

Nambucca Heads Public School



Proud to be a Positive Behaviour for Learning School

Cnr Ridge & Lee Streets
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NAMBUCCA HEADS,
NSW, 2448

Ph: 6568 6411
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Principal:
Cheryl Banks

Principal's Report

Exciting news about our talented sports people

Congratulations to all our talented swimmers. A big thank you to Mr Katte for organising the swimming.

Student Representative Council - SRC

The electing of our SRC members has been happening over the last week. Mrs Fenning has great plans for the SRC this year. Thank You Mrs Fenning. Mrs Fenning also has a band of dedicated student helpers who help with the breakfast program each morning. They are certainly happy little vegemites as they butter and vegemite and jam the toast. A big thank you to Mrs Fenning and the student helpers. If families have excess fruit or vegetables that can be eaten raw please consider donating it to the breakfast club. The breakfast program sets the students up for a successful morning of learning.

QuickSmart Program

We are very fortunate to be able to run the QuickSmart Maths program again for our Stage 2&3 students. This program is in connection with the University New England. We have a limited number of students on the program. Parents are invited next Tuesday for an information meeting at

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

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

11.20am in the middle demountable. Invitations will be sent out to parents separately of students participating in the program, however anyone with an interest is most welcome to attend and hear about the program and its benefits to students. Should parents have questions and are unable to attend the meeting, please contact Mrs Makinson.

Flu

The flu epidemic has hit early. We have had a number of students away with colds. Please remind your children to wash their hands before they eat, cover coughs and sneezes in the crook of their arm and use a tissue and dispose of it safely. Let's keep healthy.

Mission Impossible

Let's hope it isn't an impossible mission to eliminate head Lice. Unfortunately they are back. Regular checking and treating will help us achieve our mission "possible".....and self destruct those nasty little insects. Keep checking!

Meet and Greet Tuesday Coffee Morning

A number of parents braved the wet weather to meet with the school executive yesterday. It is great to see the interest from our parents in meeting school staff each week. In a very casual and relaxed environment we are inviting

Term 1
Week 4
20 February 2013

Calendar of Events

February

25 MNC Swim Carnival

March

6 NC Swimming
15 Bush Dance
29 Good Friday

April

1 Easter Monday
12 Anzac Assembly

COMING SOON Save the Date

Friday
15th March

Family Bush Dance
Featuring
Tallowood Bush Band
(All students have been practising their bush dances)

See Flyer



From the P&C

P&C Meeting

Thank you to those that came to our first meeting of the year and welcome to our newest member Sherrie. Our next meeting will be the AGM on 20th March at 6.30pm in the hall followed by a regular meeting. Future fundraising allocations and future meeting dates and time will be decided at this meeting. All positions will be declared vacant and all members are encouraged to attend.



Easter Fundraiser

Information about this year's fundraiser came home with this newsletter. Please get your forms back in ASAP to avoid disappointment. If you did not receive it copies are available from the office.

Uniforms

Still waiting on delivery but we are expecting it very soon. Don't forget to get your winter orders in by the due date, only 1 order will be placed. More order forms are available from the office.

Photo Competition

Reminder that the photo competition is still running. If you have any questions see Mrs Goodby at the hall in the mornings.

Principal's Report continued.....

parents into the school each week to meet different staff members. As part of our ongoing commitment to bring the school staff to the parents we will be featuring our Schools Learning Support Officers (SLSO), used to be called Teachers Aides next Tuesday at 9am in the hall. These valuable staff members assist in all classrooms and in the

playground during the week. Please come and say Hi and meet your child's SLSO. They are a very friendly and enthusiastic group. I'm sure there will be plenty of laughter. A cuppa will be served.

Morelle Makinson
Stage 1 Leader

General principles for helping children learn to manage anger

For children to learn to manage anger effectively they need adult support and guidance.

They need to know that anger is a normal human emotion and that there are acceptable ways of expressing it. They need to feel understood and supported rather than judged or blamed for feeling angry.

- **Be a model for children**

Children learn effective ways of managing anger from seeing adults manage their anger effectively. Show them how you use appropriate ways to tell others you are angry and sort out problems.

- **Discuss feelings**

Using words to discuss anger, frustration, annoyance, irritation, etc. helps children learn that having angry feelings is normal and is something that can be talked about. This helps children with understanding feelings and with feeling understood. It also makes it easier for them to recognise that some ways of reacting to anger are okay and others are not.

- **Anticipate and prepare**

Parents, carers and teachers can help children manage their anger by identifying situations that often trigger angry responses and being prepared to offer support. This may include getting children engaged in activities that will take them away from a situation they find stressful, distract. It may involve planning with an individual child in advance how he or she can handle a challenging situation.

- **Use positive discipline**

Providing specific praise when children manage their anger well supports their learning. Setting clear rules and predictable consequences for children's behaviour helps them know what you expect. When limits are made clear and praise is provided for appropriate behaviour children find it easier to develop the self-discipline they need to manage anger effectively.



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ADVERTISING FOR THE YEAR
Contact the school on
6568 6411 for more
information**

Helping your Kindy kid succeed at school

A great way to kick off your child's formal education is to understand the school culture and what your child is doing in the classroom.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/helping-kindy-kids-succeed-at-school>

Speech problems

All kids learn how to talk and listen at different rates but did you know there's a general pattern to your child's language development?

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/>

Friendships to boost your child's learning

If children are happy socially they tend to be more engaged in their learning. So teaching your child about the importance of making friends is as vital as learning their ABCs.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/how-friendships-boost-your-childs-learning>



Year 6 Buddies with Kinder Owls - L to R Dakirra Williams & Grace Noonan, Carly Robins & Mia Morrison, Megan Summers & Erin Eadie and Maddy Adams & Jimerra Breckenridge

CANTEEN ROSTER

Thursday 14th Feb
Lydia Monaghan

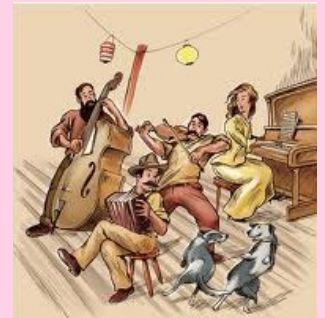
Friday 15th Feb
Heidi Cook

Wednesday 20th Feb
?????

Thursday 21st
Lisa

Friday 22nd
Jodie Heighington

HELPERS WANTED FOR FAMILY BUSH DANCE



Anyone who would like to help in any way (BBQ setting up etc) please leave your name at the School office or contact Janelle McDermid directly
Phone: 6653 3316 or email: mcdermiddes@hotmail.com
Your help would be greatly appreciated.

Inspiring Celebrations

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STAGE 2 INFORMATION AFTERNOON

Stage 2 teachers would like to invite all parents and carers of our Stage 2 students to an information afternoon on Tuesday 26th February. The afternoon will commence at 4.30pm with afternoon tea in the staffroom. At 5pm we will move to 3-4B room and share important information and dates for 2013.

We look forward to meeting as many parents and carers as possible next Tuesday.

Mrs Fenning, Mrs Buchanan,
Mr Pascoe and Mrs Joske

Helpful Hint



When speaking to your child about their day at school don't forget to ask about the positives. Ask them about the best thing that they did during their day. Think Positive!

Stars of the Week Friday 15 February

Joel Trindall, Jay Taylor, Mia Sutton, Mikaya Sheridan, Jayden Ward, Roxanne Hall, Mahli Mobbs-Williams, Kyron Auld, Riley Rouse, Monique Taylor, Breeanna Knight, Luke Sheppard, Zeke Laidlaw, Kayla Naden, Aaliyah Hodnett-Daly, Blake Ahearn, Jacob Monaghan, Harrison Chapman, Grace Noonan, Leroy Russell, Harry Adams, Lucas Dumas, Will

McKinney, Heidi Edwards, Matt White, Shaha Rothe, Elizabeth Bryce.

Students of the Week

Lochie Heighington, Jayda Rixon, Holly Wicks, Megan Summers, Koelby Welsh, Declan Jarrett, Charlotte Battiston, Will Bournes, Mahalia Sutherland



Stage 1 Award Recipients



Stage 2 Award Recipients



Stage 3 Award Recipients



Students of the Week

WANTED UNIFORMS

We would greatly appreciate donations of any out-grown uniforms in good condition for our clothing pool.

SCHOOL BANKING THURSDAYS

If you are a new banker please contact the school office to receive a starter pack.

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COMMUNITY NEWS

National Parks Celebrates Parks Week (March 2nd & 3rd)

National Parks *Discovery* ranger-guided activities are being offered on the weekend of March 2nd and 3rd to Celebrate Parks Week 2013. Parks Week *Discovery* activities aim to provide local children and families a range of accessible, fun and, in most cases, free opportunities to enjoy a weekend of exploring nature and engaging with local Aboriginal Culture across our beautiful local parks and reserves.

There's a HUGE family fun day planned for Bongil Bongil National Park on Saturday 2nd March, with free ranger guided activities including mountain bike riding, canoeing, Aboriginal bushtucker walks, WilderQuest kids games and morning tea. WIRES will also be offering a BBQ sausage sizzle lunch.

On Sunday 3rd March, you are invited to join in a Celebration of Gumbaynggirr Culture at Muttonbird Island Nature Reserve, where local Elders and Aboriginal Discovery Ranger Mark Flanders will be telling stories, making music (and inviting you to help) as well as learning some lingo. Renown local Aboriginal dancer David Carriage will also be running dance workshops. All Free.

Also on Sunday, there will be guided rainforest birdwatching and yoga activities at Dorrigo National Park for \$10 (included breakfast at the Canopy Café). Bookings are required for the Bongil Bongil Two Wheel Trek (mountain bike) tour, Breakfast with the Birds walk and Yoga in the Rainforest. Please check full details on the Parks Week website; WWW.NATIONALPARKS.NSW.GOV.AU/PARKSWEEK

ATTENTION: ALL YOUNG KOORI PEOPLE



Surf Day with Pro Surfer Otis Carey

WHERE - Meet at Park Beach Surf Club
WHEN - Saturday - 23 February 2013
Time - 12:15 pm
With - Lee Winkler Surf School
For - Koori kids aged 7-17
Cost - Free

AFTER SURFING KIDS WILL WATCH SCREENING OF OTIS FEATURE SURF MOVIE

LUCKY DOOR PRIZE - CUSTOM MADE MISFIT SURFBOARD

HEAPS OF GIVEAWAYS AND PRIZE PACKS



NEW VEGEMITE SURFGROMS START NEXT SUNDAY!

Term 1 Sunday program now available for Level 1, 2 and 3 (Scotts Head). Very limited spots remaining for the only term 1 programs we are offering! A great way to educate and keep the kids active in and around the water with 5 x 2 hour sessions.

Don't forget the each participant receives a Quiksilver participant pack for new and re registering groms.

It's so easy to Register- www.surfgroms.com and then put in Trent Munro Surf Academy as your favorite delivery centre to check our Programs and pricing.

Start date Sunday 24 February 10:30am







AFTER SCHOOL CARE

Open for primary aged school children operating at Frank Partridge VC Primary School. All children from local schools are welcome to attend; children are collected from school buses by a staff member. Centre is open from 3.00 pm till 6.00 pm, Monday – Friday. Fees start at \$3.85 per child (with Child Care Benefits) and a healthy afternoon tea is included in the cost. Children participate in fun activities, sport, craft, games and more. For information and bookings phone Gail on 65681474 or email vaccare@bigpond.com.

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Some of our swimming champions



SPORT

District Swimming Carnival

The District Swimming Carnival was held last Friday 15 February at the Macksville Aquatic Centre. Children who finished 1st, 2nd, 3rd or 4th at this carnival have qualified for the Mid North Coast Swimming Carnival to be held at Coffs Harbour Pool on Monday 25th February.

The children who have qualified with their placing at the District Carnival are:

Isaac Jones - Open 100m 1st, 50m Freestyle 1st, 50m Breaststroke 2nd, Senior Boys Relay 2nd

Alex Cowan - Open 100m 1st, 50m Freestyle - 1st, 50m Backstroke 1st, 50m Butterfly - 1st, Individual Medley 1st, Breaststroke 3rd

Charlotte Williams - 50m Breaststroke 1st, 50m Backstroke 2nd, 50m Butterfly 2nd, Individual Medley 2nd Open 100m 4th

Ella Williams - 50m Freestyle 2nd, 50m Backstroke 4th

Bella Ronan - 50m Freestyle 1st, 50m Butterfly 1st, 50m Breaststroke 2nd, 50m Backstroke 2nd

Sumah Robins - 50m Freestyle 3rd

Angus Kimber - 50m Freestyle 2nd, Senior Boys Relay 2nd

Liam Jones - 50m Freestyle 1st

Koelby Welsh - 50m Breaststroke 3rd

William McKinney - 50m Breaststroke 4th

Isaac Hodnett Daly - Senior Boys Relay 2nd

Ethan Hocking - Senior Boys Relay 2nd

Others who tried hard at the carnival were

Adam Cross, Bradley Stone, Patrick Noonan, Monty Wilson, Lachlan Hoffman, Elly Gooch, Mia Kelsey, Dominique Byrt, Laynhi McAlpine, Lucy Green, Annabelle McDonald, Hannah Donnelly.



Mid North Coast Cricket

Last Monday 18th February Isaac Jones attended Mid North Coast Cricket Trials. Isaac played so well he has qualified for North Coast Trials. Well done Isaac.

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