

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

Technology Upgrade

Technology is playing an increasing role in the teaching and learning programs for our students. Our school server has been upgraded and we are about to increase access to computers in our classrooms via fibre optic cable with capacity for expansion in the future. The next stage in our 'Hardware Plan' is to purchase more computers.

Our P&C has supported our work in Technology with a donation for software which will support the learning of students' right across the school.

PBL

As a Positive Behaviour for Learning (PBL) school, our PBL Team meets weekly to monitor our progress and address issues so that our students have every opportunity to learn appropriate social behaviours at school. Seemore, the school mascot, sees more than anyone in our school and is pleased with the way students are playing in the correct areas.

Students' key responsibilities are to be SAFE, HONEST and RESPECTFUL so being in bounds is one way students demonstrate safe behaviour choices.

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

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

Students have a range of options for safe play at lunchtimes which include Active Play with organised games on the bottom oval, ball games (handball, netball, basketball) on the top playground or climbing on the fixed equipment. Passive Play options include indoor and outdoor Passive Play, undercover area or Library. Children who choose outdoor areas need to wear their hats.

NHPS Public Speaking Final

A large number of our talented students are learning the art of speaking through Debating and Public Speaking. This Thursday our school 'Speak Off' for our Public Speakers will be held in the school hall from 10.00am. This includes the opportunity for students to present their prepared speeches and an impromptu speech which is a real challenge testing both thinking and speaking skills! Parents and caregivers are very welcome to attend.

Keeping in Touch
Cheryl Banks

Term 2
Week 4
22 May 2013

Calendar of Events

May

- 23 Public Speaking Final
- 24 MNC X-Country
- 27 Hot Diggity Dog Day

June

- 3 League 7's Biffen Field
- 4 Group 2 Rugby League Advocate Park
- 7 NC X-Country
- 14 Fun with Maths
- 25 NAIDOC Celebrations
- 26 Reports Home
- 27 Stage 1 PJ Day

CANTEEN ROSTER

Thursday 23rd May
Jenny Marshall

Friday 24th May
Help!!!!

Wed 29th May
Jenny Marshall



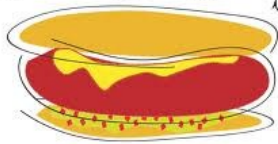
SRC ANNOUNCEMENT

Monday will be

HOT DIGGITY DOG DAY

An SRC fundraiser

Hot Diggity Dog



Cost \$3.50 for a hot dog,
cordial drink and mini
lickstick.

Purchase your hot dogs by
taking your order form
(that will be coming this
afternoon with the
newsletters) to the table
that will be set up outside
the hall tomorrow and
Friday.

You need your order in
before the weekend so we
can buy the
Hot Diggity Dogs
and prepare them.

Listen carefully for more
details later on in the
week

Year 3-4 Lake Keepit Adventure

Hi mums/dads carers. Lake Keepit bus
for camp is filling up fast. If you would
like to attend please send your deposit
in. If you have any questions or con-
cerns and are undecided and need
more information please contact Mrs
Fenning at school. We would LOVE
every student to attend. Come on
Stage 2, only 5 seats left.



Weekly scheduling

Learning how to make time for homework, study, chores, part-time jobs and so on
is a vital skill for all kids, but it's one that we need to teach them by example. It's
just a Word document, but you can now create your own weekly schedules to
whip your family into shape.

Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/
homework-tips/weekly-schedule-template](http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/weekly-schedule-template)

Making school easier

Teacher and mum **Katherine Bricknell** has already helped several of her kids
navigate primary, high school and tertiary education, and has some great, practi-
cal advice for other parents.

Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/
homework-tips/tips-to-make-high-school-easier](http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/tips-to-make-high-school-easier)

The sum of us

Be honest: are you a bit afraid of maths? And are you passing that on to your
kids? Maths and science guru Adam Spencer suggests a better approach. (No
time to listen to the podcast? The read our at-a-glance summary)

Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/
mathematics/mathematics-tips/the-sum-of-us](http://www.schoolatoz.nsw.edu.au/homework-and-study/mathematics/mathematics-tips/the-sum-of-us)



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"Wrong" Day

Today is National Simultaneous Story Time in Australia, when hordes of eager kids and adults share a picture book in libraries, schools, homes and other places around the country. This year, the book everyone shared was *The Wrong Book* by Nick Bland.

The Wrong Book is one of those special children's picture books that are not so much a story as an invitation to play. We read aloud and participated in games and interactive online activities with our school friends. We also dressed up in "Wrong" clothes.



Jaxon McQueen, Arabella Birse, Aaliyah Hodnett-Daly, Clancy James, Taj Bateman, Mia Sutton, Lily Hollister, Zoe Aspiotis



Woolworths
the fresh food people

WOOLIES EARN AND LEARN

Collecting Now.
Drop your stickers
into the box at the
school foyer.

REMINDERS

Year 3-4 Excursion Lake Keepit.

1st - 4th September
\$50 deposit due now. Now
only 5 seats left. Get your
money in **NOW!**

Year 5-6
Excursion Bathurst
3rd - 8th November
\$50 deposit due **NOW!**

Inspiring Celebrations

Civil Marriage Celebrant

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Exceptional kids

Would you rather your child have a high IQ or a never-give-up attitude? Michael Grose looks at the research.

Find out more: <http://parentingideas.com.au/Blog/April-2013-%281%29/Intelligence-or-persistence--which-would-you-choose>

Bouncing Back

Does your child bounce back from disappointment, or do they need to learn to be more resilient - and how do you teach them, so they can deal with life's challenges? Watch the video.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/developing-resilience-in-your-child>

Stars of the Week Friday 17 May

Elly Johnson, April Taylor, Hannah Sharp, Jaxx Eadie, Elora Flower-Emblen, Ella Coote, Noelani Wellington, Jett Weaver, Paige Jackson, Hunter Ford, Clancy James, Teleesha Taylor, Arabella Birse, Yazmin Taylor, Will McKinney, Monique Taylor, Tihana Dell, Hilton Naden, Jay Fuller, Jasmine Dell, Sumah Robins, Harry Adams, Emily Pascoe, Maddy Adams, Nathan Patfield, Alex Cowan, Josh Preston, Megan Summers, Leroy Caldwell, Jake Bryant, Lucy Green, Keyarna Baker, Elly Gooch

Students of the Week

Nika Lowe, Mia Sutton, Tarryn Cook,

Elizabeth Bryce, Jaryn Rowlette, Charlotte Beeby, Josie Sutherland, Amy Gooch, Koby Loughton

School Awards

Natesha Galea, Yazmin Taylor, Marli Bateman, Lily Hollister, Joel Trindall, Ava Hodnett-Daly, Aaliyah Hodnett-Daly, Carter Lambie, Daniel Williams, Mark Robinson

PBL Awards

Yazmin Taylor, Will McKinney

Assistant Principal's Award

Marli Bateman



Students of the Week



School Awards



Mali Bateman—Assistant Principal's Award



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

COMMUNITY NEWS



STS Student Exchange, PO Box 666,
Hornsby NSW 1630 ABN 35 095790177.
STS is registered with the Department of
Education in ACT, NSW, QLD, SA, TAS,
VIC & WA.

BRING CULTURAL EXCHANGE INTO YOUR HOME!

STS Student Exchange are seeking Aussie families who are busy, friendly, interested in other cultures and willing to welcome an STS exchange student into their family. Aussie families come from all walks of life and all cultural backgrounds, that's what makes up our country. Our volunteer host families provide room & board and treat their host son or daughter as a member of their own family. Exchange students have their own spending money and medical insurance. While your exchange student is learning about Australian culture, your family members will learn about theirs. What a great way for your children to learn about another country!

CONTACT US TODAY TO START YOUR ADVENTURE IN STUDENT EXCHANGE!

1800 263 964 (charge free), 0401 741 754 (mobile)

Email: stsf@people.net.au

Web: sts-education.com/australia

Stuart Point Players Youth Workshops

The Players Youth Workshops will be held over four Monday afternoons in June from 5:30pm until 6:30pm. Commencing on June 3rd at the Stuarts Point Community Hall. The students will workshop the songs from the upcoming youth production "The Little Witch Of Walcha" which will be staged at various venues in October.

Auditions for the production will be held on Monday night 15th July at 7pm and rehearsals will be each Monday night from 7pm until 8:30pm.

Students aged between 8 and 18 years of age are welcome to participate. The workshops are free but students must become members of the Macleay Valley Arts Council and the Stuarts Point Players.

The total cost for these two memberships is \$15 a year. For further inquiries phone 65690210.

Nambucca Valley Netball Association

BINGO

Saturday 1st June 2013 @ 7pm
Nambucca Bowling Club

\$10 for 10 games

\$2 cash jackpot game

\$1 Daubers

Heaps of prizes

Games

Fun for the whole family!

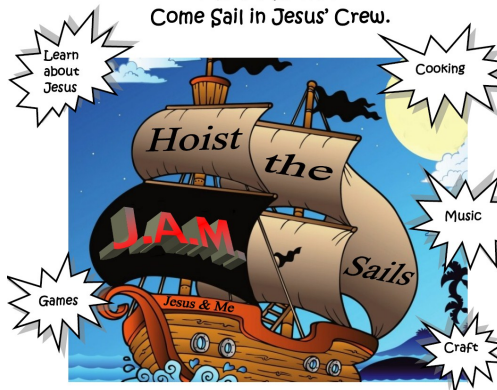
**FUNDRAISER FOR REP
NETBALLERS TO ATTEND STATE
CHAMPS & STATE AGE IN JUNE!**

**Bowlo open for
dinner @ 6pm**

Bingo books and daubers
donated to NVNA by the
Nambucca Bowling Club



Ahoy Mateys!
Come Sail in Jesus' Crew.



J.A.M. - Kids Club. School years K-6
Term 2 starts up Friday 10th May. 3:00 to 4:45pm
Afternoon tea provided.

Please bring a gold coin donation to cover costs.

Held at the Nambucca Presbyterian
Church, Nambucca Valley Christian
Community School Hall,
Centenary Pde, Nambucca
(Opposite the High School)
For further info contact Sue Lane 65687889



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Isaac Hodnett-Daly

Snow Sports Ccamps

Looking for an affordable family holiday to the snow? Sport and Recreation run holiday snow packages from Jul – Sept. Take a break, improve your health and well being, and breathe the fresh mountain air.

Find out more: <http://www.dsr.nsw.gov.au/jindabyne/>

SCHOOL BANKING Thursdays

SPORT

State Soccer

Isaac Hodnett-Daly is competing today at the State PSSA Soccer Carnival. Good luck Isaac.

District Touch Trials

Charlotte Williams, Bella Ronan, Alex Cowan, Dakirra Williams, Isaac Jones, and Luke Sheppard are attending Mid North Coast Touch Football Trials today. We hope you all play well. Isaac Hodnett-Daly will automatically qualify as he is at the PSSA Soccer Carnival today.

Mid North Coast Cross Country

This Friday May 24th, the following children will compete at the Mid North Coast Cross Country at Grafton.

Charlotte Williams, Bella Ronan, Monty Wilson, Jye Kimber, Ella Williams, Izaiya Kelly, Jayda Rixon, Indiannah Williams, Adam Cross, Chloe Wicks, Drew Bennett, Mia Kelsey, Zeke Laidlaw, Angus Kimber and Keyarna Baker. Good luck.

Long Jump Pit

Last week Dave Peterkin came to the school and dug a new Long Jump Pit. Thank

The Importance of Breakfast

- After 8-12 hours of overnight fasting, children need breakfast to refuel for the day ahead;
- Eating breakfast improves children's concentration and performance while at school;
- Children have more energy for physical activity if they consume breakfast in the morning;
- Eating breakfast can also assist with weight control.



Quick & Easy Breakfast Ideas

- Bowl of cereal with reduced fat milk
- Wholemeal toast with creamed cheese, vegemite or peanut butter
- A wholemeal bagel with peanut butter, honey and sliced banana
- Yoghurt, honey, toasted almonds & fresh or tinned fruit
- Fruit smoothie with 2 cups fruit, ½ cup orange juice ½ cup water, ½ cup yoghurt, and 1 teaspoon honey.



Healthy Breakfast Recipe

Apple Cinnamon Oat Bran Muffins Ingredients

- ½ cup oat bran
- 1 cup whole-wheat flour
- ¼ cup ground flaxseed
- 1 teaspoon baking soda
- 1 ½ teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 1 egg, beaten
- 4 tablespoons canola oil
- ¼ cup sugar
- 1/3 cup applesauce
- ¼ cup chopped pecans

Directions

1. Preheat oven to 180 degrees Celsius.
2. In a large bowl, whisk together bran, flour, flaxseed, baking soda, baking powder, cinnamon and nutmeg.
3. In a separate bowl, whisk together egg and oil until smooth. Stir in apple sauce and sugar. Combine mixtures and fold in pecans.
4. Spoon batter into paper-lined muffin cups. Bake for 20 to 25 minutes or until tops spring back when lightly touched. Cool on a wire rack and serve.

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