

The Kookaburra

North Nowra Public School News

Empowering a Positive future for our Learning Community

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Term 2, Week 6

Tuesday 5th June, 2018

Term 2, 2018	
Week 6	
June 5	Eisteddfod
June 6	Stage 2 Multicultural Public Speaking School Finals
June 7	Stage 3 Multicultural Public Speaking
June 8	AFL Sporting Schools K-6
Week 7	
June 11	Queens Birthday Public Holiday
June 12	Multicultural Public Speaking Competition - Cringila
June 15	AFL Sporting Schools K-6
Week 8	
June 18	NNPS Athletics Carnival at Shoalhaven High School 8+ Yr
June 18	Parent & Citizens Meeting



Reconciliation Week

The theme for Reconciliation Week 2018 was 'Don't keep history a mystery'. To further their understanding of Indigenous Australia, some students delved into the history in their classrooms. Reconciliation aims to build stronger race relations, to fortify unity, to achieve historical acceptance, to ensure there is institutional integrity and to make available equality and equity to all Indigenous peoples.

Reconciliation activities were abuzz in each of the classrooms last week. Students did research activities, art projects, and senior students listened to the government Apology made by former Prime Minister Kevin Rudd in 2008 to Indigenous Australians. To wrap the week up each student painted a stone to contribute to the Reconciliation circle. Aunty Pat Lester chose a Lilly Pilly plant to place inside the circle. The students watched on as senior students Eric and Nicole, and Mr Peters completed the planting at our Monday morning assembly. Mrs George did a very special job at organising everything, and the circle and new bush tucker plant are a treasured addition to our school.



A message from the Principal

I would like to thank the North Nowra Public School Community for their support over the past week as we have taken time to farewell and celebrate Jessica Musson's life. It has been a difficult time for families and staff. We greatly appreciate the kind words that have been shared and the way the community respected our need for time on Monday 28th May.

Thank you,
Peter Wright-Smith

Your full name: Mrs Des Atkins

Your role: Temporary Teacher Support Unit

1. Where is your favourite holiday destination? Too

many to list... maybe, Paris, no London is amazing because of all the beautiful old buildings... but then again, it could be anywhere in our beautiful country while I'm travelling around in my caravan.



2. What do you enjoy most about working with children? Making a strong connection with children

and seeing how they engage in a learning environment.

3. Why did you become a teacher? So I could make a positive impact in young people's lives.

4. What sport do you play or what is your favourite movement activity? Netball, I used to love playing, umpiring and coaching.

5. Do you have any hobbies? Sewing, I love to sew and one of my favourite things to do is to teach my students how to hand sew and use my sewing machine.

6. Who inspires you? My husband has been inspiring me for years and now both my children do. My son Ben, plays soccer for the Australian Pararoos team and my daughter Teeann has just opened her first hairdressing salon.

7. What is the last book you read? Or your favourite book EVER? Too many books but my favourite would have to be the whole Harry Potter series of books.

8. What are you passionate about? My passion is my family, my teaching career and travelling.

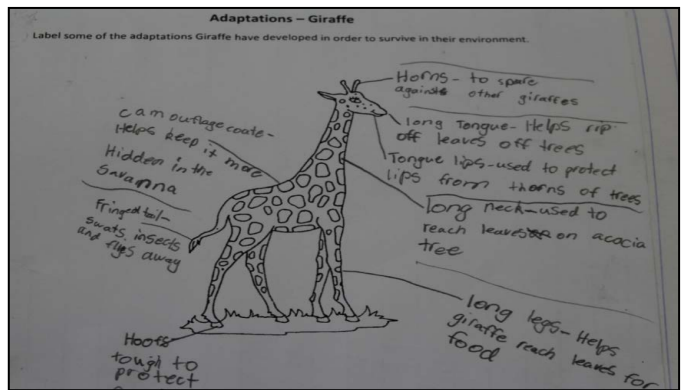
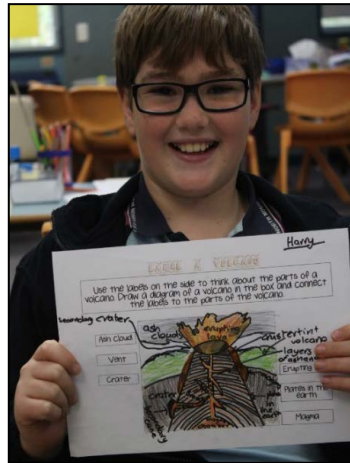
9. Who would you like to swap places with for a day and why? I'd love to swap places with one of my students, so I could just come to school to learn in the classroom and play with my friends at break time.

2019 Kindergarten Enrolments

Kindergarten enrolments are now being taken for 2019. Please see our office for enrolment details.

Financial support for education

If you require financial or other assistance in helping your child access education related items or activities, please do not hesitate to contact Mr Wright-Smith to discuss privately.



This semester, 5/6S have been working on lots of things. We have been learning about amazing animal adaptations, the volcanic eruption in Hawaii, and fractions and angles. We have also been doing lots of writing. Did you know that many living things adapt lots of different ways depending on their living conditions? No I'm not talking about their living room. I'm talking about their diverse ways to survive. The Polar Bear has black skin under that thick white fur so that the sun will attract to it and heat it up. The giraffe has a fringed tail to swat insects, and the camel has a large intestine for storing water - **By Harry.**

In maths we have learned about equivalent fractions and angles. We have practiced using protractors to find out which angles are acute, obtuse, reflex, right, adjacent and vertically opposite - **By Nathan B.**

In Hawaii on the Big Island the active volcano has erupted. We read newspaper articles and watched news items to learn about the cause and what effects it has had on the people that live there. We drew labelled diagrams, wrote texts and created artworks.- **By Logan**

KarateFun&Fitness

Fun karate classes tailored for kids aged 7-13 years. Increase fitness, confidence and health and learn self-defence skills. One hour sessions Wednesday & Friday in Nowra & North Nowra. Teens, adults & private training available. Fully qualified black belt instructors with 30+ years experience. Join before 25 May to receive **50% off normal term training fee.**



Join today - phone David: 0418 977 402
or visit: www.shotokankarate.com.au

South Coast Karate

Dream - Train - Achieve

COMMUNITY ANNOUNCEMENTS

Bomaderry Soccer Club need players for under 10s mixed competition. Boys born 2009/2008 and girls born 2007/2008/2009.

**Please contact Stacey 0422 866 063
Or register online
www.playfootball.com.au**

UNIVERSITY OF NSW INTERNATIONAL COMPETITIONS AND ASSESSMENTS FOR SCHOOLS (ICAS)

Due to insufficient expression of interest student numbers the ICAS educational assessment program will not go ahead this year. Mrs Clifton

P&C NEWS

Canteen – The canteen is open every Tuesday, Wednesday and Thursday and lunch orders are to be placed before 9am. There is a yummy Winter menu now available.

Uniform Shop – Is open Wednesday 8:30am – 9:30am

Return & Earn recycling - Children can return their clean recyclables to the canteen and receive a 'kooka' for their efforts. The P&C will then return them and we will receive money toward our school.

P&C meeting – The next P&C meeting is Monday 18th June at 6:30pm in the NNPS staffroom.



CREATIVE STARZ YOUTH THEATRE

CREATE INSPIRE FUN



**Nowra & The Shoalhaven Coast
Mrs Belinda Crockett**
<https://www.facebook.com/CreativeStarzY.T/>
0401460342

Is your Child Creative?
Do they have an active imagination or hidden talent?
Are they between the ages of 4-15?
Then enrol them today!



Drama for Pre-school through Secondary
2018 School Term enrolment
ADF Discount

All Children can be Creative STARZ!

Family information: Looking on the bright side

Thinking optimistically means that you expect things to mostly turn out well. You focus on the positives rather than the negatives in a situation. It also means that you understand that setbacks and difficult times happen to everyone but that things get better. Teaching your child to be optimistic will help them to 'bounce back' when they face difficulties, frustrations and problems. It means that when they are faced with a problem, they will be more likely to look for solutions rather than stop trying and give up.

◆ Key messages to communicate to your child about being optimistic

Look on the bright side.

This means being positive and expecting that things will work out well or get better. When you look on the bright side you believe that good things CAN happen to you and you don't give up easily.

Be a positive tracker.

A positive tracker looks for the good things in themselves, in others, and in what happens in their life. They are more fun to be with and others like them more and want to be their friend.

Look for the good parts in the bad things that happen.

Sometimes things happen that you don't like. But you can usually find something good in the situation if you try. Sometimes the good things are that it could have been worse, the lesson you learnt from it or a small good thing happened even if the rest was bad.

Bad times don't last. Things get better.

When a bad thing happens in your life, it isn't forever. Bad times and bad feelings always go away again although sometimes it might take time for this to happen. Things will get better faster if you talk to someone you trust about what's worrying you.

It's important to stay hopeful when you have unhappy times.

You will get over unhappy times in your life more easily if you stay hopeful that good things will happen again and the difficult parts will get better. If you stay hopeful then you don't give up.

Be thankful and grateful.

Being thankful for the nice things people do for you and the good things that happen in your life can help you feel happier. Letting people know that you are grateful for how they have supported and cared about you makes them feel happy, too.

Good memories of things can help you to bounce back.

When you are feeling sad because you have lost someone or something you love, it helps to remember the good times you shared with them to help you feel a bit better.

When one unhappy thing happens in your life it doesn't spoil everything else.

When one thing in your life goes wrong or you feel unhappy or worried, try to remember all the things that are still good in your life. It's just one thing that is going wrong for a while, not everything.

◆ What can you do to help your child to look on the bright side?

Three good things in your day

At the dinner table, ask your child, 'What were three good things that happened for you today?' With younger children you can do this just before they go to sleep. If they can't think of anything ask them some prompting questions (e.g. Did anything funny happen? Did you enjoy being with anyone? What did you do well?).

The positive tracking game

Challenge everyone in the family to identify the three best things about your family, your home, your holiday, your suburb, about being their age, about this time of the year etc.

Showing gratitude

Encourage your child to say thank you to someone who has done something kind for them (e.g. by sending a note or card, text, email or by calling them on the phone).

Good memories

Help your child to make a photo album, slide show or little book of their favourite photos and to look at the photos to help them remember the good times when they need 'brightening up'.

Modelling

Let your child see and hear you using positive tracking, showing gratitude, saying 'things will get better soon' and expecting that good outcomes are possible.