

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 4 Week 02

Monday 21st October 2019

| Term 4, 2019 | |
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| Week 01 → 14th October to 18th October – What has happened | |
| North Nowra Way – We are in the right place at the right time | |
| Monday | <ul style="list-style-type: none">1:20pm Whole School Assembly |
| Tuesday | |
| Wednesday | |
| Thursday | <ul style="list-style-type: none">9:30am Kinder 2020 Transition |
| Friday | |
| Week 02 → 21st October to 25th October – What is on this Week | |
| North Nowra Way – We keep hands, feet and objects to ourselves | |
| Monday | <ul style="list-style-type: none">8am Stage 2 Berry Sport and Rec Camp6:30pm P&C Meeting |
| Tuesday | <ul style="list-style-type: none">Stage 2 Berry Sport and Rec Camp |
| Wednesday | <ul style="list-style-type: none">Stage 2 Berry Sport and Rec Camp |
| Thursday | |
| Friday | |
| Week 03 → 28th October to 1st November – What is on next week | |
| North Nowra Way – We report problems to the right person at the right time | |
| Monday | <ul style="list-style-type: none">1:20pm Whole School Assembly |
| Tuesday | |
| Wednesday | |
| Thursday | <ul style="list-style-type: none">Power FM Breakfast -7:45am09:30am Kinder 2020 TransitionYear 6 Mini Fete |
| Friday | <ul style="list-style-type: none">10am Public Speaking CoS Finals K - 2 |
| Week 04 → 4th November to 8th November – What is coming up | |
| North Nowra Way – We use our manners | |
| Monday | <ul style="list-style-type: none">12:15pm School Swimming and Water Safety |
| Tuesday | <ul style="list-style-type: none">12:15pm School Swimming and Water Safety |
| Wednesday | <ul style="list-style-type: none">12:15pm School Swimming and Water Safety |
| Thursday | <ul style="list-style-type: none">12:15pm School Swimming and Water Safety |
| Friday | <ul style="list-style-type: none">12:15pm School Swimming and Water SafetyColour Explosion Fun Run |

This calendar is correct at time of printing. ClassDojo will have the most up to date event information

School SMS Number – 0439 293 987

In Term 4 we are trialing SMS Absence Notifications to inform parents of student absence and to remind families to send an explanation for their child's absence. The school now has a designated SMS (text only) number. If families set the SMS number as contact in their phones they will know when the school has sent

an SMS. Please reply with child's name and reason (explanation) for absence.

HOW2Learn Habits

The HOW2Learn habits provide more information about how we can develop our emotional, cognitive, social, strategic and ethical resources to become more effective when learning.

Self-regulation - Managing my emotions and staying connected to the learning.

Absorption: I get in a flow when I am learning. I may not notice the time passing or other people around me. I feel a real sense of purpose and things seem easier when I am in the flow. I feel satisfied with how I use my learning energy.

Managing Distractions: I can recognise and manage my distractions. I use my time well and know many strategies that help me focus on the task. I use tools that help me get the task done such as checklists, smaller goals or visual organisers.

Mindfulness: I use all of my senses to pay attention to things around me; what they look like, how they behave, what they are used for. I am patient and take time to see details. I calmly acknowledge and accept my feelings and thoughts.

Resilience: I keep going even though I may feel like giving up. I am not put off by being stuck. I am patient and tolerant of feelings of apprehension, frustration or confusion. I think of ways to overcome my problems; I am solution and learning focused. I use mistakes to guide further learning.

What can you do at home to help?

Absorption: Think or notice times when your children get involved in learning activities and bring their attention to the fact that they have 'got in the *flow* of learning'.

Managing Distractions: Encourage your children to manage technology at the dinner table. Ensure they are doing tasks that don't require technology for at least 1 hour before going to bed each night.

Mindfulness: A short Mindfulness script to take your children through before learning or maybe bed.

- Begin by bringing your attention into your body.
- You can close your eyes if that's comfortable for you.
- You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.
- Take a few deep breaths.
- And as you take a deep breath, bring in more oxygen to the body. And as you exhale, have a sense of relaxing more deeply.
- You can notice your feet on the floor, notice the sensations of your feet touching the floor, the weight and pressure, vibration, heat.
- You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.
- Notice your back against the chair.
- Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.
- Notice your hands. Are your hands tense or tight? See if you can allow them to soften.
- Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.
- Notice your neck and throat. Let them be soft. Relax.
- Soften your jaw. Let your face and facial muscles be soft.
- Then notice your whole body present. Take one more breath.
- Be aware of your whole body as best as you can. Take a breath. And then when you're ready, you can open your eyes.

You can always shorten this script by not focusing on all the body parts.

Resilience: Support your children to push on with a task or activity to the finish even when they are beginning to say they are 'bored' or 'don't want to do it'. This is particularly important when children want to give up halfway through a sporting season or club activity. We need to support them to refocus and meet their commitments.

Family support to practise these habits of learning at home may increase a student's success at school. Please contact your child's teacher or the North Nowra HOW2Learn Team for more information.

School Newsletter

North Nowra Public School is aiming to communicate with as many members of the community as possible. One way we are endeavouring to do this will be by utilising social media platforms such as Facebook, ClassDojo and the school website to notify parents of events and current news stories. The Newsletter will be trialed in Term 4 with two focuses;

- providing a calendar of events and

information and material to support our community to help children to learn at school and at home.

Website – <https://northnowra-p.schools.nsw.gov.au/>

The North Nowra Way Focus

Children are learning about the following school values for the next four weeks.

Focus areas;

Week 1 – We are in the right place at the right time



Week 2 – We keep hands, feet and objects to ourselves



Week 3 – We report problems to the right person at the right time



Week 4 – We use our manners



