

# Middle Dural News

Week 8  
Term 2  
2025

**We were excited to meet  
Olympian Joshua Katz**

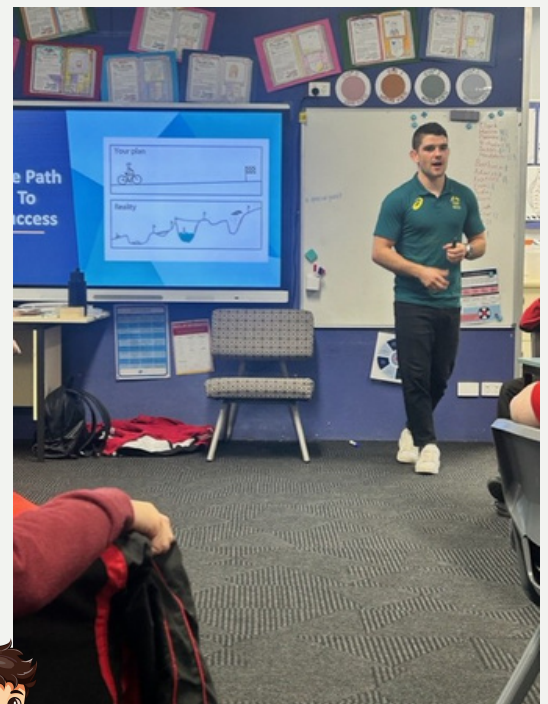
**SPORT: Judo**

**EVENT / DISCIPLINE Men's U/60kg  
division**

**HIGHEST ACHIEVEMENT:**

**-Rio 2016 Olympic Games – youngest  
Australian man to ever qualify for the  
Olympics in Judo.**

**-Birmingham 2022 Commonwealth  
Games – Bronze Medal**



**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.**





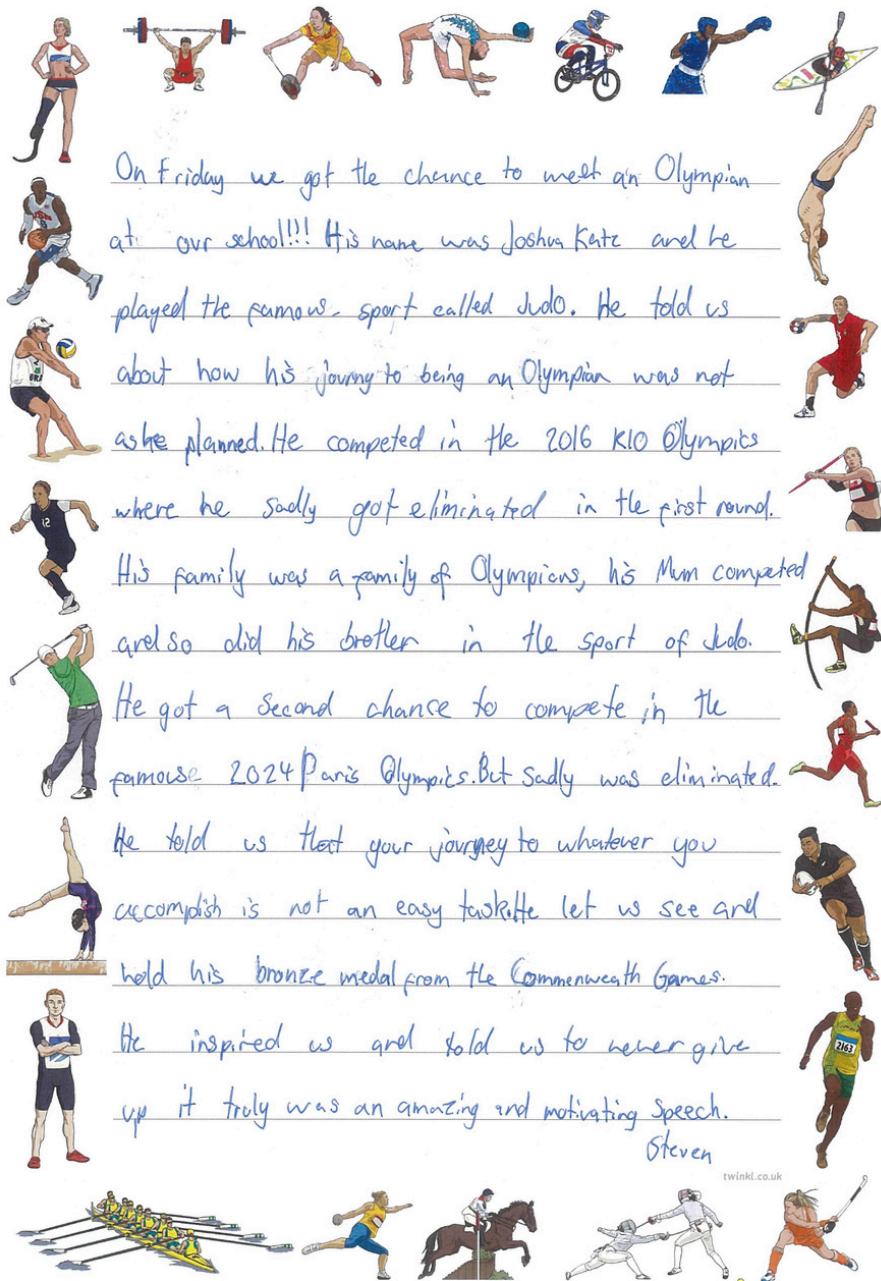
**Students heard firsthand from Joshua Katz about how he overcame challenges to compete in his chosen sport - Judo, at the very highest level, and how some lessons he learned in sport can help students to be the best they can be – whether that's in school, at home, on the sporting field or with friends.**

**Read the lovely recounts of the session with Josh written by Sally Yr 6 and Steven Yr 5.**



On Friday our class 3-6 were lucky enough to meet Josh Katz a Judo Olympian, Commonwealth Games bronze medalist, winner of eleven Oceanic titles and twelve Australian titles. Josh Katz told us about his whole Judo life, from beginning to now. His journey is not over yet, he is planning to qualify for the 2028 Olympics. He taught us all about Judo and inspired us all to follow our dreams. Towards the end we all asked questions about Judo, his early life and himself. He handed out little pamphlets with an image of him on them, then we all lined up in front of him and got our pamphlets, homework books and even some peoples ducks signed by him. We all loved it! - Sally Y6

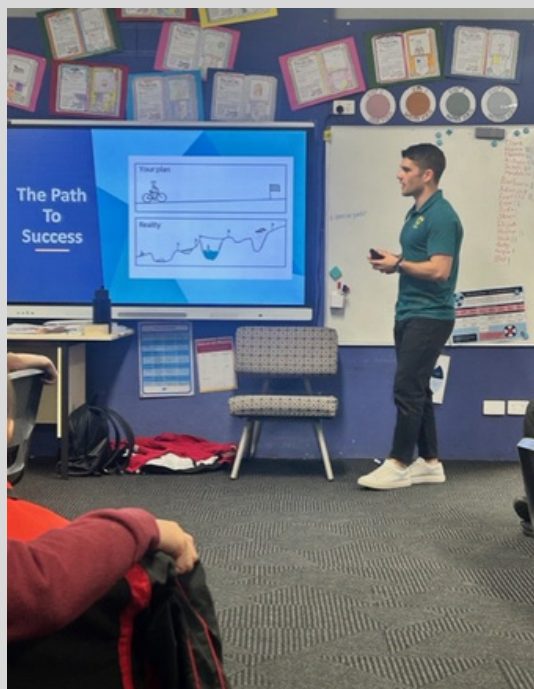




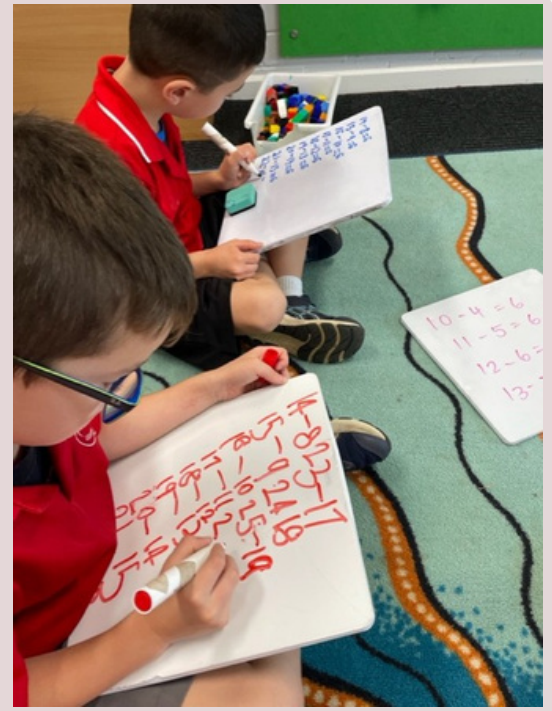
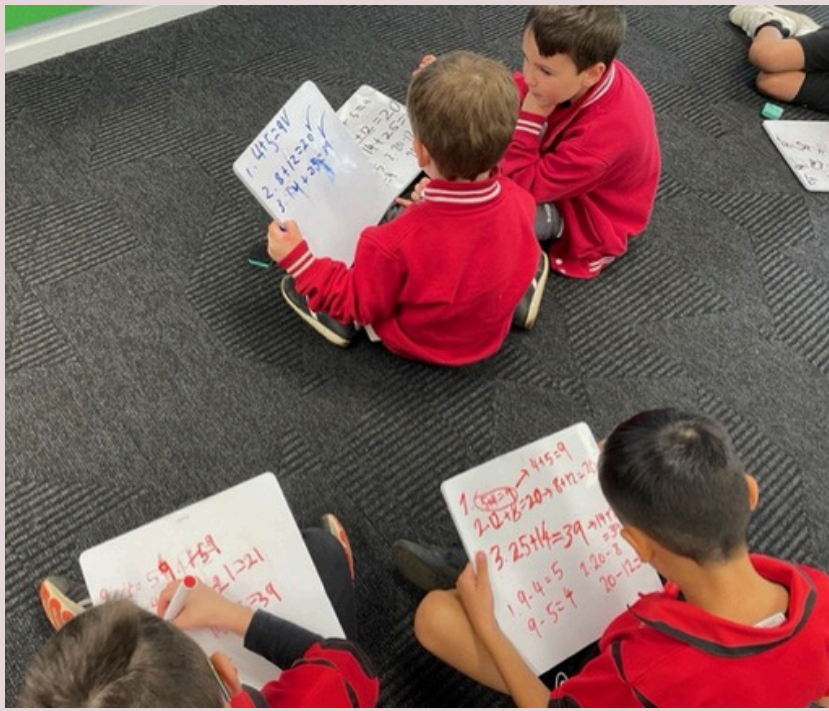
On Friday we got the chance to meet an Olympian at our school!!! His name was Joshua Katz and he played the famous sport called Judo. He told us about how his journey to being an Olympian was not as he planned. He competed in the 2016 Rio Olympics where he sadly got eliminated in the first round. His family was a family of Olympians, his Mum competed and so did his brother in the sport of Judo. He got a second chance to compete in the famous 2024 Paris Olympics. But sadly was eliminated. He told us that your journey to whatever you accomplish is not an easy task. He let us see and hold his bronze medal from the Commonwealth Games. He inspired us and told us to never give up. It truly was an amazing and motivating speech.

Steven

twinkl.co.uk







**K-2 Wambad have been working hard this semester during literacy and maths. They are all so supportive of each other!**







Onomatopoeia

its the sound of the dog park-

The dogs fur flows in the wind as it slides through the grass.

Gates ring and birds sing.

You can hear dogs bark as they run through the park.

Birds glide through the sky and trees wave every day.

Roof!!roof!! the cats run away



Onomatopoeia

its the sound of the vet-

Dogs whimpering as the doctor gives them a shot.

A small pomeranian screams

Dogs growling and panting.

Doctors on phone calls- ring ,ring.

**By Caoimhe**

Caoimhe



## Onomatopoeia



Onomatopoeia

it's the sound of the birds  
screeching, singing and flying in the sky.  
As I see them flapping in the blue sky,  
as they were moving by.

They are slurping  
I can hear them eating the juicy worms.

Onomatopoeia

it's the sound of the chickens  
screaming  
yelling , demanding food, dancing,  
flapping in the their nest

Onomatopoeia

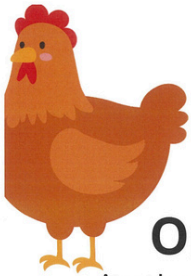
it's the sound of the chicks snoring,  
mumma dozing waiting for the  
flapping to start again.

Adarsh

**By Adarsh**

***This term Barragin are trying their hand at all different types of poetry and creating some wonderful creative poems.***

**By Jude**



## Onomatopoeia

its the sound of the chicken pen  
peck, peck, cluck  
crows squawking as they steal eggs  
cluck ,cluck, peck  
rooster crows as the sun rises  
peck, cluck, peck



## Onomatopoeia

its the sound of chickens  
scratch,peck,cock-a-  
doodle-doo

a squawk, a rustle, a mouse stealing the chicken  
food



Jude



**By Elliot**

The metal beast with its noisy, revving enginee envokes fear into my eyes.  
t sees people, and races towards them, blinding them with its high beams.  
It shreds the grass as it cuts the corner, speeding to be first at the light.  
Its toxic exhaust suffocates drivers behind it,  
the light turns green and it rumbles to create more terror.





## COOKING CLUB



**Our Cooking Club Leaders offered a lovely treat for all our children yesterday. We prepared cheese toasties and also made fresh orange juice from the fruit in our orchard. Thank you, Barbara, Frances, River and Enea for all of your hard work at recess and lunch to prepare this lovely feast.**



**Barragin  
class  
having fun  
playing  
soccer,  
Kash put so  
much effort  
in his shoe  
came off!!!**



# Upcoming Events



**Term 2, 2025**  
**Sports**  
**Uniform**  
**Fridays**

**Library**  
**Thursdays**



774 Old Northern Rd,  
Middle Dural  
NSW 2158

Before and After School  
is available For pricing  
details ring Silvia Li.  
Ph: 9651 2550

## **Term 2 2025**

**16th-20<sup>th</sup> June - Parent/Teacher interviews**

**20th June Friday Assembly @ 2.30pm**

**4<sup>th</sup> July Friday- NAIDOC Day**  
**4<sup>th</sup> July - Last day of term 2**

## **Term 3 2025**

**22<sup>nd</sup> July Tuesday - Students return**

**24<sup>th</sup> July - School photo day**

### **Winter Uniform**

Winter is now upon us, could you please send your child(ren) to school in their winter uniform, Monday to Thursday and Sports uniform and sports shoes on Friday.

School uniform ordering is managed off site through CIS Schools. Ordering is done online:

<http://www.cisschools.com.au/MDPS>

The school office has a complete list of uniforms and pricing.

We also have a number of second hand uniforms available for a small fee. Please see Jenny in the office. Money raised from second hand uniforms goes to the P&C.

**Girls Winter Uniform**  
Long sleeve white blouse  
Checked Pinafore  
Grey tights or White socks  
School Jacket  
Black shoes



#### **Boys Winter Uniform**

Red/White Polo shirt  
Grey Trousers  
Grey socks  
School Jacket  
Black shoes



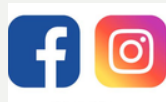
Thursday 24 July 2025 (T3/W1)



### **P&C Meeting**

**P&C Meeting - Thursday 3rd July 1.30pm**  
**Everyone Welcome**

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



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





## PROGRAMS



**LOWER  
PRIMARY**  
(5-7 years)



**UPPER  
PRIMARY**  
(8-11 years)



**SECONDARY**  
(12-15 years)

**Sydney Adoption and Education Centre**  
201 Rookwood Road, Yagoona NSW 2199

### Sessions include:

- Walk through the shelter and see our work in action
- Fun and interactive activities focused on animals
- Creating animal enrichment toys
- Animal Welfare focused encounters
- Learn how to be an animal advocate in your community!



RSPCA NSW Education Team

02 9782 4478 | [education@rspcansw.org.au](mailto:education@rspcansw.org.au)

<https://events.humanitix.com/host/rspca-nsw>

## Sandwich filling inspiration

Sandwiches are a great everyday lunch option! Looking for inspiration to try some new sandwich fillings? Why not try:

- Bulk out the sandwich with vegetables. Try using carrot, tomato, lettuce, baby spinach, avocado, beetroot or cucumber.
- Try using leftover lean meats, boiled eggs, reduced fat cheese, BBQ chicken (skin removed), canned fish, turkey, roast vegetables, falafel or tofu to switch-up fillings!
- Swap your spreads! Instead of butter or margarine try cream cheese, cottage cheese, avocado, hummus or tzatziki.

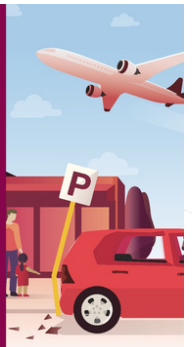


## Insurance through Bendigo Bank

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

Visit us in branch or at [bendigobank.com.au/insurance](http://bendigobank.com.au/insurance) to get a quote.

Community Bank - Galston & District 02 9653 2227



### Bendigo Bank

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## TERM 3 AT THE CASTLE HILL LEARNING HUB

### CODE BOTS

Get ahead of the game in your computer programming skills

- Advanced Coding & Robotics
- Python programming
- Scratch video game development

Years 5-10



### ROBO EXPLORERS

Explore LEGO® Robotics and beyond!

- Robotics
- LEGO® Engineering
- Drag n' drop coding

Year 1 - Year 4



### LEADERS & SPEAKERS

Gain confidence speaking and develop your critical thinking

- Public speaking exercises
- Debating training
- Drama games

Years 1-6



### HYBRID STEM

Combined science and robotics program!

- Science experiments
- Robotics and engineering
- Drag n' drop Coding

Kindy - Year 6



## JULY HOLIDAY WORKSHOPS

### OVERVIEW

Get a taste of everything Sypher Space has to offer!

3 FULL DAY programs jam-packed with STEAM LEARNING activities.

Each day will be different... join for a 1 day or 2 day program or enjoy the full 3 day experience!

A great way to make the most of your school holidays - join with your friends or make new ones!

### DETAILS

Kindy - Year 6

Monday 7<sup>th</sup> July  
Tuesday 8<sup>th</sup> July  
Tuesday 15<sup>th</sup> July

9:30 am - 4:30 pm  
- All days

Only \$99 each day or \$180 for two or \$220 for all days!

**BOOK  
NOW**



<https://www.trybooking.com/DCKGW>

### SCIENCE & ROBOTICS

Hands on science experiments

Engineer and program  
LEGO® Robots!



### ART LAB

Create an art project you can take home

Learn easy and fun art techniques



### DRAMA & DEBATING

See who can make the best argument in a friendly debate

Build confidence and teamwork skills in drama games



### CONTACT

[admin@sypherspace.com.au](mailto:admin@sypherspace.com.au)

0493 669 984

UNIT 17B, 10 Gladstone Rd. Castle Hill

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**NOW OFFERING BOTH 5-WEEK  
OR FULL 9-WEEK PROGRAMS!**



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