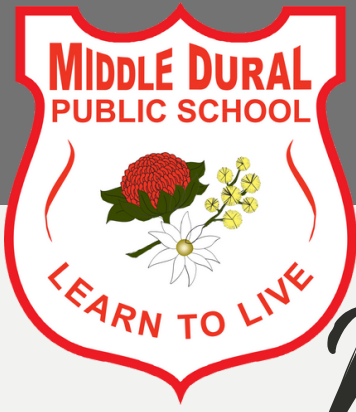




Middle Dural News

Week 6
Term 4
2025

Recognising our school counsellor: Together, We Grow

On Friday 7th November 2025 we recognised our wonderful School Counsellor Miro.

We acknowledge the vital work of school counsellors – professionals who support student wellbeing, guide complex decision-making, and contribute to a safe and supportive school culture.

Their work often happens quietly, but its impact is far-reaching. Miro, thank you for the expertise, care, and collaboration you bring every day.



School Counsellor Recognition Day



We would like to acknowledge the traditional custodians of the land we stand on- Dharug land.

We pay our respect to the elders of the past, present and emerging.

We are connected to country- our home.

We care for the land, the plants and the animals.



Art Lessons

Last week our students did some wonderful weaving.

Weaving is a calming hands-on activity that sparks creativity and fine motor skills.

Through weaving, children explore patterns, colours, and textures, while developing patience and concentration. This engaging craft not only encourages artistic expression but also introduces basic concepts of design and coordination.

We are excited to watch our young learners create beautiful woven pieces and discover the joy of making with their own hands!



HOMEWORK

Hunter put an extraordinary amount of work into his homework last week. Presenting two large projects to the class- he designed and built his own box to store his remote-control cars and also created a menu plan and then helped to cook a three-course meal for his family. Very impressive Hunter. I'm sure that your family are even more proud of you than we are.



A Heartfelt Thank You to Our P&C President and Canteen Manager.

We would like to extend our sincere gratitude to Lorelle Barnes, our dedicated P&C President and Canteen Manager, for her incredible commitment and hard work in the canteen. Her tireless efforts have ensured that our students have access to healthy and delicious meals every week, creating a welcoming and vibrant space for our school community.





Our playground has been buzzing with creativity and teamwork this week as children embarked on a hands-on learning adventure by constructing Gunyas from natural materials. Inspired by Indigenous designs and traditional construction methods, the activity encouraged students to collaborate, problem-solve, and engage deeply with nature.

This project has been especially enriching for our High Potential and Gifted students (HPGE), who enthusiastically took on leadership roles and explored complex concepts such as geometry, structural engineering, and cultural history. By measuring angles, selecting the right materials, and organising tasks, they demonstrated critical thinking and innovative approaches.

The Gunya building experience not only fostered physical activity and creativity but also promoted respect and appreciation for Indigenous cultures. It provided a meaningful context for cross-curricular learning, connecting science, history, and art.

We love creating opportunities for our students to develop skills beyond the classroom in such an interactive environment. Stay tuned for more exciting outdoor projects that inspire curiosity and collaboration!



Upcoming Events

Term 4 2025

24th - 28th November - Swimming and Water safety program

27th November - P&C AGM 2PM at school

28th November - Fri - Middle Dural RFS Excursion

1st December - Captain speeches

2nd December - Stage 2 Enrichment program

3rd December - SRE Christmas performance

4th December - Assembly 2.30PM

5th December - Fri - Disco

12th December - Fri - Year 6 Farewell night

15th December - Mon - Presentation Evening

19th December - Fun Day & Talent Quest

19th December - Fri - Last day

**Library
Thursdays**



**Term 4, 2025
Sports
Uniform
Fridays**



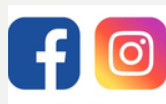
P&C Annual General Meeting

Thursday 27/11 2.00pm at school

Everyone Welcome

Contact: mdpspandc@gmail.com

Canteen Mondays - volunteers are always appreciated.



Follow us on Facebook- Middle Dural PS
Follow us on Instagram- [middle.dural.ps](https://www.instagram.com/middle.dural.ps)



You're invited to join us for
Middle Dural Public School's



PRESENTATION
EVENING



MONDAY 15TH DECEMBER



2025 AT 5PM



MIDDLE DURAL PUBLIC SCHOOL
HALL



Join us as we celebrate the
wonderful achievements our
students have made in 2025!





Easy swaps to save you money

Swapping from sometimes foods to everyday foods in the lunchbox can help save money.

Swap from:

- Cereal bars to raisin bread and save \$2.85 per week
- Packaged potato chips to rice crackers and save \$1.05 per week
- Muesli bars to a fresh apple and save \$1.95 per week

**SWAP
FROM**



Cereal bar

**SWAP
TO**



Raisin bread

For more tips on cutting the cost of lunchboxes, visit:
www.swapit.net.au/savemoney

P&C Annual General Meeting

The AGM of the Middle Dural Public School P&C will be held on Thursday 27th November at 2:00pm at school.

All welcome.

All positions become vacant at the AGM. Nominations will be accepted for the roles on the Executive Team including President, Vice President, Treasurer, Secretary, Fundraising, Canteen manager and Media & Publicity.

If you wish to nominate, please fill out a nomination form and return it to our school office or email to mdpspandc@gmail.com by Wed 26th November, or bring with you to the AGM. Nomination forms are available in our school office.

Becoming a member of the P&C Association means you are kept in the loop with what is happening throughout the year, you will receive minutes and agendas for upcoming meetings. By joining the P&C you are not locked into having to attend every meeting or be involved in activities. You will simply be informed of things happening within the P&C, and you are of course welcome to attend meetings anytime but you will not be obligated to do so.

The AGM is the only time that the P&C can accept applications from people who are not in attendance, so if you can't make it but would like to know what is happening, this is the ideal time to become a member.



**774 Old Northern Rd,
Middle Dural
NSW 2158**

**Before and After School
is available For pricing
details ring Silvia Li.**

Ph: 9651 2550

EVERYDAY FOODS:

Provide your child with the nutrition they need to grow and develop.

Foods to eat every day include:

Vegetables, fruits, dairy (and dairy alternatives), wholegrain breads and cereals, and meat (and other sources of protein).



**Everyday
Foods**



SOMETIMES FOODS:

Provide energy, but do not provide the nutrients your child needs to grow and develop. They also contain high amounts of fat, added sugar and/or salt.



**Sometimes
Foods**



Combined Christian Scripture news



DURAL ANGLICAN
HOPE IN JESUS

22-23 Dec
9am-1pm | K-Y6

BRICKMAS

Christmas... it's all about a brick!



DURAL ANGLICAN
HOPE IN JESUS

BRICKMAS

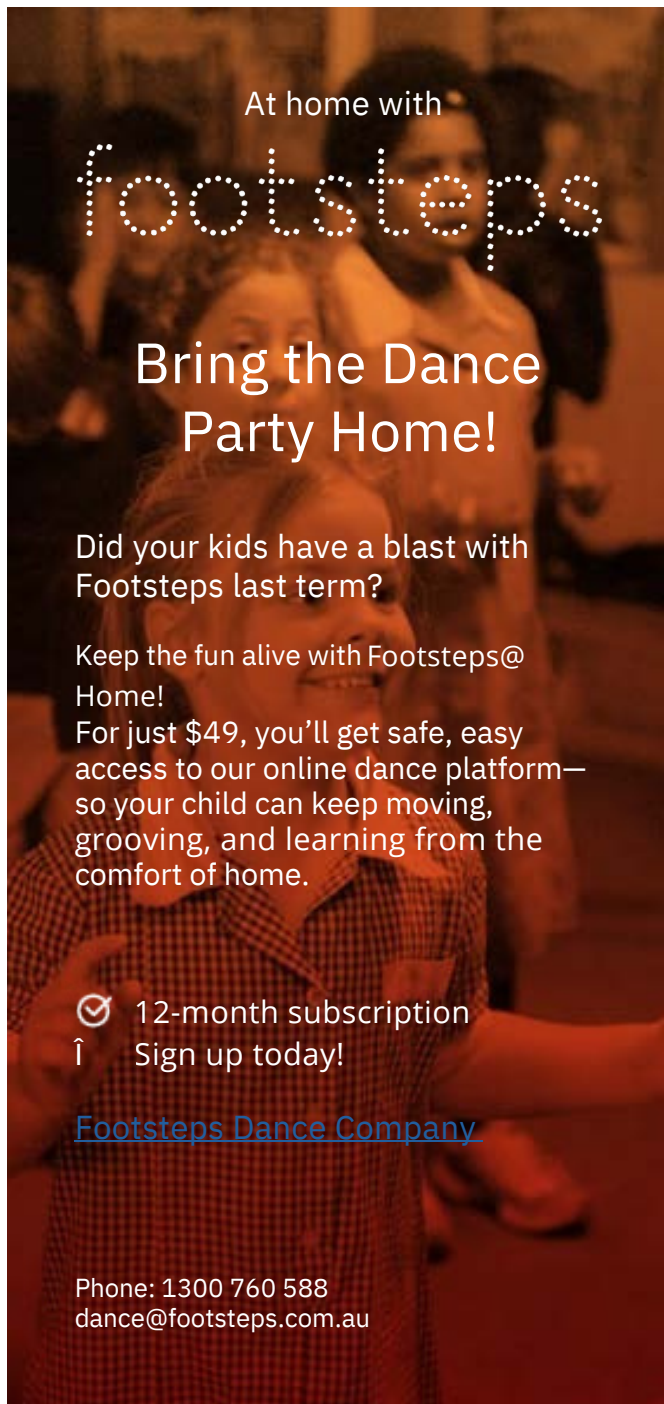
Christmas... it's all about a brick!

Join our K-6 Christmas kids program as we explore God's rescue plan revealed in Jesus!

9am-1pm
Dec 22-23 at St Jude's



duralanglican.org.au



At home with

footsteps

Bring the Dance Party Home!

Did your kids have a blast with Footsteps last term?

Keep the fun alive with Footsteps@Home!

For just \$49, you'll get safe, easy access to our online dance platform—so your child can keep moving, grooving, and learning from the comfort of home.

✓ 12-month subscription
↑ Sign up today!

[Footsteps Dance Company](#)

Phone: 1300 760 588
dance@footsteps.com.au

Catholic Scripture news

YOU ARE LOVED AND APPRECIATED

Jesus commissioned his disciples to preach the gospel. Our mission, as Scripture Teachers in the Public Schools, is a continuation of that commissioning. It becomes one of the ways in which our Parish of St Benedict's reaches out in practical love to our young people and their families. It is a ministry that is supported by the Parish, since without it we would all be the poorer.

What do we do in Scripture Class?

We aim to provide the children attending Catholic Scripture with a solid understanding of the Catholic faith, based on Scripture and Tradition.

We aim to let the children know that God loves them unceasingly, that Jesus is our Saviour and how they can apply Jesus' teachings to their everyday lives. They are taught how to love others and to be caring.

We do this through the Diocese of Broken Bay's authorised curriculum "Walking with Jesus" from which our lessons are centred.

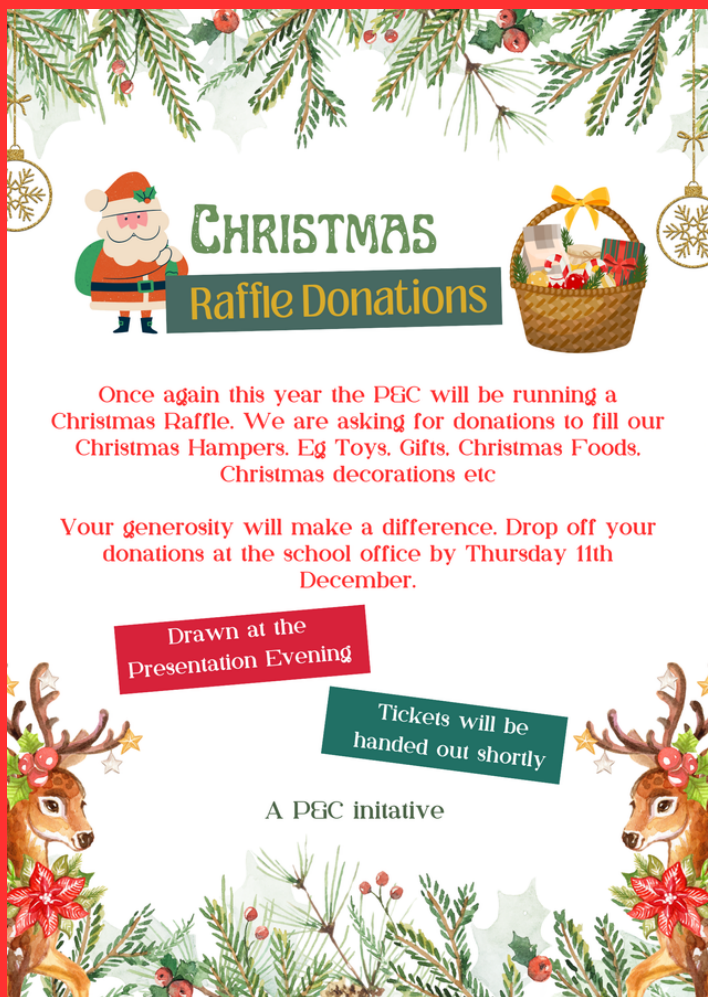
See:

<https://www.bbcatholic.org.au/mission/ccd/curriculum/scope-sequence-and-lessons>

This curriculum has been designed and written to be age-appropriate.

Your child's SRE teacher may supplement these lessons with Bible stories and activities such as games, craft, music, singing and visual aids.

Wishing everyone a Merry Christmas



**Zooper Dooper
Fundraiser
Every Friday
this term
\$1
Limit 1 per child/day**

Salvos Generosity Challenge – Christmas 2025

The festive season is just around the corner, bringing with it the joy of family, friendship, and giving. As the Salvos prepare for this special time, they have invited our school to join us in spreading that joy to families in need across our community.

Many households are facing increased financial pressure this year, and they've seen a significant rise in the number of people reaching out for support. At the Salvation Army Norwest Region, there're committed to walking alongside local families by providing food relief, financial support, and assistance to those affected by domestic violence.

To help meet this growing need, they're launching a Christmas Giving Tree initiative and would love for our school community to be involved. The idea is simple but powerful: donate essential pantry items (as listed on the flyer) to help fill Christmas hampers for struggling families.

There is a box located in the office foyer, you can drop off donations now until 28th November

Christmas 2025

**TIN LEG HAM
VEGEMITE
SHORTBREAD BISCUITS
VANILLA LIQUID CUSTARD (LONG LIFE)
PARTY MIX LOLLIES BAG
STRAWBERRY JAM
TUNA IN SPRING WATER
LONG LIFE MILK
TINNED PEAS CORN & CARROTS
PASTA SAUCE
TINNED FRUIT SALAD
TINNED DICED TOMATOES
FRUIT CAKE
PLUM PUDDING
AEROPLANE JELLY PACKET
PRETZELS
TEA BAGS
BAG RICE
PASTA (EG PENNE/SPIRALS)
MAPLE FLAVOURED SYRUP
PANCAKE MIX SHAKER
COFFEE**