

Welcome to Eugowra Public School



Eugowra Public School

Term 4 | Week 5 | Wednesday 12th November 2025

Principal's Message

Term 4 is definitely steam rolling ahead and staff are busy preparing for end of year events and activities.

Year 6 students are underway with transition to high school days, while our 2025 kindergarten students are settling in well to big school routines as part of their orientation sessions. During these orientation sessions, our Year 2 students have been getting a taste of the Primary class, as we conduct transition sessions for them as well.

Next week, we look forward to our current year 5 students presenting their speeches for 2026 school leader roles.

Even though the end of the year is approaching, I would like to remind everyone about the importance of regular and consistent school attendance. A day off here and there may not seem like much, but it can impact greatly on student's learning, friendships and overall adaptation to routines and continuity.

**KINDERGARTEN 2026
ENROLING NOW**



Don't Forget!!



Buses – As Normal



Sport – Fridays



Library - Thursdays

Wellbeing Wonderings

Who was there for you this week, and what did they do to show they care?



No feeling is permanent





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Along with attendance, we have been reminding students about appropriate behaviours, the wearing of school hats and having uniform items labelled. All of these things make the school day much smoother for everyone.

Have a great week,
Carmel Doyle

School Counsellor and School Psychologist Recognition Day

♥ Last week, we took the opportunity to thank our WONDERFUL School Counsellor- Miss Sophie, while she was with us at EPS. ♥

This year's theme, "Together, We Grow," recognises the vital role school counsellors and psychologists play in helping students, families, and school communities thrive. It highlights the power of connection, collaboration, and care - qualities that make an incredible difference in the wellbeing and growth of young people.

Our school community appreciates everything Sophie has done and continues to do. She truly is amazing!



NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight (represented by 10 circles, 2 crossed out)	= 4 weeks	= Over 1 year missed
1 day per week (represented by 10 circles, 5 crossed out)	= 8 weeks	= Over 2.5 years missed

education.nsw.gov.au

swop it
everyday in the lunchbox

Get your kids packing everyday lunchboxes

When children help plan and pack their own lunchbox, they are more likely to eat it.

Encourage them to swap:

- Muesli bar to wholegrain cereal bites
- Pre-packaged cheese-dip and crackers to wholegrain crackers and cheese*

SWAP FROM



Cheese dip & crackers

SWAP TO



Wholegrain crackers & cheese*

*The Australian Dietary Guidelines recommend low or reduced fat milk, yoghurt and cheese choices for most people two years and over.



Term 4 Calendar

W5 Term 4	Nov 10	11	12	13	14
		- Fat Parcel Lunch Orders - Mel A in	- Library Day 09:00am - 12:00pm - Kinder Orientation	Sport	
W6 Term 4	Nov 17	18	19	20	21
	- Year 5 Peer Support Day @ Canowindra HS 10:00am - 11:00am - Questacon Science Circus at St Josephs	Fat Parcel Lunch Orders	- Library Day 09:00am - 03:00pm - Kinder Orientation	Sport	
W7 Term 4	Nov 24	25	26	27	28
		Fat Parcel Lunch Orders	- Combined Schools HPGE Day @ Cudal PS - Library Day	- Mel A in - 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

6th Feb Eugowra Swim Carnival

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

Students 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 -

- Wednesday 29th October (Small Schools)
- Wednesday 5th November (All Schools)
- 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!

Community Recovery Services



Social Work Support

What is Social Work?

Social Workers work with individuals, families, groups and communities in their environment to improve wellbeing.

What is Social Work in the Community Recovery Service?

Social Workers work closely with parents/ carers, and sometimes the child, to develop strategies that may help in the tricky moments after a community or family stress/trauma. Delivered over telecare, it is highly flexible, individualised support tailored to each families' unique strengths and challenges. Various options are available:

Parent/Carer Groups	Individual Parent Sessions	Practical Support
- Online emotion focused & relationship based parenting groups - Better understand your child's behaviour - Learn new skills to support self and child - Meet parents in similar situations	- Telecare parent/carer coaching to: - Engage in an individual parenting program - Create a safe space of encouragement - Discuss individual situations, challenges and life stressors - Focus on parental self-care - Option to include your child in sessions if suitable	- Assist to figure out and find relevant local services - Apply for practical assistance (ie. grocery vouchers, clothes (in some instances)) - Provide short-term help to manage a family difficulty or recent trauma

How can I access this free support?

- Contact program either via email to community.recovery@royalfarwest.org.au or on phone (02) 8622 6808
- A social worker will contact you to discuss what support you would like.



Not sure if this is right for you and have questions? Please email or call us!

How screens impact the brain

"While your child may seem calm watching screens, their brain is on overdrive with spikes in hormones like dopamine. When the screens are taken away, the sudden drop can lead to stress and behavioural issues."

Dr Chris Seton
Paediatric and Adolescent Sleep Physician

How screen time shapes behaviour:



Difficulty focusing on non-screen activities



Tantrums when it's time to stop



Struggles to stop, asking for 'just one more'



Restless without screens

Welcome to Eugowra Public School



Community Recovery Service



Sibling Conflict: Supporting siblings to succeed

A FREE PARENT WEBINAR



Join Social Workers from Royal Far West (RFW) for an online webinar as we discuss the role of sibling conflict, related emotions, setting guidelines, skill building and how to respond.

Common questions we get asked by parents:

- When should I intervene in the fight?
- I feel like I have to be the judge and not sure what to do?
- My kids just don't seem to get along, how do I manage sibling conflict?
- My children go from '0-100' and I don't know how to help them calm down?

Who is it for? Parents and Carers of children 0 – 12 years old living in the following LGAs: Cabonne, Cootamundra-Gundagai, Dubbo, Forbes, Gunnedah, Snowy Valleys, Glen Ines, Severn, Snowy Monaro

How to register: scan the below QR code or click on this link: <https://www.trybooking.com/DHBYB>
If you have any questions, please contact: 8622 6808 or community.recovery@royalfarwest.org.au

DATE	Tuesday 25 November
TIME	6:30pm – 7:30pm
MODE	Online via Zoom (link following registration)
COST	Free



Lisa, Senior Social Worker



Jess, Senior Social Worker

Funded by the Australian and NSW Government



Funded under the Disaster Ready Fund – an Australian Government initiative. This program currently receives funding from the Australian Government and the NSW Government.

SNAPSHOT

@ Forbes High School



PDHPE

Year 7 PDHPE students are participating in a practical unit on Net and Court Games, focusing on developing movement skills and strategies for games like tennis. The curriculum also emphasises body and spatial awareness, teamwork, and sportsmanship.



Exploring Early Childhood

EEC students are currently studying the Learning Experiences of Young Children. They created a city 'rug' for interactive play, which supports cognitive development and enhances fine motor skills as children use toy cars on it.



Cultural Leadership

Our students took part in the Junior AECG (Aboriginal Education Consultative Group) meeting, which empowers young Aboriginal and Torres Strait Islander students by giving them a voice in education. It allows them to share ideas, celebrate their culture, and help create inclusive learning environments.



2026 School Leaders

We are thrilled to introduce our new school Captains and Vice-captains. There were many outstanding candidates, and we want to acknowledge all of them as remarkable leaders who will continue to make valuable contributions as members of the Student Representative Council.

FORBES HIGH SCHOOL 60 YEAR Anniversary

take a trip down memory lane

- Wednesday 19th November
- School tours between 4pm – 6pm
- Light refreshments provided
- MADD Night performance at 6pm



Thursday 4th, Friday 5th, Monday 8th
December, 2025



The breast screening van is coming to Eugowra.

Breast cancer doesn't wait. Don't wait to book your free breast screen.



Book online
breastscreen.nsw.gov.au
or call 13 20 50





Kindergarten 2026 Orientation

Our Kindergarten 2026 children completed their second orientation session last Thursday, and they are fully adjusting to what big school is like. They have settled into EPS wonderfully and are already making great friendships. Last week they joined in literacy groups, listened to The Gruffalo story and created Gruffalo headbands, then joined in all the fun at recess time before heading home.

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!

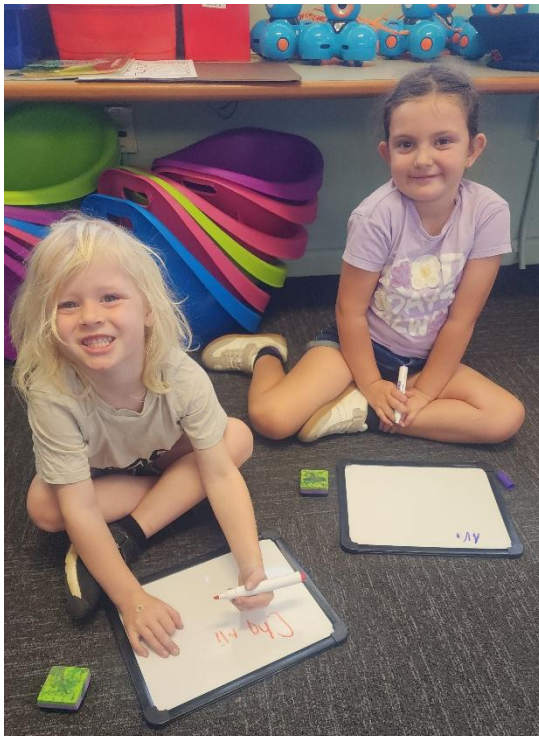
Thursday 30th October > 9am - 12noon

Thursday 6th November > 9am - 12noon

Thursday 13th November > 9am - 12noon

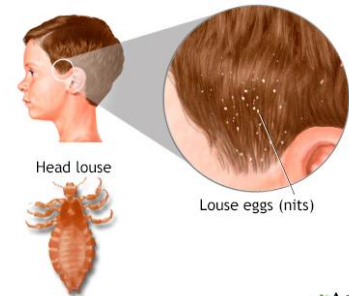
Thursday 20th November > 9am - 3pm

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

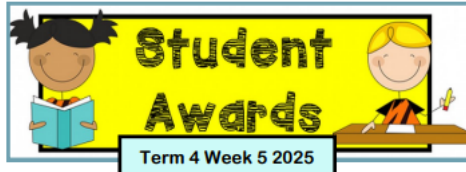


There are reported cases of headlice within the school community. Please check your child's hair and treat as required.

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



HEADLICE ALERT



Sport Award

K-2 Ryan Lind-Hansen

3-6 Destiny McKay

C.E.M Award

K-2 Maddi Duffy

3-6 Ava Sims

Principal's Award

K-2 Iye Turner

3-6 Storm McKay

Student Of The Week

K-2 Flynn Miles

3-6 Elsie Noble

100% Attendance – Week 3 & 4:

Maddi, Edward, Alayla, Isabelle, Mason, Flynn, Stewart, Anthony, Amber,

Elsie, Mia, Clara, Bailee, Destiny, Braidyn, Falisha, Storm, Aiden, Amity, Jacob.



Assembly Awards

INFANTS SCIENCE

K/1/2 Science this term is all about experiments. They've made eggs squishy and rubber gloves blow up like balloons. Today they made magic water bags. Students were able to poke 6 sharp pencils through without any water leaking out! Very Cool!

