

# Newsletter

## Nowra Hill Public School

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Week 4 already and we are at a busy part of the term. Students are participating in Gymnastics most Mondays, however there will be no Gymnastics next Monday due to the Years 3-5 excursion. Musica Viva will be performing this afternoon and all students will be attending in the hall. Kindergarten, Years 1 & 2 will be attending their excursion to the local library and art gallery tomorrow.

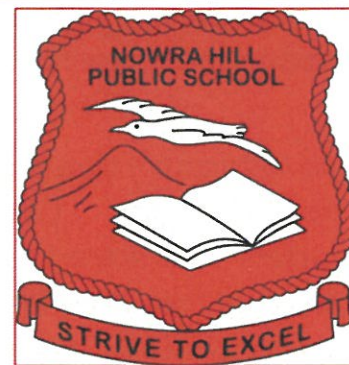
Congratulations to Abby who competed at the State Athletics Carnival last Wednesday. A fantastic effort in both shot put and discus. Well done!

A reminder that our first Kinder Orientation session will be held next Wednesday 8<sup>th</sup> November. The sessions will commence at 9:30am and will conclude at 11:00am. If anyone you know hasn't received the email with all the information, please ask them to contact the office ASAP.

If you are aware that your child/ren will not be attending Nowra Hill PS in 2024, can you please contact the office ASAP. We are in the organisation process for 2024 and your assistance would be greatly appreciated.

Just a reminder for parents to leave promptly after the bell when you have collected your child. Staff often have meetings to attend and with students still on site this becomes a supervision issue. Thank you for your support.

It's that time of year to start searching under beds and bookshelves for library books. All home readers and library books will need to be returned by Monday 27<sup>th</sup> November. This is to allow Mrs Bennett enough time to complete the library stocktake by the end of the year.



### Weekly Events

Library – Wednesdays

Scripture – Thursdays

### Upcoming Events

#### Wednesday, 1<sup>st</sup> November

K-2 Excursion to Nowra

#### Monday, 6<sup>th</sup> November

Yrs 3-5 Excursion to Booderee

#### Wednesday, 8<sup>th</sup> and 15<sup>th</sup> Nov (9.30am – 11.00am)

Kindergarten 2024 Orientation

#### Friday, 10<sup>th</sup> November

Assembly - 2.30pm 1/2R item

#### Monday, 13<sup>th</sup> November

Gymnastics

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

Yr 5 Leadership/resilience training

#### Tuesday, 21<sup>st</sup> November

Year 7 – 2024 Orientation  
Night at Shoalhaven High

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

Assembly – 2.30pm 3/4C Item

Aunty Ruth visiting

Please assist your child to find any library book or home readers they may have.

This fortnights value focus is about being responsible in the classroom. Congratulations to the following student who were lucky enough to win an ice block because they have been displaying our school values. Savannah 3/4C, Havana 3/4C, Kenzie 5/6W, Andia 5/6W, Josie S 5/6W, Jack 4/5C, Michael 4/5V, Rubi 4/5V, Jacob KR, Harrison 1/2R, Hugo 1/2R, Amity 1/2R, Eli KR, Ivy KR, Braiden 1/2R and Freya KR.

Have a wonderful fortnight,

Jo West  
Principal

## MORE INFORMATION

### YEAR 5 ASPIRE HIGHER LEADERSHIP TRAINING

This term, on Friday 17th November, all our Year 5 students will be participating in an incursion titled *Aspire Higher*. This is an engaging leadership and resilience training specifically designed for Year 5 students. It is a full day of training over three high impact sessions. Dynamic activities, whole cohort team builders, servant leadership theme, initiative and problem solving activities are interspersed in each session. Sessions may include:

- Leading with or without the badge.
- Knowing me, growing me.
- Leading through action.
- Building resilient young people who take action.
- Leading through learning (with a growth mindset and grit)
- The learning Dip
- The Epic Race - facilitated outdoor team-based competitive race
- Battle of the Houses (TEAM building session)
- Leading with Kindness
- The power of TEAM (TEAM building session)

## AWARDS

**Congratulations to the students who received awards.**

### MERIT AWARDS

**KR:** Savannah and Eli

**1/2C:** Josie and Kayleb

**1/2R:** Archer and Killarney

**3/4C:** Kaine and Hunter

**4/5V:** Amelia and Aria

**5/6W:** Sienna and Luca

### PRINCIPAL'S AWARD

**KR:** Mackenzie G

**1/2C:** Ayesha

**1/2R:** Braiden

**3/4C:** Hugh

**4/5V:** Kokoda

**5/6W:** Lily



## Remembrance Day Photos – All Families

For the Nowra Hill Public School Remembrance Day assembly this year Mrs Martin is putting together a slide show from our school community. She would like as many students as possible to contribute a photo or photos of a military family member. It could be any relation past or present.

Please send your photos to Mrs Martin at [julie.martin46@det.nsw.edu.au](mailto:julie.martin46@det.nsw.edu.au) before November 8th.

## TELL THEM FROM ME SURVEY

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will close on 3rd November. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

More information about the survey is available at: [education.nsw.gov.au/ttfm](http://education.nsw.gov.au/ttfm).

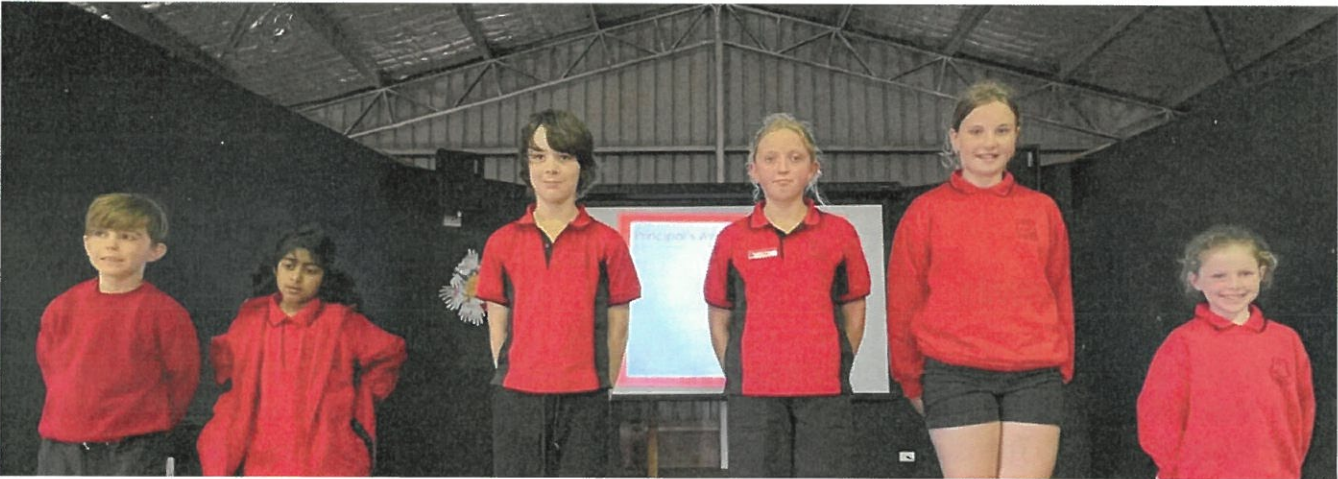
To access the survey for our school go to:  
<http://nsw.tellthemfromme.com/z55w4>

Kind regards,



Happy birthday to **Hugo, Zoe, Chase, Callum and George** who celebrated their birthday in the last two weeks.

Principal Awards



Merit Awards





## Stress-free fussy eating ideas

Fussy eating is common, but that still doesn't make it easy.

Does your child dislike foods because of their colour, texture or the way they are prepared?

Don't despair, SWAP IT will help with ideas on how to pack an everyday lunchbox for your fussy eater.



Try the **3:1 lunchbox rule** everyday:

- **Three** items your child likes
- **One** new everyday item

## Veg-tastic lunchboxes

Your child doesn't need to wait until dinner to eat their vegetables.

Swapping out sometimes foods for vegetables can help your child reach their daily vegetable needs.

Try:



Zucchini fritters



Green beans



Roasted sweet potato



Capsicum sticks



Corn



Pumpkin scone



# Applying for Selective High School

## Online Webinar for Parents and Carers

**Please forward this to parents in your community**

### Department of Education Webinar - Applying for Selective High School

**Wednesday 1st of November, 7:00-8:00pm AEDT**

Is your child in Year 5? Is your child curious? Do they love learning and enjoy a challenge? Learn more about selective high schools and apply today.

We are excited to bring you essential information from the Department of Education regarding an upcoming webinar designed exclusively for parents of children in Year 5. This webinar aims to provide valuable insights into the application process for a placement at a selective high school for year 7's in 2025.

Being a part of selective high schools allows for a learning environment designed especially for academically gifted and high-potential students. Subjects are taught at the pace and complexity just for them. Being in a classroom with other talented learners supports your child's academic and social development.

**Parents or carers of students in Year 5 need to apply by 20 November 2023 for placement at selective high school for Year 7 in 2025.**

**Register now**

**Parents and carers are invited to attend the webinar to learn more about selective high schools, the application and placement process. The webinar will cover:**

Benefits of selective high school

- Types of selective high schools: fully selective, partially selective, online
- Explaining the placement process
- The Equity Placement Model
- Submitting the online application
- Reasonable adjustments for disability

**Preparing for the test, including:**

- what to expect
- practice test papers
- test centres
- what if something goes wrong on test day?

Ensuring Fair Access, we are committed to fairness and inclusivity. The Equity Placement Model reserves up to 20% of selective high school places for students from diverse backgrounds, including those from low socio-educational advantage backgrounds, Aboriginal and Torres Strait Islander students, students from rural and remote locations, and students with disabilities.

**Register now**

# NOWRA TOWN BAND GIG SHEET

## Shoalhaven Defence Families Association

**Date:** Saturday 11<sup>th</sup> November, 2023

**Venue:** Kookaburra Retreat

Flats 1 & 2 Canberra Drive

Nowra Hill

**Times:** Arrive 11:30am

Play a) Senior Band 12 – 12:30pm

b) Training Band 12:30 – 12:40pm

c) Senior Band 12:40 – 1:00pm

**Dress:** Hawaiian / Bright Shirts and

Black/Charcoal Trousers

Any hat