

The Kookaburra

North Nowra Public School News

Empowering a Positive future for our Learning Community

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Term 4, Week 1

Tuesday, 9th October, 2017

Term 4	
Week 2	
Tues, 17 th Oct	P&C Meeting at 6.30pm
Wed 18 th Oct	Stage 2 Camp, Berry Sport & Rec
Thurs, 19 th Oct	Stage 2 Camp, Berry Sport & Rec
Fri, 20 th Oct	Stage 2 Camp, Berry Sport & Rec
Week 3	
Mon, 23 rd Oct	Assembly at 2pm KT
Thurs, 26 th Oct	Kindergarten Classroom visits 9.30-10.30am
Week 4	
Wed, 1 st Nov	School Performance 12noon Matinee Show
Wed, 1 st Nov	School Performance 5pm Evening Show
Fri, 3 rd Nov	School Performance 12noon Matinee Show

PRINCIPAL'S MESSAGE

Welcome back to Term 4. We have a busy beginning to the term with Stage 2 Camp next week and the whole school performance "Around the World in 80 Minutes" on the 1st and 3rd November. If you haven't got tickets yet please purchase them as soon as possible through the front office. The students and staff are looking forward to performing for family and friends.

P&C Meeting

Next Tuesday is our P&C meeting and I encourage families to be part of this advisory group who support our school to provide improved learning opportunity for all students who attend North Nowra School.

World Mental Health Day

Today is world Mental Health Day, in Australia research is identifying that 1 in 5 people (including children) experience mental health needs throughout their lives. We as responsible community members need to break down the stigma associated with mental health and encourage our friends and family (and ourselves) to seek support. Places that can support in our

community are LifeLine 13 11 14 and Beyond Blue 1300 224 636.

Research published today from Melbourne also indicates that families find it hard identifying whether their children are experiencing mental health needs. If there are significant changes in your child's behaviour for an extended period or you feel that your child frequently looks at things from a negative perspective, book a time to have a discussion with their class teacher to see if they are seeing the same sorts of issues at school. It is also suggested that you book an appointment with your GP to have a discussion with them about developing a mental health plan if the doctor feels this is necessary.

We all need to look after each other.

Have a great week and I look forward to seeing you around the school at all our wonderful school events or picking your children up in the afternoon.

Peter Wright-Smith
Relieving Principal

BOARDING PASS

North Nowra Public School Airways



FLIGHT TO: Around the World in 80 mins
DEPARTING : North Nowra Public School Hall
DATES: **Wednesday, 1st November**



12 noon matinee show

Wednesday, 1st November

5pm evening show

Friday, 3rd November

12 noon matinee show

COST: \$5 per ticket, per show

TICKETS ON SALE NOW

This is a whole school event

All proceeds will contribute to upgrades to our sound system

ARE YOU LEAVING?

In order to plan our class/year numbers for next year, it is very important that we know which families won't be at North Nowra Public School at the start of 2018. If you are leaving, or think you are leaving this term or during the Christmas holidays, please let the front office know as soon as possible.

BOUNCE BACK

For the first month of this term we will be talking in all classes about positive humour. Did you know that laughter can help you relax, cope, feel hopeful, also be less anxious and it can play a part in making friends? Please enjoy talking about the attached information with your students.

COMMUNITY NEWS

This information is supplied for your information only. It is not a school activity or a NSW Education and Communities activity.

Parent on line Portal (POP)

MAKE PAYMENTS ON LINE

Parents/carers can make payments online using a credit card by logging onto the school website

<http://www.northnowra-p.schools.nsw.edu.au/>

Click on "Make a Payment" and follow the prompts to make a payment.

2018 KINDERGARTEN CLASSROOM VISITS

These days are designed to make transition from home and preschool to Kindergarten smooth and enjoyable.

Children visit Classrooms for activities and play

Thursday, 26th October, 9.30 am – 10.30 am

Thursday, 9th November, 9.30 am – 10.30 am

Thursday, 23rd November, 9.30 am – 10.30 am

Children visit classrooms for activities and play. The uniform shop will be open for orders and fittings. Mrs Thornton

KarateFun&Fitness

Fun karate classes tailored for kids aged 7-13 years. Increase fitness, confidence and health and learn self-defence skills. One hour sessions Wednesday & Friday in Nowra & North Nowra. Also women's, teens, adult & private classes. Fully qualified black belt instructors with 30+ years experience. Join before 27 Oct to receive **50% off normal term training fee.**

Join today - phone David: 0418 977 402
or visit: www.shotokankarate.com.au

South Coast Karate

Parent Information: Humour

Enjoying a laugh with others is a unique human bond that helps us connect with others. Finding something funny about a difficult situation can also help us to feel more hopeful. Humour helps us to gain a sense of perspective on our problems, because it can throw a little light on an otherwise dark situation. It reminds us that life goes on. It allows us to release the tension created by strong and uncomfortable feelings such as sadness, disappointment, anxiety and anger. Having a laugh also helps us to stay healthy and well because of the changes that laughter creates in our bodies. The use of laughter in children's hospital wards is an example of how humour can help us cope and deal with hard times.

Key messages to communicate to your child about humour

Humour helps us to stay healthy.

Laughter helps our body to fight disease and illness. Humour is like exercise for our mind and our feelings.

Humour can help you to feel better.

Having a laugh and finding the funny side of a situation can help you feel a little bit better when you are feeling unhappy, sad or worried, or when things are difficult.

You can use laughter and humour to help someone else feel a little bit better.

You can cheer someone up when they have a problem, or they are feeling sad or worried, by being funny in a nice gentle way. Stop doing it if they don't like it.

Humour should not be used to pretend that you don't feel sad or worried.

Even though laughter can help you feel better when you have a problem, you still need to try to solve the problem, or deal with the unhappy feeling. Laughter doesn't make problems go away. It just helps you to cope with them a little better.

Humour shouldn't be used to hurt someone's feelings.

It's unkind to laugh at someone else's problems or bad luck, or make fun of the way another person looks, thinks, speaks or acts.

What can you do to help your child learn about humour?

- ⦿ Share funny songs or movies and TV shows with your child. This is a great way to connect and enjoy each other's company.
- ⦿ Read funny stories or poems to your child and enjoy the humour together.
- ⦿ Share riddles and jokes that don't rely on put-downs or insulting humour.
- ⦿ Help your child learn how to tell a riddle or joke well.
- ⦿ Encourage your child to make a funny card, drawing or banner to cheer up a family member or a friend who is sick or having a difficult time.
- ⦿ Create opportunities for your child to have fun and some laughs with their friends (e.g. when your child has friends around to play you could show a funny movie, encourage a joke-telling session, play silly or fun games, provide funny dress-ups or encourage them to put on a funny skit).
- ⦿ Point out to your child when they are using humour in an inappropriate way (e.g. to put down someone such as their younger brother or sister, or to trivialise something important, or to deny a problem or a feeling they are having). Discuss this with them.