



Term 3 Week 9 Tuesday 16 Sept 2025

Truth Honour Freedom Courtesy



MID-WEEK MASTERCHEF

The cooking group is preparing **SUSHI** for students in **Year 4-6 (on 17th Sept)**. Please note, you do not need to send lunch for your child if they are in the cooking group or are being cooked for on this day. **This will be the last MasterChef for the term.**

SCHOOL PHOTOS—TOMORROW



A reminder that school photos will be taken **tomorrow**, Wednesday 17th September. Students are asked to please wear their **FULL WINTER UNIFORM** with black shoes. All photo orders and payments are via the P&C website: [Home | O'Connell Public School P&C Association](#)

P&C MEETING—TOMORROW

The rescheduled P&C meeting is tomorrow, 17th September at 7pm at the O'Connell Hotel. All welcome.

FOREST DAY TUESDAY 23rd SEPT

A few quick reminders for Forest Day next Tuesday:

- A sausage sizzle lunch will be provided, but please bring crunch and sip, and 2x water.
- We find the open air often makes the students even more ravenous, so a little extra food and water is always a good idea.
- Please remember that our Forest Days are 'Nude Food' days, so no packaging please.
- Students are to wear casual clothes. Suitable clothing includes leggings, trackies, jeans, t-shirts, shirts, gumboots/boots, long pants (**no singlet tops or bike shorts**).
- Students are reminded to wear their school hat (not baseball cap or other hats) as it offers the best sun protection.
- If you are bringing your bicycle, please make sure to pump up the tyres and check the brakes/gears **before** Tuesday morning. Children riding **MUST** bring & wear a helmet.
- A reminder to parents that children must be marked in & out. Drop off at the forest at 9am and pick up 3pm. Please drive to the left as you enter the forest and proceed in a clockwise direction at pick up and drop off. Parents are reminded to please drive slowly in this area.

*****We are using this Forest Day to celebrate Education Week and will be having a smoking ceremony at our base camp. Parents are invited to join us for this ceremony. If you are attending and wish to stay on for a sausage sizzle lunch, please RSVP by this Thursday 18th Sept for catering purposes. Many thanks*****

LEARNING HUB

This week's learning intention continues to focus on **"Connecting Pathways in Your Child's Brain via Cerebellum Exercises"**. A reminder that your cerebellum is important for muscle control, movement and balance. Here are the next 2 activities to help activate the brain's capacity to improve attention, memory and emotional control:



- **HEAD TILT:** Stand up straight with your feet together, place your hands on your hips and raise up on your toes. Tilt your head back as far as is comfortably possible and stand on your toes for 10-15 seconds with your eyes open. Then bend your head forward while standing on your toes, and hold for 10-15 seconds.
- **WALKING IN PLACE:** Tape a box shape or a piece of paper to the floor. Stand up straight inside the box shape. Close your eyes and lift your left leg and then right leg like you are walking in place for 10-20 steps. Open your eyes and see if you've moved outside the box.

UPCOMING DATES: TERMS 3 & 4

- ♦ **17 Sept** School Photos K-6
 - ♦ **17 Sept** P&C Meeting 7pm
 - ♦ **19 Sept** Western Athletics (*Qualifying students only*)
 - ♦ **23 Sept** Forest Day K-6
 - ♦ **23 Sept** PSSA Soccer Finals
 - ♦ **25 Sept** Book Week Parade 9am & Open Classrooms (after parade).
 - ♦ **26 Sept** Last day of term 3.
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- ♦ **13 Oct** Staff Development Day
 - ♦ **14 Oct** Students return for Term 4
 - ♦ **14 Oct** Footsteps Dance program starts K-6
 - ♦ **16 Oct** Bathurst Small Schools Disco @ Kelso Public School 6pm-7pm K-6
 - ♦ **21-22 Oct** Stage 3 Camp
 - ♦ **11 Nov** Forest Day
 - ♦ **20 Nov** CAPA Festival
 - ♦ **25 Nov** Forest Day
 - ♦ **1-12 Dec** Swimming
 - ♦ **4 Dec** School Band play at O'Connell Hotel
 - ♦ **14 Dec** Fish River Festival
 - ♦ **16 Dec** Year 6 Dinner
 - ♦ **17 Dec** Presentation Night
 - ♦ **19 Dec** Last Day of School !!!

"Encouraging individual learning and confidence in a friendly caring community"

School Ph: 6337 5725 School Mobile: 0477 633 759 Email: occonnell-p.school@det.nsw.edu.au

BOOK WEEK 2025

Thursday 25th September
9am

We encourage students to be part of choosing the character and the costume from their book of choice.

Wherever possible, please use clothing and items you already have at home rather than purchasing ready-made costumes.

Involve the children in making props rather than buying items.

Have fun!



Classrooms will be open for parents to visit after the parade.



ATTENTION ALL SCHOOL STUDENTS

EDGEELL JOG

SUN 21ST SEPT 9.00AM

STARTS & FINISHES IN FRONT OF
THE BATHURST COURT HOUSE



To enter:

1. Go to the online entries
2. Enter the Bathurst Edgell Jog as an individual (not a team).
3. Then select your school and school type.

Please note:

- Entry fees are cheaper if applying online (online child entry = \$25, late child entry Sat/Sun = \$30).
- Online applications close Friday 19th at 3pm.
- Race Bib & Late Entries Applications available: Sat 20th 9.00am-12.00pm & Sunday 21st 7.30am-8.30am.
- Mrs. Bird is participating in the run. She will be at the doors of the Council Building to gather students before the race. Mrs. Bird is **NOT** responsible for your child before, during and after the race.

<https://www.onlineentry.com.au/BathurstSelect2025.aspx>

BATHURST
LIBRARY
DISCOVER MORE

NEWSLETTER SEPTEMBER 2025

Bathurst Library, 70-78 Keppel Street.

(02) 6333 6281

library.bathurst.nsw.gov.au

library@bathurst.nsw.gov.au

SPRING
SCHOOL
HOLIDAY
PROGRAM

ALL
BOOKINGS
ONLINE
Humanitix



MONDAY
SEPTEMBER 29

ART JAM
SOUNDSCAPES
W FIONA HOWLE

Try acrylics or watercolours during this "paint and listen" session where children select a song (via Spotify) and listen while painting on canvas or paper.

Wear older clothes for mess or bring a smock.

TIME: 10:30am - 12:00pm
AGES: 6yrs +
COST: \$10 p/child LIMIT: 15 children

WEDNESDAY
OCTOBER 1

Reptiles
on The Go

A live and interactive reptile show with lizards, snakes, freshwater turtles & maybe even a CROC - Oh Snap! Find out about these Australian native, non-venomous reptiles. Plus, learn some snake safety awareness tips.

TIME: 10:30am - 11:30am AGES: 5yrs+ LIMIT: 30
COST: \$5 p/child (supervising parent free)

THURSDAY
OCTOBER 2

MOOSHY CRACKERJACK
STORYTIME

Celebrate the launch of local children's author Sue Patterson's debut book, *Mooshy Crackerjack's Big Day* with a cat themed Storytime! Hear Sue read her book. Sing along with songs, more stories and rhymes. Plus, a take home craft cat mask.

TIME: 10:30am - 11:15am
AGES: Family activity - parent/guardian to stay with children. FREE LIMIT: 80

FRIDAY
OCTOBER 3

HAPPY BERSAMA!

Join Indonesian artist Jayanto Tan for Happy Bersama Bersama means together in Indonesian. This storytime event includes Indonesian songs, dance, stories and craft. Jayanto performs in character to bring fun and learning from Indonesian culture. This is a family activity, why not BYO morning tea to enjoy after.

TIME: 10:30am - 11:15am
AGES: Family activity - parent/guardian to stay with children. FREE LIMIT: 50

TUESDAY
OCTOBER 7

LEGO SUPERCARS

Team up to build a Lego supercar then let's race to see how fast & far your car can go. Will you need to make modifications or re-design? Before we have fun with Lego, come with your parent to see a real supercar, the Repco Mustang, outside the library from 10:00am. Inspiration for your build! PARENTS: Please allow enough time for kids to view the supercar before signing them into our activity at 10:30am.

TIME: Supercar viewing 10:00 - 10:30am
Lego activity 10:30am - 11:30am
FREE LIMIT: 20
AGES: 6-16yrs - parents/carers welcome

THURSDAY
OCTOBER 9

ART JAM
SHEET MUSIC ART
W FIONA HOWLE

This cut 'n' paste collage session allows freedom of creative expression while listening to music selected by the group. Wear older clothes for mess or bring a smock.

TIME: 1:30pm - 3:00pm
AGES: 6yrs+ COST: \$10 p/child LIMIT: 15

BATHURST
LIBRARY
DISCOVER MORE

NEWSLETTER SEPTEMBER 2025

Supported
Storytime

Thursday 23 October
9:30am - 10:15am



Join our low sensory storytime for children and their carers.

Featuring books, rhymes, wiggle movements and visual cues throughout in a friendly and supported space before the library opens to the public.

BOOKINGS VIA HUMANITIX

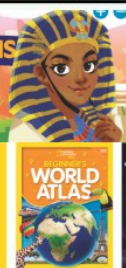
Please arrive a few minutes early so you can access the building. If you book in but are no longer able to attend, please let us know as soon as you can, as we may have a waitlist.

Please bring a drink and any fidgets your child needs, clearly labelled.

These sessions are a trial to assess if our community will support a low-sensory storytime.

Questions?

Reach out to the Bathurst Library Team on 6333 6281.



Spark!
Discovery Boxes

AVAILABLE NOW

For ages
8yrs +



Spark! Boxes are loanable, reusable science kits designed to provide an authentic scientific experience. Includes carefully researched and well-designed notes to help users experience maximum benefit.

For children 8 years & above these boxes will be available for loan FREE from Bathurst Library with an adult library card.

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OCTOBER@THE LIBRARY

SCHOOL HOLIDAY PROGRAM

WEDNESDAY 1ST
MOVIE MORNING
 AGES 6+
 10AM - 12PM
BOOKWORM
RATED PG

WEDNESDAY 8TH
WEDNESDAY CRAFTING CORNER
 AGES 6+
 10AM - 12PM
WORRY BEADS
SUNCATCHER

THURSDAY 2ND
THE GARDENING GURUS
 HELP CREATE A SUSTAINABLE
 EDIBLE GARDEN LEARN ABOUT
 PERMACULTURE & MICROBIOMES
 Every participant gets to take home a
 plant of their own to nurture and then eat!
FOR AGES 5YRS - 17YRS
1.30PM - 3.00PM

THURSDAY 9TH
MODELMAKING WITH
TOONWORLD EDUCATION
 CREATIVITY WITH CONFIDENCE
 Toonworld's new hands-on
 model-making workshop.
FOR AGES 5YRS - 12YRS
1.30PM - 3.00PM

LIMITED PLACES BOOKINGS ARE ESSENTIAL
PH. 63298220

OBERON
 LIBRARY & COMMUNITY CENTRE

OBERON COUNCIL

PsychSolutions
 health & wellbeing

BEHAVIOUR SUPPORT PRACTITIONERS

At PsychSolutions, our Behaviour Support Practitioners provide personalised and evidence-based support to children, young people, and adults across Orange, Bathurst, and surrounding towns (in-person and via telehealth).

What We Do
 We work alongside families, schools, and service providers to develop practical behaviour support plans that are:

- Strengths-based
- Person-centred
- Trauma-informed
- Focused on long-term outcomes
- Our practitioners are skilled in supporting people with complex needs, including those connected with the NDIS

Areas of Support
 We provide assessment and intervention for:

- Aggression and oppositionality
- School refusal and absconding
- Inappropriate sexualised behaviours
- Self-harm and other risk behaviours
- Substance use and dependencies

WHO WE WORK WITH
 CHILDREN & YOUNG PEOPLE
 NDIS PARTICIPANTS
 NEURODIVERGENT INDIVIDUALS
 PEOPLE WITH DISABILITY OR MENTAL HEALTH NEEDS
 YOUNG PEOPLE IN (OR LEAVING) OUT-OF-HOME CARE

Referrals
 For future clients client please contact your closest clinic.

DUBBO
 DUBBO@MTPSYCHSOLUTION
 S.NET.AU
 (02) 6882 7551

ORANGE
 ADMIN@MTPSYCHSOLUTIONS.
 NET.AU
 (02) 6360 3551

BATHURST
 BATHURST@MTPSYCHSOLU
 TIONS.NET.AU
 (02) 6360 3551

swop it
 everyday in the lunchbox

Grab & go snacks

Everyday snacks are an important part of the lunchbox.

Keep snacks bite-size and easy to eat so your kids can have lots of time to play! Here are a few ideas:

- Choose snack sized vegetables that are ready to eat like baby cucumbers, snow peas and cherry tomatoes
- Choose everyday snacks that are easy to eat like wholegrain crackers, air popped popcorn, cut up fruit or reduced-fat yoghurt tubs/pouches
- Some kids may be put off by foods that are squashed. Store easily squished items like strawberries and grapes in containers. Remember to make sure the lids are easy to open!

Cherry tomatoes Snow peas Reduced-fat yoghurt Air popped popcorn Fruit cup in natural juice

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