
Term 1, Week 9 – 22nd March, 2017

The Bulletin

Nowra Hill Public School

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Dear Parents/Carers,

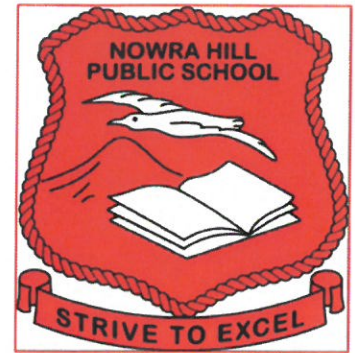
Term 1 has been a busy term for the whole school, and especially for teachers as they set up their classrooms, get to know their kids and get into the swing of learning for the year. We are lucky to have such dedicated teachers at our school, who are committed to best practice and evidence based learning.

Many of our teachers have been extra busy this term as they embrace new and exciting professional learning opportunities which challenge existing educational paradigms, build teacher capacity and ultimately improve student outcomes. I thank teachers for their commitment and willingness to embrace new learning for themselves – it is our students who will benefit.

We are beginning to see a whole range of improvements in student engagement and wellbeing, directly related to many of the changes we have embraced here over the past year. I would like to direct parents to the NHPS App, in the Parent Information section you can find a copy of our New School Handbook. **The School Handbook gives parents all the necessary information about our school and how we do things, pages 16 – 18 in particular highlight our newly redeveloped Student Wellbeing and Discipline procedures.**

Can I also remind parents that all content and functionality that is on the **NHPS App** is also available on our school website (<http://www.nowrahill-p.schools.nsw.edu.au/>) under the SkoolBag tab.

Today, we had some teachers from another local school visit our Year 6 classroom to learn about our new approaches to classroom design and inquiry based learning, and they will return to their school with a long list of ideas! Meanwhile, this afternoon, some of our teachers had the opportunity to visit another school and see how they are implementing visible learning in their school.



Weekly Events

Mondays

Library

Tuesdays

School Banking

Wednesdays

Canteen

Thursdays

Scripture

Fridays

Sports Uniform

9am – Assembly

2:15pm – Uniform Shop

Upcoming Events

March 31

NHPS Cross Country

April 5

School Disco

April 7

Last Day of Term 2

April 26

Students return for Term 3
ANZAC service at NHPS

On Friday, we will also have 4 staff members attend a workshop on creative and critical thinking in Wollongong. Our Kindergarten teachers have also taken on a year-long journey of learning as they train in the L3 program, which is a highly effective and valued model of teaching literacy in the early years.

Sharing ideas, and being able to provide a mentoring role to other schools, is fantastic professional learning for our staff, and as parents, you can know that everything we do here at NHPS is evidence based and relevant.

Over the last week, I have met with representatives from the Navy, Council and the Department, to plan a safe and appropriate solution to our carpark situation.

As a result, **Council will be installing and monitoring No Stopping areas** along the driveway and a **Kiss and Drop zone** in front of the school fence. They will also be installing barriers along the footpath to prevent cars from driving over the designated safe area for our children to walk. We will also continue communicating and planning a long term solution for a safer carpark area. **I continue to ask for your support as parents and carers by:**

- Driving at an appropriate speed
- NOT parking alongside the footpath
- NOT parking in front of the school – Kiss and Drop only
- Using the grassed triangle as a roundabout
- NOT parking on the upper grassed triangle
- NOT calling children out into the carpark unattended, or calling them to jump over the fence
- NOT walking through the staff access gate and driveway; having pedestrians walk through the staff gate and up the driveway has caused significant issues for staff.

Today, Years 3 and 4 attended the AFL Gala Day at West St oval. It is always a fabulous and valuable day, so we are sure they had a great time. Luckily the weather held out for them!

Finally, I'd like to say a special thank you to Hayley Smits and her small team of volunteers who worked tirelessly to organise and cater for the St Pat's Pancake Day last Friday. It was a fabulous day that the children thoroughly enjoyed. These events can only happen with the support of our parent volunteers and we thank them immensely for all they do.

Please make sure you like and follow our new Facebook page "Nowra Hill Public School 150th". We have some very exciting events planned for this special celebration, and once again it is being driven by a small but dedicated team of volunteers, so please follow and support them.

Kind Regards,

Mr Gordon Parrish
Principal

Birthdays

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

Denzel Atkinson

Lily Sproule



More Important News

BOOKCLUB

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

We still 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.

EASTER RAFFLE TICKETS

Tickets have gone home with students today for the Easter Raffle at school. Tickets are \$1.00 each. All sold and unsold tickets are to be returned to school by Tuesday, 4th April.

EASTER RAFFLE

The 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.

2018 HIGH SCHOOL EXPRESSION OF INTEREST APPLICATIONS

The Information Guide and Expression of Interest Forms for Parents and Carers have been sent home. We kindly ask that you fill them out and return it to the front by this Friday.

2018 YEAR 5 OPPORTUNITY CLASS INFORMATION EVENING (for academically gifted children)

Parents of gifted and talented children currently in Year 4 are invited to attend an information evening at Illaroo Road Public School 6.00pm, Tuesday 2 May 2017. Applications are online from 26 April - 12 May (search online for OC Placement NSW). Please contact Bob Lowe, Deputy Principal on 4421 0422 for more information.

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	

Merit Awards

KR – Kashava E, Savannah King, Noah Pedersen

K/1R – Cameron Smits, Tiarn Schell, Taj Chalker

1/2R – Noah Sheehan, Connor Cleall, Matua Maiden

2/3B – Rachel Viney, Hayden Henry, Charlie Salway

3/4V – Mia-Lee McDonald, Leigha Barrett

4/5B – Riley Ball, Ethan Vicary

6WP – Lois Fleming, Sam Ramsay, Byron McDonald

Library – Paige Kohler

Principal's Awards

KR – Will Pedersen

K/1R – Torr Morley

1/2R – Chelsea Lee

2/3B – Jackson Davis

3/4V – Emily Goley

4/5B – Brooke Pearson

6WP – Hunter Woods

The simplest way

...to learn more about Fruit & Veg

Do you need help encouraging your kids to eat fruit and veg?

Eat It To Beat It is Cancer Council NSW's nutrition program. It helps make eating fruit and veg easy, cheap and fun.

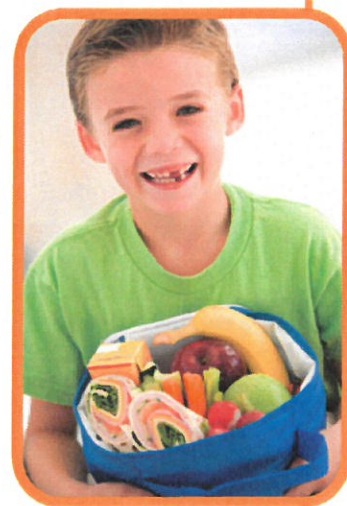
Eating the right amount of fruit and veg is the crucial in the fight against cancer, but we all know it can be hard to get the family eating healthily.

Your school is now offering ***Fruit & Veg Sense***: a free 90 minute session that will give you a range of ideas to deal with fussy eaters, plus provide you with a **free recipe book** packed with Cancer Council approved meals.

This program helps busy parents make simple changes to make the whole family healthier.

To find out more about the session at Nowra Hill Public School contact Gordon Parrish on 02 4421 567, or register your attendance on the NHPS App.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Coping with fears and worries

The following examples are for families to use at home. They are most suitable for early primary aged children, but can be modified for use with older ages. The methods described can also be adapted by school staff to help children cope with fears and worries at school.

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children's sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

Things to take into account

- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children's fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.





Encourage helpful thinking:
 "Tell those scary thoughts
 'I know I am safe and I won't let
 you scare me!'"

The following example shows some possible ways a parent or carer might help Jessica, a six-year-old child who has difficulty going to sleep because of fears that something might happen to the house.

Child's difficulty

Feels scared and worried

Unsafe

Can't think through logically

Feels overwhelmed by scary thoughts

Lacks skills for coping

Has trouble relaxing

Doesn't feel confident about managing fears

May not believe in own ability

Some suggestions on how to support

Acknowledge feelings: "You're having trouble going to sleep because you're worried something might happen."

Reassure: "That storm was only on TV. It's not going to happen here."

Reality check: "The wind would have to be really, really strong to blow the roof off. We don't get those kinds of winds here."

Label: "That's just a scary thought. You don't have to keep it."

Demonstrate coping skill: "Let's blow the scary thoughts away. Take a deep breath and together we will blow them all away."

This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.

Teach relaxation: Younger children often respond well to relaxation techniques that help them to visualise calming images (eg a waterfall or clouds floating gently across the sky).

Encourage helpful thinking: "Tell those scary thoughts 'I know I am safe and I won't let you scare me!'"

Praise and encouragement: "You did it. You're getting braver and braver!" or "You're trying really hard to be brave. Good on you!"

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

