

THE BULLETIN

Nowra Hill Public School

382b BTU Road Nowra Hill NSW 2540

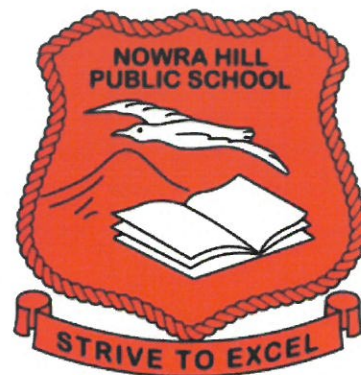
Tel: 02 4421 5671

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

CANTEEN: Wednesdays

UNIFORM SHOP: Friday 2.30pm – 3.15pm

ASSEMBLY: Fridays - 9.00am



Term 4, Week 1 – 11th October 2016

Dear Parents and Carers,

Welcome to Term 4 2016, it is already shaping up to be a busy term!

I would like to welcome Miss Jessica Rigney back to Nowra Hill, she will be taking KW on Thursdays for the rest of the term while Mrs White comes off class to coordinate whole school programs and help develop our Strategic Plan for 2017. Miss Rigney will continue in the library for the remainder of the year on Tuesdays and Wednesdays as well. Mr Sam Bagnall will also start at Nowra Hill this Wednesday; he will be replacing Mrs Rowe while she takes some long service leave. I have no doubt these two teachers will continue doing a wonderful job on our infant's classes.

Kindergarten orientation for students starting school in 2017 will start on Thursday 10th November and run for 4 consecutive Thursdays, concluding on the 1st December. The sessions will provide new kindies with playgroups sessions, and new parents with the opportunity to attend a number of information sessions. More information will be circulated soon.

As the weather begins to get warmer, I would like to remind parents and students that our playground is one where a school hat is a must - no hat no play! School hats are available for purchase in the office any day of the week.

I would also like to welcome and thank Mrs Hayley Smits for taking on the role of canteen coordinator. I know she has some big things planned for our canteen and we are looking forward to seeing it develop over the coming weeks. If you are able to assist or volunteer on canteen day, please make sure to leave your name at the office.

DATES TO REMEMBER

<i>Mon-Fri</i>	<i>17th-28th Oct</i>	<i>Swimming Scheme</i>
<i>Tuesday</i>	<i>1st Nov</i>	<i>Grandparents Day</i>
<i>Thursday</i>	<i>10th Nov</i> <i>17th Nov</i> <i>24th Nov</i> <i>1st Dec</i>	<i>Kindergarten</i> <i>Orientation Days</i>

While still on the subject of the P&C, it was great to see new faces at recent meetings and listen to discussions about upcoming events the P&C team have planned.

Attached to this newsletter, and on our school app, are flyers about a Christmas Shopping Bus Trip and a Pizza Day that are being planned, please make sure you take the time to read this information. Our annual Christmas Raffle is also being organised, if you, or any business you know of, can support the P&C with a donation of a prize it would be greatly appreciated; your support of our P&C is always valued.

Just a quick reminder about administration changes over the coming week or two, our computer system will cross over to the LMBR system next week. Please make sure you do not try to make online payments until further notice, it is hoped that interruptions will be minimal.

A big congratulations goes to Beau Crealy, and Luca and Miley Winchester for their awesome efforts at the interschool equestrian events held in Berry over the holidays. Our students were very successful and represented our school with distinction!

Also, welcome back and congratulations to Matthew Higham, Matthew brought back 2 gold and 2 silver medals from the Australian Swimming Titles just before the holidays, an absolutely fantastic effort!

SWIMMING & WATER SAFETY PROGRAM

Many Year 2-6 students will be participating in the Swimming & Water Safety Program from next week Monday 17th – 28th October. Lessons last for 45 minutes and 10 minutes of this is a daily water safety talk. Children may wear goggles but they should be aware that they will be tested without goggles.

Children will be travelling by bus. The cost of the program is \$65.00 which includes cost of bus transport and entry to the Bay & Basin Leisure Centre.

Parents/carers please ensure that you have sent in your child's permission note and money by the end of this week please. For this week we can only accept cash and cheques as payment for the Swimming program. Children cannot participate without a permission note.

SCHOOL BAND

Band has recommenced today. Mr Sadler would appreciate band fees be finalised within the next few weeks. Please send in either cash or a cheque made payable to 'Nowra Town Band.' Payment of Band fees should not be made on line as the money does not go to the school.

P & C TEA TOWEL FUNDRAISER 2016

Attached to the newsletter is a 2016 Tea Towel Fundraiser form. All the students have drawn a picture of themselves and will be placed on a tea towel. Tea towels are \$12.50 each.

BERRY INTERSCHOOLS EQUESTRIAN COMPETITION

Congratulations to Beau Crealy, Miley and Luca Winchester who represented Nowra Hill at the Berry Interschools Equestrian competition during the holidays. All three children received ribbons in their respective hacking classes. They all rode superbly despite a tough competition with many talented riders and ponies. A great effort from Miley Winchester who earned Reserve Champion over the 3 days in her beginner's class. A fantastic achievement from these three students who are doing their best to 'strive to excel.'

NATIONAL BANDANNA DAY 2016

The Cancer Council Bandannas have arrived at school and are on sale at the office. Bandannas cost \$4.00 each.

HAPPY BIRTHDAY

Happy Birthday and best wishes to Charlie Salway, Abby Clarke, Hayden Henry and Lauren Whitfield who celebrate their birthday this week. We also hope that Heidi Lovell had a great birthday in the school holidays.

MERIT AWARDS

Kinder -	Max Hughes, Cohen Brown, Isabell Parlato-Cordingley
K/1 -	Torr Morley, Charlie Salway, Dayne Cassidy-Green
1/2 -	Seth Jarrett, Taj Westall, Sean Van Hoven
2/3 -	Keonie Adams, Summer King, Leigha Barrett
4/5 -	Dylan Stockley, Grace Fahey
5/6 -	Adrien Griffith, Litia Schell, Hunter Woods

PRINCIPAL'S AWARD

Kinder -	Cameron Smits
K/1 -	John Lamb
1/2 -	Addison Radburn
2/3 -	Rhiannon Andrews
4/5 -	Nicholas Iloski
5/6 -	Jayden Lalor



Decision-making: Suggestions for families

Learning to make good decisions helps children become more independent and responsible

A good decision is one that, on balance, is most likely to lead to a positive outcome for everyone concerned. Learning to consider the situation carefully and weigh up the options before coming to a decision helps children make better decisions. It also helps them to understand and take into account others' views when making decisions that affect them.



How you can help

Allow children to practise making choices

Giving children opportunities to make choices helps to build their sense of responsibility as well as their decision-making skills. It is important that the choice really is theirs, so provide options that you will be happy with no matter which they choose. Showing interest in their choice helps to reinforce that you see their decisions as important.

Talk about everyday decisions

Involve children in your own decision-making. For example, you might say, "I'm trying to decide whether to take up a sport to get fit or go to a dance class. Which do you think I should do?" Talk through the advantages and disadvantages of each suggestion so your child can learn how to thoughtfully evaluate different options.

Support children to use decision-making steps

As children develop their skills for thinking through decisions, teach them the steps of decision-making and show them how to use them effectively. Decision-making steps: 1) Identify the decision to be made, 2) Think of options, 3) Evaluate the options and choose the best one, and 4) Put your choice into action and check how it works.

Ask questions that promote thoughtful decisions

"What do you like about that?" "What makes this the best option?" "How would this work?" "Can you think of any reasons why...?" Asking questions that prompt children to think through their reasons for choosing a particular option helps them learn how to evaluate options and think through consequences.

Setting their own goals to work towards encourages children to plan and think ahead. It helps them understand the link between making decisions and taking action.



Encourage children to set achievable goals

Setting their own goals to work towards encourages children to plan and think ahead. It helps them understand the link between making decisions and taking action. Appropriate goals for children to choose include developing a new skill (eg learning to play chess, learning to swim), improving performance in school work or in an area of particular interest (eg learning to play a particular piece of music, masters a difficult skill in sport), or earning pocket money to save for something special. It is important that the goals set are achievable and motivating for the child. In addition, the steps needed to reach goals need to be definite, clear and small enough for the child to manage. Providing praise and acknowledgment for small steps of progress supports children to meet their goals.

When children make poor decisions...

- Check your expectations. Are the decisions you want them to make appropriate for their age and ability? Do children understand what they need to think about to make an effective decision? Are the options clear? If not, then you may be expecting too much and need to make the task simpler or take charge of the decision yourself.
- Everyone makes mistakes sometimes. Allowing children to experience the consequences of their decisions can provide useful lessons in responsibility. It is easier for children to accept difficult or disappointing consequences when they feel supported and cared for as they learn to correct their mistakes.
- Talk through good and poor decisions. Children learn best when they are calmly helped to think through the outcomes of their decisions and supported in making a better choice next time. Helping them to accept responsibility for mistakes and plan how to improve the situation teaches skills for more effective decision making.

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Australian Government

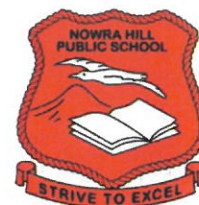
Department of Health and Ageing



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Nowra Hill Public School

PO Box 7004, NOWRA NAVAL NSW 2540
382b BTU RD, NOWRA HILL NSW 2540
T: 4421 5671 E: nowrahill-p.school@det.nsw.edu.au



Christmas Shopping Bus Trip.... To Birkenhead Point Outlet Centre & a visit to Fardoulis Chocolates for all your sweet treats!

Come & join us in a fun filled shopping day for all your Christmas needs!



On Saturday 5th November 2016

\$40 per person

Departure 6.30am Sharp at

Premier Coaches Depot – 10 Investigator St, South Nowra

Returning to Premier Coaches Depot at approx. 8.30pm



With over 120 premium outlet stores, Birkenhead Point is Sydney's largest outlet centre, so you'll be sure to enjoy your day!

**You're welcome to purchase tickets for your family & friends to come but there are
Limited seats so be quick!**

There will be a Lucky door prize & some games on the bus to pass the time.

All funds raised are going towards our exciting new Library Revamp!

Any questions & contact on the day call Sheree 0404 785 051

Please fill out & return with your money (Cheques to: Nowra Hill Public School P&C) to the office to secure your seat:

Name:

Mobile No:

Guest's Name/s:

Mobile No (for each guest):

Qty of Seats:

Amount: \$

2016 TEA TOWEL FUNDRAISER



Dear Parent / Carer / Friend,

We are running a Tea Towel Fundraiser!

The Nowra Hill Public School P&C is running this popular group tea towel project to raise funds for the school Library refurbishment.

The unique tea towel design is made up of drawings by all our students and staff at Nowra Hill Public School. The drawings are arranged into one commemorative design and screen printed in red onto high quality white tea towels.

We chose tea towels because the project gets the children involved, produces a wonderful memento and meaningful gift for parents, relatives and special friends. The tea towels look amazing, are so easy to post and make a fabulous reminder of your child's early years. There is a sample tea towel hanging in the office to view.

ONLY \$12.50 for a limited edition tea towel [OR **SAVE** by ordering 5 or more and receive a 10% discount.] Tea towels can be ordered by dropping the order form below with payment to the school office in an envelope clearly marked "TEA TOWEL ORDER".

Make sure you don't miss out! Preserve your child's artwork and remember friends and teachers forever!

We can't do it without you - support your school P&C and place your orders now and let's raise some funds.

Final orders are due before → **Friday, 28th October**

If you have any queries please call *Phaedra Walsh* 0412 432 035



TEA TOWEL ORDER FORM

Student Name: _____ Class: _____

Contact Name and Phone Number: _____

Number of Tea Towels Ordered: (pls circle) 1 2 3 4 5 or more →

Please enclose payment with your order
Cash or cheques made payable to:

TOTAL amount \$ _____
[10% discount for 5 or more] \$ _____
TOTAL Enclosed \$ _____

Nowra Hill Public School P&C