

# Delungra Public School Newsletter

Term 1 Week 3  
6<sup>th</sup> February 2023

## Welcome to Week 3

### Swimming School and Carnival

On Friday 3<sup>rd</sup> February Delungra Public School students and staff travelled to the Bingara pool to practice our swimming and then take part in our swimming carnival.

This event is held early in the new school year to enable time for the Small Schools Swimming Carnival to be concluded prior to the Zone Swimming Carnival to be held Friday 19<sup>th</sup> February.

The students who are going to compete in the Small School Carnival will receive their permission notes today. It will be held in Inverell Thursday 9<sup>th</sup> February.

The days results were:

#### Freestyle

8yrs Boy: 1<sup>st</sup> Hudson

9yrs Boys: 1<sup>st</sup> Bailey 2<sup>nd</sup> Hunter

10yrs Boys: 1<sup>st</sup> Ryan 2<sup>nd</sup> Nate

10yrs Girls: 1<sup>st</sup> Marlie

#### Backstroke

Juniors Boys: 1<sup>st</sup> Bailey 2<sup>nd</sup> Ryan  
3<sup>rd</sup> Hunter

Junior Girls: 1<sup>st</sup> Marlie

11yrs Boys: 1<sup>st</sup> Kayne

#### Breaststroke:

Junior Boys: 1<sup>st</sup> Bailey 2<sup>nd</sup>  
Hunter 3<sup>rd</sup> Ryan

Junior Girls: 1<sup>st</sup> Marlie

11yrs Boys: 1<sup>st</sup> Kayne

#### Butterfly:

Junior Girls: 1<sup>st</sup> Marlie.

Congratulations to all the students for their outstanding effort and sportsmanship.

The team for the Small Schools Carnival is:

Hudson, Bailey, Hunter, Ryan and Marlie.

Notes are to be returned to the office by Wednesday 8<sup>th</sup>.

We wish these students all the best for their races.



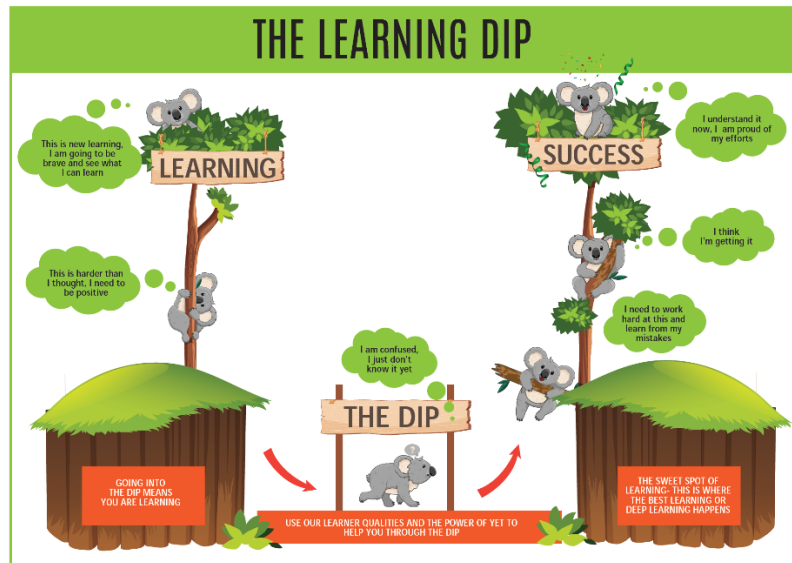
## DATES TO REMEMBER

Small Schools Swimming  
Carnival  
Thursday 9<sup>th</sup> February

Zone Swimming Carnival  
Friday 19<sup>th</sup> February



# The Learning Dip



The learning dip is the challenge we feel when we begin to learn something new. It can be difficult, frustrating and make us want to give up. Learning feels like this sometimes. Everyone gets in the dip- if we can leap over the dip, we are probably not learning or taking on big enough challenges. Some people even think we should get in the dip for some time every day by seeking out learning that will stretch our brain! They call it the Daily Improvement Process (DIP), and see it as a good thing, not a bad thing. But we're not meant to stay in the DIP- when we stick at it, or try some different strategies, we can work our way out. It feels good to get beyond the dip.

## Our Award Winners

### Effective Learner Award

*This award is presented to a student who has demonstrated the qualities of an effective learner.*

Hudson: "Sharing unreal ideas during discussion time."



### Super Sport Award

*This award is presented to a student that has demonstrated outstanding sportsmanship and effort during sport, representative sport, or fitness.*

Riley B: "Being brave with his amazing swimming."











