

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

Book Week

Next week is actually Book Week. Don't panic if you don't have a book character costume for your child ready, we are having our Book Week celebrations in a couple of week's time. Mrs Bonventi our Librarian is on leave at the moment and we don't want her to miss out on all the fun so we have selected our very own time for Book Week. Coming soon on Thursday 5th September will be our Book Week Character Parade, so plenty of time to think about costumes. This year's theme may help with the choice of a costume, it is "Reading across the universe".

Survey Time Again

Today we have included a survey with the Newsletter for parents to fill in. We would appreciate parents taking a few minutes to fill in the survey which will provide us with some very valuable feedback. We request that parents either fill in the paper copy attached **OR** follow the link below to complete an electronic version. If you receive the newsletter electronically just press control and click on the link to take you directly to the survey. Thank you so much for your time.
<https://www.surveymonkey.com/s/YQBCV8F>

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

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

Staff changes

We welcome three replacement teachers to our school over the next few weeks. Mr Kane Lorima will be replacing Mrs Bonventi for the next 3 weeks while she is on leave. Also Mr Craig Simpson will replace Mrs White while she is on leave. Mr Ian Kenny will replace Mr Simpson on the accelerated literacy program over the next couple



of weeks. Welcome!

Where's Seemore

Last week the students had to find Seemore. For those of you who hadn't guessed, Seemore had taken over the Principal's office and was photographed in the Principal's chair. He left three words on my computer SAFE, HONEST and RESPECT. Thank you Seemore a wonderful reminder! I wonder where Seemore will be this week?

Term 3
Week 5

14 August 2013

Calendar of Events

August

- 19 MNC 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 15th August

Cathy McDonald

Friday 16th August

Help Needed

Wed 21st August

Jodie Heighington

Thurs 22nd August

Lydia Monaghan

Friday 23rd August

Help Needed



Make your own Icecream

You need 2 plastic clip lock bags one large and one small. Into the large bag put 2 cups of ice and 6 table-spoons of salt. (The salt in the ice makes the ice even colder.)

Into the smaller bag put half cup of full cream milk, 1 tea-spoon vanilla, 1 table-spoon sugar. Put the bag with milk inside the bag with the ice and squish them

together for 10 minutes. The longer you knead the creamier your icecream will be.



Invisible Ink

Dip a cotton bud into lemon juice and write a message or draw a picture on a piece of white paper. When the juice is dry it will completely disappear. Ask an adult to help and iron over the piece of paper and your message will be revealed. (Heat changes lemon juice into a new chemical which is brown in colour and so your message can be seen on the white paper.)



Principal's Report cont.....

Last weeks winners were Rhys Hawkes, Jy Rothe, Sumah Robins

After School Safety

Reminder to parents collecting their children in the afternoon at the front of the school. Please meet your child on the school side of the road. Ridge Street is very busy in the afternoon and children should be with an adult to cross the road.



We also request that parents need to be in the front playground or near the gate. Children should not be wandering out of the gate to find their parents.

Science Week

Now into its sixteenth year, National Science Week provides an opportunity to acknowledge the contributions of Australian scientists' to the world of knowledge. It also aims to encourage an interest in science pursuits among the general public, and to encourage younger people to be fascinated by the world we live in. Google Science Week 2013 and there is a wealth of interesting things and use this link. <http://www.scienceweek.net.au/wpcontent/uploads/ScienceWeekFiles/NationalScienceWeekinschools.pdf>

In the newsletter today I have included some experiments to try. Make sure you check with an adult before you start.

MNC Athletics

We wish our super sportspeople all the best next Monday at the Mid-North Coast Athletics carnival. Thank you to the parents who are providing transport. Thank you to the ever effervescent Mrs Fenning who is running the carnival. We will cross our fingers for a sunny day!

Silkworms

While we are on things scientific if you were one of the people last year to put some silkworm eggs safely away it is time to check them.

On the weekend I realized my mulberry trees had a coat of leaves which is always the reminder for me that the silkworm eggs are about to hatch and sure enough when I checked they were just starting to hatch. So pop some mulberry leaves in with the eggs and the silkworms will do the rest. Don't forget to feed them, they are very hungry caterpillars.



Red and White Merit Awards

Please make sure you send in your child's Red and White Merit Awards to receive their next award level.

3 awards = School Award

5 awards = Assistant Principal's Award

7 awards = Principal's Award

Focus for the week is!

This week my special focus is about kindness - using kind words and kind voices. If students see someone in need I'd like to see them provide a little kindness. Make our school a happy, friendly and respectful place.

Hats Hats Hats

With the warmer weather a hat is an essential part of the uniform. Students should keep one in their bag so they don't forget. They should remember it is **their**

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All Enquiries Welcome

Principal's Report cont.....

hat and not to share it!

Tournament of the Minds (TOM)

Counting down to the TOM 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.

Reminder to 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. If you volunteer in a number of places requiring a check you can provide your 100 point of ID at the RTA (now RSM) office.

Morelle Makinson
Relieving Principal



Left Leanna Brown trying her hand at the violin & Kaylan McGrath trying his at the guitar during the recent visit by students from the Sydney Conservatorium of Music.

Eight ways to build your child's writing skills

Here are a few practical tips to help your child to work out the best way to express themselves through their writing.

Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/eight-ways-to-support-your-childs-writing-skills>

Benefits of team sports

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer. Playing a team sport provides kids with important lessons in personal values.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports>

Rubbery Egg



Put an egg into a glass of vinegar and leave for a few days. (The vinegar reacts with the calcium in the egg shell dissolving it). The egg shell feels rubbery.



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.

Inspiring Celebrations

Civil Marriage Celebrant

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REMINDERS

Year 3-4 Excursion Lake Keepit.

1st - 4th September

Only 2 1/2 weeks to go.
Stage 2 Lake Keepit camp money due Friday.
Permission & medical notes must be returned by Friday as they have to be sent to Lake Keepit two weeks before camp and we have to record all the information before they go. Please check you have all sections filled out and signed.

Year 5-6 Excursion Lake Ainsworth

9th - 11th October
Total Cost \$300

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

Simply log onto the school website at 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.

Stars of the Week - 9th August

Leonor Da Silva Pell, Clancy James, Jimerra Breckenridge x2, Laila Heighington, Charlotte Locke, Riley Rouse, Keira Phelps, Lochy Heighington, Anthony Fox, Mikaya Sheridan, Levi Steele, Nathan Hawkes, Eliza Graham, Elly Johnson, Benny Battiston, Holly Bennett, Axel Peterson, Jarrace Ham, Sophia Gora, Jordan McPherson, Will McKinney, Natesha Galea, Jye Kimber, Mitchell Barber, Patrick Noonan, Laura Hughes, Ethan Taylor, Emily Pascoe, Zac MacKenzie, Keyarna Baker, Jack McNeil, Carly Robins, Joseph Rothe, Hannah Donnelly, Luke Sheppard, Tamika Walker, Asha Glen, Sumah Robins.

Student of the Week

Mia Morrison, Ella Ussher, Lilly Noonan, Levi Steele, Aaliyah Hodnett-Daly, Tara Le Franc, Zoey Guerke, Sammy Spokes-Langenbaker, Jay

Fuller, Joshua Preston, Lucy Green

School Awards

Jaryn Rowlette, Harrison Chapman, Hannah Sharp, Koby Loughton, Patrick Noonan, Kenny Buchanan-Close

PBL Awards

Jordan McPherson, Breeanna Knight, Ethan Hocking, Declan Jarrett

Assistant Principal's Award

Drew Bennett, Jay Taylor, Daniel Williams, Mia Morrison

Reading Awards

Patrick Noonan, Rowan Cook, Laila Heighington, Mia Morrison, Daniel Williams, Carter Lambie (Double Bronze), Mark Robinson (Double Silver and Double Gold).



PBL Awards



School Awards



Students of the Week

When lunch comes home ... again

Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/food/when-lunch-comes-homeagain>

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Jarvis

Lom Talay

THAI RESTAURANT

Dine in and Take-Away
5.30pm Tuesday to Sunday
58 Ridge St, Nambucca Heads
6568 8877

Community Announcements

TAX HELP

The Family and Community Information Centre has trained and experienced **TAX HELP** volunteers available at Macksville and Nambucca Heads ready to assist to complete your tax return. The service commenced in July and will continue until October.

The **TAX HELP** service is available to anyone who has an income below \$50,000 per year but this can vary depending on circumstances.

To determine if you are eligible for this free service, contact the Family and Community Information Centre on 65686249 or the ATO on 13 28 61

Booking for **TAX HELP** appointments is essential and can be made by contacting the Family and Community Information Centre on 65682305.



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10th August
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Nambucca Heads

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

Led by a local artist experienced in working with children.

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:
14th 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.

SPORT

Mid North Coast Athletics Carnival

Next Monday 19th August the Mid North Coast Athletics Carnival will be held at the Coffs Harbour Stadium.

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

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

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

And they're off Jayda Rixon, Bella Ronan and Ella Williams



NHPS Girls at the District Carnival



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