

THE BULLETIN

Nowra Hill Public School

382b BTU Road Nowra Hill NSW 2540

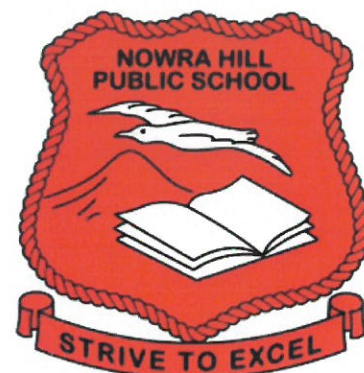
Tel: 02 4421 5671

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

CANTEEN: Wednesdays

UNIFORM SHOP: Friday 2.30pm – 3.15pm

ASSEMBLY: Fridays - 9.00am



Term 4, Week 3 – 25th October 2016

Dear Parents and Carers,

Welcome to week three, term four and we have busy times ahead!

Coming up next week we have Grandparents Day. Make sure all our Grandparents are coming along to join in the learning and fun. Open classrooms will start at 9:30 am and our special assembly will be at 10:00 am. Family and friends are invited to join students for a picnic morning tea at 11:00 am with a sausage sizzle being provided by the school at 12:00pm. Looking forward to seeing everyone there.

Student Banking is soon to start at Nowra Hill, with a presentation at this week's assembly by the Commonwealth Bank. The program is totally at the discretion of parents, but it provides students with the opportunity to develop sound financial literacy skills. The bank also provides our P&C with a financial incentive for running the program. The sign up day for school banking is Monday, 31st October and the first day of banking will be on Tuesday, 8th November. Tuesdays will then become our student banking day. I would like to thank Sheree Schell for all her organisation of such a valuable program for our students and families.

Next Friday, 4th November, the P&C are running a Pizza Day. Please make sure you are getting your orders in and if your child suffers from an allergy, please make sure you make this clear on the order form.

Also, don't forget the P&C Christmas shopping trip to Birkenhead Point outlets. Check the NHPS App for more details.

DATES TO REMEMBER

Mon-Fri **17th-28th Oct** **Swimming Scheme**

Wednesday **2nd Nov** **Grandparents Day**

Friday **4th Nov** **Pizza Day**

Wednesday **9th Nov** **Kinder/Yr 1
Zoo Excursion**

**Air Fleet Museum
Yrs 2 - 6**

Thursday **10th Nov**
 17th Nov **Kindergarten**
 24th Nov **Orientation Days**
 1st Dec

Wednesday **23rd Nov** **Yr 6 – KidsIn2Uni
Visit**

On Wednesday, 9th November, Kindergarten and all the Year 1 students are heading off to The Shoalhaven Zoo. The excursion will compliment in class HSIE learning about animals.

Also on this day, the rest of the school will walk down to the Fleet Air Arm Museum to watch a performance by Belrose Public School's band. Following the performance, the students from Belrose Public School band will come back to our school to have lunch and a play with our kids.

Last week, invitations went out to all families who have children starting kindergarten next year. Our 2017 Kindies and their parents have been invited to attend our Transition to School program which will start on Thursday, 10th November and continue for 4 consecutive Thursdays.

Have a great week!

Regards
Mr Gordon Parrish
Principal

SWIMMING & WATER SAFETY PROGRAM.

The children have the remainder of this week on their swimming program at Bay & Basin Leisure Centre. Testing will be done on Wednesday and Thursday. Certificates will be handed out at the Week 4 assembly. A reminder to parents that each child's proficiency at swimming, according to their certificate, is dependent on what instructors see over the ten days of instruction. In order for children to maintain or improve their proficiency, they need opportunities to practise what they have learned.

NSW PSSA STATE ATHLETICS CARNIVAL

Last Wednesday and Thursday, Matthew Higham attended the State Athletics Centre in Homebush to represent the South Coast Region in the 200m and long jump. In long jump he came 13th and jumped a PB of 4.16m. In the 200m he ran a PB of 29.71sec in the semi finals and in the final he came 8th and produced another PB of 29.14secs. A wonderful performance from an athlete who is always able to rise to the challenge. Fantastic Matthew!

CANTEEN PRICE LIST – TERM 4

Attached to the bulletin is a canteen price list for Term 4.

BOOKCLUB

There are two outstanding online orders of Book Club that have not been collected from last month. The online orders did not have anyone's name attached to it. If you are missing any book club orders, please see the staff in the front office.

SCHOOL BAND

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

P & C TEA TOWEL FUNDRAISER 2016

All Tea Towel Order Forms are due back to school by this Friday, 28th October.

ONLINE PAYMENTS - P & C ASSOCIATION

Please note that there are to be NO online payments made to the school account for P & C Payments. All payments to the P & C are to be by cheque (made payable to Nowra Hill P & C Association) or cash. Thank you.

NO CANTEEN NEXT WEEK

Due to the Grandparents Day BBQ, there will be NO canteen next week, Wednesday, 2nd November.

HAPPY BIRTHDAY

Happy Birthday and best wishes to Holly Barrett and Charlize Watson who celebrate their birthday this week.

MERIT AWARDS

Kinder -	Isabell Parlato-Cordingley, Sonny Walker
K/1 -	Caitlyn Burney, Rhory Jones-Newing, Ella Moreau
1/2 -	Cala Stubbs, Noah Sheehan
2/3 -	Sophie Warwick, Jack Wilson, Olivia Oke
4/5 -	Austyn Cornelius, Ryan Boyne, Paige Kohler
5/6 -	Jade Muller, Lauren Hales

PRINCIPAL'S AWARD

Kinder -	Chelsea Lee
K/1 -	Lily Sproule
1/2 -	Jai Coates
2/3 -	Rylan Nichols
4/5 -	Camani Collis
5/6 -	Adam Viney

Social development: Suggestions for families

Family relationships and expectations have a major influence on children's social development. Family relationships set the foundation for children to relate to others. Children learn how to manage relationships by observing the ways that parents, carers and other family members relate to others.



How parents and carers can help

Teach social and emotional skills

Teach children social skills such as listening to others, taking turns, making friends and resolving conflict. Emphasise skills for cooperative and respectful relationships and acknowledge children's efforts to use them. For ideas about how you can teach social and emotional skills, see the range of KidsMatter Primary information sheets on social and emotional learning.

Use positive discipline

Setting reasonable expectations for children's behaviour, and communicating them clearly and respectfully, sets the tone for cooperation. Being consistent and positive in your approach to discipline communicates to children that they are valued, even if a particular behaviour is not. For further ideas, see the KidsMatter Primary information sheets on effective discipline.

Talk about values

Read stories that emphasise values with your children. Ask their opinions on whether they think a particular action is respectful, responsible, caring etcetera. Discuss the pros and cons of different kinds of values for promoting effective social relationships. Make talking about values and opinions part of everyday conversation, for example, by talking about things you see on TV.



Capitalise on 'teachable moments'

When something happens that requires a response which draws on values, it presents a 'teachable moment'. Ask children to think about what the problem is and what they could do to improve the situation. For example, when feelings have been hurt you could ask your child's opinion of what the person might be feeling hurt about. Extend your child's thinking through asking questions like, "How could you find out what Jo is feeling sad about?" and "What do you think you could do to help?"

Involve children in family discussions and decision-making

Encouraging children to contribute to family discussions and decision-making gives them practice in listening to others' views and seeing things from different angles. Listening and contributing to family discussions helps children understand what your values are and shows them that their voices are valued. Involving children in these ways in family discussions and decision-making promotes respectful and responsible behaviours.

Promote a strong sense of identity

When parents and carers notice and acknowledge what children do to help, it shows children that their contributions are worthwhile. This gives them a sense of pride and encourages them to 'do the right thing'. Help children to work out ways to stand up for what they believe in and let them know that you are proud of them when they do. This helps children to build confidence in their own strengths and values.

Supervise media use

It is very important for parents and carers to supervise children's media use and ensure that the things they view are appropriate for their age and level of understanding. When children are repeatedly exposed to violent or inappropriate media images they can see these things as normal. Children often imitate the behaviour they see on TV or on the internet.

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



Principals
Australia
Institute
Learning. Leading.

T4
2016

RECESS

Hot or cold milo	80c
Apple slinky ~ red	60c
Jelly cup	60c
Thick raisin toast	80c
Popcorn (GF)	80c
Chocolate Custard	\$1.00

LUNCH

Wraps & sandwiches

*White or wholemeal bread

*Toasted add 10 cents

*GF wraps available

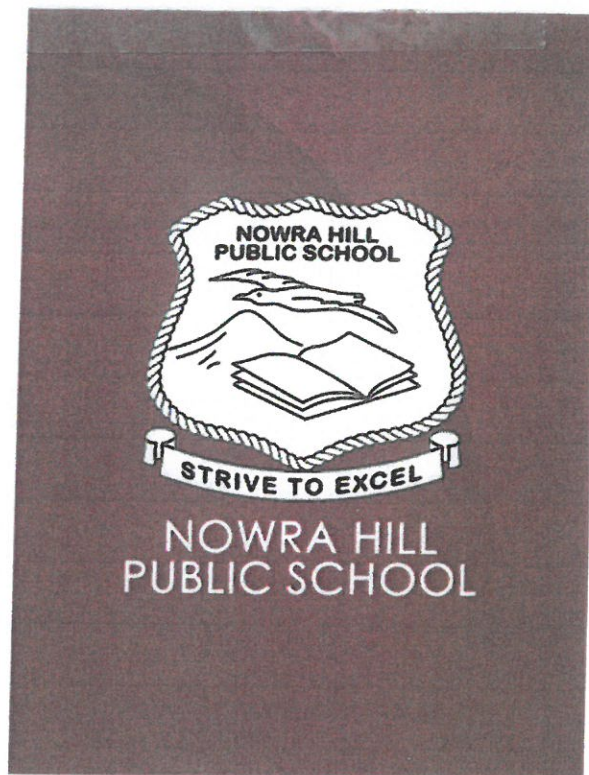
Chicken & cheese	\$2.80
Ham & cheese	\$2.80
Cheese	\$1.70
Salad	\$2.70
Vegemite	\$1.70
Egg & lettuce	\$2.00
Curried egg & lettuce	\$2.20

Extras

Cheese	30c
Tomato	30c
Pineapple	30c
Lettuce	20c
Carrot	20c
Cucumber	20c
Egg	50c
Curried egg	60c
Mayonnaise	20c
Tomato/BBQ sauce	20c

Hot food

Hawaiian pizza shield	\$2.50
Meat pie	\$2.50
Mini meat pie	80c
Giant sausage roll	\$2.50
Mini sausage roll	80c
Lasagne	\$2.50
Fried rice	\$2.50
Macaroni & cheese	\$2.50
3 chicken nuggets	\$1.50
6 chicken nuggets	\$3.00
Corn cobbett(GF)	80c
Noodles (beef or chicken)	\$1.20
Hot dog with sauce/mustard	\$2.50
Cocktail frankfurt (GF)	50c
Boiled egg(GF)	50c
Tomato/BBQ sauce	20c



Drinks

Chocolate milk	\$1.60
Strawberry milk	\$1.60
Bottled water	\$1.00
Juice popper	\$1.00

tropical, apple, orange, apple/blackcurrant

Iceblocks

Zooper Dooper	50c
KA blue - Red or Blue	60c
TNT sour tube	60c
Vanilla tub	\$1.00
Frozen yoghurt	\$1.00

Reminders:

*Please place child's **name/class** clearly on paperbag. List **recess &/or lunch** items with correct **pricing/money** enclosed/change required. Thankyou.

*Add 10 cents for brown paper bag if applicable

*Remind children to hand orders in before the first bell, & to return their order, after eating their lunch, for ordered ice blocks.

Any questions, suggestions or offers to help, please call Hayley Smits
040231654.

(updated Oct 3rd 2016)



ITZA PIZZA PARTY!

\$2 per slice
\$2 per Popper
\$1 Garlic
Bread
(2 pcs)



Cheese



Hawaiian



Supreme



BBQ Meat lovers



Garlic bread



Popper

Date: Fri 4th Nov

Orders Due Back

By: Tues 1st Nov

**Gluten Free available on request (Call Courtney 0418600831)*

All proceeds go towards helping our P&C and school to upgrade our school library!

Thank you for your support!

ORDER FORM (1 form per person please)

Name: _____ Class: _____

Pizza Type _____ Slices x _____

Pizza Type _____ Slices x _____

Garlic Bread – Number of slices (2 for \$1) x _____

Popper (circle flavor) Apple Orange Tropical ABC

TOTAL ENCLOSED \$ _____

ORDER FORM (1 form per person please)

Name: _____ Class: _____

Pizza Type _____ Slices x _____

Pizza Type _____ Slices x _____

Garlic Bread – Number of slices (2 for \$1) x _____

Popper (circle flavor) Apple Orange Tropical ABC

TOTAL ENCLOSED \$ _____

ORDER FORM (1 form per person please)

Name: _____ Class: _____

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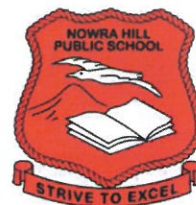
Garlic Bread – Number of slices (2 for \$1) x _____

Popper (circle flavor) Apple Orange Tropical ABC

TOTAL ENCLOSED \$ _____

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: \$