

Welcome to Eugowra Public School



Eugowra Public School

Term 2 | Week 7 | Wednesday 11th June 2025

Well done to Elsie Noble who competed at the Western PSSA cross country event today in Orange.

Principal's Message

I hope everyone enjoyed the Long Weekend and were able to spend some quality time with family and friends.

As the cool weather sets in, we encourage students to wear their jumpers and long pants. I would like to remind families that students are not to arrive at school prior to 8:40am, as staff are not on duty in the morning until 8:45am. Students are required to sit and wait until the teacher is on duty and our Breakfast Club opens at 8:45am.

Our school is utilising more features of the School Bytes platform. On the Parent Portal you will now find the calendar for the term that will continue to be updated. Parents can also provide explanations for absences via the portal that will be sent to the school for approval.



Don't Forget!!



Buses – As Normal



Sport – Fridays



Library - Thursdays

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If needing to make payments to the school for example for school uniforms - this is also available via the app. We will begin utilising the School Bytes platform for permission notes, so please check the app regularly or turn on notifications. If you need help setting up the Parent Portal please contact Mrs Reeves in the office, who is always willing to assist. We have found the process to be user friendly and want to ensure all parents can access it if you would like to have it as an option.

Have a great week,
Carmel Doyle

School Lunches

A friendly reminder that we encourage healthy lunch box options. Each class has a designated 'fruit break' time every morning. During this time, students are allowed to have a healthy snack of fruit or vegetables. Students are not to bring items such as chocolate bars, lollies, soft drinks, cordial or energy/ sports drinks to school. Juice poppers are allowed, and drink bottles are to contain water.

We have a refrigerated bubbler at school where students can refill their drink bottles or get a drink of water.

If items in lunch boxes need to be refrigerated, students can place their lunch box in the fridge at the breakfast club station or in the school's kitchen.

Staff are not allowed to be heating up students' lunches in the microwave due to health and safety reasons. We appreciate your assistance with this.

School Lunch orders (nuggets, sausage roll or pie) and an ice cream can be purchased each day for \$3 each and

Fat Parcel Food Van orders on Wednesdays. Please ensure students name and order are clearly written and handed in to school so it can be passed on to The Fat Parcel to avoid it being missed.

Thursday 19th June – Permission Note Attached and on the School Bytes App.

Whole School Choir – Forbes Eisteddfod

We will be catching a bus and depart EPS at 9:00am for the Forbes Town Hall to participate in the Forbes Eisteddfod. All students are part of the choir this year.

We will return by bus to the Eugowra Showground for the annual combined schools cross country event.

Cross Country – Eugowra Combined Schools

From 1pm at the showground for students 8yrs+. Sub Junior students will be at St Josephs participating in combined activities.

School Bus and afternoon pick-up will be from St Josephs and the Showground.

PLEASE PACK ALL FOOD AND DRINKS FOR 19TH.



Sandwich filling inspiration

Sandwiches are a great everyday lunch option! Looking for inspiration to try some new sandwich fillings? Why not try:

- Bulk out the sandwich with vegetables. Try using carrot, tomato, lettuce, baby spinach, avocado, beetroot or cucumber.
- Try using leftover lean meats, boiled eggs, reduced fat cheese, BBQ chicken (skin removed), canned fish, turkey, roast vegetables, falafel or tofu to switch-up fillings!
- Swap your spreads! Instead of butter or margarine try cream cheese, cottage cheese, avocado, hummus or tzatziki.





EUGOWRA COMMUNITY CHILDRENS CENTRE PRESENTS

TRIVIA NIGHT

PRIZES | AUCTION | RAFFLE

\$1000 CASH PRIZE

SAT 02 AUG

Doors Open 6pm
6:30pm Start
Showground Pavillon

PRE ORDER:
GRAZING BOXES
SLIDER BOXES

**\$160 PER TABLE
MAX 8 PEOPLE**

BAR AVAILABLE



SCAN QR CODE TO
PURCHASE YOUR TABLE
AND ANY BOXES YOU
WOULD LIKE

Here is the link ☺ to the ticket and grazing boxes.

<https://www.123tix.com.au/events/48761/eccc-trivia-night>

Thankyou to our Trivia Night Sponsors



THE RESILIENCE PROJECT

GEM Chats Mindfulness

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 mindfulness.

Try these prompts:

- ★ What **mindfulness tools** did you use today?
- ★ Take a moment to look out the window or around the room.
 - 3 things you can see.
 - 2 things you can hear.
 - 1 thing you can feel.
 - Notice how you feel after stopping for a moment.



TO LEARN MORE ABOUT THE RESILIENCE PROJECT, HEAD TO:

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

EUGOWRA COMMUNITY CHILDRENS CENTRE

TABLE GRAZING BOX
SMALL: \$45
LARGE: \$80

INDIVIDUAL SLIDER PACK
\$12
INCLUDES 1X BEEF, 1X CHICKEN AND 1X PORK

TABLE SLIDER PACK
\$65
INCLUDES 6X BEEF, 6X CHICKEN AND 6X PORK



CALENDAR 2025

	Week	Monday	Tuesday	Wednesday	Thursday	Friday
	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 (selected students)	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 (selected students)	1 st July	2 nd July Fat Parcel Lunch Orders Meals on Wheels	3 rd July Library	4 th July Sport Hockey

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.

PROUDLY A GOOLOOGONG LOG CABIN FUNDRAISING EVENT



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



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

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.

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

📞 0447 537 039

Positive Partnerships is funded by the Australian Government Department of Education. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



Top L-R – June Birthdays
Amity, Edward, Amber and Aiden

Middle L-R – Edward, Stewart, Jye, Alayla,
Bailee and Elsie

Bottom R – 100% Attendance



Billycart Fun



Principal's Award

K-2 Edward Noble

3-6 Ava Sims

Student Of The Week

K-2 Alayla Osborne

3-6 Elsie Noble

Sport Award

K-2 Jye Turner

3-6 Charlotte Sims

G.E.M Award

K-2 Stewart Noble

3-6 Bailee Duffy

100% Attendance – Week 5 & 6:

Edward, Alayla, Ben, Jye, Ryan, Flynn,
Stewart, Anthony, Amber

Elsie, Braidyn, Aiden, Amity, Jacob

