

Nambucca Heads Public School



Proud to be a Positive Behaviour for Learning School

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

Ph: 6568 6411
Fax: 6568 8205

Principal:
Cheryl Banks

Principal's Report

Bush Dance

Students have been learning to dance, the P&C are organised, the band is rehearsing and tickets are on sale for our Bush Dance with Tallowood Bush Band on Friday 15 March 2013 at 6.00pm. A barbeque will operate on the night with tickets available at the school office for \$5.00 per person. Get your dancing shoes ready for a fun family night!

Parent Information Sessions

Thank you to the large number of parents who have attended Stage Information Sessions. Your children and teachers appreciate your support and involvement in our school. The Stage 3 Information Sessions are tomorrow afternoon from 12 noon until 5.00pm. Stage 3 are trialling individual appointments for parents this year.

Showtime

Our Showtime dancers are assisting with the sound and lighting design this Friday at Nambucca Heads High School. Our thanks to parents helping out with transport for this rehearsal. I

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

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

know everyone is looking forward to this event on Thursday 11 April at 6.30pm.

Keeping In Touch

Cheryl Banks



Students enjoying the Turbo Slide on our new play equipment.

Term 1
Week 5
27 February 2013

Calendar of Events

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

Easter Fundraiser

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



Uniforms

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.

CANTEEN ROSTER

Thursday 28th Feb

Cathy Mc

Friday 1st March

Serena

Wednesday 6th March

Kay Fletcher

Thursday 7th March

Lydia Monaghan

Meet and Greet for Parents

Our Tuesday Morning coffee Meet and Greet mornings of staff are nearing the end for now. Next Tuesday the Office Staff will be available on the morning for a coffee and a relaxed chat to parents. The following week will be members of the P&C and we would like to invite current P&C members to attend and meet with new and other parents who might be interested in having a chat about what P&C does in the school. If you would like to meet the Office Staff next Tuesday 9am is your opportunity. See you then. *M Makinson.*

Parent Information Sessions

It was pleasing to see large numbers of parents at the recent Stage 1 Class Information Sessions as part of our continuing commitment to keep our parents informed. We hope you were able to avail yourself of these sessions. Your next formal opportunity to speak to the class teacher is later this term when we will be holding parent teacher interviews. In the meantime, if you have any questions or concerns please don't hesitate to speak to your child's teacher. *M Makinson*

Kinder 2013

Congratulations to our Kindergarten 2013. Mrs Gerard, Mrs McKinney & Mrs Miller are very pleased with how quickly the Kinders have settled into school this year. The Kinders are all very excited to be at school, engaged and interested in activities and are very proud of themselves. A big thank you to parents, who should give themselves a pat on the back, for helping to prepare their children for school. Well done Kinder, Mrs Gerard, Mrs McKinney and Mrs Miller! *M.Makinson*



Some of our New Kinder Owls at work and play. (More photos next week.)



Shop 313 Mann Street,
Nambucca Heads
Phone: 6568 5554

For all your beauty needs

Chic Body & Beauty

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

Have you received the school kids bonus?

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive \$410 a year for each primary student and \$820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don't have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children's education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

All about apostrophes

Not knowing where to place apostrophes can haunt people for their entire lives. Here's an easy guide to help your child understand what they mean, how to use them and get them right, now.

Find out more: http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-a-to-z/-/english_glossary/8Qum/551/apostrophe+denoting+ownership

When older kids struggle with reading

Should you let your reluctant teen reader choose magazines over books? If your child is still struggling to read and write, and they're heading into high school, there are ways to get them on the right page.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/when-older-kids-struggle-with-reading>

Multiplication times tables

Does your child need encouragement? Explain to them that learning times tables = instant, painless recall in exams. Here's School A to Z's help sheet: <https://www.det.nsw.edu.au/eppcontent/glossary/app/resource/factsheet/4024.pdf>

Sorting fact from fiction

Help your child develop their "dodgy website" antennae when doing homework. Here are ways your child can tell a good website – or any document – from a bad one.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/sorting-fact-from-fiction>

CAN YOU HELP?

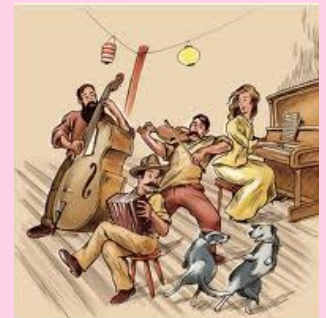
Bales of hay or



straw is needed for the Bush Dance

If you are able to assist please contact the school on 6568 6411

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

Civil Marriage Celebrant

Deborah McMahon

6569 5843

0428 434 769

PO Box 77, Nambucca Heads
inspiringcelebrations.com.au

Personalized Ceremonies For All Occasions



VALLA
SURFBOARDS AUSTRALIA EST. 1970

Surfboards, T Shirts, Surfing Accessories

Phone: 6568 8909

8 Monro Place, Industrial Estates, Nambucca Heads

REMINDER

STAGE 3 MEET THE PARENT AFTERNOON

**Tomorrow
Thursday
28th February.**

Please contact the office
if you did not receive a
note and would like to
book an appointment
On 6568 6411

2012 Year Book Update

Final checking is
underway. Still
hoping for delivery
by the end of term.

STATEMENT OF ACCOUNT

A statement for each family
will be sent home with your
eldest child this week listing
payments due for School
Contribution and any text
books your child may need.
Please check back of
statement for new online
payment details.

Stars of the Week Friday 22 February

Ruby-Mae Matthews, Aaliyah
Hodnett-Daly, Jaxon McQueen,
Zade Wright, Lily Hollister, Elora
Flower-Emblen, Koby Loughton, Kye
Davies, Ava Hodnett-Daly, Jett
Weaver, Jaryn Rowlette, Ryan
Atkins, Declan Irvine, Isaac Jones,
Chloe Keppie, Conner Green, Kaylan
McGrath, Logan Mackney, Tilisha
James, Yazmin Taylor, Amy Gooch,
Titan Challenor, Jinarli Breckenridge,

Cheyenne Baker, Bailey Thompson-
Rowsell, Jye Kimber, Angus Kimber,
Alex Cowan, Carly Robins, Dakirra
Williams, Hannah Donnelly

Students of the Week

Lydia Peterson, Jay Fuller, Lily
Kelsey, Erin Eadie, Jaxx Eadie,
Sumah Robins, Leonor Pell, Bella
Ronan, Elly Gooch, Koelby Welsh



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.

N-MACK

ENGINEERING

Excellence in Aluminium & Stainless Steel

Stephen Makinson

Mob - 0408 163 551
Phone - 02 6658 3410

Page 4 2/3 Newcastle Drive
Toorina NSW 2452
Email: nmack@live.com.au

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

COMMUNITY NEWS

Monday Afternoon Basketball for School Term 1

There are two sessions of Basketball on Monday afternoons :-
4pm - 5pm is for Primary School Children 8 years & under & beginners.
5pm - 6pm is for Primary school Children 9 years & over.

Where :-
Urunga Public School

Term 1. Dates 2013

4/2, 11/2, 18/2, 25/2, 4/3, 11/3, 18/3, 25/3 & 8/4.

Session Cost - There will be no cost for participation this term but for insurance reasons all players must be registered with the Bellinger Valley Basketball Association.
Drinks will be available for \$1-00 ea.

For more information contact : Graeme Rose on 66555015.



REMINDER

There is no morning assembly on Wednesdays and Fridays.
Children need to arrive on time.

School is open from 8.30am and the morning bell rings at 8.55am

PLAY

GIRLS ONLY UNDER 6
OPTUS SMALL SIDED
FOOTBALL THIS YEAR!

Girls turning 5 or 6 this year are welcome to come and join teams in your local area, bring a group of friends or come by yourself and join a team.

It's fun and exciting, great for girls who want to play in a friendly team environment, learn football skills and make new friends.

All entry level participants (under 6's and 7's) will receive a free ball and set of shin pads courtesy of the Newcastle Permanent Building Society, our partner in Junior Football in Northern NSW.

Please contact your local zone for information on your nearest girl's only team.

Newcastle Football	P: 4957 7001	www.newcastlefootball.com.au
Hunter Valley Football	P: 4990 4354	www.huntervalleyfootball.com.au
Macquarie Football	P: 4953 0800	www.macquariefootball.com.au
Football Far North Coast	P: 6625 1444	www.footballfarnorthcoast.com.au
Football Mid North Coast	P: 6585 0351	www.footballmidnorthcoast.com
North Coast Football	P: 6651 2159	www.northcoastfootball.com.au
Northern Inland Football	P: 6766 6335	www.northerninlandfootball.com.au

For more information on the variety of options available for female participation right across Northern NSW, please contact Nyssa Suchanow, Female Participation Officer on 02 4964 0706



Come one come all to the Come and try AFL/Sign Up day for the 2013 season of the Bellingen Bulldogs Junior AFL Club.

Date: Wednesday 6th March

Time: 3.15 - 5.00pm

Place: Bellingen primary Oval

Registration Details:
Auskick Rookie (U7) - Players born in 2004, 2005, 2006 - \$25- maximum and all receive an Auskick backpack
Auskick Pro (U9) - Players born in 2002, 2003 - \$25- maximum and all receive an Auskick Pro backpack
U11/13/14 - Club Footballers - \$45-

Come along enjoy this great opportunity and register to play in 2013.
Enquiries: Adam Kornhauser 047423578



NAMBUCCA EXHAUST & BRAKE

For all your
Mechanical Repairs
Services
& Pink Slips

See Jim or Wayne
Nambucca Industrial Estate, Monro St, Nambucca Heads
Phone: 6568 7608

Jaanning tree
contemporary cuisine & fine wine

Our locally sourced menu has plenty of tasty options
with our native twist.

Call now to secure a table, 02 6569 4444
website: www.jaanningtree.com.au

Junior League



"Juniors" REGISTRATION DAY
Saturday 2nd March
10am - 2pm
Coronation Park

- Free Sausage Sizzle for Registering Players
- Jumping Castle

\$80 - 1 player
\$120 - 2 players
\$145 - 3 or more
 25% payment required up front

for all enquiries contact
Glen Jones Secretary
0409 459 700

SPORT

Mid North Coast Swimming Carnival

The Mid North Coast Swimming Carnival was postponed on Monday due to flooding .The carnival will now be held tomorrow Thursday 28th February at the Coffs Harbour Pool.

Good luck to all our swimmers :

Isaac Jones, Alex Cowan, Charlotte Williams, Ella Williams, Bella Ronan, Sumah Robbins, Angus Kimber, Liam Jones, Koelby Welsh, William McKinney, Isaac Hodnett Daly, and Bradley Stone.

Friday School Sport Stages 2 and 3

Unfortunately the rainy weather washed out the first week of sport choices last Friday. We are hoping for better weather this Friday.

Wednesday Tennis

Tony Pollack, Nambucca`s new Tennis Coach has been coaching classes 2B, 2-3F, 3-4P and 3-4B on a Wednesday between recess and lunch. While the clinic is tennis orientated many of the skills developed can be used in other sports .e.g hand eye co-ordination, throwing, catching and batting. The clinic also covers many of the gross motor skills in the NSW Teaching Syllabus. It's not too late to sign up if you are in these classes, just ask your teacher how.



The 2013 Health Calendar has been compiled by the Mid North Coast Local Health District.

The Aim of the Calendar

This Resource has been produced in order to provide preschools, early childhood centres, primary and secondary schools with easy to understand nutrition dates and ideas for fun physical activities.

We will try to include the monthly information page each month. If you receive your newsletter electronically a copy will also be attached.

Ovarian Cancer Month

Ovarian cancer month promotes awareness of ovarian cancer by highlighting the symptoms and raising funds for ovarian cancer research and programs.

The official colour for ovarian cancer awareness is teal, a mix between blue and green. Teal ribbons can be bought to promote awareness of ovarian cancer.

Throughout February many places host a 'morning teal' or 'afternoon teal' to raise awareness and funds for this worthy cause.



OvarianCancerAustralia

February

Green Vegetables

Asparagus, cabbage, artichoke, cauliflower, cucumber, spinach, broccoli, bok choy and lettuce

Green Fruit

Kiwi fruit, honeydew melon, limes, green apples, pears, green grapes



Blue vegetables

Blue corn and blue potatoes

Blue Fruit

Blueberries

Morning Tea Recipe Apple Bran Muffins

Ingredients

Canola oil spray
 1 cup Lowan Natural Oat Bran
 1 cup wholemeal flour
 2 tsp baking powder
 1 tsp mixed spice
 3/4 cup raw sugar
 2 granny smith apples, coarsely grated
 2 eggs
 1/4 cup vegetable oil
 3/4 cup (200mL) water

Method

1. Preheat oven to 180°C (160°C fan-forced) and grease a 12 cup muffin pan with cooking spray and flour.

2. Add all dry ingredients to a large mixing bowl. Gradually add grated apple, eggs, oil and water. Mix with a wooden spoon for 1 minute.
 3. Distribute batter evenly amongst 12 muffin cups.

4. Bake for 20-25 minutes or until golden.



LUKE HEIGHINGTON TILING & STONE

*'All aspects of wall & floor tiling
and bathroom renovations'*

MOBILE - 0413 641 537
Lic No - 221488c

6

CAR DETAILING

AMAZE

WE COME TO YOU

MOBILE CAR WASH & DETAILING

***Paint Protection Packages, *Interiors Sanitized,
*Leather & Fabric Shampoo**

Nambucca Heads based company servicing
Coffs Harbour to Kempsey



Dane & Johanna LeFranc 0448 433 952 or 6568 5370