

# The Kookaburra

North Nowra Public School News

*Empowering a Positive future for our Learning Community*

75 Judith Drive, North Nowra, NSW 2541  
Ph: 4422 7045 FAX: 4422 9035

EMAIL: [northnowra-p.school@det.nsw.edu.au](mailto:northnowra-p.school@det.nsw.edu.au)  
WEB SITE: [www.northnowra-p.schools.nsw.edu.au](http://www.northnowra-p.schools.nsw.edu.au)



FACEBOOK: North Nowra Public School



Term 1, Week 11

Tuesday 10<sup>th</sup> April, 2018

Term 1, 2018	
Canteen Open Tues and Thurs. Closed Wednesday for Cross Country.	
Week 11	
April 11	Cross Country – 10am start
April 12	Roll of Honour – Soundscape recording
Term 2, 2018	
Week 1	
May 1st	Return to school
May 1st	Anzac Day Assembly at NNPS – 10:30am
May 3 <sup>rd</sup>	School Banking Specialist at NNPS – 8:20am
Week 2	
May 7	Leadership Assembly at NNPS – 1:45pm
May 8	PSSA Girls and Boys Basketball
May 11	Mothers Day High Tea at NNPS – 2:40pm

## Tathra Bushfire Appeal – NNPS Mufti Day

'Kids support kids, Staff support staff, Communities support communities and Principals support Principals'.  
- School Aid

Mr Wright-Smith and other Principals in the Shoalhaven have made efforts to raise funds for the Tathra Bushfire Appeal. At NNPS we held a Mufti Day at the Easter Hat Parade with a gold coin donation for the appeal. Thank you to our school community, together we raised \$296.00 to send to the Tathra Bushfire Appeal.

## Cross Country

11/4/18 – Events start at 10am at Willandra. Please send your child in their sports uniform or their house colours. Please also send them with food, lots of water and sunscreen. Please let us know if you can volunteer.

1. 12/13 years 3 km
2. 11 years 3 km
3. 10 years 2 km
4. 8/9 years 2 km
5. Year 1 – 1 km
6. Kinder – 1 km
7. Year 2 (if not turning 8 this year – 1 km)

## ANZAC Day March and School Assembly



Our school ANZAC Day assembly will take place on Tuesday 1<sup>st</sup> May at 10:30am. This is the first day of term 2. We are asking for students to bring flowers on the first day back at school to make class wreaths, and we warmly invite families to attend our assembly.

Bomaderry RSL Sub Branch is holding a Dawn Service at Walsh Memorial Park, Bomaderry commencing at 5:45am on Wednesday 25th April. The main service will begin directly after the ANZAC Day March which will step off at 9:10am from the RSL Club. If you would like your child to participate in the March, please meet us on the corner of Bunberra & Coomea Streets at 8:55am, dressed in full school uniform. Concluding the service, parents can collect their children from Walsh Memorial Park.

**Thank you, Mrs Green.**

## Next Newsletter will be Week 2, Term 2

With the increase of communication on our facebook page and web site, we have decided to trial a fortnightly distribution in Term 2 of the school Newsletter, The Kookaburra.

The school will further discuss this change with the P&C in Term 2. If you have any suggestions about how we communicate our news and calendar to you, please contact the school.

Facebook: North Nowra Public School

Web site: [www.northnowra-p.schools.nsw.edu.au](http://www.northnowra-p.schools.nsw.edu.au)



## P&C NEWS

**Easter Raffle** – The Easter Raffle was a great success. Thank you for all of your support NNPS staff and the school community.

**Colour Run4Fun** - Sponsorship packs have been sent home and children are able to fundraise for the Colour Run4Fun which will be held Sunday May 6<sup>th</sup>, 2018 at 10am at NNPS. If you need a new sponsorship pack, please see the office. Happy fundraising!

**Mothers Day High Tea** – A high tea will be held at NNPS to celebrate Mothers Day. The cost will be \$5.00 per mother/carer/grandmother and tea and treats will be served to you in our school hall. All mothers, carers and grandmothers please come and enjoy this special afternoon just for you! High tea starts at 2:40pm on Friday May 11.

**Canteen** – The canteen is open every Tuesday, Wednesday and Thursday and lunch orders are to be placed before 9am. The canteen will be closed Wed, Week 11 when the Cross Country is on.

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

### **School Banking Specialist**

The School Banking Specialist will be visiting NNPS in Term 2, Week 1 on Thursday May 3<sup>rd</sup> at 8:20am. Pat the dog will be back to meet and greet the children and Pat's friend will be here to speak about school banking with children and parents. Come in early with your child if you would like to speak to them about banking and the incentives offered to save.



### **Keeping your child healthy**

On the school A-Z web site, Dr Martine Walker offers information to families on keeping your child healthy. She offers simple advice such as;

\*Get your child to help pack their lunch box so they are more likely to eat what's in it.

\*Try to include protein in your child's lunch box to keep them full and energetic.

\*Exercise is vital in helping manage weight, keeping muscles strong, helping their hearts and lungs develop, and improving their hand-eye coordination.

\*Wash your hands regularly to avoid germs.

\*Cough into your elbow, not your hands.

\*The healthiest drink options for kids are water and milk.

\*Look after your child's emotional health too – try not to overschedule them, having some 'down time' is important too.

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/keeping-your-kids-healthy>

**Our Bounce Back! Program continues.** Here is a handy cut out below to stick on the fridge if you want to remind your children how to regulate their emotions and develop resilience.

#### ◆ Bounce Back! stands for:

**B**ad times don't last. Things always get better. Stay optimistic.

**O**ther people can help if you talk to them. Get a reality check.

**U**nhelpful thinking makes you feel more upset. Think again.

**N**obody is perfect – not you and not others.

**C**oncentrate on the positives (no matter how small) and use laughter.

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

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

**A**ccept what can't be changed (but try to change what you can change first).

**C**atastrophising exaggerates your worries. Don't believe the worst possible picture.

**K**eep things in perspective. It's only part of your life.

## Class Story – K-6A

K-6A learnt some meanings of Harmony Day. Harmony Day was on the 21st March. We watched a multimedia clip about Malcolm X and listened to the story of Malcolm Little written by Ilyasah Shabazz.

We looked at bags from around the world and all bags were different but they were still bags. That is the same as people. They are all different but we are all still humans. We created our own handbag and yes they were all different.



We put together different art work to display in the classroom. We created lanterns that represented the city, beach and bush and the different people that are able to travel freely to the beautiful parts of our country. We cut out people and made them all look different but they all stand together.



Lastly we all worked together to help one another and all agreed on these important words about Harmony Day. Friendly, kind, inclusiveness and RESPECT.

### NRMA Road Safety Visit & Cooper Martin visits to discuss helmet safety.

We were very fortunate to have, on the same day, NRMA deliver road safety sessions to all of our students

and Cooper Martin, in the afternoon, presented a bike helmet safety talk to year 3-6.

Cooper Martin is a senior student at Bomaderry High School, who obtained a serious head injury from not wearing his helmet while skateboarding. He came to NNPS to share his message with the children, "Wear your helmet and protect your brain!"

The NRMA shared the same message, as well as helping our children understand how to wear their helmets correctly.

The children at NNPS made a promise, Cooper's promise; 'To always wear a helmet on bikes, skateboards and scooters. And to always keep themselves safe and protect their precious brains.'

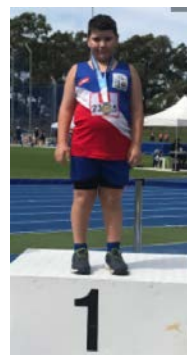


**Oliver thanks Cooper for visiting our school and we all remember 'Cooper's Promise' to protect our precious brains.**

### Sports News

Kynan M from K-6A has brought home 2 Gold medals and 1 Silver medal from the NSW State Little Athletic Championships. His gold medals were for discus and long jump and the silver was for 100m running.

From all of the school community at NNPS, Kynan, we would like to send you a big congratulations!





# COMMUNITY ANNOUNCEMENTS



**YOUTH WEEK**  
13-22 APRIL 2018

**FREE BMX BIKE WORKSHOPS**

LEARN NEW TRICKS • FOR AGES 8-18YRS • 11AM -12NOON

- Children under 12yrs must be accompanied by an adult
- Own bike, helmets and covered shoes are essential
- To participate please bring signed forms. Download from shoalhaven.nsw.gov.au Search "Youth Week"
- FREE Healthy lunch & drink provided

APRIL	SKATE PARK
Monday 16	Shoalhaven Heads
Tuesday 17	Nowra
Wednesday 18	Culburra
Thursday 19	Sanctuary Point
Friday 20	Ulladulla

**LIMITED PLACES  
BOOK NOW ON 4429 3418**



## Winter Cross Country Season Starts March 24<sup>th</sup> 2018

The Nowra Athletics Club has been providing athletic events including cross country to people of all ages and abilities for over 50 years. We are a family friendly Club, offering a variety of Cross Country running distances throughout the Winter season.

Membership is open to all interested in running, no matter what age or speed.

Cross country running provides an opportunity for higher levels of fitness and better health. It's not about winning but about having fun, making friends and getting the whole family involved. We offer varying distances to suit everyone.

**Where:** A number of local courses including:  
Willandra on Brown's Mountain Road  
Longreach off Yalwal Rd Nowra  
Timberhills Farm off Kells Rd Tomerong

**When:** Saturday's from 2.30pm

Season begins 24<sup>th</sup> March 2018 and ends 25th August 2018

1 and 2km start at 2.30pm  
3km starts at 3.00pm  
Long course (10km) starts at 3pm  
Medium course (4- 6 km) starts at 3.20pm

**Ages:** ALL

For more information see our website [nowraathletics.org.au](http://nowraathletics.org.au) or go to our facebook page.

**NYW NATIONAL YOUTH WEEK**  
Partners: Crossroads Youth Health, Nowra Headspace, Grand Pacific Health PCYC Nowra & Bay & Basin Community Resources, Mission Australia.

For more info contact Shoalhaven City Council's Community Development Department  
4429 3418 | [Council@shoalhaven.nsw.gov.au](mailto:Council@shoalhaven.nsw.gov.au)

[shoalhaven.nsw.gov.au](http://shoalhaven.nsw.gov.au)    

**BUNDANON TRUST**  
**Field Day**  
Frogs, Fire and Butterbees

**Sunday 15 April**  
10.00AM-4.00PM

A fun day of environmental exploration  
\$12 full/\$8 conc.  
Under 16 free  
Includes entry to Bundanon Open Day

**RIVERSDALE**  
170 Riversdale Rd, Illaroo

**BUNDANON.COM.AU**  
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