

The Kookaburra

North Nowra Public School News

Empowering a Positive future for our Learning Community

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Term 2, Week 5

Tuesday, 23rd May 2017

Week 5	
Thurs, 25 th May	NRL Classic Shield
Week 6	
Mon, 29 th May	Flag Raising Ceremony 9.30am
Wed, 31 st May	Shoalhaven Eisteddfod – Support Classes
Week 7	
Mon, 5 th June	Assembly stage 2 & 3 verse speaking
Tues, 6 th June	Responsible Pet Programme
Wed, 7 th June	Stage 2&3 & 1/2V Eisteddfod
Thurs, 8 th June	Hearing Screening tests for Aboriginal & Torres Strait Islander Students
Week 8	
Thurs, 15 th June	Stage 2 & 3 NNPS Public Speaking Finals
Week 9	
Mon, 19 th June	NRMA road safety day
Mon, 19 th June	Celebration Assembly 9.30am
Tues, 20 th June	TOM Thinking and Drama Workshop
Tues, 20 th June	P&C Meeting at 6.30pm
Thurs, 22 nd June	Stage 2 & 3 Pirates of Penzance Show
Fri, 23 rd June	Multicultural Public Speaking Final - NPS
Week 10	
26 th – 30 th June	Parent Teacher Interviews
Wed, 28 th June	Athletics Carnival

PRINCIPAL'S MESSAGE

How can we stay sharp as we age? Our brain function can always be developed even as we age but we have to do things to ensure that this can happen. There is an old saying 'use it or lose it'. In the fast paced world of families, society and life we often neglect the one thing that will ensure that we can make a difference in all these spaces, our brains. It is important that we change this habit and model the correct behaviour for our children as they develop in a challenging world of continual change. If we model positive habits children will often take them on into further life experiences. What can you do to support their future model; 1. **Exercising your brain**, things like writing with the wrong hand (for fun), brushing your teeth with the other hand and completing puzzles. 2. **Vary your activities**, Mix up exercise routines and do things you haven't done in a while, take a hike or toss a ball in the park. 3. **Eat brain food**, foods high in Omega 3 fatty acids (fish is a source), DHA and EPA, these foods lower the risk of dementia and improve focus and memory. 4. **Try new things outside of what you have done before**, learn a

language, take up a new sport or play an instrument. 5. **Volunteer**, research shows that this can lower your stress levels and increase mental function. Volunteering adds to a person's brain health by raising your selfesteem, and 6. **Socialise**, we are social animals and according to recent studies, we need a variety of brain stimulation including social activity, this is why Men's Sheds are working so well for our fathers and grandfathers within the community. What can you change to make a difference for your children?

Sporting Achievements

Congratulations to all the students who performed so well last week on the sporting fields around the district. While there were some wonderful results, the real winner for me was the feedback from the local sporting community on the sportsmanship of all our competitors. A noteworthy example of this was Lachlan Musson who came sixth in his Cross Country event after a very hard fought race for fifth. Despite a challenging finish to the race Lachlan was seen to go over and congratulate the student who he had challenged all the way. Congratulations Lachlan on this wonderful example of Responsibility as a representative of North Nowra Public School. Thanks also goes to our wonderful staff who do all the work behind the scene to ensure that our school is represented at these events and our students get these amazing opportunities.

School Uniform Policy

At a very well attended P&C meeting last week I was asked to ensure that students are wearing and moving towards wearing the new uniform that comes into full force at beginning of 2019. However, there are a few elements that students are currently wearing that have never been in any North Nowra Public School Uniform Policy. These items include, hoodies, leggings and stockings (with the new uniform - undershorts). I ask that families (who have students wearing these items) address this problem as soon as possible to ensure that their child is complying with the school's Student Code of Conduct. Failure to comply with this requirement may result in action that may include:

- Student asked to remove the item of clothing and place in school bag
- Student asked to remove item of clothing and provision of alternative clothing (from clothing pool)
- Phone call home to ask to supply the correct uniform
- Repeated offences (with parent or guardian agreement) will be considered as 'Repeated disobedience'.
- Implementation of Discipline and Welfare Policy

Copy of the full uniform policy will be provided with this newsletter.

Long Service Leave

Finally, I will be taking a week of long service leave from the 29th May to 2nd June (next week). As a result I have asked Mrs. Thornton to come off class to support with student's welfare needs, Carli Green will be teaching KT for the week. The executive team will be covering my Principal responsibilities throughout the week and I know they will be able to support the School Community extremely well in my absence.

Mr Peter Wright-Smith - Relieving Principal

PUBLIC SPEAKING COMPETITION

Stage 2 and 3 Public Speaking School Finals

Thursday, 15th June 2017

All students in Stage 2 and 3 are currently expected to be working on a speech which is to be presented in class in Week 6 (Week beginning 29th May). We thank you for supporting your child to complete this as part of their homework. A note explaining the speech topics and other information was sent home with your child in Week 2.

Once students have presented their speeches in class, class teachers will select some from each class to participate in the Stage 2 & 3 Public Speaking Finals which will be held in the school hall on Thursday, 15th June, at 9.15am. Parents are welcome to attend.

Outstanding students who meet all of the criteria may also be selected to speak at the Multicultural Public Speaking competition at Nowra Public School on June 23rd. Please contact myself or your child's class teacher if you would like further information regarding this.

Rae Thomson - Stage 2 & 3 Instructional Leader

PARENT/TEACHER INTERVIEWS

Parent/teacher interviews will be held during Week 10. Parent/Teacher Interviews are an opportunity to discuss your child's progress in school. We know that children always perform best at school when they are aware that their parents take an active interest in their schooling. Teachers will be sending home a letter advising their availability. Please return all requests for parent/teacher interviews to the classroom teacher as soon as possible.

NATIONAL RECONCILIATION WEEK

Our Aboriginal flag-raising ceremony will be held on **Monday, 29th May 2017**. Parents and carers are invited to attend our ceremony which will commence at 9.30 am.

BOUNCE BACK

Our bounce back unit starting this week is "Looking on the bright side of things". Please find information for families attached to this newsletter.

P & C NEWS

Canteen Hours

Our Canteen will be opened three days a week. **Tuesday, Wednesday and Thursdays.**

Uniform Sales

The canteen is open for uniform sales on Wednesdays between 8.30 am – 9.00 am.

School Banking

As a regular procedure our school P&C have reviewed School Banking policies. We are letting the school community know what the policy is in relation to the responsibility and security of School Banking deposits. They are: That a padlock has been fitted to the banking box to avoid tampering.

Parents, carers and students are responsible for their bank book and money to deposit until myself or another authorised person unlocks the white banking box.

Any student's money that is short of what is written on the deposit slip will have a note return with the bank book stating that there was money short and for what amount and the amount remaining will be banked.

On another note, I am encouraging all our School Bankers to keep up their regular deposits. At the end of this term I will be preparing certificates for our bankers who have been learning the value of saving regularly. We have had some students who are new to School Banking and they are off to a fantastic start with their saving habits. Well done! Some of our School Bankers who have not banked for a while have got at least 10 tokens saved to earn a reward. Students can now sign in to their Youthsaver accounts and can check their own token counts and see how their savings are progressing. Follow the prompts from the Youthsaver webpage on the Commonwealth Bank website. I am endeavouring to encourage more students to bank regularly. It would be great to start high school with a nest-egg of money to increase for the future or to save for something important to you.

That's all for now so keep saving and remember to try to bank a little bit each week towards your goals. If you have queries or would like to know how you can sign up for School Banking you can contact me on 0432 892 543.

Happy Banking.

Cath Nottle - School Banking Co-ordinator.

2018 KINDERGARTEN ENROLMENTS

If you have a child who will be enrolling for Kindergarten next year please contact the school office. We are required by law to sight a child's birth certificate, immunisation records and proof of residency when enrolling. If you are unable to locate these documents please apply for them now.

WE ARE UNABLE TO ENROL A CHILD WITHOUT A BIRTH CERTIFICATE OR SIMILAR PROOF OF IDENTITY.

If you know of other families intending to enrol at North Nowra Public School please inform them also to contact the school office so we can begin the planning process.