

The Kookaburra

North Nowra Public School News

Empowering a Positive future for our Learning Community

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Term 3, Week 2

Tuesday, 25th July 2017

Term 3	
Week 3	
Mon, 31 st July	Grandparents Day at 11.45am
Mon, 31st July	Book Fair – Postposed until Week 6
Fri, 4 th Aug	PaTCH Graduation at 9am - Library
Week 4	
Mon, 7 th Aug	Book Week Bundanon
Thurs, 10 Aug	District Athletics – High Jump - SHS
Fri, 11 th Aug	District Athletics Carnival - SHS
Week 5	
Mon, 14 th Aug	Assembly 1/2F
Tues, 15 th Aug	P&C Meeting at 6.30pm

PRINCIPAL'S MESSAGE

We have had a wonderful start to the term. Students and teachers have settled into learning programs well and effective learning is happening across the school.

On Friday, we celebrated NAIDOC week with an assembly. During this assembly Mr Peters lit a candle to help us remember Aboriginal Australians who were taken away from their families and communities. The students then listened to and looked at photos associated with the song From Little Things Big Things Grow, sung by Paul Kelly. Students explored how Aboriginal people asked for equity in our nation's laws and rights.

They heard how at first things didn't change but the people didn't accept this decision and kept a growth mindset until things started to change and improve. Johnno, (one of our year 6 boys) explained what the famous picture of Vincent Lingiari and Sir Gough Whitlam symbolized – Sir Gough Whitlam returning the land to its original owners.



Prime Minister Gough Whitlam pours soil into hand of traditional landowner Vincent Lingiari, Northern Territory

Following on from the example Vincent Lingiari displayed all those years ago, I would like us to investigate with our students how they can look positively at life and not dwell on the negative but use it to focus their purpose to ensure their mental health is strong and able to withstand the rigors of modern society.

Do you communicate to your children the messages of optimism:

- Look on the bright side.
 - believe that good things CAN happen
- It's good to be a positive tracker
 - looks for and points out the good things in themselves, in others, and in what happens in their life
- Look for the small good bits in the bad things that happen
 - you can usually find something good in the situation if you try
- Bad times don't last. Things get better
 - bad times and bad feelings always go away with time
- It's important to stay hopeful when you have unhappy times
 - if you stay hopeful then you don't give up.
- Be thankful and grateful
 - letting people know that you are thankful or grateful for how they have supported and cared about you also makes them feel happy too
- Good memories of things help you to bounce back
 - It helps to remember some of the good times you shared with someone you are missing to help you feel a bit better
- When one unhappy thing happens in your life it doesn't spoil everything else
 - It is just one thing that is going wrong for a while, not everything

It is often hard to be positive especially when we are tired and very emotionally connected (at times) to your child's anguish, what can we do to help our children to look on the bright side of life?

Here are five things the Bounce Back program recommends;

1. Three Good Things in Your Day

At the dinner table, ask your child, 'What were three good things that happened for you today?' With younger children, you can do this just before they go to sleep. If they can't think of anything ask them some prompting questions (e.g. Did you have any laughs? Did you enjoy being with anyone? What did you do well?).

2. The Positive Tracking Game

Challenge everyone in the family to identify the three best things about your family, your home, your holiday, your suburb, about being their age, about this time of the year etc.

3. Showing gratitude

Encourage your child to say thank you to someone who has done something nice for them (e.g. by sending a note or card, text, email or by ringing them).

4. Good memories

Help your child to make a photo album, slide show or little book of their favourite photos and to look at the photos to help them remember the good times when they need 'brightening up'.

5. Modelling

Let your child see and hear you using positive tracking, showing gratitude, saying 'things will get better soon' and expecting that good outcomes are possible.

Last Tuesday we had our first P&C meeting for the term. The meeting saw two significant resolutions passed that will make a substantial change to our school's ability to deliver high quality and safe learning experiences.

1. Funding 50% of a total upgrade to the school's phone system which is out dated and unable to service the whole school's communication needs
2. Funding 100% of a power system to enable the back playground to have a power supply for sporting, teaching and fund raising events such as the Movie Night. The system has the potential in time to increase the P&C's fund raising revenue.

I take this opportunity to thank the teams of parents and carers from the P&C who have raised funds over the last couple of years and planned for the application of these funds. Without your invaluable support these two project may not have been possible well into the future.

Have a safe week and remember to discover ways to find the 'yet' in 'I can't do it' when your children are down and need a pick me up.

Peter Wright-Smith - Relieving Principal



STAGE 2 CAMP BERRY SPORT AND RECREATION

Final numbers have now been confirmed. Full payment is due by **Wednesday, 20th September 2017.**

PaTCH – Parent Volunteer Graduation

Friday, 4th August at 9.00am in the North Nowra PS Library. Don't forget to bring your learning journal to share with the group.

Miss Emms

P & C NEWS

Canteen Hours

Our canteen is open three days a week. Tuesday, Wednesday and Thursday. Please call Jo on 0447 303 328 if you can volunteer your time. Many hands make light work!

Uniform Sales

The canteen will be open for uniform sales on Wednesdays between 8:30 am to 9:00 am. If you cannot get to school during this time please contact the school office for a pre-order uniform form and your order will be completed ASAP.

COMMUNITY NEWS

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

Has your school-aged child or teen attended the Emergency Department?

To have the best start back at school, **before returning** to school:

1. **Contact** the **School Principal**,
2. **Tell them** what the **emergency** was, and
3. Tell them what the **Emergency Department** recommended.

When your child or teen returns to school they may find it hard to:

- * Adjust back into school life.
- * Keep on track with their education.
- * Stay safe.

Your school can develop a plan to support your child or teen. They can also help your child or teen manage their illness or injury.

Not sure what to tell the school?
Ask us to write it down for you.

 **Health**
Illawarra Shoalhaven
Local Health District

**Free 2 day workshop
for parents & carers of
school-aged students
on the autism
spectrum!**

**Nowra
1- 2 August 2017**

Register your place:

positivepartnerships.com.au

 **positive partnerships**