



# MONTHLY BULLETIN

Issue 8

DECEMBER 2022

## **Principal's Report:**

Great news for 2023:

We are very fortunate to have Disaster Funding Supplementation for one more year which will allow Mount George Public School to have **three classes again in 2023**.

We are happy to announce that there will be no changes in staffing; Miss Mahar, Mrs Owens, and Miss Sadler will be joining us again next year along with Mrs Thompson. Miss Meehan will continue supporting us one day a week in her Assistant Principal Curriculum & Instruction role.

Mrs Mander will continue to coordinate our Music program and move to the new day of Friday.

We are also looking forward to meeting the new families who will be joining us in 2023!

## **Swimming Intensives**

I am proud that all of our students are participating in the Intensive Swim School Program at The Y NSW Wingham Memorial Swimming Pool this week. Our students have a range of swimming abilities and It has been heart-warming seeing their confidence and skills improve throughout the week. There will be some tired children at the week's end!

## **Stage 2 Transport Excursion**

Our Transport Excursion last week was a great success. Please see the students' recounts below:

*"Newcastle transport excursion*

*Mr falla picked us up it was a really long drive when we got there we played on the playground and then went on the ferry boat and went across the other side of the water and than we caught*



the a light train too and than we went to the museum and done a hunt and then we went on the train again and went on the ferry boat again then we played on the playground again and then we went back in the car and went to fighter world and looked at planes than we left." – Elizabeth Carter



### "Newcastle Transport Trip

I had to wait and wait outside the shop until Mr Falla picked me up in Mrs Falla's Van. So we went on a quick stop to pick up Elizabeth and then we went into Newcastle.

We had a quick play at the park at Stockton and caught the ferry across the harbour. Next we caught a train what ended up taking us to Newcastle Museum.

Then we took the train back up and then we started walking up this place which was the old Newcastle station. We went down to catch the ferry again and then we got to play on the playground with wood handles and a zip line. I recommend it would be easier to not stand in the metal bar and then the zip line dragged me across.

We finally ticked police of our I Spy list and went to fighter world. We climbed up into a jet aeroplane and the back was the best because it was more interesting." – Jackson Gillett



"The excursion

Mr Falla picked us up me zenla and

Joseph and olivia AND JACKSON AND ELIZABETH TOO AND

MRSS THOMPSON TOO WE WHENT ON A FERRY AND A TRAIN." -  
*Liarnah Boorer*



"The excursion

I went to school first and then me and miss Thompson and Mr Falla. We picked up Zen first then we picked up liarnah joseph 'Jackson then Elizabeth. When we got to Newcastle we went to the park. then we went on a ferry. When we got off the boat we walked down street and caught a tram . we went to a station. Then we cached a tram back to the boat and caught the boat back to the car. And went to fitter world." - *Olivia Falla*



"In the morning Mr Falla AND MRS TOMPSON PICKED US UP AND BRANG US TO NEWCASTLE WHEN WE GOT THERE WE PLAYED IN A Park until the boat got there came . when it came we got on and it went to the other side and we did get there and went on a train and went to a museum and saw stuf like a big steam train and after that we went to fighter world and got in a plane and saw one take of and after that we went home ." – Zenla Fulton



## **Emotional Wellbeing**

After some professional Learning around the NSW DoE's Wellbeing Framework for school excellence, we asked our students to complete a survey on emotional wellbeing. Students were asked 10 simply-worded questions where they had to rate their answer out of 5 stars. The questions were based around:

- Happiness and joy
- Resilience
- Self-Esteem
- Low levels of stress / anxiety
- Positive relationships
- Meaning and Purpose in Life
- Optimism
- Self-realisation
- Understanding strengths

The areas of resilience and identifying personal strengths were our two lowest average scores with 3.63 & 3.47 respectively.

We implemented a 5-week sprint focusing on "the bucket filling" strategy which is based on a text titled *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*. Over the course, students learnt about identifying their own personal strengths and those of others. In order to make the concept more tangible, students each had their own physical bucket which was used to fill with positive messages and strengths from themselves and other students.

After five weeks of participation, students were surveyed again. The results showed a significant improvement in the targeted areas indicating that the strategy was beneficial to the students' emotional wellbeing and the overall school culture. Please see the full summary of survey results at the end of this newsletter.

- Mr Falla, Principal

### **Upcoming Dates**

- Tuesday 13<sup>th</sup> December Presentation Day
- Wednesday 14<sup>th</sup> December Diamond Day – Forster Tenpin & Lunch (for all students)
- Thursday 15<sup>th</sup> December Year 6 Farewell Day - Fays Twin Cinema & Lunch
- Friday 16<sup>th</sup> December P & C Pool Day

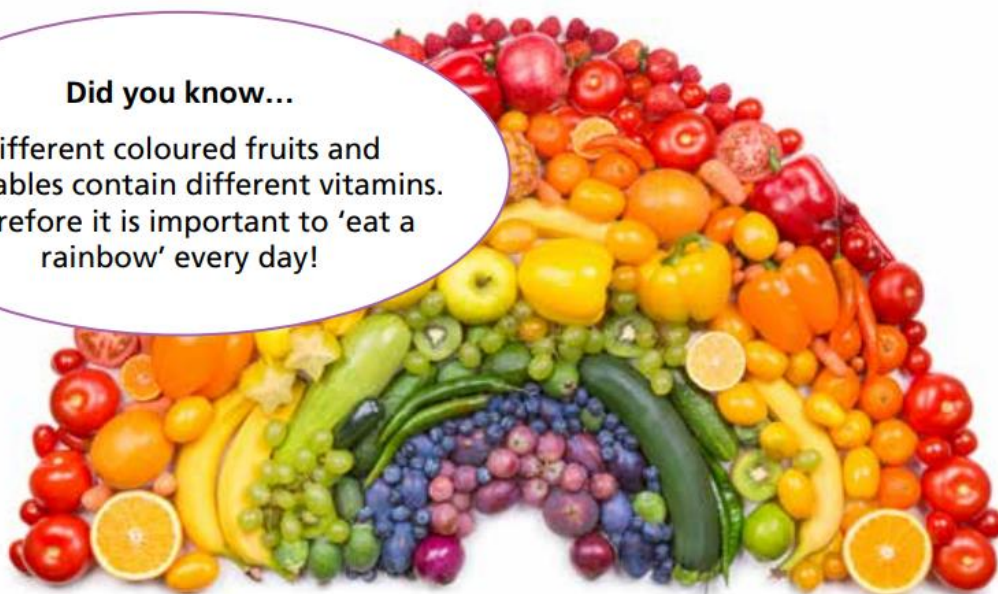
### **Newsletter inserts:**

- ◆ Good For Kids flyer – Sleep is our superpower & You can eat a rainbow
- ◆ Student wellbeing survey results



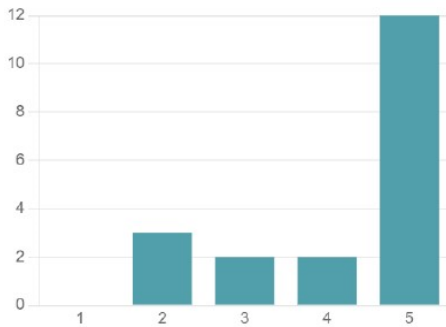
### **Did you know...**

Different coloured fruits and vegetables contain different vitamins. Therefore it is important to 'eat a rainbow' every day!

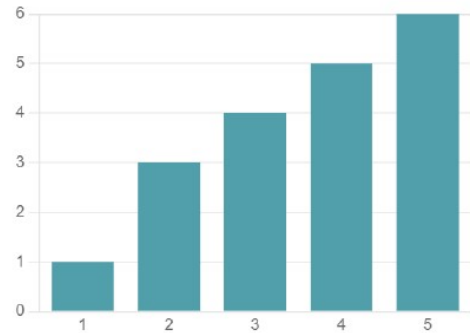


# Emotional Wellbeing Survey Mount George PS October 2022

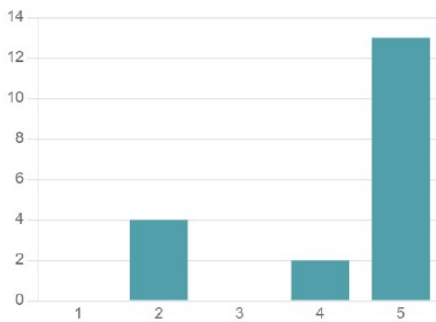
1. I feel happy at school = 4.21  
Average Rating



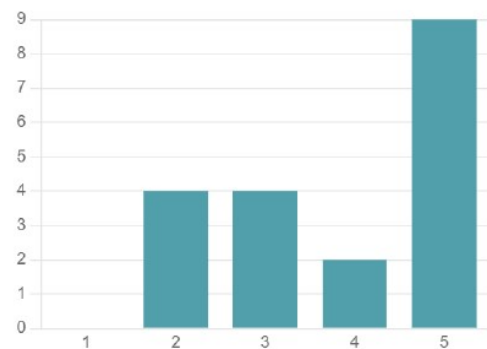
2. I can cope when things go wrong =  
3.63 Average rating



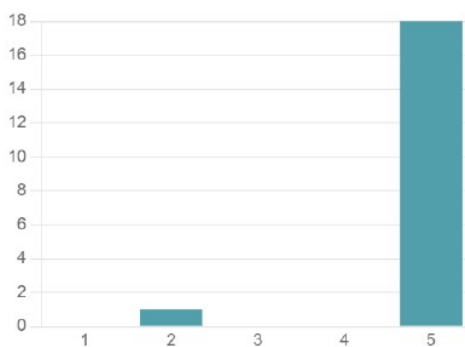
3. I love myself =  
4.26 Average rating



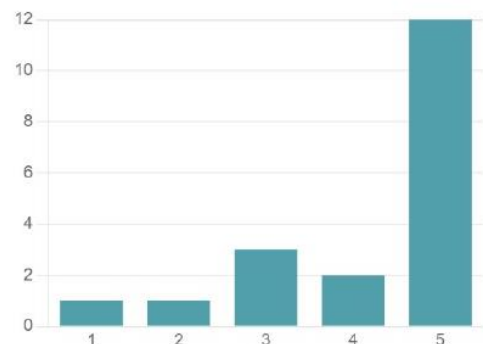
4. I don't have many worries at school =  
3.84 Average rating



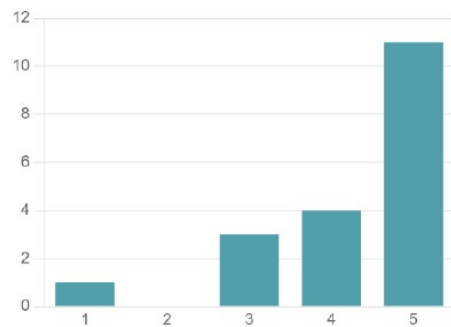
5. I have good friends at school =  
4.84 Average rating



6. I feel like I belong at Mount George Public School =  
4.21 Average rating



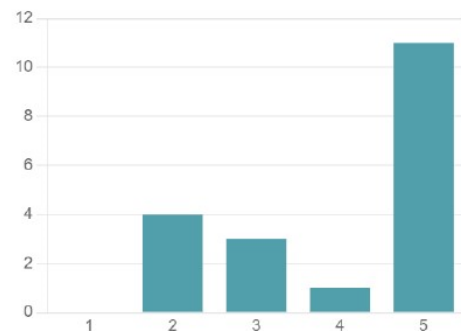
7. I am a good learner =



4.26 Average rating

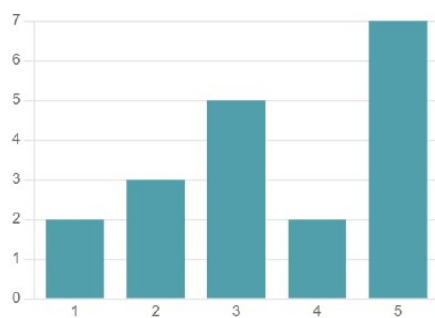
8. I know when I haven't been at my best =

4.00 Average rating



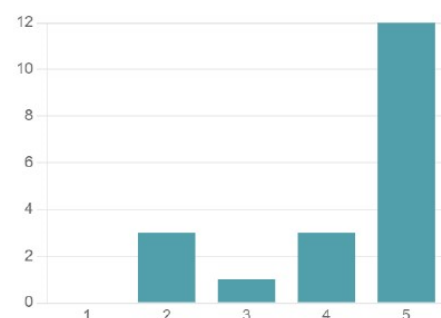
9. I could tell you three of my strengths =

3.47 Average rating



10. I find it easy to be kind to others =

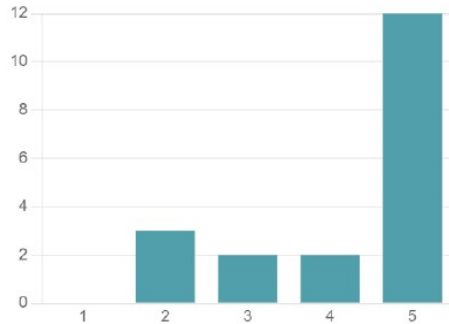
4.26 Average rating



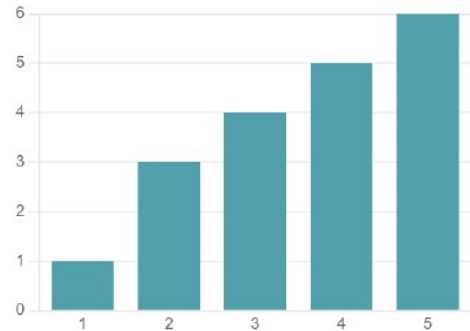
# Emotional Wellbeing Post Survey Mount George PS

## November 2022

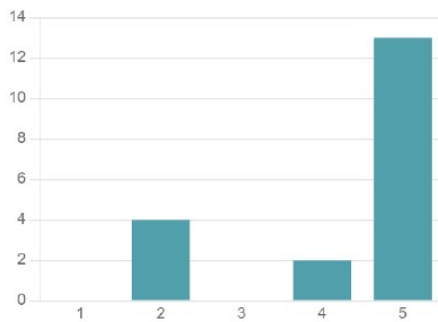
1. I feel happy at school =  
4.54 Average Rating



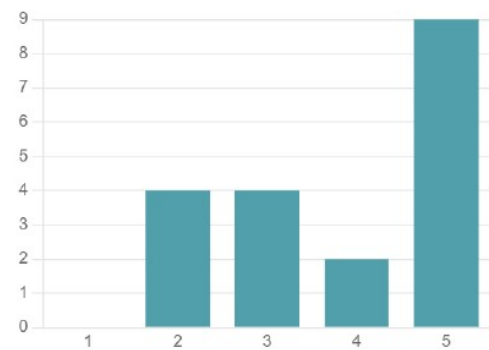
2. I can cope when things go  
wrong =  
4.08 Average rating



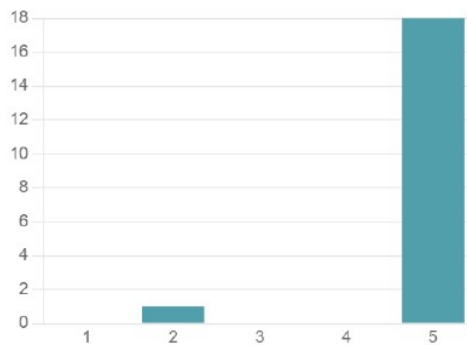
3. I love myself =  
3.79 Average rating



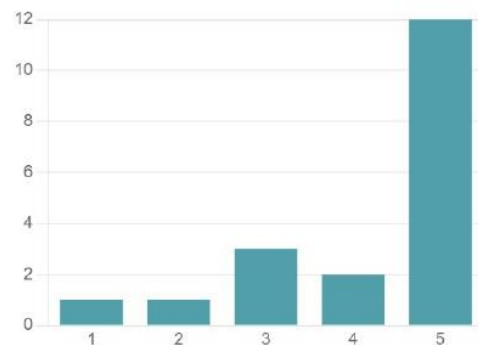
4. I don't have many worries at  
school =  
4.04 Average rating



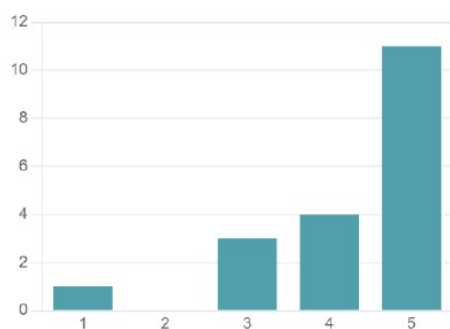
5. have good friends at school =  
4.75 Average rating



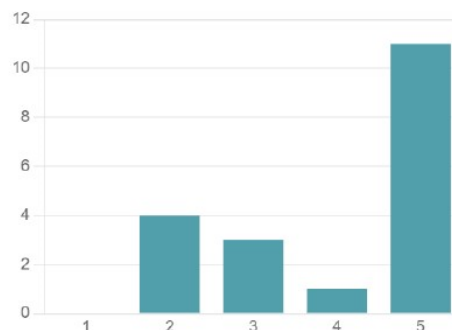
6. I feel like I belong at Mount  
George Public School =  
4.29 Average rating



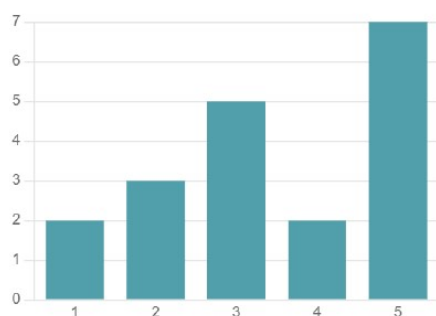
7. I am a good learner =  
4.38 Average rating



8. I know when I haven't been  
at my best =  
4.21 Average rating



9. I could tell you three of my  
strengths =  
4.13 Average rating



10. I find it easy to be kind to  
others =  
4.58 Average rating

