

The Kookaburra

North Nowra Public School News

Empowering a Positive future for our Learning Community

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 FACEBOOK: North Nowra Public School

Term 1, Week 3

Tuesday 13th February, 2018

Term 1 2018

Week 3

Canteen Open Tues, Wed and Thurs

Uniform Shop Wednesday 8.30am – 9.30am

Wed 14th Feb 2018 Welcome BBQ

Week 4

Mon 19th Feb P&C Meeting 6.30pm in NNPS staff room



2/3B - The Power of Poetry

The students of 2/3B last year learnt to recognise and appreciate the power of poetry – its ability to inspire emotions and the special pleasure you can get from memorising a favourite poem or reading it again and again.

We began our poetry journey by learning about the elements of a poem and exploring the different ways of writing one. We became very familiar with the meaning of words and sentences, sentence structure, rhymes and vocabulary. What we loved about writing poetry is that we discovered a new, limitless world of expression. Enjoy reading some of our poems, which were inspired by colours.

We are learning to use adjectives and similes in our poetry.

My life is like a rainbow,
So many colours come to mind,
When I think about my life,
So many colours I can find.

When I play on the trampoline
My mind goes as orange as a baked bean
Orange makes me feel happy like sun
But also very calm and excited even when I'm done

When I ride my bike to school I look very white
I feel as tired as an ant peddling with all my might
My bike is as red as a fire hydrant and as fast as a bee
Red gives me energy and I am as joyful as can be

The grass outside is a light shade of green
Just seeing this colour makes me go outside
And get straight off the screen

Takeshi

My life is like a rainbow,
So many colours come to mind,
When I think about my life,
So many colours I can find.

Swimming and having fun is a favourite thing to do
Splish, splash into the deep blue
When I am in the water playing around with you

I love to read books with the black and white pages
Some don't take long but others take ages

When I'm with my family I feel happy as a lark
When they play around with me I feel a yellow spark

Taleisha

2018 Welcome BBQ



Please come and share a sausage sizzle with us while you meet and greet with your child's classroom teacher and other staff at NNPS.

Let's get together to welcome in 2018 for another year of 'Living and Learning' together.

When: Wednesday, 14th February 2018

Time: 2:30 – 4pm

We can't wait to see you there!



Education & Communities

WELCOME KINDERGARTEN 2018

Our new Kindergarten students have been very busy exploring their classroom and getting to know new friends. In our first whole week, we became active participants in our learning.



In literacy, we have been learning how to listen to a story, read a book from front to back, where to find the words and where to start. We have already learnt to write from the top left side of the page and are learning where to begin writing the next line.



In numeracy we have been developing an understanding of the numbers from 1 to 10. We have been counting forward and backward, saying the number after a given number, recognising the numbers on dice and demonstrating numbers using blocks



We are learning to work cooperatively and loved our first sport session with 1F.





CANTEEN



The canteen will open as of Week 3 on Tuesday, Wednesday and Thursdays. The menu is also on our Facebook page and school web site. THANK YOU to the parents/carers who have volunteered to help in the canteen. In order for the canteen to be successful we are in need of more volunteers. If you are interested in volunteering please see the front office to receive a form.



BOUNCE BACK

North Nowra continues teaching social and emotional skills through the Bounce Back program.

The **Bounce Back!** wellbeing and resilience program teaches children the skills and attitudes to help them be in a positive mood most of the time, get along well with others and become more resilient. It uses literature as a starting point for discussions and follow-up activities. Ten coping statements are a core part of the program

The program can help your child to get better at:

- Using helpful thinking when faced with a problem or a difficult situation
- Thinking more optimistically, i.e. expecting bad times to get better
- Understanding that everyone has setbacks and difficulties, not just them
- Talking to people they trust so they get a reality check on their thinking
- Being brave and facing their fears
- Enhancing their own well-being
- Feeling and expressing gratitude
- Boosting their positive emotions
- Managing uncomfortable emotions and turning a bad mood into a good mood
- Getting along with others, making and keeping friends and dealing well with disagreements
- Setting goals, being resourceful, developing a growth mindset and not easily giving up
- Being kind, fair, honest, friendly, cooperative, responsible, and accepting of differences
- Using humour in a helpful, not a harmful way
- Identifying, applying and extending their ability and character strengths
- Respecting other people and not bullying others.

You can help your child get the best out of their involvement with **Bounce Back!** if you reinforce the key messages they are learning.



North Nowra Public School

Have you 'liked' our Facebook page?
We regularly post photos, stories and community information to our page so that you can keep up to date on all that we know!

P&C MEETING

WHEN: 6.30pm Mon 19 February
WHERE: NNPS STAFF ROOM
ALL WELCOME

SOUTH COAST SPSA Parents and carers are invited to 'like' and 'follow' the South Coast School Sports Association Facebook page in order to stay updated on forthcoming trials, championships and regional carnivals.

Bomaderry Junior Football Club (AFL)

Bomaderry JAFC are seeking boys and girls wanting to play AFL football in 2018 we are offering:

Auskick (Under 5 Under 7) for girls and boys – on Thursday afternoons 4:30 to 5:30 at Artie Smith Oval Bomaderry

Junior competition football for Under 9's, 11's, 13's, 15's and 17's for Girls and boys, training 4:30 to 6:00pm Thursdays at Artie Smith oval.

With games on Sundays. Further opportunities with Representative selections and elite Academies ran by AFL South Coast.

Registration is on Sunday 25th February from 10:00-11:00 am at Artie Smith Oval Cambewarra road Bomaderry (opposite Bomaderry pool). Or any training session from the 1st of March onwards.



Dismiss the myths and learn the facts about mental illness



Training and education will help you to become a Community Champion

FREE TRAINING OPPORTUNITY FOR VOLUNTEERS

CALL TO CONFIRM A PLACE AT OUR 2 HOUR WORKSHOP ON YOUR CHOSEN DAY

COMMUNITY CHAMPIONS

Mental Health Awareness Education

Through their work volunteers will occasionally engage with people with a mental illness and sometimes this will be challenging. *Community Champions: Mental Health Awareness Education* will give them the knowledge and skills to support people with a mental illness and their carers in the volunteering environment.

The workshop has been developed in with the support of people with a mental illness and mental health service providers. Community Champion Educators are trained and have completed Mental Health First Aid.

DELIVERED BY SHOALHAVEN NEIGHBOURHOOD SERVICES AT ENNC 2/80 Park Rd Nowra

Community Champions help people with a mental illness live with hope, recovery and relief.

Contact

Judith Reardon for more information or to register

On 44221299 or community@sns.org.au

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REGISTRATION INFO FOR BOMADERY FOOTBALL CLUB (SOCCER)

To register go to www.playfootball.com.au

To apply for Active Kids Rebate go to <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

Registration days will be at Bomaderry Oval (next to hardware store)

Friday 9th Feb 4pm-6pm

Saturday 10th Feb 10am-12pm

Friday 16th Feb 4pm-6pm

Saturday 17th Feb 10am-6pm

For more info

Under 6 - 17s (born 2013 up) - karenmuller296@gmail.com 0418 440 021

Senior mens (16yrs and over) - Nathan 0415 958 271

Ladies - Stacey 0422 866 063

Kind regards

Stacey Williams
Secretary
0422 866 063

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Education & Communities

NORTH NOWRA PUBLIC SCHOOL
SUMMER CANTEEN MENU (TERM 1 2018)

DAILY SPECIALS - \$5.00		HOW TO ORDER YOUR CHILD’S LUNCH: 1. Please write your child’s NAME, CLASS and ORDER on a bag. 2. Place money inside the bag and give the order to the canteen BEFORE 9AM for NNPS students, 9:30AM for Havenlee students.			
Includes an Orchy 250ml juice and a bag of popcorn					
MONDAY	CANTEEN CLOSED				
TUESDAY	Pizza Day				
WEDNESDAY	Fried Rice OR Mac ‘n’ Cheese				
THURSDAY	Nori rolls				
FRIDAY	CANTEEN CLOSED				
FRESH SANDWICHES		HOT LUNCHES		SNACKS	
Can be served on Rolls or Wraps for \$0.50 extra		Must be pre-ordered before school		Available for pre-order and purchase at first break	
Vegemite	\$1.50	Sausage Roll	\$2.80	Fresh Popcorn	\$0.50
Cheese	\$2.00	Mini Pie – maximum of 4 per student	\$1.00	Rice Crackers – Salt & Vinegar, Cheese, BBQ, Original	\$0.50
Cheeseymite – Vegemite & Cheese	\$2.50	Additional Sauce: Tomato or BBQ	\$0.30	Dried Apple	\$0.10
Ham/Ham & Cheese	\$2.50	Chicken Burger – with Lettuce & Mayo	\$3.50	Seasonal Fruit OR Veggie Cups	\$1.50
Chicken/Chicken & Cheese	\$3.00	Additional toppings \$0.50 each		Custard/Yogurt Cups	\$0.50
Egg, Lettuce & Mayo	\$3.00			Garlic Bread	\$0.50
Tuna, Lettuce & Mayo	\$3.00	Nachos – with Corn Chips, Cheese & Sour Cream	\$3.50	Sweet Chilli Cheese Wraps	\$1.00
Sumo Salad – Lettuce, Tomato, Carrot, Beetroot, Cucumber & Cheese	\$4.00	Loaded Nachos – with Corn Chips, Cheese, Sour Cream, Avocado & Sweet Chilli Sauce	\$4.50	Baked Treats – assortment of muffins, pikelets, biscuits etc. availability varies weekly. Prices range from \$0.20 – 0.50	
Sumo Salad w/Ham OR Chicken	\$4.50	All nachos available as Meat or Vegetarian options		A variety of freshly sliced fruit is available for prices starting at \$0.20	
Additional toppings \$0.50 Tomato, Carrot, Beetroot, Cucumber, Avocado, Mushroom, Egg, Cheese					
DRINKS			\$3.50	FROZEN TREATS	
Available for purchase before school and first break		Pizza – Ham & Pineapple, Cheese & Bacon, Supreme	\$3.50	If pre-ordered, students need to return bag to collect	
Hot Milo	\$1.00	Sweet Chilli Toasted Chicken Wrap – with Sour Cream & Cheese	\$3.00	Icy Twist	\$1.00
Orchy Fruit Juice (250mls)– Apple, Apple & Blackcurrant, Orange, Orange & Passionfruit	\$1.50	Fried Rice	\$3.00	Twisted Frozen Yogurt – Strawberry & Vanilla, Watermelon & Mango, Chocolate & Vanilla, Raspberry & Coconut	\$2.00
Flavoured Milk (300mls)– Chocolate, Strawberry & Vanilla	\$1.50	Mac ‘n’ Cheese			
Bottled Water	\$1.00				