

# The Kookaburra

North Nowra Public School News

*Empowering a Positive future for our Learning Community*

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Term 3, Week 6

Tuesday, 22<sup>nd</sup> August, 2017

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

## PRINCIPAL'S MESSAGE

Book week is a wonderful time to enthuse children about the wonderful world that exists inside books and literature. We thank Mrs. Clifton for her work this year to develop a wonderful week of events to celebrate 'Escape to Everywhere'. We had a wonderful parade today and thank you to the families who came in and shared the day with us, it was wonderful to see you here. I hope tonight you might take time out to share a book with your children.

I would like to inform the community that Mrs. Julie Ashby has retired from the Department of Education. I extend my appreciation for her teaching, leadership and advocacy for Public Education across the Shoalhaven District for many years. We also wish her well for her future plans. Mr. Graeme Sutherland Director of Schools South Coast will now commence the process of identifying a new principal for North Nowra Public School to commence planning for 2018 and beyond within the next few weeks.

An issue that I would like parent support with is a growing trend of "sleep overs" mid-week that are occurring among our Stage 2 and 3 students. Staff are noticing that these mid-week events are influencing student's alertness, motivation for learning and anxiety levels related to maintaining friendships at school. Their learning is not progressing as a result. As the educational leader for your children at North Nowra Public School I strongly recommend that these types of events be avoided mid-week unless they are to support a family emergency.

Researchers say that your child's sleep is extremely important to your child's wellbeing and mental health. Did you know

that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort.

It makes sense that sleep and a child's mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems, trouble starting primary school and ADHD-like symptoms (e.g. decreased concentration, attention, and impulse-control difficulties).

Associate Professor Harriet Hiscock, paediatrician and researcher with the Centre for Community Child Health at The Royal Children's Hospital Melbourne, says that behavioural sleep problems make up the bulk of issues seen in kids. Chances are you've already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- be distracted from sleeping (sleepovers, devices use and music/noise)
- use stalling techniques ('just five more minutes', wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (eg lying awake worrying)

According to Associate Professor Hiscock, there are many possibilities for why sleep issues are so wide-spread.

"There's most likely better recognition and help-seeking for sleep problems so more kids are coming to health professionals," she says. "There's definitely an increased use of mobile devices and computers in the bedroom that can cause difficulties quieting down, and which reduce the brain's production of melatonin that helps us go to sleep. Kids are also doing more in their day, so time to sleep is probably not prioritised."

It's really important to put a good night's sleep at the top of the to-do list. When your child is sleeping well, chances are you will be too, which means the whole family will be at their very best, mentally and physically. They will also be ready for learning about their ever changing and challenging world.



Education & Communities

Have a great week and I look forward to seeing you around the school picking up children or at one of our wonderful community events.

**Peter Wright-Smith**  
Relieving Principal

## TOURNAMENT OF THE MINDS COMPETITION

Our team of keen minds successfully competed in the tournament on Sunday. Thanks to the parents who supported this event by transporting students and encouraging their effort on the day. Compliments included how entertaining the performance was, how well lines were learned in a very short time and best of all - how well the students got along together. Congratulations to all the team members for making it a happy experience for all the people involved.

**Mrs Coates**



## BOOK FAIR – HURRY! LAST DAYS!!!

Book Fair closes at 3.00 pm. Last chance to support our school through the purchase of books from the library display. Thanks to families who have helped us in this way.

**Mrs Clifton**

## ATTENTION Year Six Parents

As you know the end of primary school is approaching. I am holding a meeting to form a committee to organise the Year 6 Farewell on Thursday, 31ST August. The meeting will be in 5/6A classroom at 3.00pm - 3.45pm. If you are interested in having input, but cannot make the meeting, please leave a message for me at the office with a brief outline of how you are able to help.

**Mrs Terry**

**Friday, 1<sup>st</sup> September**

## FATHER'S DAY BREAKFAST

To celebrate all our Dad's (and Grandads) we are holding a Father's Day Breakfast in the Hall commencing at 8.00 am.

Hope you can take time out of your busy day to enjoy a complimentary breakfast with your child/ren.

## STAGE 2 BERRY CAMP

Statements have gone home separately with students advising of the outstanding balance for the Stage 2 Berry Camp. Students can only participate if all funds are paid in full by the final payment date of **Wednesday, 20<sup>th</sup> September 2017**, as we are committed to make payments to Event Organisers.

**Mrs Thomson**

## PLANET NOWRA STORY TIME

A group of Stage 2 students are busy working with story teller Katia Molino to produce narratives which they will present to adult audiences as part of Bundanon's Planet Nowra celebrations in early December. Katia is coaching the group in using their voices effectively and expressively in order to captivate their audience with their stories as well as providing valuable writing tips. Costume designs are underway. More to come later.

**Mrs Clifton**



## P & C NEWS

### Canteen Hours

Our canteen is open Tuesday, Wednesday and Thursday. Please call Jo on 0447 303 328 if you can volunteer your time.

### School Banking

Banking day is every **Thursday**.

### Uniform Sales

The canteen will be open for uniform sales on Wednesdays between 8:30 am to 9:00 am.

## 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](http://www.nnps.eventbrite.com.au).



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