

The Kookaburra

North Nowra Public School News

Empowering a Positive future for our Learning Community

Find us at: 75 Judith Drive, North Nowra, NSW 2541

Ph: 4422 7045 FAX: 4422 9035



EMAIL: northnowra-p.school@det.nsw.edu.au

WEB SITE: www.northnowra-p.schools.nsw.edu.au

Term 3, Week 5

Tuesday, 14th August, 2017

Term 3	
Week 5	
Tues, 15 th Aug	P&C Meeting at 6.30pm Spelling Bee Competition School Finals
Week 6	
Tues, 22 nd Aug	Book Week Assembly & Parade
Wed, 23 rd Aug	Albatross Museum of Flight Stg 1
Week 7	
Mon, 28 th Aug	Assembly 1/2V
Tues, 29 th Aug	Shoalhaven Library Book Week Theater K-2
Week 8	
Mon, 4 th Sept	Regional Spelling Bee Finals
Fri, 8 th Sept	P & C Outdoor Cinema
Week 9	
Mon, 11 th Sept	Assembly 4/5/6K

PRINCIPAL'S MESSAGE

District Athletics Carnival

On Friday, our District Athletics team achieved some great results at the District Athletics Carnival. Early reports suggest that our relay teams performed well along with some great individual performances. I heard that many parents attended and watched their children perform. Congratulations goes to Tanishi Reddy, Dakota Puplett, Kynan Miller and Talea Miller who have achieved the honour of making the South Coast SSA - 2017 Primary Athletics Team.

Mrs. Thomson and Mrs. Baxter reported that student's behavior was excellent and displayed our schools' values to the district. Thank you everyone who attended for a great day.

Spelling Bee Finals

This week in our school we will hold our Spelling Bee Finals. We looking to select our best spellers to represent our school at the District Spelling Bee. I hope students have had an opportunity to practise and get ready for this competition. Good luck students.

P & C Meeting

The P&C meeting is tonight at 6.30 pm. Some of the things I will be sharing include the work our External Validation team have been conducting, presenting the proposed Aboriginal design of the school logo that has been discussed and presented to Uncle Tom.

Student Wellbeing

Last week the newsletter was lengthy and I was unable to include my tips on supporting students with their mental wellbeing. Two weeks ago, I talked about Mindfulness. At times in our lives our mental wellbeing becomes unwell and we need to seek and accept help, this is also true at different times in our children's life journeys. Here is some advice from KidsMatter on ways to seek help

What does it mean to seek help?

Children can experience all kinds of difficulties as they grow and develop. Sometimes, families may need extra help and support to deal with the kinds of things that they are experiencing. Help-seeking can be described as communicating a problem to obtain support, advice or help. People may have different ideas about finding help; for some, it may include making phone calls, for others it may be talking to health professionals. However, people might go about it, communication is an important part of getting help. Sometimes, however, parents or carers might find it hard to seek help and support when their child is experiencing difficulties. This may mean that some people do not ask for help from friends, family or services even though they may benefit from it.

Seeking help does not always mean seeing a professional, a close and trusted friend can be a great source of support for some families.

Why is seeking help important?

Seeking help involves talking about a child's mental health difficulties with health professionals or other relevant support services, such as general practitioners (GPs), to access support and advice. It is important to seek help as it facilitates the improvement of children's mental health while supporting families and early childhood service staff who spend most time with the child.

When children are experiencing mental health difficulties, the earlier families can access help and support, the better. Problems that are not addressed can get bigger and harder to manage and can continue to affect children as they grow up.

Seeking help benefits children, families and early childhood staff. Seeking help

provides families and early childhood staff with the confidence to work towards a common goal, for example families and staff working together as a team to find the right service for a child's difficulties. It also helps families to share their difficulties with friends, staff or health professionals and discover the options available to them. Seeking help may create a greater awareness among family members and help them to understand the difficulties children are experiencing. Seeking help benefits children by providing them with the best support possible to help them deal with their difficulties. Seeking help reduces the risk of children experiencing mental health difficulties, by building resilience and the ability to cope. Staff can understand more about families and find out what they could be doing to support the help-seeking process at the service. Children's experiences at the early childhood service will also be affected by the level of support provided to them and their families. For example, a child may feel more confident to talk about their struggles in the playground if they have been building their confidence in other areas.

How to seek help

There are several important steps that families can follow to make it easier for them to seek help and to make sure that they get the best support possible for their child. There may also be other things that families can do in between each step to make things easier, like making a list of questions to ask the early childhood staff or a doctor, for example. Early childhood staff can contribute significantly to this process by giving families high-quality resources and information, and encouragement and reassurance when needed.

- Work out what you think the problem is.
- Talk to a trusted friend or support person you already know.
- Decide whether you need extra support or help.
- Talk to people who may know where you can go to seek help (eg. a school service, the family doctor or high-quality websites).
- Follow up any suggestions or referrals.

Parents and carers might find they go backwards and forwards through these steps while seeking help. This is part of the process of finding suitable support when needed. Next week we will look at some Common challenges associated with seeking help for families and their children.

I look forward to seeing families in the school each day and look forward to saying hello, welcoming you into the school to see the amazing things our students and staff are doing to ensure learning is a focus every day.

Peter Wright-Smith
Relieving Principal

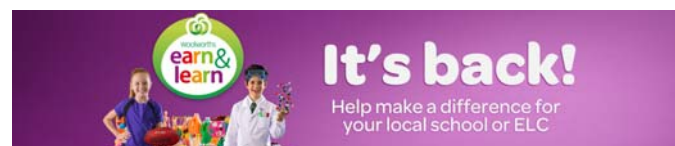
SCHOOL SWIMMING AND WATER SAFETY PROGRAM

11th September – 22nd September, 2017

All students in Years 2 & 3 are encouraged to participate regardless of their swimming ability as all abilities will be catered for. Please return signed permission notes and return to the school office along with payment in a clearly marked envelope as soon as possible.

Places are limited and will be offered to students on a first in first served basis.

Dave Farrow



Once again we are participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all we need you to do is shop for your groceries at Woolworths.

From Wednesday 26 July to Tuesday 19 September or while stock lasts, we are collecting Woolworths Earn & Learn stickers. You will get one Woolworths Earn & Learn sticker for every \$10 you spend at Woolworths. Place the Woolworths Earn & Learn sticker onto a Woolworths Earn & Learn sticker sheet and when it's complete, the sticker sheet can be dropped into the collection box which is located in the school foyer.

If you'd like to know more visit:

woolworths.com.au/earnandlearn



SICK CHILDREN

Over the last few weeks a number of children have come to the sick bay feeling unwell. They have told us that they were sick in the night or morning before school. Could I ask that if your child is ill please keep them at home? This gives them time to recover properly and also means that the other children and staff aren't exposed to colds and flu as well.

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

PLANET NOWRA SCULPTURES

A group of Stage 3 students have begun working with artist Carlos Gomes to create super hero sculptures which, together with an autobiographical sound installation, will be displayed in a pop up gallery somewhere in the Nowra CBD as part of Bundanon's Planet Nowra celebrations in early December. For more details of this and other community workshops visit Planet Nowra on Facebook or Google Planet Nowra.

Mrs Clifton (Coordinator)



TOURNAMENT OF THE MINDS COMPETITION

Goodluck to the following students who will be representing our school in the Tournament of the Minds Competition on this Sunday, 20th August at Nowra High School. Jack Hanthale, Zac Richter, Layla Volpatti, Danielle Molloy, Jonathan Rowe, Sara Massey & Harry Bath.

Mrs Coates

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

SCHOOL BANKING

Banking day is every **Thursday**. Don't forget to put your bank books in the banking box at the canteen.



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.

P & C MAJOR FUNDRAISER

It's that time of year again – our 3rd Annual Outdoor Cinema Screening. This year will be the magical award winning movie, **"TROLLS"**. This will be held on Friday 8th September, with gates opening at 4.30 pm, and movie to start approximately 15 mins after dusk. It's going to be even bigger this year, with a huge raffle with awesome prizes, kids rides, food stalls and much more. A separate flyer is being sent home with today's newsletter for families wishing to purchase tickets through the school using cash. Tickets are also available online through

www.nnps.eventbrite.com.au.



Education & Communities

SCHOOL NEWSLETTER

DID YOU KNOW the school newsletter can be found on our website? Go to:

www.northnowra-p.schools.nsw.edu.au

DID YOU KNOW the school newsletter can also be emailed to you at home or work?

If you would like to have the school newsletter emailed to you please complete the form below and return it to the school office.

Please email the School Newsletter to:

Name:

Child's Name:

Email Address:

TELEPHONE MESSAGES

Our busy front office staff are receiving an increasing amount of phone requests in the afternoon from parents wishing to have a message relayed to their children about changes to going home arrangements.

Would parents and caregivers please let your children know in the morning before they go to school what the arrangements are for going home in the afternoon. Please only phone for a message to be passed on when it is urgent. Thank you.

PLEASE HELP US RETURN LOST PROPERTY

With the cold mornings and then warmer playing times, many children are forgetting the reminders to put their jumpers and jackets into their bags, and are leaving them out in the playing areas. We are very quick to return any 'named' items of clothing to the students, however we can only place the unnamed items onto the large table outdoor table opposite the canteen. Please help us to save you money and time by labelling all items that come to school. Thank you.

TIPS FOR TACKLING HEADLICE

Use hair conditioner and a fine head lice comb. Apply conditioner to the hair and comb through with a wide-toothed comb to remove the tangles. Then use a fine metal lice comb to remove the lice and pull the nits off the hair. The conditioner helps slow down the louse and makes it easier to comb out.

For more information go to the "Nitbusters" website www.health.nsw.gov.au/headlice

COMMUNITY NEWS

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



Could \$500 help with your child's start at school?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- uniforms & shoes
- books & supplies
- sports fees & gear

- lessons & activities
- camps & excursions
- laptops & tablets

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact
Lindi Jamieson-Brown
your local Saver Plus
Coordinator
Phone
0427 439 234
Email
lindi.jamieson-brown@
thesmithfamily.com.au
Web
www.saverplus.org.au





register
now for
junior afl

www.play.afl

NOWRA ALL GIRLS AUSKICK

Starts Thursday 17th August

4.15 – 5.15, West St Oval

Registration is \$50.00 and include Auskick pack, football,
footy cards, shopkins toys, insurance and more

Contact Greg on 0478 225 352