

## Principal Message

### Go Premier Peacocks!

Congratulations to Izzabell, Lachlan, Toby, and Alexandra, who achieved an outstanding result at the North West Athletics Trials. The team placed third in the Norm and Elizabeth Austen Relay and have qualified for the NSW PSSA Athletics State Championships. Their commitment and teamwork are to be commended.

I would like to extend my sincere thanks to Kim Campbell for her ongoing support of the relay team, and to Robyn Rankin for her valuable assistance in preparing our students for the Small Schools Public Speaking Competition. I am so fortunate to work alongside such a supportive and committed school community, contributing to our students' learning and achievements.

Today our students enjoyed their well-earned Attendance Rewards Day, celebrating their achievement of the school attendance goal. Students took responsibility for the organisation, including creating flyers and planning the event themselves. It was wonderful to see such initiative and ownership from our students.

Looking ahead, I am excited for our students to participate in the Small Schools Public Speaking Competition and the Netball Gala Day in Week 9, and the Annual Wellbeing Sleepover at Blackville in Week 10. This event is an important part of our calendar, bringing together our Small Schools Alliance to engage in a variety of wellbeing activities and experiences. Well done to all of our students for their achievements so far this term.

**Respectfully,**  
**Roxanne Harris**  
**Principal Relieving**



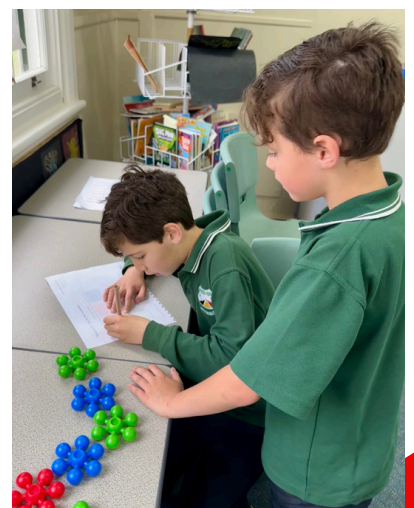


# CLASSROOM NEWS



**I am respectful**  
**I am resilient**  
**I am responsible**

This fortnight, our class has been enjoying the sunshine, making the most of the new sand in the sandpit and playing games of fly at lunchtimes. In the classroom, students have been working independently on a range of exciting projects, including creating informative posters about our neighbouring countries, exploring strategies for division in mathematics, and learning how to write a news report on the mythical Yahoo as part of our Yahoo Creek unit. We have also entered our impressive artworks into the Quirindi Spring Show and Robyn has been guiding students in preparing their speeches, focusing on voice projection, eye contact, and expression.





# SEPTEMBER SCHOOL HOLIDAYS

# Road Trip Word Games



## WORD DETECTIVE

HOW TO PLAY: ONE PLAYER THINKS OF A WORD AND GIVES CLUES ABOUT ITS MEANING, CATEGORY OR FEATURES WITHOUT SAYING IT. OTHERS GUESS THE WORD.

EXAMPLE: "I'M THINKING OF A WORD THAT MEANS VERY BIG AND STARTS WITH AN E." → ENORMOUS

## STORY FLIP

HOW TO PLAY: START A STORY WITH ONE SENTENCE. EACH PLAYER ADDS A SENTENCE, INCLUDING A NEW OR INTERESTING WORD, TO CONTINUE THE STORY.

EXAMPLE: PLAYER 1: "THE CURIOUS FOX WANDERED INTO A SHADOWY FOREST."

PLAYER 2: "SUDDENLY, IT SPOTTED A SHIMMERING, MYSTERIOUS POND."

## WOULD YOU RATHER...

HOW TO PLAY: ASK A "WOULD YOU RATHER?" QUESTION. CHILDREN CHOOSE AN OPTION AND EXPLAIN WHY, ENCOURAGING DESCRIPTIVE LANGUAGE.

EXAMPLE: "WOULD YOU RATHER EXPLORE A GLOWING FOREST OR A MYSTERIOUS CAVE?"

PLAYER: "I'D CHOOSE THE GLOWING FOREST BECAUSE IT SOUNDS MAGICAL AND FULL OF COLORFUL PLANTS."

## WORD LADDER

HOW TO PLAY: PICK A WORD AND CREATE A VERBAL CONTINUUM (GRADUAL CHANGES IN MEANING, INTENSITY, SIZE, OR EMOTION). PLAYERS TAKE TURNS ADDING WORDS ALONG THE LADDER.

EXAMPLE (EMOTION LADDER: ANGRY → CALM): FURIOUS → ANGRY → ANNOYED → IRRITATED → CALM

## EMOTION EXPRESS

HOW TO PLAY: PICK A FEELING WORD. CHILDREN DESCRIBE IT USING SITUATIONS, ACTIONS OR SYNONYMS/ANTONYMS WHILE OTHERS GUESS THE EMOTION.

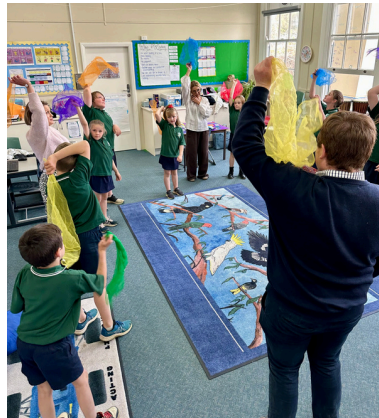
EXAMPLE: "I FEEL THIS WAY WHEN I WIN A RACE, JUMP FOR JOY, AND GRIN FROM EAR TO EAR." → EXCITED

# Music Workshop

Our students have been treated to some wonderful music workshops over the past fortnight. Emily Bishop, from the Tamworth Conservatorium of Music, introduced the class to a variety of engaging rhythm activities. Students had the chance to dance, play the djembe, explore rhythm through cup games, and use the parachute and scarves as props to move in time with the music. They also had lots of fun creating lively sounds with the boomwhackers. The energy in the room was fantastic, and students can't wait for Emily's next visit.

We also welcomed back Mr Goodwin for another inspiring music session. His exciting activities had students fully engaged. We are very fortunate to have such talented visitors bringing the joy of music to our school.

*Roxanne Harris*





# Father's Day

What a special morning we had celebrating Father's Day alongside our school photo day. This year we were lucky enough to gather at the Campbell family's beautiful property 'Rockgedgiel', with the canola fields in full golden bloom providing the perfect backdrop for our photos.

Families enjoyed a delicious BBQ breakfast together before heading out among the flowers for photos. With bright yellow fields and smiling faces, it was a wonderful occasion to honour the dads and special men in our students' lives while spending time together as a school community.

A huge thank you to Andrew and Kim Campbell for welcoming us onto their stunning farm, to Sally Alden for capturing these moments, to our families for joining us, and to our staff who assisted with the cooking, set-up, and organisation.





# CAPERS REHEARSAL

This week, our Premier students joined others from across the region for a mass dance rehearsal in anticipation of CAPERS 2025. CAPERS is an arena-style spectacular featuring 1,800 talented students from across rural northern NSW. The small schools dance item is set to feature an impressive ensemble of 200 students, ranging from Kindergarten to Year 6 and is just one piece of the larger puzzle that is CAPERS 2025!

The event will take place at the Tamworth Regional Entertainment & Conference Centre (TRECC) on Friday 7 and Saturday 8 November 2025. Notes with detailed information about accommodation and costuming will be on School Bytes next week.





# Resilience Workshop

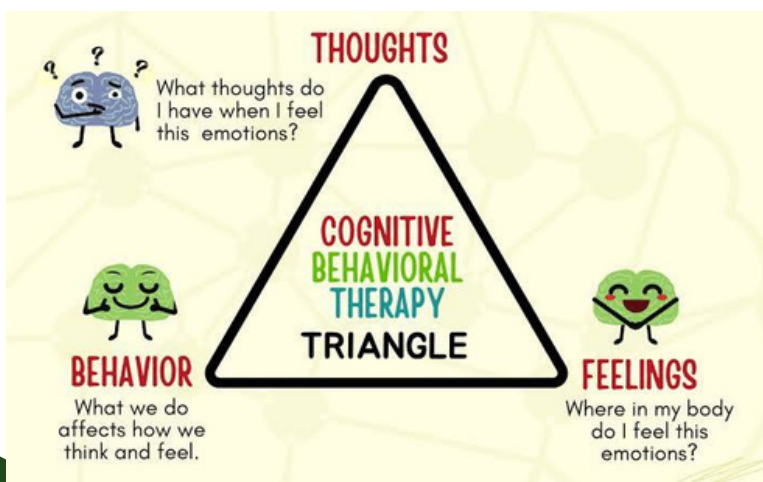
Last week, we were lucky enough to have Laura Higgins, our school counsellor, visit and run a wellbeing workshop with all of our students. The session focused on the concept of the Cognitive Triangle.

Laura explained that the three points of the triangle are Thoughts, Feelings, and Behaviour. Students learned how our thoughts can influence our feelings, which in turn can influence our behaviour. For example, if we notice something missing from our bedroom and immediately think, "My sister must have taken it. I can't believe she would do that to me," this can lead to feelings of anger and negative behaviour. Instead, we could try a different thought, such as "There's something missing from my room, I'll ask my sister if she's seen it," which leads to calmer feelings and more positive behaviour.

Laura also showed us how the triangle works both ways — our behaviour can affect our thoughts and feelings, and our feelings can also affect our thoughts and behaviour.

We are very excited that Miss Laura will be returning next term to continue this important learning with our students.

*Sophie Neiberding*

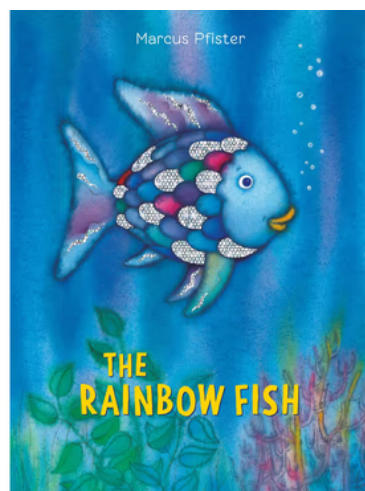


# Kindergarten Transition

Last week, our Transition students immersed themselves in the vibrant world of *The Rainbow Fish*. Throughout the session, they participated in a variety of engaging, hands-on learning experiences. Students practised spelling their names using colourful letter stickers, explored numbers from 0 to 9 through creative playdough activities, and expressed their artistic flair by designing sea-scapes and rainbow fish using balloons and paintbrushes.

The day concluded with a shared reading of the much-loved story, followed by an exploration of our school grounds, where students discovered objects in their environment that reflected the colours of the rainbow. It was a joyful and enriching experience that combined literacy, numeracy, creativity, and exploration.

*Sarah Waterhouse*





# Amazing Progress

## Congratulations to our Week 6 Award Recipients

Izzabell Laundess and Alexandra Rankin have shown persistence and dedication to their learning - Well done!



2026  
**KINDERGARTEN  
ENROLMENTS**

Call 6744 2125

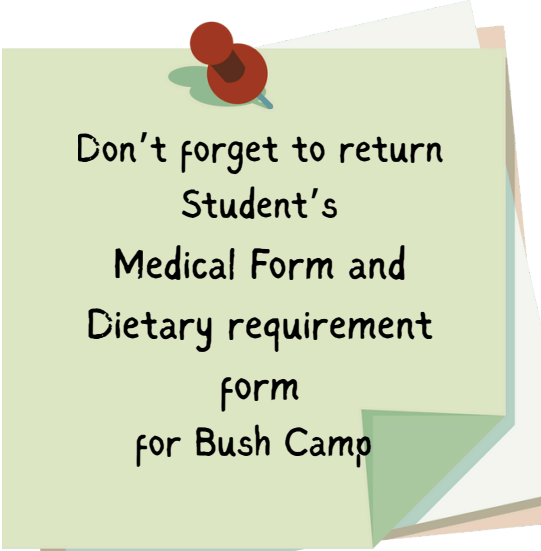
## Term 3 Diary Dates:

### Week 9

Monday Sept 15 P & C 3pm  
Tuesday Sept 16 Small Schools Public  
Speaking Competition  
Thursday Sept 18 Netball Gala Day

### Week 10

Thursday and Friday Sept 25-26  
Blackville Wellbeing Sleepover



Don't forget to return  
Student's  
Medical Form and  
Dietary requirement  
form  
for Bush Camp



 **Small Schools  
Annual Sleepover** 

**Thursday 25<sup>th</sup> September 11am  
to Friday 26<sup>th</sup> September 1.30pm**

We are excited to invite students from our Small School Alliance to join us for our annual Wellbeing Sleepover, a special event where students from all four schools come together to engage in fun and meaningful wellbeing activities. This memorable event is designed to promote connection, relaxation and positive mental health in a supportive environment. The cost is \$30 in cash, which goes directly to our P&C with all meals included.

We look forward to 2 days full of laughter, learning and friendship!

Don't Forget  
PJ's, Swag/Sleeping  
Bag, Pillow &  
Toiletries,  
as well as  
Morning Tea &  
Lunch for Thursday

Blackville PS  
Premier PS  
Spring Ridge PS  
Walhallow PS





# COMMUNITY MESSAGES



*Our next P&C Meeting  
is  
Monday September 15.*

## I AM A GIRL *Come 'N' Try* GAME-BASED LEARNING

I AM A GIRL - COME 'N' TRY!

**COST:** FREE

**AGES:** ALL GIRLS AGED 5-10 YRS

**DATE:** THURS 2<sup>ND</sup> OCTOBER 2025

**TIME:** 9.30AM - 11.30AM

**WHERE:** TAMWORTH SPORTS DOME  
7/9 Jack Smyth Dr, Hillvue

**SIGN UP NOW**

[BNSN.SW.COM.AU/EVENTS/](https://bnsnsw.com.au/events/)



## Ideas to add more vegetables

It can be tricky to think of new ways to add vegetables to the lunchbox. Here are some of our favourite tips:

- Pack raw vegetables with a dip or some cheese. Why not try tzatziki or tomato salsa?
- Cook extra vegetables the night before and store them in the fridge ready to be added to the lunchbox. Our favourites include homemade sweet potato wedges or corn cobs.
- Use chickpeas, beans or lentils in your child's lunchbox. Why not try these vegetarian koftas?



For more tips to increase vegetables visit: [www.swapit.net.au/vegetables](https://www.swapit.net.au/vegetables)