

# The Kookaburra

North Nowra Public School News

*Empowering a Positive future for our Learning Community*

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Term 3, Week 3

Tuesday, 1<sup>st</sup> August, 2017

Term 3	
Week 3	
Mon, 31 <sup>st</sup> July	Book Fair – Postposed until Week 6
Fri, 4 <sup>th</sup> Aug	PaTCH Graduation at 9am - Library
Week 4	
Mon, 7 <sup>th</sup> Aug	Book Week Bundanon
Thurs, 10 Aug	District Athletics – High Jump - SHS
Fri, 11 <sup>th</sup> Aug	District Athletics Carnival - SHS
Week 5	
Mon, 14 <sup>th</sup> Aug	Assembly 1/2F
Tues, 15 <sup>th</sup> Aug	P&C Meeting at 6.30pm Spelling Bee Competition School Finals
Week 6	
Mon, 21 <sup>st</sup> Aug	Book Fair
Tues, 22 <sup>nd</sup> Aug	Book Week Assembly & Parade
Week 7	
Mon, 28 <sup>th</sup> Aug	Assembly 1/2V
Tues, 29 <sup>th</sup> Aug	Shoalhaven Library Book Week Thearte K-2
Week 8	
Mon, 4 <sup>th</sup> Sept	Regional Spelling Bee Finals
Week 9	
Mon, 11 <sup>th</sup> Sept	Assembly 4/5/6K
Fri, 15 <sup>th</sup> Sept	P & C Outdoor Cinema

## PRINCIPAL'S MESSAGE

### Grandparents Day

We launched education week with Grandparents Day. We saw some wonderful performances, shared in a bite to eat and journeyed through the classrooms to see what students and teachers are achieving inside our classrooms each day while our students are learning. I saw many families here enjoying the atmosphere of learning. I hope you enjoyed yourselves as much as I know the students and teachers enjoyed learning with you.

Thank you to the P&C team for organising the food and to the families who donated cakes, Mrs. Thornton and Mrs. Thomson for the logistics of the assembly and the day's events, and the students for your wonderful behavior and performances.

Finally, to all the Grandparents and families who shared that day thank you for making it such a wonderful experience for us all.

## Education Week

Education Week is a state-wide, annual event to celebrate public education in NSW.

This week highlights the achievements of public education and local schools, putting the spotlight on our students, our educators and the communities that support them.

This year's theme is *I Learn, We Learn*. It is a celebration of our schools' commitment to ensuring:

### System-wide improvement

Every student, every teacher, every leader and every school will improve every year.

### High expectations for all

A culture of high expectations for our students and our educators sets high standards, which leads to high achievement.

### Personalised student learning

By teaching to the strengths and needs of each individual, students will be better able to reach and exceed their potential.

### Wellbeing

Every student will be known, cared for and respected.

### Creating stronger ties with local communities

Parents and careers are our schools' partners in the education and wellbeing of each student. Partnerships with local businesses and industry create opportunities for our students to contribute to and thrive in society. Last week we looked at how we can communicate to our children the message of optimism. This week I would like to bring before you, mindfulness and ways it can benefit children.

### What is mindfulness?

Mindfulness is a whole body-mind state of awareness that involves 'tuning in' to the present moment, with openness and curiosity, instead of 'tuning out' from experience. Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future- which is often our brain's default mode. Mindful awareness is something that we all possess and that can be strengthened through practice. Mindfulness can be developed through formal sitting meditation practices, or through informal everyday mindfulness

activities that use the senses to anchor the attention: such as mindful walking, listening to music, eating or conversation. Mindfulness is a clinically proven tool to support wellbeing and mental health by reducing stress and allowing life to be experienced more fully.

### **Why practise being mindful?**

The way we interact with our kids has a huge impact on the way they think about themselves and their levels of personal resilience. Ellen Langer and team, a world-renowned mindfulness researcher found that children not only prefer to interact with mindful adults, but actually devalue themselves following interactions with 'mindless' adults (Langer, Cohen & Djikic, 2010).

### **The benefits of mindfulness with children**

- Research shows that mindfulness training increases connectivity in the frontal lobe of the brain, which is linked to improved attention, memory processing and decision making abilities.
- Mindfulness training involves tuning in to internal and external experiences with curiosity resulting in increased self-awareness, social awareness, and self-confidence.
- Mindfulness training increases children's ability to self-regulate their emotions, especially difficult emotions such as fear and anger, through breathing and other grounding techniques.
- Mindfulness has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children's awareness of others and helps them to build positive relationships.

### **Mindfulness and childhood mental health**

- Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children.
- Mindfulness builds resilience by giving children skills to help them to cope better with stress, as well as engage more fully with themselves and the world.

### **Mindfulness for parents**

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

- *Mindful play:* Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your

mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

- *Mindful cooking:* Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- *Mindful dinnertime:* Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.
- *Mindful teeth brushing:* Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

### **Mindful learning environments**

- Teachers can influence student wellbeing and learning by understanding, embodying and embedding principles of mindfulness into students learning environments.
- Teachers are encouraged to develop mindful awareness in their own life so they can positively influence their whole community.

### **A mindful partnership**

KidsMatter has joined forces with Smiling Mind, a free program that helps develop Mindfulness Meditation skills in children.

Read more about the collaboration between KidsMatter and Smiling Mind. (<https://smilingmind.com.au/>)

For more support and ideas about mindfulness go to (<https://www.kidsmatter.edu.au/mental-health-matters/mindfulness-and-children/further-resources>).

To wrap up the Education Week edition of the Principal's Report I would like to thank all those families who took time out of their busy weeks to share with their children a small part of their school life. For those of you who could not make it in to school please feel free to take an opportunity to arrange an appointment with your child's teacher in the coming weeks and come

into the school with your child and have a look through their classroom because as they learn, we all learn. Enjoy Education Week with us, take time out with your children to develop mindfulness and remember to always find the 'yet' in 'I can't do it' when you or your children are down.

**Peter Wright-Smith**  
Relieving Principal

### 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**

### SCHOOL SPELLING BEE COMPETITION

Good luck to all Stage 2 & Stage 3 students who are competing in our School Spelling Bee Competition. Our spelling Bee Competition School Finals will be held in the school hall on **Tuesday, 15th August, 2017**. Parents/Carers of finalists will be notified of their success once results are in.



### STAGE 2 CAMP

#### BERRY SPORT AND RECREATION

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

#### DID YOU KNOW??

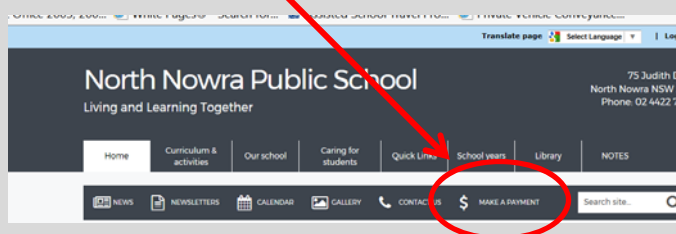
You can make payments online directly to the school using our online payment portal.

This is a secure payment page hosted Westpac.

#### HOW?

Log onto our school website <http://www.northnowra-p.schools.nsw.edu.au/> Click on "Make a Payment" and follow the prompts to make a payment using Visa or Mastercard.

**Please note only fields marked with a \* are required to be completed.**



### SCHOOL SWIMMING AND WATER SAFETY PROGRAM

**11th September – 22nd September, 2017**

Arrangements have been made to include learn to swim program in our curriculum. Students in Years 2 – 6 who have not reached a satisfactory standard of water safety and survival skills and are unable to swim 25 m confidently unaided in deep water are eligible to participate. Places are limited and will be offered to students on a first in first served basis.

Permission notes will be sent home separately with students this week.

**Dave Farrow**

### 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





## 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!

### P & C Voluntary School Contribution

Thank you to all families who have already paid their 2017 P&C Voluntary School Contribution. These funds are used to provide books, pencils, art supplies and other educational supplies to all students. The school contribution for 2017 is:

**1 child - \$25**

**2 children - \$45**

**3 or more children - \$60**

If you have not paid this contribution please consider making this payment as soon as you are financially able to do so. Thank you to all parents for your ongoing support.

*No student will be disadvantaged by non-payment or miss out on any educational program*

### 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.

### Outdoor Cinema Night – Expression of Interest

Our P & C will be holding our annual Outdoor Cinema night on Friday, 8<sup>th</sup> September. If you are interested in sponsoring this major fundraiser please email [ann.butler@nnpspc.org.au](mailto:ann.butler@nnpspc.org.au) for a sponsorship package. Last year's profits are now being used to fund a new school intercom system and power supply to our back playground. Please consider supporting the P&C with this event.

**Anna Butler – Fundraising Co-ordinator**



## 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