
Term 1, Week 7 – 8th March, 2017

The Bulletin

Nowra Hill Public School

T: 02 4421 5671

Like us on Facebook

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

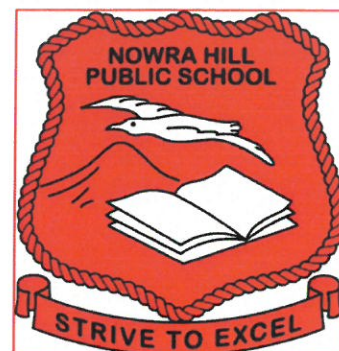
W: nowrahill-p.school.det.nsw.edu.au

Dear Parents/Carers,

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 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 am currently in the process of consulting with the council and the department in regards to options for redeveloping our carpark. In the meantime I ask for your continued patience and support to ensure student safety.



Weekly Events

Tuesdays

School Banking

Wednesdays

Canteen

Thursdays

Scripture

Fridays

Sports Uniform

9am – Assembly

2:15pm – Uniform Shop

Upcoming Events

March 10

NRL Gala Day

March 13

P & C Meeting and AGM

6.30pm

March 22

Yr 3/4 Gala Day

March 31

NHPS Cross Country

This week saw the Premier's Reading Challenge commence across the state, our school has entered this valuable experience with students being instructed on the process in library lessons. I will also add 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's add reading details to the online reading log, that would be a great help to us here at school.

Thank you for your support of the Scienza Viva show, the students had a great time and learned a bit in the process. The Scienza Viva group will be back in terms 2, 3, and 4 to conduct hands on student workshops with all students. These workshops will be developed to support classroom learning at the time.

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. It will be administered during school hours between 13 March and 7 April. Participating in the survey is entirely voluntary.

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>.

A big thank you to all our wonderful parents who volunteered at the Huski Triathlon, your efforts netted the school over \$600. Tracy Reece, another one of our wonderful parents who coordinated the event, deserves a big thank you as she also donated \$100 of her pay to the school!

While we are talking about wonderful parents, another thank you goes to those parents and students who volunteered at the Nowra Rodeo in the holidays, another awesome effort that brought in close to \$2000 for our school. A big thank you to Tracey Priestly for organizing the opportunity.

Our 150th celebration committee met on Monday night and it was great to hear all the fabulous ideas they are planning for the celebrations in October. Please watch our Facebook page for more information. Don't forget this coming Monday 13th is our next P&C meeting and it is also the AGM, so come along and be involved in our school community.

Finally, it would be greatly appreciated if families could make their School Fees payments as soon as possible. Please see below for details.

Kind Regards,
Mr Gordon Parrish
Principal

More Important News

FISST (SMALL SCHOOLS) SWIMMING RIBBONS & MEDALLIONS

The Small Schools ribbons & medallions will have to be handed out during Week 8 (next week) Friday assembly as many of our recipients will be at the NRL Gala Day this Friday.

REGIONAL SWIMMING CARNIVAL

Best of luck to Denzel Atkinson and Matthew Higham who are representing Nowra Hill, the Small Schools and Shoalhaven District at the Regional Swimming Carnival at Dapto today.

DISTRICT TRIALS

Many of the trials scheduled for last week had to postponed due to the wet weather. Many of these have now been rescheduled. Lois Fleming and Charlize Watson will be representing Nowra Hill at the District Netball Trials on the 15th March (Week 8); Oscar Goley will be representing Shoalhaven District at the South Coast tennis trials on Wednesday March 15th; Matthew Higham & Mitchell Downey will be representing the Shoalhaven District at the Regional Cricket trials on 23rd March (Week 9) and Harri Morgan-Brown will be representing Shoalhaven District at the Regional Soccer trials date TBA. Good luck to all our students at their respective trials.

YEAR 3 & 4 AFL GALA DAY

All Year 3 & 4 students will be participating in an AFL Gala day on Wednesday 22nd March (Week 9). The gala day will have 9 a side with boys teams, girls teams and mixed teams. It gives the children the opportunity to play a modified form of AFL (no tackling), learn & practice skills and play short games against other schools on the day. Children will travel by private transport and a note will come home with students next week.

NOWRA HILL PS CROSS COUNTRY CARNIVAL

The school cross country carnival will be held on Friday 31st March (Week 10) here on the school grounds. This will involve all students K-6. We were to begin training this week but the wet weather has held

Merit Awards

KR – Dean Schlick-Blake,
Kelsey Dias, Liam Bridle

K/1R – Elijah Hawkins, Hunter
Auld, Armani Dias

1/2R – Michael Gibney,
Madeline Oke, Paige Lake

2/3B – Madison
McCormack, Riley Peters,
Kyah Schell

3/4V – Aimee Coulson-
Knight, Taylah Gill

4/5B – Riley Ball, Austyn
Cornelius

6WP –

Library –

Principal's Awards

KR – Lily DeBrett

K/1R – Miley Winchester

1/2R – Max Hughes

2/3B – Rachel Viney

3/4V – Addison Radburn

4/5B – Kristina Esposito

6WP –

us back. From next week we will be coming out as a whole school on Wednesday after recess and Friday after assembly to do a 10 minute run. No permission note will be required for this carnival as it is on school grounds.

P & C AGM – Monday, 13th March

The P & C Annual General Meeting will be held on Monday, 13th March in the school library commencing at 6.30pm. Nominations are now required for all executive positions: President, Vice President, Treasurer, Secretary, Uniform Co-ordinator and Canteen. To be eligible to vote at the AGM you must be a financial member of the P & C. Cost is 50c.

SHOALHAVEN HIGH INFORMATION NIGHT

Parents and students interested in Year 7 enrolment for 2018 are invited to attend Shoalhaven High's information night on Tuesday, 14th March from 5.30pm – 7.00pm in the school hall.

EASTER RAFFLE

The school P & C are holding an Easter Raffle this year. We are after donations of easter eggs, baskets, ribbons or cellophane. Please hand all donations into the front office.

2017 HIGH SCHOOL EXPRESSION OF INTEREST APPLICATIONS

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

CLASS 1/2

Can parents please bring in small clean recycled containers to build up a supply for our class to use for a reward activity. Mrs Rowe will place a labelled box on the verandah for any items

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	

GIRLS ONLY AFL AUSKICK

Following the success of the first "girls Only" Auskick session.

There will be another session for new and existing girls on Tuesday, 14th March at West St Oval starting at 5pm. All new girls will receive the AFL football pack (rrp \$57.00) and all girls will get a sausage sizzle on the night. The cost of the program is \$30.00 this is for new girls only!

For more information call Greg on 0478 225 352. Book now only 15 spots remaining!

Birthdays

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

Jai Coates

Paige Kohler



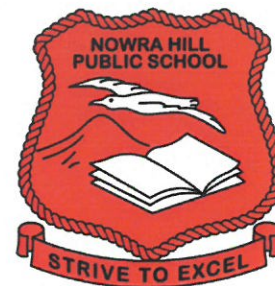
NOWRA HILL PUBLIC SCHOOL – NOTES AND FORMS

- o I would still like to receive a hard coy of relevant notes and forms,

Parent Name: _____

Child's Name: _____

***Tell Them From Me* student survey:
Information and consent form for
parents and carers**



Dear Parents and Carers

In Term 1 2017, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students 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 them improve. The survey is completed on-line and is run by an independent research company, **The Learning Bar**, which specialises in school-based surveys.

Staff in schools will **not** be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

As well as schools getting student feedback, the Department of Education, through the Centre for Education Statistics and Evaluation (CESE), has access to data from across NSW and is running a research project to look at state-wide patterns of student wellbeing, engagement and effective teaching practices. The research is looking at how these things impact on student outcomes, including academic performance. Individual students will **not** be identified in any CESE publications, and all information will be handled in accordance with the relevant privacy legislation. Students' personal information will not be disclosed by the Department to any other person or body other than as required by law.

This research will help schools in New South Wales to better understand how to improve student wellbeing and engagement. It will also help teachers and principals discuss what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want your child to take part** in the survey, please complete the attached form and return it to the school as soon as possible.

More information about the survey and the research is available in English on the CESE website: <http://surveys.cese.nsw.gov.au/information-for-parents>

Mr Gordon Parrish
Principal
Nowra Hill Public School

Dr Jenny Donovan
Executive Director
Centre for Education Statistics and Evaluation

Tell Them From Me Student Feedback Survey non-consent form

If you **do not want** your child to participate in the student feedback survey, please sign this form and return it to the school as soon as possible.

I DO NOT give consent for my child/children to participate in the ***Tell Them From Me student feedback survey.***

Name of student 1

Roll class of student 1

.....

.....

Name of student 2

Roll class of student 2

.....

.....

Name of student 3

Roll class of student 3

.....

.....

Name of student 4

Roll class of student 4

.....

.....

Name of parent/carer

Signature of parent/carer

Date

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
Australia
Institute
Learning. Leading.