

THE BULLETIN

Nowra Hill Public School

382b BTU Road Nowra Hill NSW 2540

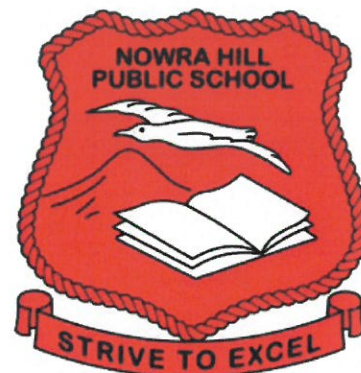
Tel: 02 4421 5671

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

CANTEEN: Wednesdays

UNIFORM SHOP: Friday 2.30pm – 3.15pm

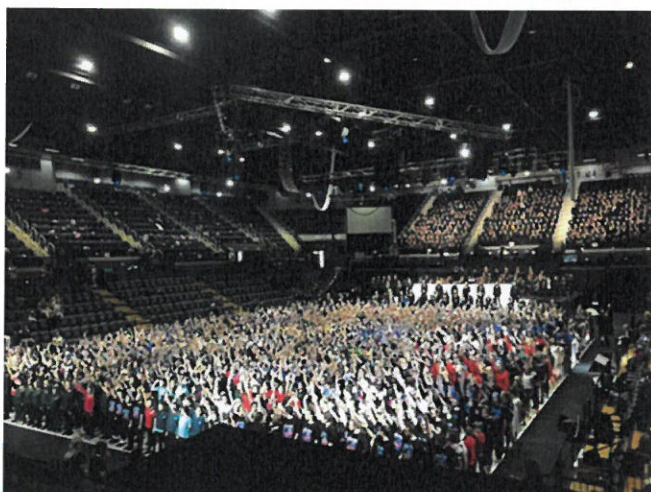
ASSEMBLY: Fridays 9.00am



Term 3, Week 7 – 30th August 2016

Dear Parents and Carers,

A big congratulations to our Southern Stars team who performed during the "Ignite" spectacular last week and over the weekend. An absolutely fabulous effort from our students, who were part of a 3000 strong cast. A massive thank you to all the parents who supported their children over the course of the week, with special mention to Mrs Sera Kohlar who supported Miss Reminis so well. I would like to thank Miss Reminis personally for all the time and effort that has gone into supporting our students in this event. Without such dedication and commitment our students would not be able to participate, thanks Sally!



DATES TO REMEMBER

Wednesday	31st August	Tapstars Perform
		Father's Day Stall
Thursday	1st Sept	K/1 HMAS Albatross Visit
Friday	2nd Sept	AFL Clinic
Monday	12th Sept	P & C Meeting - 6pm
Thursday	8th Sept	Basketball Gala Day (Yr 3 & 4 boys)
		Kinder/Yr 1 Excursion
Friday	9th Sept	Basketball Gala Day (Yr 3 & 4 girls)
Friday	16th Sept	AFL Clinic
Friday	23rd Sept	AFL Clinic Last Day of Term 3
Tuesday	5th October	First Day of Term 4
Mon-Fri	17-28th Oct	Swimming Scheme

It was great to see so many students and staff dressed as their favourite book character for last week's Book Week character parade. We had a fantastic roll up of parents and family members to support the morning. The students also enjoyed a read around the school following the parade, visiting each classroom to engage with stories read to them by our teachers. It was a great day, and a big thank you to Miss Rigney for organising the event.



Today, we have the Town Library visiting with a Readers Therate to celebrate last weeks Book Week. On Wednesday, the Shoalhaven Council's show Tapstars that promotes water conservation will be visiting, and on Friday we have the beginning of the AFL clinics for all students.

Mrs O'Sullivan and Mrs Jones are doing a great job in the office and are busy learning the new LMBR system that will shortly take over from the old Oasis management system that has been the backbone of school administration for over 30 years. We will cut over to the new system just after the holidays and there will be a few minor disruptions to how we collect money. We will keep you informed.

Kinder and Year 1 students are reminded to get their notes and money in for the Erth's Dinosaur Zoo performance at the Shoalhaven Entertainment Centre next week. For more information check our school App, a note was sent out on Friday.

You will find our first Student Wellbeing newsletter attached, please take some time to read and look through it, we hope to have a new edition each week to let parents know where we are at in regards to implementing important reforms across our school.

Mrs White is coordinating and supporting staff in the implementation of How2Learn and the Kidsmatter framework across the school, which are designed to support and enhance student engagement and learning. This week we are introducing the Friendly Schools Plus program to support the explicit teaching of social and emotional skills across the school.

I hope you enjoy your week!

Regards

Mr Gordon Parrish
Principal

REGIONAL ATHLETICS CARNIVAL

This Friday, Matthew Higham will be in Canberra for the Regional Athletics Carnival. He is representing our school, the Small Schools and the Shoalhaven District in several events. We wish Matthew all the very best and congratulations on achieving such wonderful personal results. As always, Matthew is 'striving to excel'.

YEAR 3/4 BASKETBALL GALA DAYS

In Week 8 all the Year 3/4 children will be participating in the Basketball Gala Days being organised by Shoalhaven Basketball. The boys will be playing on Thursday 8th September and the girls will be playing on Friday 9th September. Children will be transported by private vehicles. Notes will be coming home this week.

K/1R VIST TO ALBATROSS

This Thursday, 1st September K1/R will be visiting HMAS Albatross for a tour of 808 Squadron and a visit to the gym for some team-building activities.

The students will be supervised by Miss Reminis and Mrs Millard. The group will leave Nowra Hill at approximately 9:15am to walk to the base and are expected to be back at school by lunchtime.

P&C NEWS

Pie Drive – Volunteers are needed to help when the pies arrive TOMORROW, Wednesday 31st August. Three more volunteers are needed to help sort the pies in the morning at 11.30am and two to hand them out in the afternoon at 2.30pm. Any help would be greatly appreciated.

FATHER'S DAY STALL

The Father's Day stall will be held tomorrow, Wednesday, 31st August at morning tea time. All gifts are \$5.00 each.

SCHOOL SWIMMING AND WATER SAFETY PROGRAM TERM 4

Year 2-6 students will have the opportunity to participate in the School Swimming and Water Safety Program being run at the Bay and Basin Leisure Centre next term in Weeks 2 and 3 between 12.15-1.00pm. This program focuses on students in Year 2 and 3 who have not reached a satisfactory standard of water safety and water survival skills and are unable to swim 25m confidently in deep water, but all students from Year 4-6 are welcome to apply.

Over the next two weeks, we will be taking expressions of interests from parents who would like their child to participate in this 2 week program. There are 60 places available for Nowra Hill students, so please return your expression of interest as soon as possible because we have had families miss out in the past.

Year 2 and 3 children will have priority and then children from Years 4-6 who may need practise in swimming skills. Children who are capable and proficient swimmers are encouraged to send in an expression of interest and will be provided with a place in the scheme if they are available.

The cost for the 2 week program is \$65.00 which includes bus transport and pool entry. The lessons are free. Many thanks to the Nowra Hill P&C who have, again, kindly provided funds to subsidise part of the cost of the bus so as to make this valuable scheme financially accessible to all families.

Please indicate on the expression of interest, on the bottom of the bulletin, whether your child is a non-swimmer, weak swimmer, average swimmer or proficient swimmer so we can prioritise placements if we have more than 60 children apply for the program.

Please return expressions of interest no later than FRIDAY, 9th September (end of Week 8). Permission notes for the scheme will then be sent home to all children on TUESDAY, 13th September (Week 9) and will have to be returned to school with the \$65 payment by the end of term so everything is finalised for the beginning of the program in Term 4.

CANTEEN

Due to many concerns from our canteen volunteers we have decided to limit the lolly purchases to only **one lolly** per child as some have been spending up to \$5.00 on just lollies.

We are still after a new canteen coordinator.

The role of the canteen coordinator:

- It is most important that every Wednesday even if not rostered on you could be available in case a volunteer does not make it.
- You must find a replacement helper (happens regularly) if a volunteer cannot make it.
- Must join P & C meetings monthly to give canteen report and P & C to approve any changes.
- Weekly duties, thorough shopping list made and make orders.
- Orders from Southern Sweets Fridays for delivery Monday.
- Orders from V & C Monday for Wednesday morning delivery.
- Shopping on Tuesday from Aldi and deliver to school Tuesday arvo or on the Wednesday.
- Receipts go into pigeon hole at school for Sheree, our treasurer to give you a cheque for.
- A roster for this year has already been made.

Thankyou

SOUTHERN STARS

This Friday, the Southern Stars team will be receiving an award at assembly. Parents are welcome to come along if they wish.

A reminder, if there is any outstanding Southern Stars money owing it needs to be paid urgently. Thank you for your support.



HAPPY BIRTHDAY

Happy Birthday and best wishes to Seth Jarrett who celebrates his birthday this week.

BAND FEES

Band Fees for Term 3 are now due. Cost is \$50.00 per term. All cheques are to be made payable to the "Nowra Town Band". As all payments go directly to the Nowra Town Band please put money or cheque in an envelope addressed to them. There is to be no POP payments made for band fees.

MERIT AWARDS

Kinder – Cooper Shaw, Cohen Brown, Miley Winchester, Chelsea Lee
K/1 – Marley Jade Brant, Xavier Bendall, Ella Moreau
1/2 – Cala Stubbs, Jai Coates, Heidi Lovell
2/3 – Rhiannon Andrews, Emmy Goley, Billy Steve
4/5– Geena Viney, Charlie Manwaring
5/6 – Harri Morgan Brown, Pippa Walsh, Litia Schell

PRINCIPAL'S AWARD

Kinder – Madeline Oke
K/1 – Evie Starkey
1/2 – Thomas Manwaring
2/3 – Riley Ball
4/5– Beau Crealy
5/6 – Hunter Woods

SCHOOL SWIMMING AND WATER SAFETY PROGRAM TERM 4

I would like my child to participate in the SCHOOL SWIMMING AND WATER SAFETY PROGRAM during Weeks 2 & 3 in Term 4.

Child's name:

Class:

Please indicate to the best of your knowledge your child's swimming ability:

Non-swimmer

Weak swimmer

Average swimmer

Proficient swimmer

(PLEASE CIRCLE ONE)

Parent signature:

Dated:

Wellbeing Matters

Welcome to our new Student Wellbeing page, where you can keep up to date with the latest research and news about student wellbeing. We will also be taking the time to introduce and expand our new ideas and initiatives that focus on student wellbeing here at Nowra Hill Public School.

Our moral imperative

We believe it is our moral imperative as educators to not only teach the curriculum content, but to work with parents to grow socially and emotionally responsible citizens who are ready to face the challenges of the dynamic world in which they live.

The World Health Organisation estimates that by 2030 depression will be the number one health concern in both the developing and the developed nations. This is the future that today's children face in just 14 years.

KidsMatter

We have recently introduced you to the KidsMatter framework. This framework is evidence-based and developed and supported by the Australian Government, Beyond Blue and the Australian Psychological Society. It is the framework we are using here at Nowra Hill, to govern all that we do, including reviewing and updating our Student Wellbeing, Welfare and Behaviour policies and procedures. The framework focuses on four key components of Positive School Community, Social and Emotional Learning, Working with Parents/Carers and Helping Children with Mental Health Difficulties.

There is further reading about KidsMatter on the school app and on the KidsMatter website.

Positive Behaviours for Learning

Under the KidsMatter framework, sits our existing PBL program that sees the explicit teaching of our school values of Respect, Responsibility and Safety.

How2Learn

Sitting alongside our values of Respect, Responsibility and Safety is our core business of Learning. We have kept you up to date with our How2Learn journey this year through the newsletter and during our Education Week Parent Forum.

How2Learn is a NSW Department of Education initiative that provides a comprehensive toolkit for school leaders to initiate change in a school and build a powerful learning environment. A significant part of How2Learn is the explicit teaching of the 20 learning habits – which focus on the *how* part of learning. We will keep you up to date, but be prepared for talk from your children about the Learning Pit, Growth and Fixed Mindsets and our Learning Superheroes.

Friendly Schools Plus

A key component of KidsMatter is the explicit teaching of social and emotional learning. At NHPS we have decided that we will begin this explicit teaching of social and emotional learning through both the How2Learn learning habits and through the evidence-based program Friendly Schools Plus.

Friendly Schools Plus groups the important social and emotional understandings and skills into the five key areas of Self-awareness, Self-management, Social awareness, Relationship skills and Social decision-making.

Every Wednesday afternoon, each class across the school, will be dedicating time to the explicit teaching of these skills using the Friendly Schools Plus program. We are all very excited about this program and look forward to sharing our journey with you.

Please see over the page for further information about social and emotional learning.

Wellbeing Matters

What is social and emotional learning?

Social and emotional learning (SEL) is the process of developing and practising important social and emotional understandings and skills. These understandings and skills can be grouped into five key areas.

Self-awareness skills enable us to recognise and understand our feelings, while valuing our strengths and abilities.

Social awareness skills help us be aware and respectful of the feelings and perspectives of others.

Self-management skills enable us to control and direct our emotions in appropriate ways.

Social decision-making skills help us to consider the consequences of our actions and make thoughtful, sensible decisions.

Relationship skills help us to deal positively with relationship problems and social conflicts.

Benefits of social and emotional learning

Improving social and emotional skills has a positive influence on children's attitudes, behaviours and performance. A review of 317 studies involving over 300 000 children found that social and emotional learning programs were beneficial for children and young people aged from 5 to 18 years, from urban and rural communities, with or without behavioural or emotional problems.

SEL improved participant's social and emotional skills, coping skills and resistance to negative peer pressure; resulted in more positive attitudes towards themselves, others, and their schools; improved social behaviours and cooperation with others; decreased risky, antisocial and aggressive behaviours; and decreased emotional problems, including anxiety and depression.

Other research also suggests that SEL improves health outcomes for young people, including a decreased risk of tobacco, alcohol and illicit substance use problems, mental health problems and suicide.

SEL programs also improve academic success with students demonstrating improved grades and test scores, more positive attitudes towards school and better school attendance, as well as heightened trust and respect for teachers, improved management of school-related stress, improved participation in class and fewer suspensions.

These programs also show evidence of long-term effectiveness, especially if social skills are developed and consolidated across several years. Importantly, the positive effects of social and emotional learning can extend beyond the individual with improvements in students' social and emotional skills are likely to have a positive influence on their schools, families and broader communities.

Friendly Schools Plus Program

The FSP resource uses stories and literature, cooperative games, role-plays, problem solving and reflective activities to encourage students to identify and understand their emotions, consider the perspectives of others, negotiate tricky situations, and make well-reasoned decisions. This comprehensive resource provides sequential interactive and engaging learning activities to explicitly build social and emotional competencies in students that are important for each major developmental stage.