parents **MUST** notify a teacher if they take their child from the carnival before the end of the day.



# Different on the Outside, Same on the Inside

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Year 5/6 students were presented with part 1 of a free and engaging disability program today.

'Different on the Outside, Same on the Inside' is a free program for primary school aged children aimed at breaking down misconceptions and social barriers and encouraging awareness and inclusion for people with disability.

This program is facilitated by National Disability Insurance Scheme (NDIS), and delivered by Prue McCarthy (Western NSW). Prue engages the students by speaking of her own experiences of difference, and the challenges faced by living with a disability.

The program provides opportunity for the students to explore and discuss what it means to be inclusive of differences and to ask questions. They are challenged to look at their own role in society and their contribution to positive and negative mindsets, and encouraged to find inclusive ways of communicating and acting.

Part 2 and final part of the program will be conducted to the students next Tuesday.



## What is a disability?

A person has a disability when they have difficulty seeing, learning, walking, hearing or doing other activities. There are many types of disabilities, some we can see and some we cannot see. Sometimes changes to buildings, rules, and attitudes are needed to help make sure a child with a disability can play, participate and go to school.

There are many different types of disabilities, including:

### PHYSICAL

A physical disability is a physical condition that affects a person's mobility, or physical capacity to do things. This can include injury to their brain or spinal cord injuries, and the person may need to use a wheelchair.

For some people who are living with a physical disability, some everyday tasks are harder to do, such as writing their name.

### Activity

What is your name? \_\_\_\_\_

#### Now:

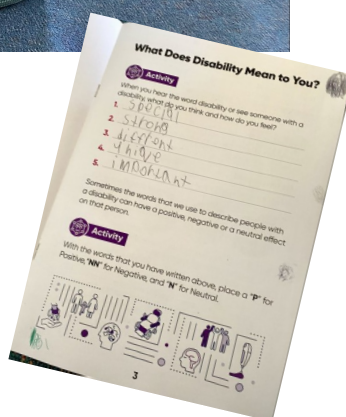
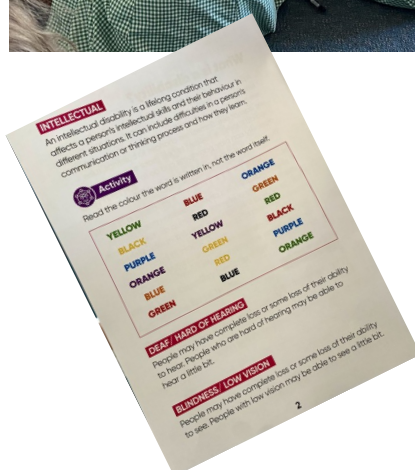
Write your name with using your other hand.

Do they look the same?

How hard was it to do?

Did that take a lot of concentration?

1



*I wanted children to realise that people with a disability are just the same as everyone else and I hope they can carry this awareness with them through to their adult years and onto the next generation. The best place to make change into the future is with the children of today."* Prue McCarthy



Honour All



Achieve Together



Swim & Survive lessons all done and dusted!

Students learnt different survival skills based on their level of water abilities. Thank you to the teachers for the specialised training they undertake to enable this program to be conducted.





We are excited to announce that we have been advised today that the before and after school care provider **big CHILDCARE is definitely coming to our school and will commence at the start of Term 2.**

As they have just started introducing centres into NSW, they had a few teething issues with administration and set ups but are now ironing these out. We have had co-ordinators at our school today, setting up the room and have a supervisor coming tomorrow to look over the sit for approval. We then just need to wait until all paperwork is signed off. They have staff already trained up, just waiting to start.

The **before and after school care hours will be from 7am to 8:30 and from 3:15pm to 6pm.** They will provide breakfast and afternoon tea.

Our school is a hub centre for Cargo school. Therefore, there could be days where students from Cargo are in care as well. This is all organised by big Childcare and they also provide the transport.

**ENROLMENTS can now be made through the big CHILDCARE website**

**<https://bigchildcare.com/enrol/>** OR scan the QR code on the flyer below.

**You can enrol your children now to begin in term 2.....**

**(Please note that all enrolments and administration is done through BIG childcare. The school has no affiliation with this process)**

This is so exciting for our little school, and to be able to provide a service for our working parents !





		<b>Term 1 - 2023</b>
<b>Wk 6</b>	Thu 2 Mar	NDIS program / Incursion for Yr 5/6
	Fri 3 Mar	PSSA (District) Swimming carnival
	Fri 3 Mar	Assembly
	Fri 3 Mar	NO Drums today
<b>Wk 7</b>	Mon 6 Mar	Schools Clean Up day
	Tue 7 Mar	Whole School (K-6) Excursion to Orange Regional Gallery
	Wed 8 Mar	(K-6) OSSA Athletics carnival - Orange
	Thu 9 Mar	NDIS program / Incursion Yr 5/6
	Fri 10 Mar	Western Region Swimming carnival - Dubbo
<b>Wk 8</b>	Wed 15 Mar	NAPLAN Testing begins
	Fri 17 Mar	Assembly
<b>Wk 9</b>		NAPLAN Testing continues this week
	Sat 25 Mar	State Elections held at the school - P&C Sausage Sizzle
<b>Wk 10</b>	Fri 31 Mar	OSSA Cross Country @ Cudal
<b>Wk 11</b>	Mon 3 Apr	Backup Cross Country date
	Mon 3 Apr	Student Interim Reports sent home
	Thu 6 Apr	Easter Church Service, Morning Assembly, Easter Carousel Day
	Thu 6 Apr	Last Day of Term 1
	Fri 7 Apr	Good Friday
		<b>Term 2</b>
<b>Wk 1</b>	Mon 24 Apr	Staff Development Day
	Tue 25 Apr	ANZAC Day - Public Holiday
	Wed 26 Apr	All students return to school
	Fri 28 Apr	District (PSSA) Cross Country in Orange - Gosling Creek
	Fri 28 Apr	Yr 6 only - GRIP Leadership day at Bathurst
<b>Wk 2</b>	Fri 5 May	Assembly
<b>Wk 4</b>	Tue 16 Apr	District (PSSA) Athletics in Orange
<b>Wk 6</b>	Mon 29 May	Life Education Van visit
	Tue 30 May	Life Education Van
<b>Wk 8</b>	Mon 12 Jun	Public Holiday - Queen's Birthday
	Wed 14 Jun	Western Region Cross Country - Gosling Creek
	Fri 16 Jun	Semester 1 Reports sent home
<b>Wk 9</b>	Mon-Thu	Parent/Teacher Interviews
	Fri 23 Jun	School Athletics carnival

