

Welcome to Eugowra Public School



Eugowra Public School

Term 2 | Week 5 | Wednesday 28th May 2025

**Hockey Coaching
for Sport starts
this Friday**

Principal's Message

Well done to all students who participated in the Small Schools Athletics Carnival on Monday. The weather may not have been ideal for a carnival; however, I was so proud of our students participating, positive attitudes and good sportsmanship. We did need to rush the carnival through to ensure we completed all the necessary components for those eligible to go to the next level for district, and thankfully we were able to get all these completed. Since we were unable to hold the presentation ceremony on the day, we have planned a virtual presentation for all the schools to link in together and congratulate each other.

Thank you to all parents who were able to join us on the day, and a big thank you to our wonderful staff for your efforts in running the events on the day.



Don't
Forget!!



Buses – As Normal



Sport – Fridays



Library - Thursdays

Eugowra Public School

Term 2 | Week 5 | Wednesday 28th May 2025

This year, our school is participating in External Validation which is part of the school excellence procedures. It provides an opportunity for our school to discuss our judgements about the school's practice, and the evidence that underpins them, with a panel of peers. Throughout this process, the staff have been gathering evidence, discussing and analysing what we do at EPS. It has been great to thoroughly look at all the things that we do, knowing that our focus on students is integral to all things here at EPS.

Have a great week.
Carmel Doyle

Congratulations to Clara Welsh and Mrs Welsh for their truly amazing performances in the Parkes M&D production of Mamma Mia! Staff enjoyed watching the production and were so proud of them both!



Website:
eugowra-p.schools.nsw.edu.au



Contact:
(02) 6859 2233



Email:
eugowra-p.school@det.nsw.edu.au



We're coming to your community



**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 Nanima Street



THE RESILIENCE PROJECT.

GEM Chats Empathy

CREATING WELLBEING HABITS & CONNECTION

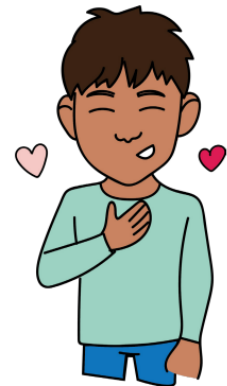
GEM Chats help families practice The Resilience Project's principles, offering a simple wellbeing check-in while **building stronger connections through daily conversations**.

HOW TO USE GEM CHATS

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

Try these prompts:

- ★ Thank each family member for something they've **done** or **said** today.
- ★ Give each family member a **compliment**.
- ★ Share a time when someone has done something **kind for you** this week. Describe how it made you feel.
- ★ Think about someone special in your life. **What makes them special**, and how will you let them know this week?
- ★ Who made you **feel cared for** this week? What actions did they take?



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

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

The
Kidman
Centre



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 practice, evidence-based psychological strategies to help them navigate a range of life's challenges.

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

<https://tinyurl.com/KidmanParentWorkshops>



Call us
02 9534 4077

Email us
emma.chan@uts.edu.au

The Kidman Centre UTS
Parkes 10 East
Prince of Wales Hospital
High Street
Randwick Sydney 2031

@thekidmancentres

WORKSHOP 1

Raising Resilient Kids: Helping Children Manage Anxiety

WHO IS THIS FOR: Parents and caregivers of children aged 6-12
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 (6-7PM)

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)

The
Kidman
Centre



FREE WORKSHOP CALENDAR 2025

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

<https://tinyurl.com/KidmanParentWorkshops>



Call us
02 9534 4077

Email us
emma.chan@uts.edu.au

The Kidman Centre UTS
Parkes 10 East
Prince of Wales Hospital
High Street
Randwick Sydney 2031

@thekidmancentres

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 (6-7PM)

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)



CALENDAR 2025

Week	Monday	Tuesday	Wednesday	Thursday	Friday
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



Biggest Morning Tea

Last Thursday we supported a cause close to many of our hearts - Australia's Biggest Morning Tea. Thank you to the organisers of Eugowra's Biggest Morning Tea, and all the wonderful cooks - our morning tea was delicious.



Information for families – Kindergarten to Year 6

- From this year, the Department of Education is introducing updated school reports.
- The new format has been developed by the NSW Department of Education in response to feedback from parents and educators to make reports easier to read and understand.
- Your child's report will still show their progress across all subject areas.
- Teacher comments will appear in English, mathematics and the general comment section, in line with department policy.
- The general comment will also cover all other key learning areas including, creative arts, HSIE, PDHPE, and science and technology.
- A new achievement scale and descriptions will be included to provide a clearer picture of your child's progress.

For Kindergarten - The 5-point achievement scales are not used. Teachers provide written comments for each key learning area describing student achievement and effort in relation to syllabus expectations.

- Parent-teacher interviews remain an important way to discuss your child's progress and achievement in more detail.
- We welcome your feedback or questions about the new report format, with Semester 1 reports to be sent home towards the end of this term.

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

FYAT FORBES YOUTH
ACTION TEAM



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.

THE FARM
Fertile ground for dark secrets
JESSICA MANSOUR-NAHRA

The book will be on sale at the event.

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

Welcome to Eugowra Public School

Forbes Small Schools Athletics

