

Nambucca Heads Public School

Member of Nambucca Valley Community of Public Schools

Cnr Ridge & Lee Streets
PO Box 355
NAMBUCCA HEADS,
NSW, 2448

Ph: 6568 6411
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Principal:
Les McMahon

Principal's Report

PPP program

Once again we have the opportunity to run the Triple P - Positive Parenting Program in partnership with Nambucca Bellingen Family Services.

The Triple P is an approach to parenting that emphasises the positive. It involves creating a loving and supportive family environment, something every parent aspires to!

Triple P helps you understand the way your family works and uses the things you already say, think and feel to –

- Create a stable, supportive and harmonious family.
- Encourages behaviour you like from your children.
- Deal positively, consistently and decisively with problem behaviour.
- Build positive relationships with your children so that conflict can be resolved.
- Plan ahead to avoid or manage potentially difficult situations.
- Take care of yourself by looking after your own needs, balancing work and family responsibilities.

There will be three seminars held at NHPS hall –
12th June – The Power of Positive Parenting

www.nambuccahd-p.schools.nsw.edu.au

Email: nambuccahd-p.school@det.nsw.edu.au

19th June – Raising Resilient Children
26th June – Raising Confident Competent Children
Lunch will be served after each workshop for all participants, to facilitate discussion and follow up.

We ran the Triple P Program with Nambucca Bellingen Family Services in 2010, along with a number of other parent training opportunities. The Triple P program was the most popular training throughout the year. Very positive feedback was received from every participant.

More details of the program will be included in future newsletters.

U3A Public Forum What's happening in our families?

When – Monday, 14 May 10am – 12 noon
Where – Nambucca Entertainment Centre, Ridge Street
Reservations are essential by email - contact@u3a.com.au or by phone - 6568 5417

Dr Ingrid Sturmey, psychologist and Social Historian, based in Melbourne will address issues such as – changes in choices and issues facing adults and children of different ages and generations, powerful forces influencing

Week 3
9 May 2012

May

- 11 Bowraville Cross Country
- 15 NAPLAN
- 16 NAPLAN
- 17 NAPLAN
- 17 P&C Meeting 6.30pm
- 17 Scripture Puppet Show
- 28 School Photos
- 30 Show K-4 9.30 "Tiddolk the Frog"

June

- 6 Show K-6 Adam Michinal
- 11 Queen's Birthday Public Holiday
- 25 Reports Home
- 27 Stage 1 PJ Day
- 28 NAIDOC Week Day of Celebration
- 29 Last day of Term



CANTEEN ROSTER

TERM 2

Thu 10th May
Lee Gibson

Wed 16h May
Carol Donnelly
Marie Reiss

Thu 17th May
Cathy McDonald

Fri 18th May
Anna Marie Cohen



Please return Stewart House envelopes to school by

Friday 11 May.

Please write your name, address, telephone number and your school name on the envelope. Insert a donation of at least \$2 and return the envelope to your teacher.

All donations go into a draw for a \$4000 family holiday to a destination of your choice

Principal's Report cont....

values and behaviours. There will be opportunity for discussion on a number of issues.

Cost - \$2 U3A members
\$ 3 non-members

"RESPECT" from the Dalai Lama

I recently read this quote from the Dalai Lama which profoundly reinforces our school's core value of Respect.

"The quality of everything we do, our physical, verbal and even mental actions depends on our motivation. It is important for us to examine our motivation in our day to day life. If we cultivate RESPECT for others and our motivation is sincere, if we develop a genuine concern for other's well being, then all our actions will be positive."

Opportunity Class Placement

Parents of students in Year 5 who wish to apply for opportunity class placement for their children will be able to access the online application from Monday 30th April.

Access the online application at www.schools.nsw.edu.au/ocplacement.

Paper application forms are now available from Mrs Joske .

Please notify Mrs Joske if you wish to apply for an OC placement for your child.

NAIDOC Week

Nambucca Primary will be celebrating NAIDOC Week in the last week of Term 2, the 25th to the 29th June.

Mrs Joske and Mrs Jane Donovan, of Jaaning Tree fame, have submitted an

application for funding to the Department Of Aboriginal Affairs in Coffs to support our planned activities.

Meeting with Parents of Aboriginal students and Community Organisations

A meeting with parents of Aboriginal students and community organisations will be held next Thursday 17th May.

Where – School Hall

Time – 2pm to 3pm

Afternoon tea will be served.

This is an important meeting to discuss

NAIDOC week activities and other programs and initiatives to support Aboriginal students at NHPS. We would love to have all concerned parents, with ideas and opinions, at the meeting. Notes will be sent home today with more information.

Bowraville Cross Country

The annual Bowraville cross country will be on this Friday, 11th May. Thanks to Mr Katte for all of his organisation to allow our students to participate.

NAPLAN

Students and teachers are working hard preparing for the National Assessment Program Literacy and Numeracy (NAPLAN) tests in Week 4, 15th, 16th and 17th May. Schools and parents receive detailed reports about their children's Literacy and Numeracy outcomes post NAPLAN. It is valuable information, assisting ongoing improvements in student academic performance. Please ensure your children are at school on the above dates.

Jenny Joske

Relieving Principal

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Loving Maths

Dice games are easy to play and only need a couple of dice to play. Here are some suggestions of games that can help students develop automaticity in addition, subtraction and multiplication. You can even make up your own games. Happy calculating!

Take 100

Each player starts with 100 points. Taking turns, players roll a die and subtract the number from their 100 points. The first player to reach zero wins.

Variations – Change the number of points to begin. For our little mathematicians the number could be 20, and our bigger mathematicians could try 500 or a 1000. Or rather than one die, roll two dice and add or multiply the numbers together before subtracting. Or reverse the game and aim to make a total of 100 or close to points, and remember that the targeted number can be adjusted to suit the ability of the players. Players could keep a record of throws and choices of calculations, with a running total column.

More games next week.

Morelle Makinson (Maths coordinator)

NAPLAN Question - Year 5 Language Conventions

Last week's winner of the canteen voucher was - Sebastian Smith

This week's question is.....

Which sentence has the correct punctuations?

- ☐ "Do you know where my shoes are?" John called from his room.
- ☐ "Do you know where my shoes are? John called from his room.
- ☐ "Do you know where my shoes are," John called from his room.
- ☐ "Do you know where my shoes are." John called from his room.

Shade one bubble.



ATTENTION!!

STAGE 3 EXCURSION TO CANBERRA & SNOW

Thank you to those parents who have sent in the requested \$50 deposit. In order for this excursion to proceed we need more children to attend.

Due deposit date has been extended to Friday 18th May.
Thank you
Lorraine Wood

School Banking



Thursdays

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STAGE 1 Mini Cross Country



Stage 1 will have a mini cross country while Stages 2 & 3 are competing at Bowraville on Friday. Stage 1 students will have cards to be stamped as they circulate around the bottom oval. Suitable footwear for walking or running is needed. Fun and fitness will be the aim.



Start Collecting your stickers to earn great new resources for our school.

Stars of the Week - 4 May 2012

Sumah Robins, Mahalia Sutherland, Adam Mackenzie, Erynn Robinson, Wilson Baade, Marli-May Williams, Jay Taylor, Carter Lambie, Dominic Lambie, Breeanna Knight, Jay fuller, Tazmyn Puntun, Lexie Weeks, Isaac Martin, Kaylan McGrath, Zeke Daley, Kalen Marquardt, Jemma Wilson, Lilly Noonan, Adam Cross, Kirra Williams, Beau Barton, Koelby Welsh, Logan Mackney, Keyarna Baker, Bianca Parth, Tyson Giusa, Tihana Dell, Lucas Dumas

Students of the Week

Zayne Pearson, Holly Bennett, Riley Rouse, Nicholas Davison, Annabelle McDonald, Sonja Stone, Mark Robinson, Sophia Gora

School Awards

Cassie Ferris, Connor Green, Rowan Cook

Mia Kelsey & Paul Goodby with winning photography entries from the Nambucca District Show.

School Award Recipients



Students of the Week



Inspiring Celebrations

Civil Marriage Celebrant

Deborah McMahon

6569 5843

0428 434 769

PO Box 77, Nambucca Heads

inspiringcelebrations.com.au

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VALLA

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COMMUNITY NEWS

FAMILY RELATIONSHIP SKILLS PROGRAM (Community Programs,
Grafton) Family and Community Information Centre
present

Standing Strong



3 week course for women building self esteem, self care and assertiveness.

Tuesdays 15th, 22nd 29th May. 10am-1pm.

At Nambucca Family Support, 157 Mann St,

NAMBUCCA HEADS. (near roundabout next to Family Day Care)

- Discover who you really are, What is important to you, What you are passionate about!
- Harness your anger in ways that enhance relationships and establish boundaries,
- Stand up for yourself and cope with the conflict that results,
- Look after yourself and reduce stress.

Self Care is a radical act of defiance in the face of past abuse and neglect".

Phone 65682305 to register.

Family and Community Information Centre

Amazing Animal Reports

For the past few years the Taw-ney Frog-mouths have had our school as their home. This year the RSP are hoping they nest again in our school again. We have seen recent sightings of the mum and the dad. Our school is so lucky to have these amazing creatures in our school.



P&C News

Thank you to everyone for your generous donations to the Mother's Day stall, it was a very successful fundraiser. Thanks especially to Claire Daniels, Carol Donnelly & Jarin Kelsey for running the stall. We wish every mother, grandmother and carer a very happy and relaxing Mother's Day on Sunday.

Next Meeting

The next meeting will be our postponed AGM followed by the general meeting on Thursday 17th at 6.30pm in the hall. If you can join us please do, we need your support in order for us to continue supporting the school.

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More Cross Country news



Poppi Rogers-Palmer, Monty Wilson, Isaac Hodnett-Daley, Isaac Jones, Lyam Caesar, Joshua Preston, Marley Kelly, Jack Edwards, Toby Breeze, Bailey Rixon, Haidi McAlpine, Chloe Sawle, Aretha Stewart-Brown, Mary Hopkins all ran 5 laps Hopkins all topped the lap count completing 7.

The House Point score was again close. Cook House topped the point score with 328, closely followed by Bass 326, Flinders 321 and Phillip 317.



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SPORTING & COMMUNITY NEWS

Cross Country

Last Friday the School Cross Country was held on a very soggy bottom oval. Children who finish 1st, 2nd or 3rd at the school carnival are seeded runners at Bowraville Cross Country this Friday 11th May. This means they start at the front of the pack on the starting line.

All children in Stages 2 and 3 received a note for the Bowraville Cross Country last week. If your child did not receive a note please contact the school.

The results of the School Cross County are below:

Results

8/9 Girls

- 1.Ella Williams
- 2.Bella Ronan
- 3.Mia Kelsey
- 4.Monique Taylor

8/9 Boys

- 1.Monty Wilson
- 2.Jye Kimber
- 3.Liam Jones
- 4.Jack Mansfield

10 Year Girls

- 1.Poppi Rogers-Palmer
- 2.Chloe Martin
- 3.Taylor Adair
- 4.Emma Bournes

10 Year Boys

- 1.Adam Cross
- 2.Angus Kimber
- 3.Ben Mander
- 4.Izaiya Kelly

11 Year Girls

- 1.Charlotte Williams
- 2.Elly Gooch
- 3.Keyarna Baker
- 4.Maddy Adams

11 Year Boys

- 1.Isaac Jones
- 2.Isaac Hodnett-Daley
- 3.Lyam Caesar
- 4.Marley Kelly

12 Year Girls

- 1.Haidi McAlpine
- 2.Mary Hopkins
- 3.Chloe Sawle
- 4.Aretha Stewart-Brown

12 Year Boys

- 1.Toby Breeze
- 2.Bailey Rixon
- 3.Jack Edwards
- 4.Brodie Kerwin

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- 175/70 R13\$69
- 205/65 R15\$79
- 185/14 Light Truck 8ply\$89
- 215/60 R16\$99
- 235/45 R17\$119

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