

Welcome to Eugowra Public School



Eugowra Public School

Term 2 | Week 4 | Wednesday 21st May 2025

MONDAY 26TH MAY
Forbes Small Schools
Athletics Carnival
BUS - 8am at school

Principal's Message

Today, we joined with St Joseph's and the ECCC for Simultaneous Storytime at the showground hosted by the preschool. Thank you to Raewyn and the preschool staff for organising a wonderful event. And an extra big thank you for the donation of the book "The Truck Cat". We had a great time!

Well done to Aiden, Jacob, Bailee, Elsie, Stewart and Ryan who represented EPS last Friday at the district Cross country in Forbes. Congratulations to Elsie, who gained 3rd place and is now eligible to compete at the Western event.

A reminder that next Monday, we have our small school Athletics carnival. It is expected that all students attend the day. Please ensure students are at EPS at 8am for the bus to transport students to Forbes. It is anticipated that the bus will return to EPS in time for normal afternoon school buses and pick-ups.



Don't Forget!!



Buses – MONDAY 26th May – 8:00am at School for Bus to Forbes Athletics



Sport – Fridays



Library - Thursdays

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Students competing in the 1500m event (these students received a note outlining this) are to be at Forbes North by 8:30am ready for their event.
All parents and family members are invited to attend the day and cheer on our wonderful students.

Have a great week.
Carmel Doyle

School uniform

All students need a school hat each and every day. There are a number of students who are not bringing a hat to school each day. If your child is in need of a new school hat, please purchase one from the office. Students will begin sitting out at play time if they are consistently not bringing a hat. It is part of sun safety and our school rules to wear a hat. Please contact Mrs Doyle if you need to discuss this requirement.

As the weather is cooling down, especially in the mornings, it is recommended that students wear their school jumper. Please ensure all items of uniform are labelled so if misplaced it can be returned to the rightful owner.

We appreciate parents' assistance and cooperation with school uniform.

Buses

A reminder that whilst travelling to and from school on school buses, students are required to behave appropriately. We have received some feedback and have reminded students about their behaviour on the bus, it would be helpful if parents also reminded students about appropriate behaviour on the bus, not only for students' safety, but also for the driver and other passengers.

Assembly

Due to the Athletics Carnival on Monday 26th May at Forbes North Public School, we will not be having out assembly at school. The assembly awards will be handed out at our morning assembly later in the week

THE RESILIENCE PROJECT.

GEM Chats Gratitude

CREATING WELLBEING HABITS & CONNECTION

GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations.**

HOW TO USE GEM CHATS

Make GEM Chats a part of your dinner routine to reflect, check in, and practice gratitude.

Try these prompts:

- ★ What are you **grateful** for today?
- ★ Share a moment that **made you smile**.
- ★ How can you **support** someone tomorrow?
- ★ What was the **best part** of your day?

In 21 days of practising gratitude, you **rewire your brain** to start scanning the world for the positives. You become **three times** more likely to **notice a positive**.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

 @theresilienceproject_
  The Resilience Project
  The Resilience Project
  theresilienceproject.com.au



The Kidman Centre **UTS**

FREE WORKSHOP CALENDAR 2025

The Kidman Centre UTS is a youth mental health treatment and research centre based at the Prince of Wales Hospital in Randwick. These workshops are designed to equip parents and caregivers with practical, evidence-based psychological strategies to help them manage a range of life's challenges.

To register for a workshop please make sure to sign up:

<https://tinyurl.com/KidmanParentWorkshops>

WORKSHOP 1
Raising Resilient Kids: Helping Children Manage Anxiety
WHO IS THIS FOR: Parents and caregivers of children aged 9-12
DESCRIPTION: Learn how to support your child's anxiety using practical tools drawn from Cognitive Behavioural Therapy (CBT). This workshop explains the science behind anxiety and introduces strengths-based strategies that help children challenge unhelpful thinking and build brave behaviours.
TUES 27 MAY 2025 (9-11PM)

WORKSHOP 2
Teen Anxiety (Part 1): Understanding Worry and Thinking Traps
WHO IS THIS FOR: Parents and caregivers of teens aged 12-18
DESCRIPTION: Does your teen get stuck in their worries? In this first session of our two-part series, we unpack the science of anxiety and explore how to support teens using CBT-based strategies to manage worry, rumination, and unhelpful thinking patterns.
TUES 10 JUNE 2025 (6-7PM)

WORKSHOP 3
Teen Anxiety (Part 2): Building Confidence with Exposure Strategies
WHO IS THIS FOR: Parents and caregivers of teens aged 12-18
DESCRIPTION: Building on Part 1, this session focuses on how to support teens in facing their fears—like public speaking or social situations—using step-by-step exposure therapy techniques. Learn how to create an exposure hierarchy to reduce avoidance and build confidence.
WED 9 JULY 2025 (4-5PM)

WORKSHOP 4
Making Space for Anxiety: Tools from Acceptance and Commitment Therapy
WHO IS THIS FOR: Parents and caregivers of anxious children or teens
DESCRIPTION: This workshop introduces practical tools from Acceptance and Commitment Therapy (ACT) to help young people make room for anxiety, rather than fight it. We'll explore mindfulness, defusion strategies, and values-based actions that support emotional flexibility.
MON 4 AUG 2025 (6-7PM)

WORKSHOP 5
Body Calm: Relaxation Skills to Support Emotional Distress
WHO IS THIS FOR: Parents and caregivers of children and teens
DESCRIPTION: Does your child experience nausea, muscle tension, a racing heart, or other physiological signs of distress? This workshop explores body-based coping tools including progressive muscle relaxation, calming breath techniques, grounding skills, and mindfulness to help regulate the body's response to stress.
TUES 26 AUG 2025 (6-7PM)

Call us at 02 953 4 8877
Email us naama.chen@uts.edu.au
The Kidman Centre UTS
Parkes 318 East
Prince of Wales Hospital
High Street
Randwick Sydney 2031
@thekidmancentre

The Kidman Centre **UTS**

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WORKSHOP 6
Tech-Smart Parenting: Creating Healthy Screen Time Habits
WHO IS THIS FOR: Parents and caregivers of children and teens
DESCRIPTION: Held during the school holidays, this workshop will help you develop balanced screen time routines with your kids. Learn how to create a family plan, understand common apps, and build healthier digital habits that support mental wellbeing.
TUES 16 SEPT 2025 (4-5PM)

WORKSHOP 7
Supporting Teens with Low Mood and Suicide Risk
WHO IS THIS FOR: Parents and caregivers of teens
DESCRIPTION: Learn how to support teens experiencing low mood and navigate conversations around suicide safety. This session explores the cycle of low mood and offers practical, evidence-based strategies for checking in, building connection, and opening difficult conversations with care.
WED 1 OCT 2025 (6-7PM)

WORKSHOP 8
Helping Teens with ADHD: Tools to Support Executive Functioning
WHO IS THIS FOR: Parents and caregivers of children and teens with ADHD
DESCRIPTION: Executive functioning plays a key role in ADHD. This workshop introduces practical tools used in therapy—like planners, visual timetables, verbal warnings, and scaffolds—to help teens improve organisation, focus, and independence.
TUES 11 NOV 2025 (4-5PM)

WORKSHOP 9
Putting It All Together: A Clinical Psychologist's Guide to Supporting Your Child
WHO IS THIS FOR: Parents and caregivers of children and teens
DESCRIPTION: Want to know how it all fits together? In this final session, a clinical psychologist shares five key evidence-based strategies to support children's emotional wellbeing—covering thoughts, feelings, behaviours, body signals, and the role of family connection.
TUE 2 DEC 2025 (6-7PM)

Call us at 02 953 4 8877
Email us naama.chen@uts.edu.au
The Kidman Centre UTS
Parkes 318 East
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Gooloogong Log Cabin
LITERARY LUNCH
presents
JESSICA MANSOUR-NAHRA

"Jessica is a debut author with a suspense title that's getting a huge amount of buzz!" K. Rimmer
"In Jessica Mansour-Nahra, Australia has a stunning and remarkable new talent." Hachette Australia

Two Course Lunch by Eat Your Greens
\$75 per person

Sunday, 31 August 2025
Doors open at 12.30pm for 1pm start
Beer and wine available for purchase
Contact info@gooloogonglogcabin.com.au for table arrangements, dietary requirements, direct deposit confirmation etc.

Direct Deposit: Gooloogong Log Cabin Inc.
BSB: 062-518 Acc: 00800247
Please use your name as reference and include ph. no.
Or purchase via 123.tix

PROUDLY A GOOLOOGONG LOG CABIN FUNDRAISING EVENT

BUILD FORBES TRADIES NIGHT
Hosted by Forbes Shire Council

Join us for Forbes TRADIES NIGHT. A networking event designed exclusively for tradies, builders, and industry professionals. This event offers a unique opportunity to expand your network and gain valuable insights into the construction landscape in Forbes.

WHAT IS THE NIGHT ABOUT?

- Meet with local tradesman and developers
- Learn about Forbes development trends and planning updates
- Connect with services and agencies offering business assistance
- Enjoy drinks and a bite to eat
- Catch up with mates and more!

DO YOU WANT TO PROMOTE YOUR BUSINESS ON THE NIGHT?
Email economicdevelopment@forbes.nsw.gov.au to book space for your trade table or phone 6850 2300.

FRIDAY 23 MAY
6PM - 9PM

FORBES INN
43 RANKIN STREET
FORBES NSW

Scan the QR code for your FREE ticket

Free workshop

2 Day Autism Workshop for Parents and Carers

Cowra, NSW

Scan the QR code or click here to register

This workshop is for parents, full time carers and grandparents.

Wednesday & Thursday
18 & 19 June, 2025
9:30am - 2:30pm

Club Cowra
101 Brisbane Street
COWRA NSW 2794

Morning tea and a light lunch will be provided

Interpreters available upon request

For more information or to register visit:
<https://www.positivepartnerships.com.au/PC>
or namjan@positivepartnerships.com.au

0447 537 039

During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Understanding behaviour
- Working together with your child's school.

Learn more about autism and ways to strengthen the partnership between home and school.

We're bringing NSW Government services to: Eugowra Wednesday, 4 June 2025 9AM - 3PM

Visit our Mobile Service Centre to access services like:

- Driver Knowledge Tests
- driver licence, mobility parking and photo card applications
- Working with Children Checks
- NDIS Worker Checks
- birth, death and marriage certificates
- cost of living support and more.

Call 13 77 88 or visit service.nsw.gov.au to check our latest timetable.

Severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.

Find us at: 54 Nimma Street

Service NSW

swop it
everyday in the lunchbox

Easy, simple lunchboxes

Fussy eaters can be overwhelmed by having too many options in their lunchbox. Keep the lunchbox simple for easy, healthy lunches that kids can eat before they run off and play.

Remember an everyday lunchbox is made up of:

- Drink**
Water and/or reduced fat plain milk
- Lunch**
A meal made with everyday foods, such as a sandwich, wrap, salad, pasta or rice dish
- Recess**
Vegetables or fruit + 1-2 everyday snacks
- Veg & Fruit Break**
Vegetables or fruit

Twilight OUTDOOR MOVIE NIGHT

FRIDAY 30 MAY 2025
4:30PM - MOVIE START
TIME 5:30PM

NELSON PARK, FORBES

POPCORN - FAIRY FLOSS - DOUGHNUTS - COFFEE - FOOD VANS

BYO CHAIR, BLANKETS, WARM CLOTHES. ADDITIONAL BLANKETS AVAILABLE FOR PURCHASE

FORBES SHIRE COUNCIL **FORBES YOUTH ACTION TEAM**



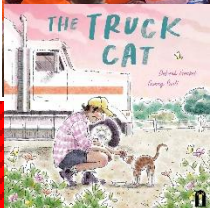
CALENDAR 2025

	Week	Monday	Tuesday	Wednesday	Thursday	Friday
	4	19 th May	20 th May	21 st May Fat Parcel Lunch Orders Simultaneous Story Time - @ ECCC Meals on Wheels	22 nd May Library	23 rd May Sport
	5	26 th May FSS Athletics Carnival @ Forbes North Bus leaves EPS at 8am	27 th May	28 th May Fat Parcel Lunch Orders Meals on Wheels	29 th May Library	30 th May Sport Hockey
	6	2 nd June	3 rd June	4 th June Fat Parcel Lunch Orders Meals on Wheels	5 th June Library	6 th June Sport Hockey
	7	9 th June Kings Birthday Public Holiday	10 th June	11 th June Fat Parcel Lunch Orders Meals on Wheels	12 th June Library	13 th June Sport Hockey
	8	16 th June Lions Eye Health Program @ EPS	17 th June	18 th June Fat Parcel Lunch Orders Meals on Wheels	19 th June Library	20 th June Sport Hockey
	9	23 rd June Stewart House Wk. 9	24 th June Disability Awareness with Prue	25 th June Fat Parcel Lunch Orders Meals on Wheels	26 th June Library	27 th June Sport Hockey
	10	30 th June Disability Awareness with Prue Stewart House Wk.10	1 st July	2 nd July Fat Parcel Lunch Orders Meals on Wheels	3 rd July Library	4 th July Sport Hockey

Tech Workshop

On Tuesday, students k-6 were involved in a technology workshop with Mr Cassell who came to show us how to use the podcasting kits we have for the term. Students had a great time learning how to record themselves, add music and listening back to what they had created.





Simultaneous Story Time



Recess Club with Miss Ash has been a big hit with a variety of activities to choose from throughout the week. These photos are of the students enjoying the outdoor activities provided.

Primary Math's

Students have been enjoying learning about angles. They eagerly participated in a game using their bodies to create angles linking movement with mathematical language. The geoboards are pictured below, and students created shapes and angles using elastic bands while explaining their thinking during the process.

