

Middle Dural News



We are so excited to have our students return for 2025 We also welcome 6 new students and their families.



We hope you are all enjoying the mural and garden (more plants to come) at our school entrance.

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.

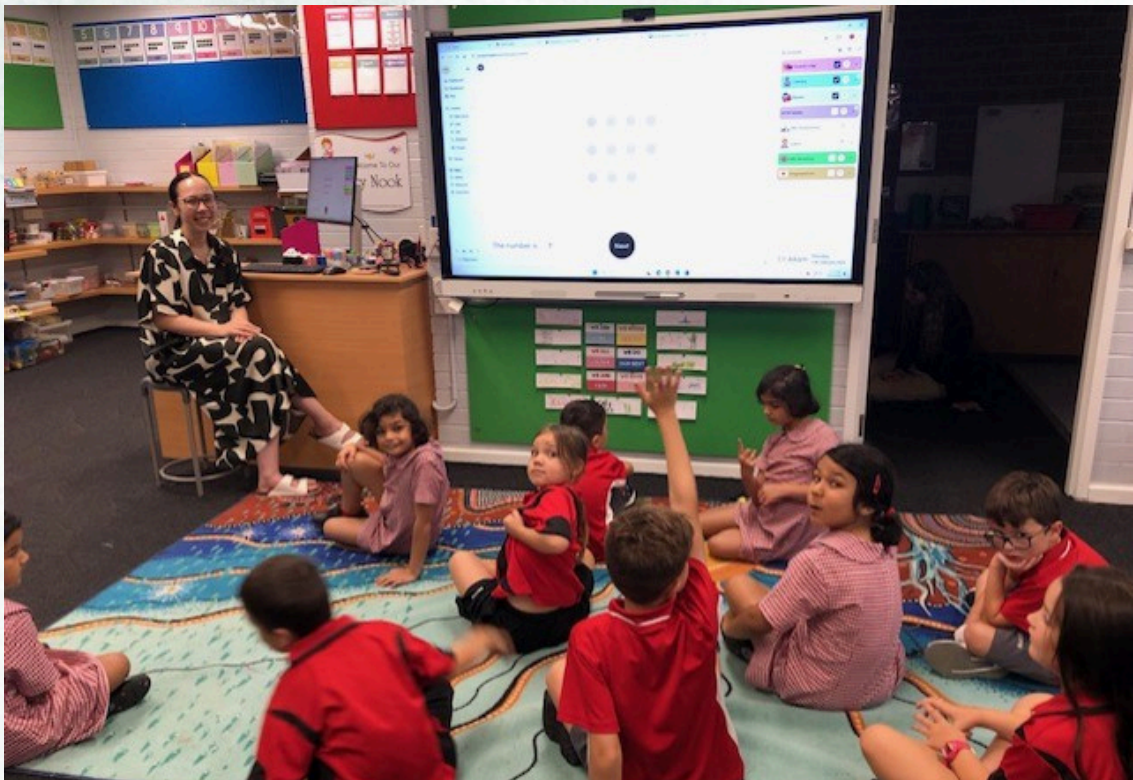
We care for the land, the plants and the animals.

Class Structure for 2025

Barragin 3-6 Mrs Clare



Wambad K-2 Mrs O'Brien



**TEACHING IS A
WORK OF HEART**

We welcome 2 new School Learning Support Officers (SLSO)



Miss Virgona



Miss Ireland



Meet the Teacher

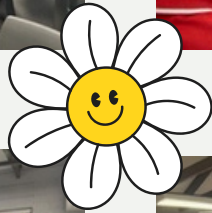
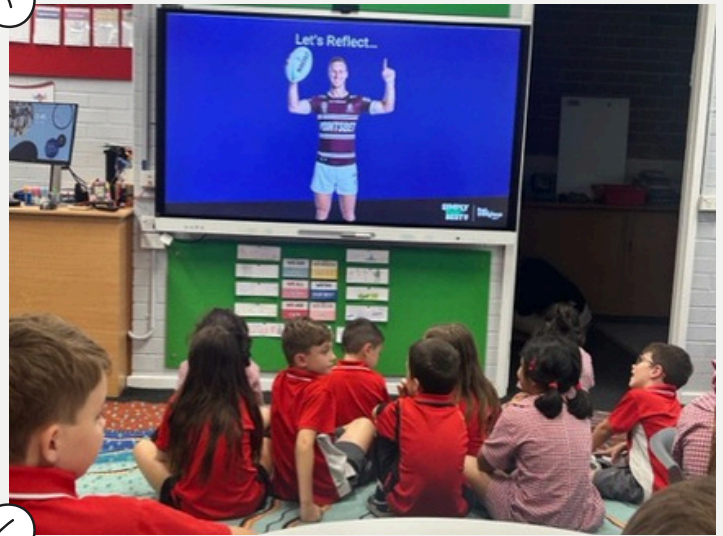
**Tuesday, 17 March
3.15pm K-2 / 3.30pm 3-6**

Please join us for a brief presentation from each of our teachers. They will explain the structures and routines of their class and give you time to ask questions.

It's a nice chance to familiarise yourself with your child's classroom and teacher while gathering the essential information about homework, library days and class expectations. We hope that parents with children in each class will have the opportunity to meet with both teachers.

Afternoon tea provided.

Thank you to Joel and Krystal from Sydney Academy of Sport Offices for giving us a very informative NRL Wellbeing Presentation.



Upcoming Events



**Term 1, 2025
Sports
Uniform
Fridays**

**Library
Thursdays**



Term 1 2025 Music Program

Ignite music at Dural will be coming in to teach our students the foundational elements of music in a fun, interactive way.

Key concepts explored include:

- **Rhythm:** Understanding beats, patterns, and timing.
- **Melody:** Introduction to musical notes and creating simple tunes.
- **Harmony:** Exploring how different notes work together.
- **Texture and Dynamics:** Discovering the layers and emotions in music.

Students will learn through hands-on exploration with a variety of instruments, such as:

- African drums
- Guitars
- Ukuleles
- Keyboards
- Percussion instruments



774 Old Northern Rd,
Middle Dural
NSW 2158

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

Ph: 9651 2550

**12th Feb - Ignite Music
Program begins**

**17th Feb - Meet the
teacher: 3.15 K-2, 3.30 3-6**

**20th Feb - P&C Meeting
1.30pm Assembly 2.30pm
All welcome**

**25th Feb - Galston HS Open
day**

**28th Feb - Small Schools
Swimming carnival**

**11th March - Leadership
Program - Year 6**

**18th March - Harmony Day
- Cultural Expo 2-3pm All
welcome**

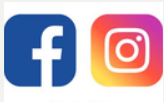
**20th March - Assembly
2.30pm All welcome**

**27th March - High
Potential & Gifted
Education HPGE Day**

P&C Meeting

**Thursday 20th February at 1.30pm- Everyone
Welcome**

**Canteen Fridays- volunteers are always
appreciated.**



**Follow us on Facebook- Middle Dural PS
Follow us on Instagram- middle.dural.ps**

HARRIS FARM
MARKETS

YOUR LOCAL JUST GOT
CLOSER



COME SEE US,
7-9 KENTHURST
ROAD, DURAL

OPENING AT THE
END OF FEBRUARY

HILLS HAWKS FC
Registrations open

2nd January 2025

TEAMS FROM UNDER 5'S TO
SUPERLEAGUE.

MALE, FEMALE AND MIXED TEAMS.

EARLY BIRD AVAILABLE UNTIL 10TH

FEBRUARY AND APPLIED AT CHECKOUT

GO TO HILLSHAWKSFC.COM.AU
TO REGISTER

ALL PLAYERS RECEIVE A FREE TRAINING SHIRT
NEW UNDER 5 AND UNDER 6 PLAYERS ALSO RECEIVE FREE
SHORTS, SOCKS, BALL AND BAG WITH REGO

**Thank you to the parents
who have stepped up at the
P&C AGM late last year and
taken on P&C roles, we
appreciate your support.**

P&C Executive 2025

President: Lorelle
Vice President: David
Secretary: Teeka
Treasurer: Sheila
Co-treasurer: Nicole
Fund Raising: Krishna
**Media & Publicity: Rita &
Bree**
Banking support: Allison

**GHS GALSTON
HIGH SCHOOL**



OPEN DAY

WED 26TH FEBRUARY
POTENTIAL STARTS HERE.



**Home and contents
insurance**

Through Bendigo Bank, you'll have home and contents
insurance you can rely on.

Visit us in branch or at bendigobank.com.au/homeinsurance to
get a quote.

 Galston & District 9653 2227

Bendigo Bank

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Never played netball before but keen to try?
Now's your chance!

Galston Netball Club is hosting a FREE "Come & Try" clinic for girls aged 7-15 who want to see what netball is all about before registering for the season!

- ✓ Learn the basics of netball in a friendly setting
- ✓ Meet new friends
- ✓ See if netball is the sport for you!
- ✓ No experience needed – just come and have fun!

Netball is a sport that celebrates teamwork, skill, and determination. During the session, you'll get to participate in drills, skills, and gameplay.

Committee Members will be onsite to answer any questions you may have.

Bring a friend and give it a go—who knows, you might just fall in love with netball! ❤️🏐

Register or just show up:

👉 <https://www.playhq.com/netball-australia/register/bb21f6>



FREE COME & TRY NETBALL SESSION

WEDNESDAY 19TH FEBRUARY 4:30-6PM
GALSTON RECREATION RESERVE COURTS
AGES 7 TO 15YRS
REGO.GALSTONNETBALLCLUB@GMAIL.COM

Every student is known, valued and cared for in our schools



Attendance: every day counts

- **Focus** on identifying and understanding attendance patterns
- **Create** a welcoming place for everyone
- **Embed** proactive strategies to address students' needs

How do we ensure schools are places where students want to be?

Supporting Positive Lunchtime Experiences



By creating a supportive environment, teachers and educators can play a key role in fostering a positive relationship with food for children. Consider the following ways you can support positive lunchtime experiences for children at your school or early years service.

Avoid judging lunchboxes

- Focus on creating a non-judgemental and inclusive space where children feel comfortable with the food in their lunchbox.
- Refrain from commenting on the contents of a child's lunchbox.
- Great news - it's one less thing you have to do!

Be a role model

- When children see adults eating meals, they're inspired to follow suit.
- When possible, eat your own nourishing lunch or snacks where children can see you.



Foster social connections

- Use lunchtime as an opportunity for positive interactions.
- Encourage children to enjoy their lunch together as a social experience.



Encourage intuitive eating

- Children's internal sense of appetite is stronger than adults.
- Promote intuitive eating by supporting children to listen to their hunger and fullness cues.
- Allow children to choose how much, and in what order, to eat from their lunchbox.

Create an enjoyable eating environment

- Help create an environment where eating is enjoyable and not rushed.
- Offer opportunities for children to eat at tables or seated areas and provide enough time for them to sit and enjoy their lunch.

Communicate positively with families

- Avoid sending notes home about lunchbox contents.
- Share helpful tips, ideas, and encouragement through newsletters or social media that reach all families.