
Term 1, Week 4 – 15th February, 2017

The Bulletin

Nowra Hill Public School

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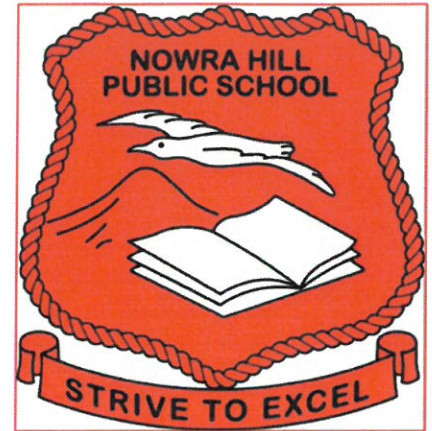
E: nowrahill-p.school@det.nsw.edu.au

W: nowrahill-p.school.det.nsw.edu.au

CANTEEN: Wednesdays

ASSEMBLY: Fridays

UNIFORM SHOP: Fridays 2:15-3pm



Dear Parents and Carers,

We had a fantastic day yesterday at the **Small Schools Swimming Carnival**. Our students represented Nowra Hill Public School with pride and I'd like to congratulate them all on their participation and enthusiasm. I'd also like to thank all our Nowra Hill staff who worked hard running the carnival, and to the many parents who kindly helped out with jobs, your support was greatly appreciated! A special thank you to Mr Vucic and Mr Bagnall for their organisation and hard work and to NHPS parents Karen Higham, Melissa Salway and Mark Goley for their assistance all day.

Last Thursday night, we held our **Welcome BBQ and Meet the Teacher sessions**. Thank you to everyone who braved the heat and were able to come on the night. If you couldn't make the relevant sessions, please touch base with your child's teacher and they will make sure you catch up on anything missed. All teachers will make time to meet with you, so just call the office for a time, or make a time directly with the teacher. A special mention to Simon DeBrett and David Steve for manning the BBQ on what was a very hot night!

Special Religious Education (SRE) started last Thursday. Further information about SRE was in last week's newsletter and is also on the NHPS App. Please remember that your child will participate in SRE lessons, unless a written withdrawal note has been received this year.

Upcoming Events

February 21

Band Commences (Yrs 4,5,6)

February 22

Peter and the Wolf
Performance

February 24

District Swimming Carnival

March 3

Scienza Viva Show



Next Tuesday, our **School Band** lessons will commence with Mr Sadler. This is a wonderful opportunity for your child to receive some instrumental tuition at a low cost. Band fees are \$50 per term, which includes instrument hire from the Nowra Town Band. If you would like your child to join our School Band, they will need to request a letter from the school office and have it returned ASAP.

Next Wednesday, 22nd February, all students will experience a performance by **Illawarra On Pointe Productions Concert Orchestra**. Telling the story of a courageous child and his animal friends, "Peter and the Wolf" is a great introduction to classical music and the instruments of the symphonic orchestra, with each instrument representing a different character in the story. At the end of the performance, there will be an opportunity for the students to meet the musicians and get up close with the instruments. The performance will cost \$5.00 per child. Notes will be coming home tomorrow.

Finally, a reminder that all students need to be wearing a **school hat**, or they will need to spend play time under the weather shed. School hats are available for sale directly from the school office for \$7.00. On these very hot days we have been experiencing, our extreme weather policy is implemented and outside play and physical activity is limited as appropriate. We are very fortunate at NHPS to have air conditioning in every classroom!

Warm Regards,

Mr. Gordon Parrish,

Principal



Classes 4/5 and 6 enjoyed a visit from NRL Development Officers and the Dragons.

Merit Awards

KR – Josie Sproule,
Kayleigh McCall, Kelsey D

K/1R – Brookelin Shaw,
Hunter Auld, Khloe Little

1/2R – Max Hughes, Noah
Sheehan, Chelsea Lee

2/3B – Jackson Davis, Taj
Westall, Olivia Oke

3/4V – Emily Rose Goley, Jai
Coates

4/5B – Beau Creal, Dylan
Stockley

6WP – Charlize Watson,
Hunter Woods, Imogen
Radburn

Library – Maddison Caruana

Principal's Awards

KR – Connor Van
Amelsvoord

K/1R – Armani Dias

1/2R – Danny Elters

2/3B – Riley Peters

3/4V – Leigha Barrett

4/5B – Georgia Green

6WP – Paige Kohler

More Important News

DISTRICT TRIALS

Last Monday Harri Morgan-Brown and Nicholas Iloski attended the District Soccer Trials in Bomaderry. Congratulations to Harri who was successful in gaining a place in the District team to attend the Southern Illawarra Trials in Kiama on March 6th. Harri will be playing in the very demanding role of goal keeper. Well done to both Harri and Nicholas for representing their school at the trials.

Yesterday, Mitchell Downey and Matthew Higham attended the District Cricket trials. Congratulations to both boys who secured a place in the District team to now trial for a place in the Southern Illawarra Zone side. Good luck boys.

Next Wednesday, 22nd February, Charlie Manwaring, Oscar Goley and Jade O'Connell will be attending the District Tennis trials at Narang Road Courts. We wish all children the best of luck.

FISST (SMALL SCHOOLS) SWIMMING CARNIVAL

Yesterday all the 8-13 year old children participated in the Small Schools Carnival. Results should be finalised by tomorrow so we will know who will be representing Nowra Hill and the Small Schools at the District Carnival on Friday, 24th February at Nowra Pool. Transport will be by private vehicle.

SCHOOL BANKING

School banking will commence from Tuesday, 21st February. On Thursday, 16th February anyone wanting to open a new account should come along with their child to the meeting at 8.30am at the school.

NOWRA HILL PUBLIC SCHOOL - THE BULLETIN

- I would still like to receive a hard copy of the The Bulletin each week.
- I am happy to read The Bulletin on the APP/Website each week and DO NOT require a hard copy.

Parent Name: _____

Child's Name: _____

Birthdays

Happy Birthday and best wishes to the following students who celebrate their birthday this week.

Beau Crealy

Jaxon Bruzzese

Danny Elters

Hudson Machin



Why connect at school?

Peter held his daughter Rachel's hand tightly. It was a first for him to be taking Rachel to school. His heart was pounding as they made their way to the classroom. There was the teacher, Ms Lim. She smiled at them, "Welcome Rachel, hello Peter." Another child waved at Rachel. She seemed happy to have a friend to play with. So why was Peter still nervous?

"We're having a morning tea for parents next week. Will you come?" Ms Lim asked. "I'll try," Peter said. "It all seems different from when I went to school," he thought as he headed out the door. "They seem to want parents to be involved. I wonder what else has changed?"

Schools can be scary places, and not just for children

Parents and carers also need to feel welcome and at ease to get the most out of being involved with their children's school.

When parents and carers are involved and connected with school, children are better learners and have better mental health and wellbeing. This is an important emphasis in schools nowadays that may be very different from what parents or carers remember, or what they may have experienced in another country.



Connecting at school

Being connected at school is not about having mobile phones and computers. It's about knowing you can get support, that you will be listened to, and that you can work together with school staff to help your child learn and develop. Working together to care for children is the best way for schools and parents and carers to support children's mental health and wellbeing.

- When schools and parents and carers work together, children find it easier to understand what is expected from them and are better able to manage. They have fewer behaviour problems and do better at school.
- When parents and carers are connected to school it helps them get support when they need it. Support may come from talking with teachers or other school staff, or from making connections with other parents and carers. Schools help families to connect through having lots of different activities that parents and carers can get involved in.
- Being connected to the school helps keep parents and carers informed. Parents and carers who are informed about what their children are learning at school and about opportunities to get involved are able to support them better at home.

School is a place for adults to make new friends too!

Having opportunities to get to know other parents and carers, to find out how to support children's learning, or to get involved in class activities can help parents and carers feel connected to the school.

Working together is the best way to support children's mental health and wellbeing.

How parents and carers can get connected to the school

- Make contact with your child's teacher and keep in touch. Ask for help if you don't understand something.
- Check for notices that are sent home and keep informed about school activities through the school newsletter.
- Attend information sessions and social activities at the school whenever you can.
- Make contact with other parents and carers at your school: perhaps meet up informally with parents or carers of other children in your child's class, find out about parent social groups that meet at or near the school, or join a parent committee.
- Take an interest in the school council and consider joining it if you have the time and skills.



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.



Department
of Industry
Resources & Energy

Support to Pay Electricity and Gas Bills*



Help is available to pay
your energy bills.

For information on
rebates and emergency
assistance go to:

[www.resourcesandenergy
.nsw.gov.au/rebates](http://www.resourcesandenergy.nsw.gov.au/rebates)

or phone Service NSW
on 137 788

* eligibility criteria apply

YOU COULD BE ELIGIBLE FOR ONE OR MORE OF THESE REBATES/ASSISTANCE PROGRAMS

Family Energy Rebate* – \$150 or \$15 per year – If you are the electricity account holder in your household, have dependent children and receive a DHS payment called Family Tax Benefits (Part a or B), you could qualify for this electricity rebate. Information on application deadlines is available from our website.

NSW Gas Rebate* – \$90 per year – If you have natural gas or use LPG for cooking, heating or hot water, you could qualify for this gas rebate. To be eligible you will also need to be the gas account holder and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA.

Medical Energy Rebate* – \$235 per year – You could qualify for this rebate if you, or someone living with you, have an inability to self-regulate body temperature which is often associated with medical conditions such as Parkinson's disease and Multiple Sclerosis. The electricity account holder in your household must have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card.

Low Income Household Rebate* – \$235 per year – If you are the electricity account holder in your household and have a DHS or DVA Pensioner Concession Card, DHS Health Care Card or a DVA Gold Card marked with WW, TPI or EDA, you could qualify for this electricity rebate.

Life Support Rebate* – If you are required, or have someone living with you who is required, to use approved energy-intensive medical equipment at home, you could qualify for this electricity rebate. Information on approved equipment and rebate rates is available from our website.

EAPA* – Energy Accounts Payment Assistance Scheme – helps people experiencing a short term financial crisis or emergency to pay their electricity or natural gas bill. The scheme helps people stay connected to essential energy services during a financial crisis. EAPA is not means tested and you do not need to hold any DHS or DVA concessions cards to access this scheme.

HOW CAN I GET MORE INFORMATION AND WHERE DO I APPLY?

The Department of Industry website has all the information you will need to determine if you are eligible for an energy rebates or emergency assistance. Go to www.resourcesandenergy.nsw.gov.au/rebates for further information.

If you do not have access to the internet you can call Service NSW on 137 788 and talk to a customer service officer about your circumstances. Service NSW can also post you application forms.

If you have an electricity or natural gas account with an energy retailer you can call them to apply over the phone for the Low Income Household Rebate and NSW Gas Rebate. Your retailer can also provide you with application forms for other rebate programs.

REMEMBER

If you have a DHS (Centrelink) Health Care Card you could qualify for the Low Income Household Rebate and/or NSW Gas Rebate.