

Newsletter

Nowra Hill Public School

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Dear Parents and Carers,

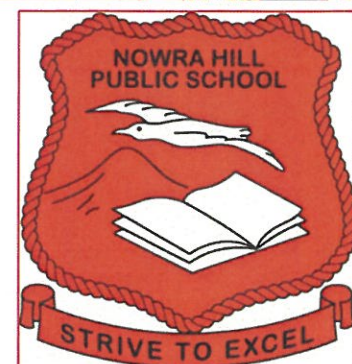
The Mobile Dairy excursion last week was a great day out for the kids. They all enjoyed themselves and led into such great work in the classrooms as it followed on with the units being taught. Many pics were taken and you can find them on the school's Facebook Page.

Due to the previous wet weather and condition of the school oval, we have made the unfortunate decision to postpone the NHPS Cross Country this Friday, 22nd March for safety reasons. We will let you know when a new date has been arranged and apologise for any inconvenience caused.

The students have been enjoying netball each Monday. Just a reminder that all students can wear their sport uniform on Mondays due to netball. A reminder that our sport uniform is black shorts or skirt for the girls and not bike pants, leggings or tights.

Our Parent Teacher Interviews times for each class were pushed out to all parents via the Sentral App. Please go into the Sentral parent portal page to book your appointment time. You will need to send your child's teacher a message if you are unable to book a time that suits. We look forward to discussing your child's progress thus far with you.

Harmony Day is tomorrow and we ask that children wear an orange t-shirt or something orange in their hair, (not hair spray) on the day. Students will need to wear their normal school shorts, shoes and hat. This years theme for Harmony Day is 'Everyone belongs' and teachers will be discussing concepts such as respect and belonging in classrooms.



Weekly Events

Library –Monday and Friday

Scripture – Thursday

Upcoming Events

Mon, 25th March

Netball sessions

Friday, 22nd March

NHPS Cross Country
POSTPONED

Tuesday, 26th March

Grip Leadership
Wollongong – Yr 6 leaders

Thursday, 28th March

Easter Hat Parade 12.30pm

Thursday, 4th April

Small Schools Cross Country

Monday, 8th April

Netball sessions

Next Tuesday our school leaders will be attending the GRIP leadership conference with Mrs Neradil. The organisation exists to train and develop upcoming future leaders. We look forward to hearing all about their conference on their return.

Miss Reminis returns from leave this week. Thank you to Mrs Coyle for her time and effort with teaching 2/3R whilst Miss Reminis was away.

Congratulations to the following students who were lucky enough to receive an iceblock for following this fortnight's value focus. Havana 4/5, Isabella J 6W, Harvey 4/5R, Daniel 4/5R, Benny 4/5R, Summer 4/5R, Aurora KR, Pippa KR, Zuneyrah KR, Dominic 3/4, Summer 4/5, Livia 3/4, Brax 4/5, Savannah 3/4, Ellie 4/5, Chloe 4/5 and Charlie 3/4. This fortnight's value focus is being safe in the classroom.

Mrs Jo West

Principal

P&C EASTER RAFFLE TICKETS AVAILABLE NOW - ONLINE

Raffle tickets are now available to purchase online, please use the following link to purchase:

<https://myschoolconnect.com.au/nowra-hill-ps-raffle>

Don't forget to share the link with family and friends!

Principal Awards



AWARDS

Congratulations to the students who received awards.

MERIT AWARDS

- KH:** Charlotte and Eddie
1/2P: Savannah and Archer
2/3R: Tate and Harrison
3/4R: Odin and Hunter
4/5R: Ellie and Michael
6W: Brodie and Andriko

PRINCIPAL'S AWARDS

- KR:** Henry
1/2P: Tallen
2/3R: Parker
3/4R: Lottie
4/5R: Zoe
6W: Kenzie

Class of the Fortnight

6W



Easter Hat Parade

Our Easter Hat Parade will be held on **Thursday 28th March at 12.30pm** under the COLA. Please make hats at home and bring to school on the day. We ask that there is no chocolate used as decoration on Easter hats. Students are to wear school uniform. Mums, Dads, Carers and Families are welcome to come along and watch and stay behind for lunch. Please bring a picnic lunch to have with your child. The P & C will draw the Easter Raffle.



Not enough Australian kids eat enough vegies. That's why we're taking part in Vegetable Week this week. This is a fun program to get kids excited about eating vegies and build healthy eating habits. Did you know that children aged 4 and over need at least 4½-5 serves of vegetables each day? It helps them grow and learn in a healthy way. Let's build healthy habits for life.

To learn more, visit the website: <https://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/>

Carrots come in a rainbow of colours! From white to purple.



Oranges contain more Vitamin C than any other fruit. Almost 88% of an orange is just Vitamin C!



There are over 7,500 varieties of apples! How many do you know?




SHE HOOPS



HOLIDAY CAMP

SPECIAL GUEST
LAUREN JACKSON

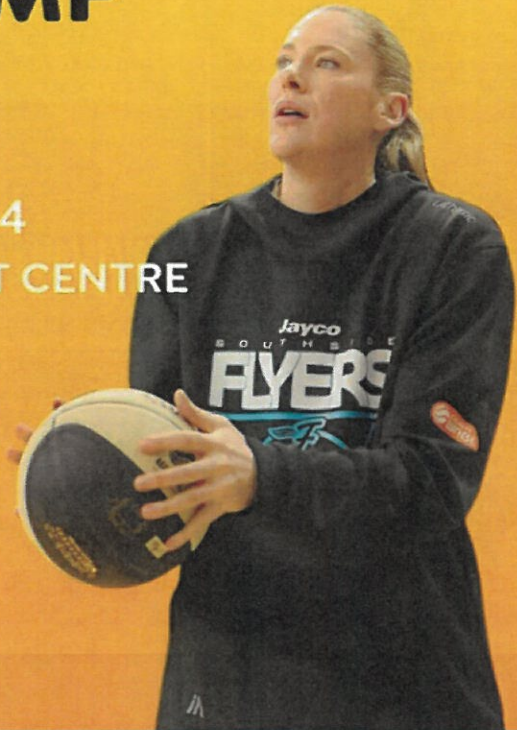
TUESDAY 16TH APRIL 2024

SHOALHAVEN INDOOR SPORT CENTRE

SESSION 1
9:00 AM
8 - 13yo | 3 HRS

SESSION 2
1:00 PM
14 - 24yo | 3 HRS

THIS CAMP IS GIRLS ONLY.





NHPS P&C EASTER RAFFLE

TICKETS AVAILABLE TO PURCHASE ONLINE @
[https://myschoolconnect.com.au/nowra-hill-
ps-raffle](https://myschoolconnect.com.au/nowra-hill-
ps-raffle) - or Scan the QR code below.

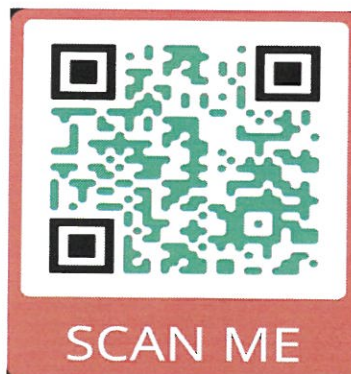
Tickets will also be available to purchase at
the Easter Hat Parade.

Prizes: 4x Easter Hampers



Raffle will be drawn at the Easter Hat Parade
on Thursday March 28th.

*Tickets Prices \$2ea
OR
3 for \$5
7 for \$10
18 for \$20
50 for \$50*





NOWRA HIGH SCHOOL HIGH POTENTIAL & GIFTED ENRICHMENT STREAM

At Nowra High School our Enrichment program seeks to increase the breadth and challenge of learning for students. The focus of the class is on embedding the use of emerging technologies while providing real world, project-based learning opportunities that enrich and extend the students that identify as high potential or gifted. Through specifically targeted programs, our highly qualified staff enrich our students across the academic, physical and creative domains.

The program incorporates a focus on STEM (Science, Technology, Engineering, Maths) & CAPA (Creative & Performing Arts) with an extra elective allocation which focuses on practical application of skills across these areas. The programming and assessment are independent of mainstream Yr 7 classes, offering teachers the flexibility to extend students and incorporate inquiry based learning across KLA's.

Selection is through an application, portfolio and interview/testing process.

Scan to access our website



- Applications are now open and available on the school website.
- Submissions of the application form and portfolio are due 5 April 2024. The portfolio can include school reports and achievements, literacy and numeracy testing results, a creative writing sample and evidence of talent in a particular area.
- Attendance at the Academic Enrichment Class Test on 3 May 2024.
- Applicants will be called for an interview commencing the week of 20 May 2024. Students are required to discuss their portfolio at this interview.
- Successful applicants will be notified by the end of Term 2.
- Scan the QR code to apply now



Application forms are available now
www.nowra-h.schools.nsw.edu.au

NOWRA HIGH SCHOOL
THE VERY BEST IN EDUCATION

FOR MORE INFORMATION
Please call the school office 4421 4977

www.nowra-h.schools.nsw.edu.au



Nowra High School 2025 Year 7 Enrichment Application

Nowra High School's Enrichment class provides an enriched learning environment with stimulating intellectual challenges and opportunities for our students to turn their gifts into talents. Our program caters to the specific needs of High Potential and Gifted students. Through specifically targeted programs, our highly qualified staff enrich our students academically, in sport and through the creative and performing arts.

Students are placed in the Enrichment class based on academic merit in areas such as English, Science, History, Geography, LOTE, Mathematics and Technology and their ability in the Creative and Performing Arts and contribution to leadership and wider school activities.

In year 7, students are placed according to an academic assessment and presentation of a portfolio which must include their **NAPLAN** data. The focus of the class is on embedding the use of emerging technologies while providing real world, project-based learning opportunities that enrich and extend the students. We work with the wider community to provide opportunities for students to make connections between their learning and provide opportunities to showcase their talents.

Entry requirements for this class:

1. Submission of this Application Form and portfolio by the 5 April 2024.
2. Attendance at the Academic Enrichment Class Testing on 3 May 2024.
3. Based on the results of the Academic testing and portfolio, applicants will be called for an interview between the 20 May 2024 and 2 June. Students are required to discuss their portfolio at this interview.

Please note: The portfolio can include school reports and achievements, literacy and numeracy testing results, a creative writing sample, artworks, short films and evidence of talent in a particular area. Any digital works can be included via USB.



2025 Year 7 Enrichment Application

Student Information

Surname:

Given Name:

Date of Birth:

Gender:

Current School:

Local High School:

Parent/Carer Information

Name:

Home Address:

Email Address:

Telephone Number:

Please provide details of your achievements in the areas of Academics, Performing and Creative Arts and Sport:

Please list any school-based awards/achievements:



Please list any non-school based awards/achievements:

Have you been involved in any formal or informal leadership roles, please give examples:

Please describe your attitude towards learning:

Is there anything else you would like to add to support this application?

Please indicate 3 possible times you would prefer for an interview. All applicants will be invited to interview.

Monday 20 May 8-10am

Monday 29 May 8-10am

Wednesday 22 May 8-10am

Wednesday 31 May 8-10am

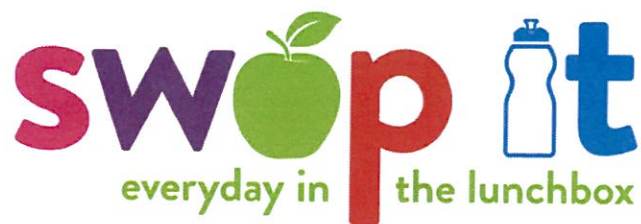
Thursday 23 May 8-10am

Thursday 1 June 8-10am

Friday 24 May 8-10am

Friday 2 June 8-10am

Please submit this completed form and portfolio to Nowra High School by 5 April 2024.



Happy, healthy role models

Parents and teachers can be great role models for children's eating habits.

Why not try the following ideas:

- Pack your own lunchbox full of everyday foods while your child packs theirs
- Discuss the everyday foods you like to pack in the lunchbox and why you like them
- Do some taste testing of everyday foods such as vegetables and fruit



Visit the SWAP IT website for some delicious recipes you can use for your own lunch: www.swapit.net.au/recipes



Vegie crunch at home



9 Tips to make eating vegies easy and fun at home.

Ready?

Prepare for your vegie week at home by planning ahead. Visit [this website](#) for great tips on smart vegie shopping and prepping.

Use frozen or canned vegies, they are delicious and nutritious. They last for ages in your freezer or pantry!

Get kids involved in vegie shopping so they can explore vegies of all types, shapes and colours. Why not choose a new vegie to try in a dish at home?

Steady...

Munch on some crunchy vegies with a tasty dip while you wait for dinner.

Use avocado as a spread on sandwiches, wraps and rolls. Also add some lettuce, cucumber and tomato for an extra crunch!

Add flavour to your vegies with a splash of lemon, oil, spices or even some parmesan cheese on the top.

Crunch!

Getting your child to help you in the kitchen can inspire them to taste and consume a greater variety of vegetables!



Present vegies in interesting ways - in sticks, ribbon slices or fun shapes. Make them look appealing by including different coloured vegies.

Family vegie challenge:
A tick for each day you:

- Eat 5 different coloured vegies
- Try a new vegie