

# Newsletter

## Nowra Hill Public School

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We are halfway through the term already and still have lots happening. Gymnastics was on again yesterday, with the students enjoying both gym and circus skills. Gymnastics will occur again in weeks 8 and 9.

Last week was our first Kinder Orientation session, it was great meeting our new little people and their families. The second session will be this Wednesday from 9:30 – 11:00. Parents, please remember to bring back you Best Start notes.

A note will go home this week for our Grandparents/end of year Christmas performance. We are trying to get numbers for catering. Please return that note by 1<sup>st</sup> December, to ensure we cater for your family.

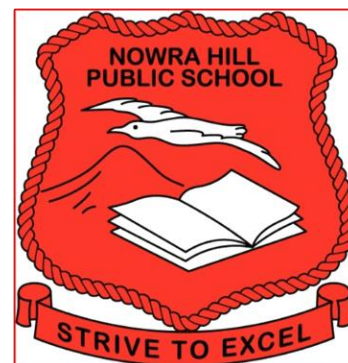
Year 5 are participating in Leadership activities in the hall on Friday. They will be learning skills to support them in Year 6 and to take into High School.

Teachers will be participating in another extended professional learning session next Tuesday afternoon until 6:15pm. They will be evaluating process and learning from this year to support planning for 2024 and beyond.

Regards  
Mrs West



Happy birthday to **Isabella, Brodie and Carter** who celebrated their birthday in the last two weeks.



### Weekly Events

Library – Wednesdays

Scripture – Thursdays

### Upcoming Events

**15<sup>th</sup> Nov (9.30am – 11.00am)**

Kindergarten 2024 Orientation

**Friday, 17<sup>th</sup> November**

Yr 5 Leadership/resilience training

**Friday, 24<sup>th</sup> November**

Assembly – 2.30pm 3/4C Item

Aunty Ruth visiting

**Monday, 27<sup>th</sup> November**

Gymnastics

**Tuesday, 28<sup>th</sup> November**

Year 6 Orientation Day

Shoalhaven High, Nowra High

**Thursday 30<sup>th</sup> November**

P & C Disco 5.30pm-7.30pm

**Monday, 4<sup>th</sup> December**

Gymnastics

## Principal Awards



## Merit Awards



### PRINCIPAL'S AWARD

**KR:** Freya  
**1/2C:** Tallen  
**1/2R:** Amity  
**3/4C:** Callum  
**4/5V:** Michael  
**5/6W:** Josie S

### MERIT AWARDS

**KR:** Dwyatt and Jaxon  
**1/2C:** Jett and Kye  
**1/2R:** Hugo and Parker  
**3/4C:** Peyton and Chase  
**4/5V:** Joshua and Zali  
**5/6W:** Kenzie and Anna



## Remembrance Day Assembly





















## Get your kids packing everyday lunchboxes

When children help plan and pack their own lunchbox, they are more likely to eat it.

Encourage them to swap:

- Muesli bar to wholegrain cereal bites
- Pre-packaged cheese-dip and crackers to wholegrain crackers and cheese

**SWAP  
FROM**



Cheese dip & crackers



**SWAP  
TO**



Wholegrain crackers & cheese



## Simple sweet swaps

Have you already tried swapping?

Next week, why not challenge yourself to try one of these sweet swaps:

- Muesli bar to pikelets
- Dairy dessert to reduced fat custard
- Juice to water with fresh fruit

Making these sweet swaps can protect kids from tooth decay.

**SWAP  
FROM**



Dairy dessert



**SWAP  
TO**



Reduced fat custard