

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 8

Tuesday 20th March, 2018

Term 1 2018	
Week 8	
Canteen Open Tues, Wed and Thurs	
Uniform Shop Wednesday 8.30am – 9.30am	
March 21	Harmony Day
March 24/25	Relay for Life at Nowra Showground
Week 9	
March 27	NRMA Road Safety & Science visit – All school
	Helmet Safety Talk – Years 2-6
March 29	Easter Hat Parade – 12 noon start

Relay for Life – 24/25th March

The Relay for Life will be this weekend at Nowra Showground. Mrs Viney has organised the NNPS staff to be a part of this years Relay for Life which kicks off at 9:30am Saturday and finishes 9:30am Sunday.

Cancer touches the lives of so many around us and some of the staff have chosen to show their support this year by walking in the relay. If you would like to support our Relay team by donating you can still do so at: <https://www.relayforlife.org.au/get-involved/donate/> - Our team name is NNPS Staff. Thank you parents and carers for your support in this very important event.

Did you receive a copy of the NNPS Wellbeing and Discipline policy with last weeks newsletter? Our new LEVEL system began Monday March 12th, 2018. Please see this link: <http://www.northnowra-p.schools.nsw.edu.au/caring-for-students/student-welfare-and-discipline>

Full copies are also available in our office foyer.

Easter hat parade – Week 9. March 29th – 12 noon start. Craft donations being sought for hat making



This year, the Easter hat parade will be Thursday March 29th and we are seeking donations, as per usual, of craft items for Easter hat making. Cardboard donations are appreciated but not a must. We will supply the cardboard to children. Other items to donate may include but is not limited to: Easter themed stickers, cardboard, Easter decorations that can be fixed to a hat, feathers, cotton buds and whatever else your imagination allows for! Please send to school with your child to give to their class teacher.



P&C NEWS

Would your child like raffle tickets to sell for our P&C Easter raffle? See the canteen Tuesday to Thursday for tickets.

Thank you for the donations of Easter eggs and goodies for the Easter raffle. We have had many families donate and appreciate your support. Donations still welcome at the canteen Tuesday to Thursday.

Sponsorship packs will be coming home soon for the Colour Fun Run which will be held Sunday May 6th, 2018.

Thank you to our school community for supporting our P&C Fundraising events at North Nowra Public School.



Education & Communities

Family information: People bouncing back

If you are resilient you will be able to cope reasonably well with difficult situations and things that go wrong and then 'bounce back'. Throughout life, children will need skills and attitudes to help them to bounce back. They will encounter everyday challenges such as making mistakes, falling out with a friend, moving house or school and losing in a sports competition. Many will also face challenges such as adapting to family break ups, a step-family, the illness or death of a family member, or being bullied. People bouncing back is the **Curriculum Unit** that teaches children the 10 **Bounce Back!** statements.

◆ **Bounce Back! stands for:**

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check. **U**nhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, failure, hurt, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can change first).

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life.

For younger children, the simpler coping statements in BOUNCE are taught, but 'bouncing back' from a setback, a mistake and bad times is still referred to.

Bad feelings always go away again.

Other people can help you feel better if you talk to them.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you and not others.

Concentrate on the things that are still good when things go wrong. **E**verybody has unhappy times sometimes, not just you.

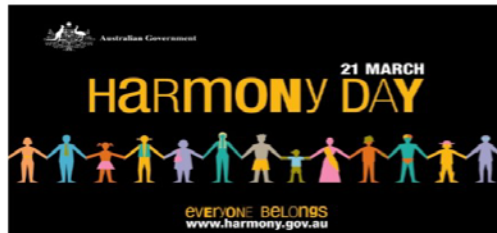
Photo of the week: Lachlan from 5/6S dashes after his opponent at last weeks 7-a-side NRL school competition.



COMMUNITY ANNOUNCEMENTS

Shoalhaven Multicultural Group

Would like to invite you, your family and friends
to celebrate Harmony Day 2018



When: Friday 23 March 2018

Where: School Hall, East Nowra Public School
Jervis Street, Nowra

Time: from 5 p.m. for 6. p.m. start

**Harmony Day is a day to celebrate Australian's cultural diversity.
It is about inclusiveness, respect and a sense of belonging
for everyone.**

Come to enjoy multicultural dances and multicultural food.

Alcohol free event

Disability Access

Theme - Orange (Harmony Day colour)

DONATION AT THE DOOR WOULD BE APPRECIATED

For more information please contact

Jing Kudapa Na-ngam 0401 619536

Phurbue Tsering 0488 680 264

Jo-Anne Hewitt 0488 201199

**RSVP by email Jan Frikken
shoalhavenmulticultural-
algroup@gmail.com**



Interested in running, jogging or walking for fun or fitness?

Victory runners Inc. is a brand new running club starting up in the beautiful Shoalhaven District. Victory runners has a main focus on fitness and fun for the whole community, our aim is to promote running and walking as a healthy, affordable, inclusive recreational activity where all are welcome and encouraged. Our activities will be conducted each week with the hope of multiple family members being able to attend and enjoy recreation together.

For more information please phone Victory Runners Secretary - Jan Gibb on 44460226 or
email info@victoryrunners.com.au



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