



Mac Valley Views

Newsletter - Week 8, Term 3, 2025

Principal: Sarah Allen



UPCOMING DATES TO REMEMBER

Term 3/4 2025

- 18 Sep - Tennis lessons
- 19 Sep - Swimming Program - all years
- 22 Sep - PSSA Chess Competition - Yrs 4/5
- 25 Sep - Tennis lessons
- 26 Sep - Term 3 ends
- 13 Oct - Staff Development Day
- 14 Oct - Students resume for Term 4
- 16 Oct - Tennis lessons
- 23 Oct - Tennis lessons
- 24 Oct - Life Education Bus at Maraylya PS
- 30 Oct - Tennis lessons



Reminder

Please return:

....Commemorative Tea Towel Orders
(Order yours now - don't miss out!)

Principal's Report

Dear Families and Friends,

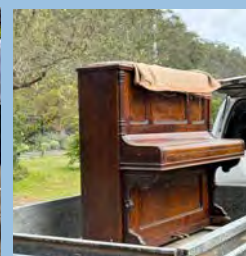
Another week of excitement and special opportunities for our students at MacValley.

Our Kindergarten students had a very special milestone this week as they attended their very first school swimming lesson. While all the children joined in the program, it was particularly exciting to see our youngest learners taking to the pool with such enthusiasm. A big thank you goes to the staff at Oasis, whose patience and gentle guidance made the experience such a positive and joyful one for Kindy.

We were also fortunate to have Steve, the Principal of Brewongle Environmental Education Centre, visit and work with our senior students on developing their leadership skills. The day was engaging and practical, giving our students new strategies to build confidence, take initiative, and support others. It was a wonderful opportunity to help our future leaders grow in both responsibility and teamwork.

A big thank you to Vigo and Mick for hoisting the old piano onto a truck and taking it to Settlers Arms for the next chapter in its life!

Kind regards Sarah



Inspiring Joyful Learning



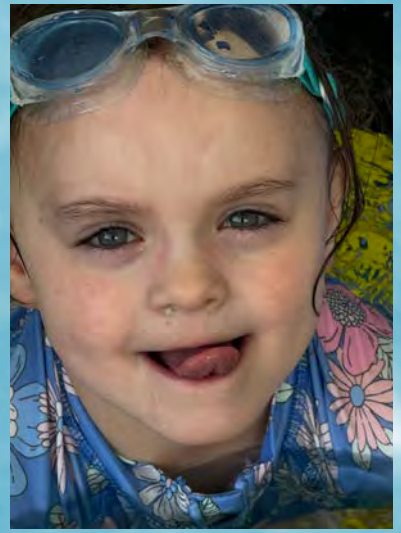
Kindy's experienced the first of their Swimming & Water Safety sessions for Term 3 last Friday and they LOVED IT! A huge thank you to the amazing staff at The Y at Hawkesbury Oasis for their expert guidance and support of our school. It is so greatly appreciated by all of us!

SWIMMING &
WATER SAFETY





SWIMMING &
WATER SAFETY



LEADERSHIP
COURSE





LEADERSHIP COURSE



Parents/Carers: Please let us know if your child is absent...

The wellbeing of our students is extremely important to us.

One way we protect the wellbeing of your child is by fulfilling our responsibilities as both parents/carers and school staff by reporting and monitoring student absences.

Please contact **the School Office on 4568 2120 or via the School Email**. This is best done early in the morning if your child is going to be away or late for school so your child's absence can be recorded correctly and we can provide appropriate support for you and your family.

For your convenience absences can also be recorded by parents in the School Bytes Parent Portal.

Doctors Certificates (for absences of 3 days or more) can also be uploaded to the Portal.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:



Learn



Make
friends



Build skills
through fun

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
W X W T F
M T W T F
= **4** weeks
= Over **1** year missed

1 day per week
W X W T F
W T W X F
= **8** weeks
= Over **2.5** years missed

COMMUNITY SERVICES HUB

Need help accessing services?

Get the support you need from community and government services all in one place. Whether it's help with documents, payments, fines, or everyday challenges, service providers will be available to assist you on the day.

For more information call us on (02) 9853 3333

Date: Wednesday, 10 September 2025

Time: 10:00am - 2:00pm

Location: 1 Mimika Avenue, Whalan

**Don't miss out!
Register your interest now!**

Services Attending



School Exclusion Periods

healthdirect

If your child has an infectious condition, you may need to keep them home from day care or school to stop it from spreading. Here's a list of common childhood illnesses and their recommended exclusion periods.

Chickenpox Until all blisters have dried (usually 5 days).	Colds No exclusion period.	Conjunctivitis Until discharge (pus) from the eyes has stopped.	COVID-19 If positive COVID-19 test, stay home until acute symptoms go.
Diarrhoea 1 day after the last loose bowel motion (if no cause is identified).	Gastroenteritis 1 day after the last loose bowel motion (if no cause is identified).	Hand, foot and mouth disease Until all blisters have dried.	Head lice No exclusion period (as long as effective treatment has started).
Impetigo Until 48 hours after treatment or once sores have dried and healed.	Influenza (flu) Until well.	Measles At least 4 days after the first rash.	Mumps 9 days or until the swelling goes down.
Rubella At least 4 days after the first rash or until they have recovered fully.	Scabies 1 day after appropriate treatment has started.	Threadworms No exclusion period.	Whooping cough 5 days after antibiotics started, or 21 days from the first cough.

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Healthy Eating at School

Packing a healthy lunchbox

When your child starts school, what they eat each day can help them stay focused, energised and ready to learn. These resources will help you pack healthy, tasty lunchboxes and build healthy habits from day one.

Fruit, vegetable & water break



How to pack a healthy lunchbox



Recipes, tips & myths



Resources in other languages



Live Life Well @ School

Nepean Blue Mountains Local Health District



What's inside?

- Corn thins
- Boiled eggs
- Cucumber slices
- Banana
- Cheese slices
- Water



What's inside?

- Fried rice
- Air popped popcorn
- Celery sticks
- Tub of fruit in natural juice
- Water

A healthy lunch box contains...



HELP US CELEBRATE OUR 180th BIRTHDAY THIS YEAR!

There are more reasons we love Mac Valley published on Facebook this week!

What's your reason? Contact us or send us an email! **We'd love to hear from you!**

Macdonald Valley Public School is celebrating 180 years this year!
We are considered to be the 3rd oldest continually operating government public school in NSW!

180 reasons!

To commemorate our 180th birthday this year we asked students, staff and parents (past and present), as well as visitors what they liked most about our school! We loved their responses!



Reason #109

Ieva Aboltins
(parent)

We would love to hear from you as well!
Please contact us at macdonalddv-p.school@det.nsw.edu.au
or via phone: 4568 2120



Inspiring Joyful Learning

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Reason #108

Phil Vaticano (bus driver)
with MVPS students

We would love to hear from you as well!
Please contact us at macdonalddv-p.school@det.nsw.edu.au
or via phone: 4568 2120



Inspiring Joyful Learning

Are you coming to our 180th
Celebration on
Friday 14th November?

RSVP now to let us know for
catering purposes!

1845-2025

Celebrating 180 years!



A big thank you to the following businesses
for their generous support for our
180th Commemorative Birthday!

A huge THANK YOU to:

Bendigo Bank
The Settlers Arms
Tony Simpson and Co Law Firm

Your support of our school is very much
appreciated.



You are invited

to help us celebrate 180 years at Macdonald Valley PS

Date: Friday 14th November 2025
Time: 1.30pm for Official Presentation
3-5pm Open School
5-6pm Dinner

This is an open invitation for all to join us at our
180th Community Celebrations!

RSVP: Friday 12th September 2025
Please contact us at macdonalddv-p.school@det.nsw.edu.au
or via phone: 4568 2120

Inspiring Joyful Learning



Established in 1845

Macdonald Valley Public School is celebrating 180 years this year!

Calling all alumni!

Please share your memories and achievements!



Established in 1845, Macdonald Valley Public School is proud to be celebrating 180 years providing education to the St Albans and surrounding districts this year! We are considered to be the third oldest continually operating public school in NSW!

We would love to hear from former students, parents and staff and extend an invitation to join us at our 180th Community Celebrations on Friday 14th November 2025.

Please contact us at macdonalddv-p.school@det.nsw.edu.au
or via phone: 4568 2120

Inspiring Joyful Learning



Established in 1845

Macdonald Valley Public School is willing to support advertisements for local businesses and community functions for our youth, however parents will need to assess for themselves the quality of products and services advertised and the suitable management of functions attended by their children.

MAC VALLEY STARS!

We are very proud of our students' achievements in external events and competitions and are committed to recognising their achievements, however, this cannot happen unless we are informed.

Please ring us or send us something in writing if your child or a group of students achieve success in external events so we can recognise their achievements in our weekly newsletters.

Mrs Stafford
School Administrative Manager



P&C NOTICEBOARD

Our P&C meetings are generally held once per term
(at a time to be advised).

ALL WELCOME!

P&C Committee

President: Emily Streckfuss

Vice Presidents: Susan Walker & Ieva Aboltins

Secretary: Fiona Kelly

Treasurer: Tanya O'Neill

Uniform Coordinator: Ieva Aboltins

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