

The Bulletin

Nowra Hill Public School

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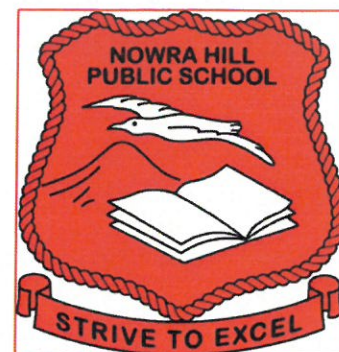
Dear Parents/Carers,

I have recently had cause to follow up on a few incidents related to behaviour on **buses when travelling to and from school**. While I have taken action to address the issues with students from our school, I have also followed up a number of matters with the Principal from Falls Creek School and with the bus companies themselves. If your child experiences bullying or inappropriate behaviour on the bus, it is vitally important that they report it to the bus driver at the very next safe opportunity, **the next stop!** The driver is then bound to report it to the bus company, and the bus company will make a report to the Department of Transport if they think it is warranted. Action can then be taken by the Department of Transport, including suspension, to ensure the safe passage of students to and from school.

This coming Friday, our Canteen will be holding a **Pancake Day** to help celebrate Easter and St Pat's Day. Yes, pancakes and topping may be Green!!!! Each pancake will cost \$1.00 and a variety of topping (again Green) will be available. Students are asked to place their orders in the morning with a clearly marked paper bag stating their name, class and number of pancakes they wish to purchase. The correct money would be greatly appreciated.

The beginning and end of the school day are busy times for pedestrians and vehicles outside schools. **Parking signs** are planned with your child's safety in mind.

It is helpful for everyone if you park safely, even if you have to walk further to the school gate. This is a good time to model positive road safety behaviour and physical activity for your child.



Weekly Events

Mondays

Library

Tuesdays

School Banking

Wednesdays

Canteen

Thursdays

Scripture

Fridays

Sports Uniform

9am – Assembly

2:15pm – Uniform Shop

Upcoming Events

March 17

Pancake Day

March 22

Yr 3/4 Gala Day

March 31

NHPS Cross Country

April 7

Last Day of Term 2

April 26

Students return for Term 3

Drop your child off and pick them up on the school side of the road. Calling out to them from across the road is dangerous – they may run to you without checking for traffic. This will help keep all children as safe as possible during the busiest times of the school day.

Dangerous driving behaviour around schools puts children at risk.

Model safe and considerate behaviour for your child – they will learn from you.

Thank you to those parents who have been taking extra care in the **carpark area**. We ask for your continued support in this area by:

- **Not parking over or near the footpath leading down to the bus stop**
- Using the parking directly in front of the school fence as a "Kiss and Drop" zone only
- **Parking on the grassed area only if parking and leaving car**
- Using the grass triangle as a pseudo-roundabout
- No foot traffic through the bottom staff carpark gate

I have met with Shoalhaven City Council and the Department's Road Safety Officer. The council is going to install No Parking signs along the path to the Bus Stop and near the Front gate. The area that is now Reverse Parking will become a Kiss and Drop Zone. We have scheduled a meeting with Defence Estate Upkeep Service Delivery to discuss parking options.

As I mentioned last week, I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. **The survey is now open and students will be participating if we haven't receive an objection from their parents.**

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school ASAP. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

Don't forget the Premier's Reading Challenge is on and our school has entered this valuable experience with students being instructed on the process in library lessons. **I have added parent information to the NHPS App and Facebook page to inform and assist parents.** If mums and dads could take the time to help their child add reading details to the online reading log, it would be a great help to us here at school.

On Monday we held our AGM for our P&C, which was very well attended, thank you. I would like to take this opportunity to thank our Executive group for all their hard work and drive throughout 2016. In particular I would like to thank Mrs Phaedra Walsh and Mrs Sheree Schell who stepped down as President and Treasurer respectively, Phaedra and Sheree your help, ideas and leadership of the P&C have been greatly appreciated over the past 12 months. Our new P&C executive is:

Mrs Courtney Usher – President
Mrs Nicky Lovell – Secretary
Mrs Melissa Salway – Treasurer
Mrs Lyndal Thomas – Vice President
Mrs Karen Higham - Uniform Coordinator
Mrs Hayley Smits and Mrs Jo Tiyce – Canteen Coordinators

I would like to welcome our new executive and I look forward to working with you all throughout our 150th year!

Kind Regards,
Mr Gordon Parrish
Principal

More Important News

BOOKCLUB

Bookclub was sent home with students today. Please ensure that orders are returned to school by Friday, 24th March.

We have a bookclub order in the office without a students name on it. If you did not receive your bookclub from last months order please come to the front office.

FISST (SMALL SCHOOLS) SWIMMING RIBBONS & MEDALLIONS

This Friday, we will hand out the FISST ribbons and medallions. Apologies to Dylan Stockley who is officially the 11 year boys champion and due to an oversight on my part should have originally been announced as age champion. Congratulations also to Denzel Atkinson and Lois Fleming who will be receiving their medallions on Friday.

DISTRICT TRIALS

Harri MB attended the Regional Soccer Trials at Kiama on Monday. Although he wasn't selected in the Regional team, it is quite an achievement to be selected in the District team, especially as goal keeper. Well done Harri!

Today Lois Fleming and Charlize Watson will be attending the District Netball Trials. Best of luck girls.

Merit Awards

- KR** – Jett O'Connell,
Makensie Burney,
Ava Rose Day
- K/1R** – Josie Lovell, William
Tiyce, Caitlyn Burney
- 1/2R** – Matua Maiden,
John Lamb, Allira Douglas
- 2/3B** – Skye DeBrett, Ebonie-
Lee Day, Jackson Caruana
- 3/4V** – Sean Van Hoven,
Alina Henry
- 4/5B** – Grace Fahey,
Ryder Brown
- 6WP** – Holly Barrett, Hayden
Davis-Brown, Ty Fahey

Library – Ty Fahey

Principal's Awards

- KR** – Josie Sproule
- K/1R** – Brookein Shaw
- 1/2R** – Isabell Parlato-
Cordingley
- 2/3B** – Heidi Lovell
- 3/4V** – Thomas Manwaring
- 4/5B** – Malakai. E
- 6WP** – Dylan White

REGIONAL SWIMMING

Last Wednesday, Denzel Atkinson and Matthew Higham attended the Regional Swimming Carnival to represent the Small Schools and the Shoalhaven District. Congratulations again to Matthew who performed extremely well and will now be representing the South Coast Region at the State Swimming Championships in Sydney on the 5th & 6th of April.

YEAR 3/4 AFL GALA DAY

Notes will be coming home today with all Year 3 & 4 students for the AFL Gala Day on Wednesday, 22nd March (next week). Please return notes promptly as a transport note will need to go home as we have a large group of children who require transport by private car. The cost of the day is \$2.00 per student.

CROSS COUNTRY TRAINING

Weather permitting, we will have cross country training for the whole school every Wednesday and Friday in preparation for our school cross country carnival on Friday, 31st March.

UPDATED DETAILS

A reminder that any updated change of address or telephone numbers need to be advised to the school. This can be done through the school app or an email to the school.

EASTER RAFFLE

The school P & C are holding an Easter Raffle this year. We are still after donations of easter eggs, baskets, ribbons or cellophane. Please hand all donations into the front office by Friday, 31st March. The raffle will be drawn on Wednesday, 5th April. Thank you to those families that have already donated to this great raffle.

2017 HIGH SCHOOL EXPRESSION OF INTEREST APPLICATIONS

The Information Guide and Expression of Interest Forms for Parents and Carers are being sent home last week with the Year 6 students. We kindly ask that you fill them out and return it to the front office promptly.

SCHOOL FEES

It would be appreciated if parents could pay for the school fees as soon as possible. If there is a problem with payment please contact the school office.

Kinder - \$61.50	K/1 - \$61.50
1/2 - \$78.00	2/3 - \$74.00
3/4 - \$59.00	4/5 - \$59.00
6 - \$65.00	

Birthdays

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

Hunter Auld

Winter Clark



Everyone gets mad

"Hi Dylan. How was school today?" "All right," says Dylan, but the way he throws his bag into the car says something different. Dylan gets into the car, roughly pulls off his jacket and manages to elbow his younger brother. "Can't you be more careful Dylan?" his mother says.

No answer.

Later at home Dylan gets really angry when he finds a favourite toy missing from his shelf. Then when he is asked to turn off the television and help get things ready for dinner, he ignores his mother's request. When she asks again, he storms off angrily into his bedroom and slams the door.

Over dinner Dylan's mum asks him, "What's up?" Dylan just shrugs, "Nothing."

It's easy to see that Dylan is pretty angry about something, but it's hard to tell what it's about. Did something happen at school? Is he worried about the soccer game coming up on the weekend?

Helping children learn to manage anger

Children's angry behaviour is often difficult to deal with because it stirs up feelings of anger and annoyance in others. It can also frustrate parents and carers when anger is used to push them away. If you were Dylan's mum how would you feel? Annoyed? Frustrated? Tense? Angry?

Everyone feels angry at times. Parents and carers can help children learn how to cope with anger in positive ways by teaching them to be aware of feelings, to find appropriate, safe ways to express them, and to identify and solve the problems or frustrations that lead to angry feelings.

Learning skills for understanding and dealing with anger will make it easier for children to solve problems, get help when needed and be more relaxed around others.



How parents and carers can help

Be aware of feelings

Children need to learn that having angry feelings is normal and okay, but that reacting aggressively towards others when they're angry is not. Adults can help children become aware of feeling annoyed, frustrated, angry or furious by naming feelings. Learning to say, "I'm feeling angry," or "I'm really frustrated," gives children a way to separate feeling angry from how they react.

Time to talk

Talking to Dylan about what has put him in an angry mood will help him see that feelings have causes and that solutions can be found. Once you find out what he was angry about you can help him think up better ways to handle the problem.

This kind of conversation doesn't work while he is really angry. Sometimes it must wait until later. Children often find it easier to talk in informal situations where they feel less pressure. Find a relaxed time to talk to children about feelings. Asking, "What makes you angry?" can be a good way of starting a conversation about anger.

Find alternatives

Getting children to think through a difficult situation helps them develop problem-solving skills. Asking, "Is that what you wanted to happen?" or "What else could you have tried?" encourages children's helpful thinking. Thinking of alternative solutions helps children plan different ways of reacting next time. Be sure to praise their efforts.



Have ways to calm down

When emotions are strong, it is easy to act without thinking. Encourage your child to take control and allow time for the emotions to subside. Walking away, using a quiet spot to think, or doing something else like riding a bike or listening to music are all activities that can assist in reducing strong emotions.

'Cool-down' steps to teach children

- 1 Recognise that you are angry
 - Notice the body signals that mean you're angry (eg getting hot, racing heart, tense muscles)
 - Give a number from one to 10 to show how angry you are
- 2 Cool down your body
 - Breathe slowly
 - Take time-out in a quiet place
 - Go for a walk, do something physical
 - Draw how you feel
- 3 Use coping self-talk
 - "It's okay. I can handle this."
- 4 Try to solve the problem
 - Talk to someone who is a good listener
 - Plan what to do next time

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
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