

Welcome to Eugowra Public School



Eugowra Public School

Term 4 | Week 3 | Wednesday 29th October 2025

Principal's Message

As part of our ongoing partnership with Royal Far West, in week 5 we will have members from the Royal Far West team visit our school. Team members visiting will be: Kara who is an Occupational Therapist and Jess who is a Social Worker.

During their visit they will meet with staff, observe classrooms and host a parent information session. Social worker, Jess, will also be available for individual parent discussions should any parents like to take up this opportunity to discuss any issues such as managing big feelings and behaviours. If any parents would like to arrange a time to meet with Jess individually, please let Mrs Doyle know and she can arrange this.

The parent / carer information session will be on Monday 10th November 3:30 - 4:30pm at the Fat Parcel. Topics covered will be: Tips for sleep hygiene, reducing screen time and emotional regulation. Please mark this in your calendars and come along for an informative afternoon.

Have a great week,
Carmel Doyle

**KINDERGARTEN 2026
ENROLING NOW**



Don't
Forget!!



Buses – As Normal



Sport – Fridays



Library - Thursdays

*Wellbeing
Wonderings*

What kind acts have
you noticed today /
this week?



No feeling is permanent



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School Buses:

Staff have reminded students about appropriate behaviour on the buses. All students are to be sitting in their seats with seat belts on for the safety of everyone on the bus. We appreciate parents talking with their children about safe and appropriate behaviours whilst travelling on the buses to and from school. If any incidents arise on the bus run, please contact Forbes Bus Lines so they are aware.

School Lunch Orders & Ice-creams:

** \$3 for sausage rolls, pies, chicken sticks and ice-creams.

Students are to bring the cash to school and order with the teacher on duty.



Alexandra Croak will be connecting with students at EPS on 5/11/2025, as part of Olympics Unleashed.

The students will learn from Alexandra Croak's Olympic journey how to build resilience, the importance of setting goals and how to find what you are passionate about.

Students will hear firsthand from Alexandra Croak about how she overcame challenges to compete in her chosen sport at the very highest level, and how some lessons she's learned in sport can help students to be the best they can be – whether that's in school, at home, on the sporting field or with friends.



In celebration of World Teachers' Day this Friday 31st October, students can bring their own style of hat to wear, as we acknowledge the wonderful job our teachers do each day and say thank you / 'hats off' to our teachers!

Stress-free fussy eating ideas

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT will help with ideas on how to pack an everyday lunchbox for your fussy eater.

Try the **3:1 lunchbox rule** everyday:

- **Three** items your child likes
- **One** new everyday item



Term 4 Calendar

W3 Term 4	Oct 27	28	29	30	31
02:30pm - 03:00pm Assembly		⚠ Fat Parcel Lunch Orders	📖 Library Day 09:00am - 12:00pm 📖 Kinder Orientation	🏃 Sport	
W4 Term 4	Nov 3	4	5	6	7
		⚠ Fat Parcel Lunch Orders	📖 Library Day 09:00am - 12:00pm 📖 Kinder Orientation	🏃 Sport	
W5 Term 4	Nov 10	11	12	13	14
		⚠ Fat Parcel Lunch Orders	📖 Library Day 09:00am - 12:00pm 📖 Kinder Orientation	🏃 Sport	

Term 4:
Dates for the Diary.

School Swimming
Weeks 8 & 9 (1st – 12th
December)

End of year farewell disco 10th
December

Carols by the Creek
Saturday 13th December

Presentation Night
17th December

2026 3rd-13th Feb SWIMMING

CWA

Community Dinner

1st November 2025

4pm

PLEASE JOIN US AT CWA ROOMS FOR
A FREE EVENING OF GOOD FOOD AND
COMMUNITY CONNECTION

Delicious Pork and Lamb on Spit
Sausages for Kids, BYO Drinks
Surprise Children's Activities
and Fun for All
Bring the whole Family




EUGOWRA BOWLING CLUB

MELBOURNE CUP

DATE - 4TH NOVEMBER 2025
STARTS - FROM 11.30AM
CHAMPAGNE ON ARRIVAL
LUNCH - 1.00PM
\$30pp

JOIN US FOR A FUN AFTERNOON OF
HORSE RACING ON THE BIG SCREEN
\$1, \$2, \$5 SWEEPS
DRESS AS STYLISH AS YOU WISH
BOOKINGS ARE ESSENTIAL
02 68 592315 OR SEE BAR STAFF TO BOOK

SNAPSHOT

@ Forbes High School





Mathematics
In Year 12 Mathematics Advanced, students enhance their understanding of functions and graphing. Extension 1 students develop logical thinking through mathematical induction, while Extension 2 covers complex numbers, preparing students for university-level math and careers in engineering, medicine, or teaching.



Aboriginal Education
At FHS, we empower Aboriginal students and all learners to appreciate Australia's First Nations heritage, promoting respect and cultural pride while creating pathways for success. Recently, our Nginhagu Dance group performed five dances during Grenfell's NAIDOC celebration, showcasing this commitment.



Science
Year 7 students have been studying the principles of gravity. As part of this learning experience, they were assigned to design a safety device for an egg, aimed at slowing its descent when dropped from a balcony. Utilising recycled materials, the students successfully shielded their eggs and constructed parachutes.



Girls Empowerment Group
The Yoorana Guruya Girls Empowerment Group runs fortnightly with the goal of empowering females to explore and discuss various topics that can improve their overall well-being. Recently, the girls visited Anytime Fitness, where they participated in a variety of exercise routines and discussed the advantages of healthy eating.

YEAR 7 TRANSITION DAYS

📅 Week 6 (18th-20th Nov)
Tuesday, Wednesday and Thursday
9:00am - 3:00pm



The FHS experience:

- Regular high school classes
- MADD Night preview
- Peer support activities

Student's are to make their own way to and from FHS
Wear sport uniform
Bring a packed lunch, or canteen will be available
Snow Cones - \$2.00 (available on Tuesday)



FORBES HIGH SCHOOL

6852 2666
Georgie Price - Year 6 into 7 Transition Advisor





2025

Transition

Each transition day will begin at 8:53am and finish at 3:24pm. We will start each day in the top quad near the flag poles.

Mrs Harris or Mr Bushell will meet students who catch the bus in the bus bay and walk them to the meeting spot.

Please make sure you wear your full sports uniform, on both of the Wednesday transition days and full school uniform, including LEATHER shoes, on the Friday. We have lots of fun activities planned in our specialty rooms so please be in the correct uniform.

Parent Morning Tea 7th August 10:00-11:00
- In the amphitheatre near the front office -

- 1 **Wednesday 29th October (Small Schools)**
- 2 **Wednesday 5th November (All Schools)**
- 3 **Friday 21st November (All Schools)**

Family BBQ 21st November from 5:00pm
- In the top quad near the flag poles -

We look forward to seeing you all!



Child & Family Services



NDIS Services



At Royal Far West we are dedicated to supporting children in rural and remote locations to access the health and developmental care they need.

We are a non-government provider of developmental health, early intervention, education and therapy services for children and their families. We work collaboratively with you, your family and the professionals who support you.

Our NDIS services offer therapeutic interventions for children aged 2-12 years who have an NDIS plan.

RFW NDIS Services are suitable for children with mild to moderate disability who live in rural and remote areas. The program supports Early Childhood Approach (ECA - previously ECEI) and the National Disability Insurance Scheme (NDIS) Participants.

Our Services

Speech Pathology

- Learning to speak more clearly
- Understanding and using words and language to communicate
- Reading and writing skills
- Social communication skills to build and support friendships and relationships
- Play skills
- Key word sign and visuals to support communication

Occupational Therapy

- Building gross and fine motor skills
- Play skills
- Self-care skills to increase independence
- Sharing ideas to children who react differently to certain sensations
- Building skills and sharing ideas to support regulation, learning and friendships at school and home

Psychology

- Behaviour and/or emotional difficulties
- Mental health concerns (anxiety, low mood, poor self esteem, poor sleep)
- Social skills
- Parenting support
- Understanding diagnosis
- Adjustment difficulties e.g. transitioning to school

Special Education

- Early literacy
- Functional academics
- Visual systems and signs

Social Work

- Connection to services in your community
- Practical advice and help with benefits, entitlements and finances
- Support with managing family difficulties and crises
- Supporting you to advocate for child's needs

Eligibility Criteria

- Child is aged 2-12yrs
- Child has a current NDIS plan
- Level of disability is mild to moderate
- Child lives in a regional, rural or remote location (outside of a capital city)

RFW NDIS services are flexible and offer a range of delivery methods.

→ **Telehealth** brings services via technology to your home, pre-school or school, or

→ **A week of multidisciplinary face to face therapy** at RFW in Manly, Sydney.

Partnership

We work in partnership with families to develop integrated, high quality therapeutic solutions that meet the needs and goals of the child.

Flexible & Innovative

We are flexible and innovative and will utilise technology where appropriate.

Responsive to family and child's needs

We are responsive, open and easy to interact with - we use our specialist knowledge and skills to work with the family to achieve your child's goals.

Inclusive and Respectful

We believe in mutual respect and promote an inclusive environment that values everyone, no matter where they live and the services they need.



How to get started:

Call us on 1800 500 061

Email us at windmill@royalfarwest.org.au

Go to <https://royalfarwest.org.au/disability-support-services/>

Daily School Lunch Orders

Mrs Mac Traveler Pie \$3

Mrs Mac Snack Sausage Roll \$3

6 x Chicken Nuggets \$3

Vanilla Ice Cream Cup \$3

Students are to order and pay to the teacher on morning duty.



KINDER ORIENTATION

Join us in preparation for 'Big School' for 2026. There's sure to be lots of fun, learning and friendships along the way!

Thursday 30th October > 9am - 12noon

Thursday 6th November > 9am - 12noon

Thursday 13th November > 9am - 12noon

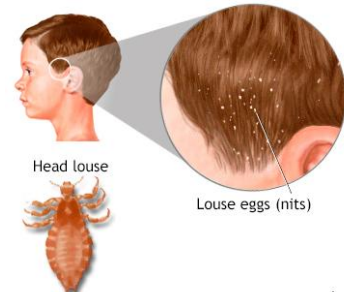
Thursday 20th November > 9am - 3pm

Contact the school on 6859 2233 to participate in our Kinder 2026 Orientation program or to arrange a meeting / tour with Mrs Doyle our Principal



There are reported cases of headlice within the school community. Please check your child's hair and treat as required.

Remember to repeat the treatment every 7 days until all of the lice and eggs have been removed.



HEADLICE ALERT