

# 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  
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Principal:  
Cheryl Banks

## Principal's Report

### Generations at our school

On Thursday we presented our families who have had a long association with the school, three or more generations, with a special certificate to mark the occasion. I apologized at the assembly for missing our only 5<sup>th</sup> generation family in the newsletter. We did realize after printing the newsletter of our error, so those of



*Vonnies and Koelby Welsh - 5 Generations of their family have attended NHPS*

you who got the electronic version the error was fixed. So congratulations to the Welsh Family. The five generations are Koelby Welsh, Gary Welsh, Yvonne (Vonnies) Welsh (nee Cowin), Beatrice Cowin (nee Piggott), Mary Piggott (nee Ainsworth).

[www.nambuccahd-p.schools.nsw.edu.au](http://www.nambuccahd-p.schools.nsw.edu.au)

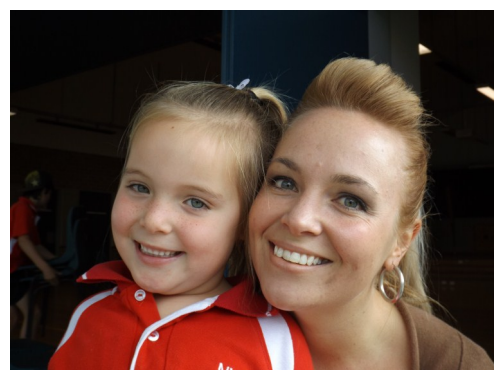
Email: [nambuccahd-p.school@det.nsw.edu.au](mailto:nambuccahd-p.school@det.nsw.edu.au)

### Education Week



*Angela Holladay & Annamarie Cohen*

Education Week was a great week culminating on Thursday with our breakfast and assembly. A big thank you to P&C members and staff who had an early start on Thursday to cook the breakfast. Thank you to the parents who visited the Library display and attended the assembly. It is Education Week every week at NHPS.



*Mia Morrison with mum Billie Bolland*

Term 3  
Week 4

7 August 2013

### Calendar of Events

#### August

- 19 1MNC Athletics
- 27 Father's Day Stall
- 30 North Coast Athletics

#### September

- 1- 4 Stage 2 Excursion  
Lake Keepit
- 5 Book Character  
Parade and Book Fair
- 20 Last Day Term 3

## CANTEEN ROSTER

**Thursday 8th August**  
Candice Chapman

**Friday 9th August**  
?????

**Wed 14th August**  
Jodie Heighington

**Thurs 15th August**  
Cathy McDonald



## More Photos from Education Breakfast & Assembly



Brianna, Josh & Claire Daniel - 3 Generations



Angela & Grace Holladay



Mrs Joske & Harrison Chapman with Clayton & Jane Donovan



Leonor Da Silva Pell with dad and little sister.



Cara, Leanna and Wendy Brown - 3 Generations

## Principal's Report cont.....

### Valley 10 Education Week Awards ceremony

We had an excellent evening at Macksville High School with the evening starting with a cattle judging display by Macksville High students. Some of us learnt a lot about cow judging. The cows were very well behaved. Congratulations to - the PBL team, the School Captains Lyam Caesar and Elly Gooch, and staff members Roger Goddard and Julia White who received awards on the night.



V10 Education Week Award Recipients

### Education Week Quiz

Last week students had to find where the Time Capsule had been photographed in the playground. AND the winners are Joshua Monaghan, Mikaya Sheridan, Elle Holladay. (See Mrs Makinson for your Funny Money.)

This week I have photographed Seemore. Fill in the answer sheet nominating where you think I took the photo of Seemore and be in the draw for some Funny Money. Good luck!



### Athletics Carnival

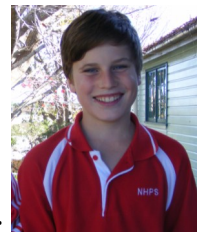
We have gained excellent results at the District Athletics Carnival. This year we have the greatest number of students going to the next level, Mid North Coast that the school has ever had. Congratulations to the students going off to the Mid North Coast Athletics Carnival. Mr Katte organized the District Carnival and Mrs Fenning is organizing the Mid North Coast carnival. How lucky we are to have such talented people on our staff.

### Focus for the week is

Students are being encouraged to speak nicely to each other. Niceness costs nothing! Polite and pleasant interactions makes us all happy. Hopefully you will see the students practicing this at home.

### Congratulations

To Isaac Jones on his touch football success, congratulations. For a student to reach State level in any sport is a huge achievement. To be from a small country school the State level is indeed remarkable. Well done Isaac, we are very proud of you.



### Sun safe hats

The Cancer Council recommends three styles of hats, the broad-brimmed hat, the bucket hat and the legionnaire-style hat. These hats provide protection to the whole face, don't obscure vision and have good ventilation. When purchasing a hat for your child please consider buying a sun safe hat. For further information see the [Sun safety website](#)

### Tournament of the Minds

## KALANG RIVER

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## Principal's Report cont.....

### (TOM)

Our TOM Team are working very hard at the moment in readiness for their performance and competition in a couple of weeks time. We wish them well in their preparation. Thanks to Mrs Battiston, Miss Hollister and Mrs Miller who are supervising the preparation but are not allowed to help. We look forward to seeing the finished performance.

### Volunteers

There have been some changes for persons working with children. Volunteers are required to complete a Working with Children declaration form just as they have in the past. The change is that now volunteers have to provide 100 points of proof of identity. If you are a volunteer at the school please provide your 100 points of Proof of Identification at the office, next time you come in. We appreciate your continued support and help with our students and hope this is not an inconvenience. The school needs to comply with this new directive.

### National Healthy Bones

**week** (Benefit of dairy and regular exercise)

Childhood is the biggest opportunity to build strong bones for life. That's

why it's extremely important for growing kids to get enough calcium daily so their bones can grow properly.

Despite the importance of calcium, surprisingly it is the nutrient that Aussie kids most commonly miss out on, with more than half of 9-16 year olds not getting their recommended amount. But you can help them get the calcium they need by ensuring they get their 3 serves of calcium-rich dairy foods every day. A serve is as simple as a 250ml glass of milk, a 200g tub of yogurt or 2 slices (40g) of cheese. Bones, like muscles, grow stronger and harder when they are exercised. Exercises that work best for growing bones are called "weight bearing" - those where your feet and legs carry your weight. Sports or exercise that include running, jogging or jumping are great for bones. Think healthy bones this week, get some dairy and get some exercise!

Morelle Makinson  
Relieving Principal

### Food for the school day

Any parent of school-aged children knows how famished their kids are the minute they walk in the door from school. And the simple reason for that is learning makes you hungry. Or, to put it another way, children need to eat well if they are to learn well. Here is some advice to help feed developing brains. <http://www.schoolatoz.nsw.edu.au/en/wellbeing/food/power-foods-for-kids>

### Getting Kids Into Nature

Does it really matter if children are spending more of their time indoors rather than climbing trees and catching cicadas? According to the experts, the answer is a resounding "yes". Find out more: <http://www.schoolatoz.nsw.edu.au/en/wellbeing/fitness/getting-into-nature>

## 2012 Yearbook

A limited number of 2012 Yearbooks are still available to purchase.

**Cost is \$22**

**Don't forget to get your School contribution paid for 2013 to receive your complimentary 2013 Year book.**

## REMINDERS

### Year 3-4 Excursion Lake Keepit.

**1st - 4th September**

Bus is now full. If you would still like your child to attend, please see Mrs Fenning immediately.

**Keep those payments coming in. Total cost \$280.**

### Year 5-6 Excursion Lake Ainsworth

**9th - 11th October**

### Don't forget paying Online is now available.

**Simply** log onto the school website at [www.nambuccahd-p.schools.nsw.edu.au](http://www.nambuccahd-p.schools.nsw.edu.au). Select Make a Payment. When you get to payment options, please select the relevant section and enter payment description etc.

## Inspiring Celebrations

*Civil Marriage Celebrant*

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Education Week Awards - Stage 1



Education Week Awards - Stage 2



Education Week Awards - Stage 3



Assistant Principal's Award

## Education Week Awards - 1st August

Laila Heighington, Mackenzie Glen, Xy Brookes, Harrison Chapman, Riley Martin, Ava Hodnett-Daly, Charlotte Beeby, Lily Hollister, Zoe Aspiotis, Deklin Jarrett, Josh Monaghan, Sarah Kelly, Rowan Cook, Marli Weimer, Lily Kelsey, Jye Rothe, Indigo Sharp,

Yazmin Taylor, Grace Holladay, Connor Ford, Drew Bennett, Tarryn Cook, Monique Taylor, Ella Williams, Llogan Greenup-Stokes, Lucy Green, Elly Gooch, Elizabeth Bryce, Dakirra Williams, Bradley Stone

## Stars of the Week - 2nd August

Daisy Neuvonen, Erin Eadie, Daniel Williams, Taj Bateman, Kodie Hilton, Jay Taylor, Elora Flower-Emblen, Anthony Fox, Elle Holladay, Zari Clarke, Joshua Daniel, Roxanne Hall, Trey Sampson, Mia Morrison, Hannah Sharp, Koby Loughton, Xavier Morgan, Arabella Birse, Zachary Marchant, Bindi Guerke, Macaih Daly, Lydia Peterson, Jarrace Ham, Hollie Wicks, Logan Mackney, Chloe Keppie, Luke Sheppard, Tamika Walker, Kyah Lulham

### Student of the Week

Joel Tindall, Levi Steele, Breeanna Knight, Aaliyah Hodnett-Daly, Emilia Grafinina, Bradley Stone, Emma Bournes, Leroy Caldwell

### PBL

Aziah Steele (pictured)



### Assistant Principal

Lily Kelsey, Yazmin Taylor

### School Awards

Logan Mackney, Denzel Greenup-Stokes, Leanna Brown, Jaxx Eadie, Lydia Peterson, Sumah Robins, Dominic Lambie



School Awards



Students of the Week

# N-MACK

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Jarvis

# Lom Talay

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## Community Announcements

### Hey Kids..... Fathers Day Colouring Competition

It's your chance to win Dad one of two great gift vouchers that is sure to please him this Fathers Day.

### How?? ..... It's Easy!

To enter all you need to do is draw or paint a picture of Dad.

Drop your entry into the HIBISCUS HAPPYNINGS 42 Bowra St, Nambucca Heads by Wednesday 14th August 2013.

Some will be published in the 21st August issue.

All Entries should be approx. A4 size.

Don't forget to write your name, age, class and school as well as Dad's name on the back.

All entrants must be 12 years or under.

Sponsored by



Starting on Wednesday 14th August 2013 @ the

Nambucca Valley Early Childhood Intervention Centre  
1 Briner Street, Macksville Ph 65684026



### SCRIBBLES

Art to enhance Children's Creativity and Skills.

Draw ~ Paint ~ Glue ~ Match ~ Listen ~ Explore ~ Create

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Wednesdays 10 - 11am For children 3-5 yrs

\$40 for a 6 session block

### MOVE



Making Friends and developing skills through games and activities.

Balance ~ Climb ~ Roll ~ Bounce ~ Follow ~ Lead ~ Enjoy



Coordinated by NVECI in conjunction with YMCA.

Wednesdays

9:15-10am 18mths-2yrs

10:15 - 11am 2.5-3.5yrs

11.15 - 12pm 4 - 5yrs

\$40 for a 6 session block



Payment required to Nambucca Valley Early Childhood Intervention when booking a place.  
Places are limited to foster an effective learning environment.



Nambucca Valley Early Childhood Intervention  
1 Briner Street, Macksville NSW 2447  
Ph 65684026

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## Nambucca District Little Athletics New Season Starting

The Little Athletics NSW motto is **family fun and fitness**. It is one of the sports where the parents can be just as involved as the kids and the kids love it! Parents, guardians, grandparents and even family friends help out with timekeeping, measuring and marking so that our events run smoothly. It is a great way for families to spend time together in a happy, healthy environment.

**Registration & Competition night:**  
14<sup>th</sup> August 2013  
at 4.30pm.  
(August to March)

EJ Biffin Playing Fields  
Fred Brain Drive,  
Nambucca Heads

For further information  
please contact

Tracey Cheers  
0438 685 253

or

Lisa McKay  
6564 8553.

## District Athletics Carnival

The Nambucca Valley District Athletics Carnival was held last Friday 2<sup>nd</sup> August at The EJ Biffin Fields. At the end of the carnival when we were packing up many of the teachers who were mostly from other schools commented on how well behaved and well mannered the children were during the day. Well done to the 52 children who competed last week, you were great ambassadors for the school.

A particular thank you from the teachers at Shot and High Jump to Ethan Hocking and Luke Sheppard. They volunteered to assist at these events for most of the day.

Thank you to the P & C who organised and staffed the canteen – Sandra Goodby, Jennett Gregory and Cara Gregory. The money raised helps to buy things for the children at the school. So far this year the P & C have spent money from days like the sports carnival to buy software for the whole school and shade tents such as the ones used at the school carnival. Thank you to Trevor and Raymond Keast, Bob Werner, Evan Parsons, Les McMahon, Craig Simpson and Charlie for helping run events on the day.

Thank you to Tracey Cheers and the Nambucca Little A's for the use of their High Jump mats.

To qualify for the Mid North Coast Carnival children had to finish in a final in the top 2 and in relays first.

The following children have qualified for the Mid North Coast Athletics Carnival

Ethan Hocking – 2<sup>nd</sup> High Jump  
Liam Jones 2<sup>nd</sup> Discus AND 2<sup>ND</sup> Age Race  
Luke Sheppard – 1<sup>st</sup> Shot  
Kaylah Naden – 2<sup>nd</sup> Shot  
Cheyenne Baker – 1<sup>st</sup> Age Race  
Jake Bryant – 1<sup>st</sup> Age Race and 1<sup>st</sup> 800m  
Isaac Jones – 1<sup>st</sup> Age Race and 2<sup>nd</sup> Long Jump  
Lucas Dumas – 2<sup>nd</sup> Age Race  
Monique Taylor – 1<sup>st</sup> Age Race, 2<sup>nd</sup> 200m, 2<sup>nd</sup> Long Jump and 2<sup>nd</sup> High Jump  
Keyarna Baker – 2<sup>nd</sup> Age Race, 1<sup>st</sup> 200m and 1<sup>st</sup> Long Jump  
Chloe Martin - 2<sup>nd</sup> 200m  
Angus Kimber - 2<sup>nd</sup> 200m, 2<sup>nd</sup> High Jump and 1<sup>st</sup> Discus  
Isaac Hodnett-Daly - 2<sup>nd</sup> 200m and 1<sup>st</sup> Discus  
Charlotte Williams – 1<sup>st</sup> 800m, 2<sup>nd</sup> High Jump and 2<sup>nd</sup> Discus  
Adam Cross – 1<sup>st</sup> 800m  
Monty Wilson - 1<sup>st</sup> 800m  
Bella Ronan – 1<sup>st</sup> 800m  
Ella Williams – 2<sup>nd</sup> 800m

Third place is a reserve. The following children finished third

Chloe Martin High Jump  
Lucy Green High Jump  
Lucas Dumas Long Jump  
Adam Cross Long Jump  
Isaac Hodnett-Daly Long Jump  
Mia Kelsey Age Race  
Ella Williams Shot  
Tamieka Walker Shot  
Sumah Robins Age Race  
Isaac Jones 200m

Only first in the relay qualifies to Mid North Coast. All of the Nambucca Teams finished second and are reserves .

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