

# 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 4 Week 08

Monday 2<sup>nd</sup> December 2019

Term 4, 2019 – Community Events	
<b>Week 07 → 25<sup>th</sup> November to November 29<sup>th</sup> – What has happened</b>	
<b>North Nowra Way – Use equipment correctly</b>	
Monday 25 <sup>th</sup> Nov	<ul style="list-style-type: none"> <li>Whole School Assembly</li> </ul>
Tuesday 26 <sup>th</sup> Nov	
Wednesday 27 <sup>th</sup> Nov	
Thursday 28 <sup>th</sup> Nov	<ul style="list-style-type: none"> <li>Yr 3-6 Dragon Tag Gala Day</li> </ul>
Friday 29 <sup>th</sup> Nov	
Saturday 30 <sup>th</sup> Nov	<ul style="list-style-type: none"> <li>5<sup>th</sup> Annual Outdoor Cinema 5pm start till late</li> </ul>
<b>Week 08 → 2<sup>nd</sup> December to 6<sup>th</sup> December – What is on this Week</b>	
<b>North Nowra Way – Use appropriate volume</b>	
Monday 2 <sup>nd</sup> Dec	<ul style="list-style-type: none"> <li>K-2 Wollongong Science Centre Excursion</li> <li>P&amp;C Meeting call P&amp;C for Venue</li> </ul>
Tuesday 3 <sup>rd</sup> Dec	<ul style="list-style-type: none"> <li>Bomaderry High School Orientation Day</li> <li>Shoalhaven High Transition Day</li> </ul>
Wednesday 4 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>Kids In2Uni Day</li> </ul>
Thursday 5 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>Scripture End of Year Concert 9:30 am</li> <li>EALD/Aboriginal Bomaderry High</li> </ul>
Friday 6 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>Volunteer Invitational Appreciation Lunch</li> </ul>
<b>Week 9 → December 9<sup>th</sup> December to 13<sup>th</sup> – What is on next week</b>	
<b>North Nowra Way – We are a Good Sport</b>	
Monday 9 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>Presentation Assembly 9:15 am</li> </ul>
Tuesday 10 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>NNP P&amp;C Disco 5:30 pm</li> </ul>
Wednesday 11 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>SRC Jumpathon</li> </ul>
Thursday 12 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>EALD/Aboriginal Bomaderry High (pending)</li> </ul>
Friday 13 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>NNPS Swimming Carnival Years 3 -6 and 8yr old Year 2 students</li> </ul>
<b>Merry Christmas and Happy Holidays</b>	
<b>Week 10 → North Nowra Way – We enjoy family time and holidays</b>	
Monday 16 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>Year 6 Farewell 5:30 pm</li> </ul>
Tuesday 17 <sup>th</sup> Dec	
Wednesday 18 <sup>th</sup> Dec	<ul style="list-style-type: none"> <li>Last Day for students</li> <li>Reports home to Students</li> <li>North Nowra Idol (during the day)</li> </ul>
Christmas Day 2019 Wednesday 25 <sup>th</sup>	<p>I would like to take this opportunity to thank the North Nowra community for a wonderful year of excellent learning and teaching. I wish you all the best for the holidays and hope you have a wonderful time with your family and I look forward to seeing you all in 2020 for another amazing year</p>  <p>Peter Wright-Smith (Principal)</p>

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

## Children & hydration

Our bodies are made up of approximately 70 percent water. Water has many important functions in the body, including; regulating your body's temperature, digesting food and excreting waste. Your body loses water throughout the day when you sweat, breathe and urinate. It is important to replace the water you have lost to prevent yourself from becoming **dehydrated**.

Children are at a greater risk of dehydration than adults. This is because in relation to their size, children have a larger proportion of their skin available to lose sweat and be exposed to heat. Additionally, children don't always recognise that they're thirsty, and if they're not encouraged and reminded may forget to drink. Luckily, there are a few ways to tell if your child is hydrated.



### How do I know if my child is hydrated?

Frequent bathroom breaks or wet nappies are the easiest way to tell if your child is hydrated. You can also look out for these common symptoms of dehydration:

- Headaches
- Poor concentration
- Thirst
- Cracked lips
- Dry mouth
- Constipation
- Lethargy
- Dark urine

### How much water does my child need?

The amount your child needs will vary depending on their age, size and level of activity. For children under 8 years of age, at least 4-6 glasses of water is

recommended. For children older than 8 years of age a minimum of 6-8 glasses is recommended.

If your child is playing sports or is very active they will need extra fluid, see hydration for active kids.

<https://healthy-kids.com.au/parents/children-hydration/hydration/>

Kids will also need more fluid on hot days or when unwell.

### Tips to help your kids stay hydrated!

- Pack a water bottle for school and when you go out. Try a frozen water bottle in summer.
- Encourage your child to drink water before, after and during physical activity
- Always offer water with meals and snacks
- Encourage your child to drink water, even if they don't like it!

### Tips for kids who don't like water!

- Try adding slices of fruits such as lemon or orange to water, for variety and flavour.
- Let your kids choose their own drink bottle or serve water in colourful glasses or jugs.
- Be a role model! Make a point of drinking water with your kids.
- Experiment with temperature; try having a jug of water in the fridge, adding ice-cubes, or even warm water in winter.

Water is the best choice to keep your kids hydrated throughout the day. Water contains no extra energy and can quench your thirst. Other fluids such as milk, juice and sweetened drinks can also contribute to your child's fluid intake.

### Which Drinks?

Sugary beverages such as fruit juice, cordial, flavoured mineral water, soft drink and sports drinks are high in sugar and contain very little nutritional value, so they should be limited. Milk is a healthy alternative to water and is a nutritious choice as it contains protein, vitamins and minerals.

Read fact sheets for more on drinks to learn more about choosing healthy fluid choices for children.

<https://healthy-kids.com.au/food-nutrition/drinks/>

## North Nowra Way Focus

Children are learning about the following school values.

### Focus areas;

#### Week 7 – We use equipment correctly



#### Week 8 – We use appropriate volume



#### Week 9 – We are a good sport



#### Week 10 – We enjoy family time and holidays



