

# Newsletter

## Nowra Hill Public School

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Dear Parents and Carers,

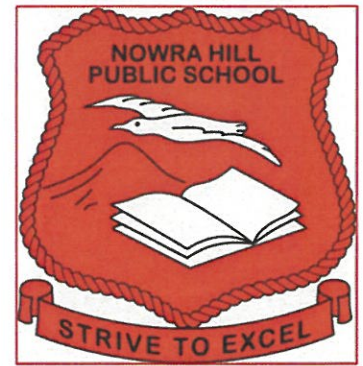
The term is flying by and there are still lots of things happening. Congratulations to the children who attended the District Swimming Carnival. Lots of PBs and great sportsmanship from our students. You can all be very proud of your achievements.

I understand that there are times when things happen, but it is important that students attend on time each morning at school. Arriving at school and class on time:

- ensures that students do not miss out on important learning activities scheduled early in the day
- helps students learn the importance of punctuality and routine
- gives students time to greet their friends before class
- reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

Thank you to all the parents who braved the horrific rain and attended the meet the teacher afternoon. If you need to speak to your child's class teacher please contact them via the office or Sentral to make an appointment. Look out for the notification re parent teacher interviews. They will take place the first week of April. Parents will be able to book a time through Sentral. We will let you know when those sessions are open.



### Weekly Events

Library –Monday and Friday

Scripture – Thursday

### Upcoming Events

**Mon, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> March**

Netball Sessions

**Monday, 11<sup>th</sup> March**

K-6 Mobile Dairy Excursion

**Wed, 13<sup>th</sup> – Fri 22<sup>nd</sup> March**

NAPLAN – Yrs 3 and 5

**Friday, 15<sup>th</sup> March**

Assembly – 6W item

**Friday, 22<sup>nd</sup> March**

NHPS Cross Country

**Tuesday, 26<sup>th</sup> March**

Grip Leadership  
Wollongong – Yr 6

**Thursday, 28<sup>th</sup> March**

Easter Hat Parade

**Thursday, 4<sup>th</sup> April**

Small Schools Cross Country

**Monday, 8<sup>th</sup> April**

Netball Session

A big thank to the Brant and Petre families who have donated eggs so we can hatch some chickens. Our students are looking forward to seeing how many eggs hatch. We are hoping for at least 6 hens they will take up residence in our new chicken coop from Term 2. Hopefully we will be able to sell some eggs to families soon.

As part of the Sport in School grant our students will be participating in Netball sessions this term on Mondays. The sessions will start on 11th March and students are asked to wear their sport uniform each Monday. These sessions are free for students. We were originally having touch football this term but we have had to change that to later in the year.

Students in years 3 and 5 will be participating in NAPLAN, the National Assessment Program Literacy and Numeracy, in Weeks 7 and 8. Various assessments will be held over the 2 week period. Students are not expected to study for NAPLAN. You can support your child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best. Ensuring they have a good nights sleep and a healthy breakfast will also help in supporting your child. Some explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests; however, it is not necessary for parents/carers to do this. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

Next Monday all students will attend the Mobile Dairy excursion. A note went home yesterday. Please check your child's bag if they haven't given it to you already. The students will be travelling by bus to Worigee and there will be no cost for this excursion. Netball will be adjusted around the excursion and it is fine for students to wear their sports uniform on the day.

Last fortnight our Value focus was helping others learning. Congratulations to the following students who were caught following this value. Their names were drawn and will receive an ice block. Violet 2/3R, Jaxon M 1/2P, Archer 1/2P, Jett 1/2P, Bodhi 1/2P, Koko 6W, Amelia 6W, Matilda 6W, Isobel C 6W and Sienna 6W. This fortnights value focus is 'responsibility in the playground'.

Have a wonderful fortnight.

Jo West, Principal

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## AWARDS

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

### MERIT AWARDS

- KH:** Kye and Rosalie  
**1/2P:** Maverick and Alex  
**2/3R:** Clara and Sierra  
**3/4R:** Hewie and Estelle  
**4/5R:** Kage and Amelia  
**6W:** George and Halen

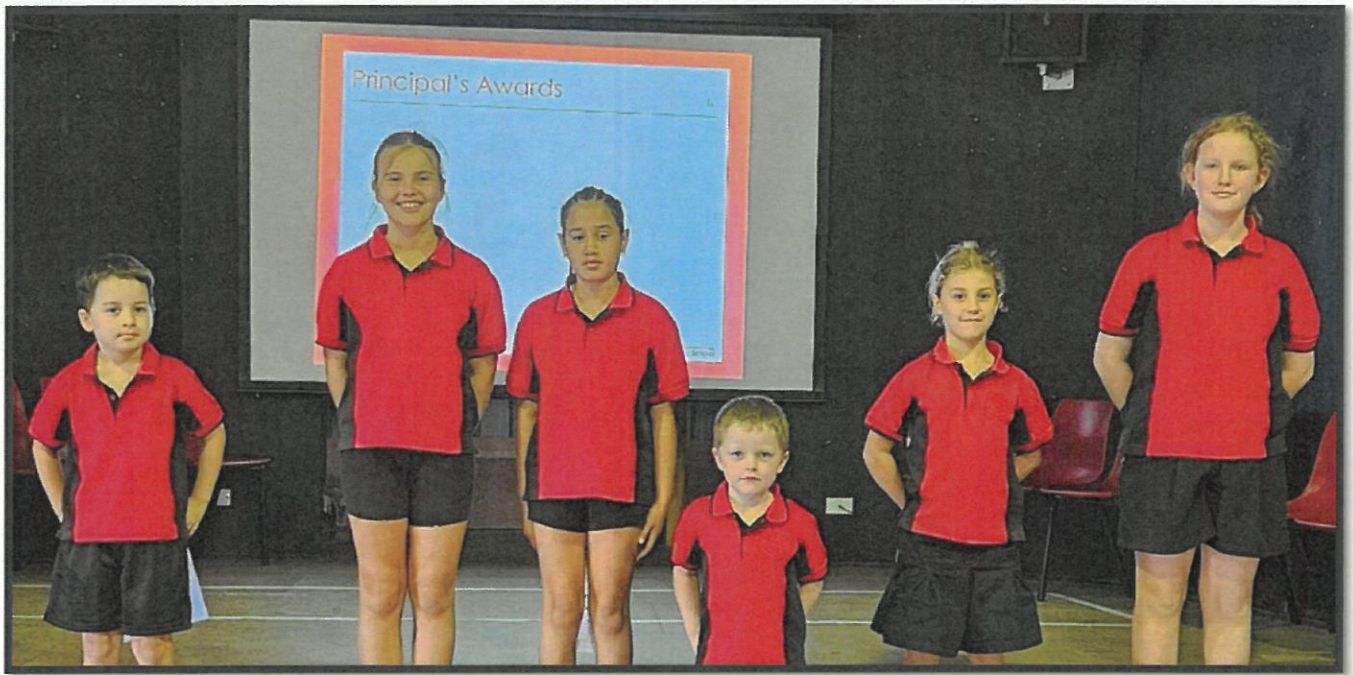
### PRINCIPAL'S AWARD

- KR:** Will D  
**1/2P:** Nellie  
**2/3R:** Harrison  
**3/4R:** Torah  
**4/5R:** Masina  
**6W:** Isabella

**Class of the Fortnight**

Kindergarten

## Principal Award Recipients



## Merit Award Recipients



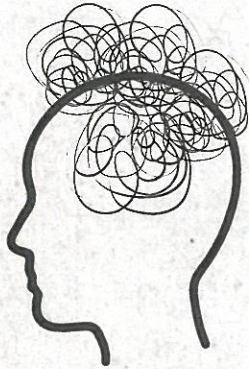
**COOLKIDS**  
ACCREDITED



**MACQUARIE**  
University

Kalynda Powell is accredited by Macquarie University's Centre for Emotional Health to use the Cool Kids Anxiety Program. The intellectual property rights, including copyright, in the Program are owned by Macquarie University. Macquarie University does not endorse any provider of the Program and their other services.

## Cool Kids Anxiety Program



The Cool Kids Anxiety Program is a structured 10 session program run over a minimum of 10 weeks that teaches children and their parents how to better manage a child's anxiety.

The Program is based on Cognitive Behavioural Therapy (CBT), involves the participation of children and parents, and focuses on teaching practical skills. Topics covered in the Program include:

- Learning about anxiety
- Learning to think realistically
- Parenting an anxious child
- Facing fears using stepladders, and
- Learning coping skills such as assertiveness or problem solving.

Cool Kids was developed by Macquarie University and has been running since 1993. The Program has undergone continual scientific evaluation and development to include the latest understanding of anxiety and its treatment. It has been translated into a number of languages and today, is used in clinics, schools and hospitals around the world.

We are currently accepting registrations of interest for the group.

To register interest contact:  
T: 1800 372 000 (Option 2)  
E: [triage@familyservices.org.au](mailto:triage@familyservices.org.au)



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# REGENERATE

## NEWSROOM AKKF - Shoalhaven

Feb 2024

### Amazing News!

We are so excited to announce Bupa Foundation has come on board as a Principal Partner of the Australian Kookaburra Kids Foundation.

This new partnership means Australian young people impacted by family mental illness will receive increased support.

As Principal Partner, the Bupa Foundation is providing funding in 2024 for a new flagship nature-based program, Regenerate.

Delivered in cities throughout Australia and nationally online, Regenerate is an emotionally and environmentally regenerative program for young people impacted by family mental illness that will see camps, activity days and online connect sessions delivered in 2024 – helping approximately 1,000 young people.

We are so excited to unveil our new Regenerate program and are very thankful to Bupa Foundation for their generous support.

### Programs scheduled for the first half of 2024:

CAMP- 22-24 March - Birrigai Outdoor School, ACT  
ACTIVITY DAY - 6 April - Port Phillip Bay, VIC  
ACTIVITY DAY - 1 June - Sydney Botanic Gardens, NSW

### Online Connect Sessions:

20 March- Earth Hour/Harmony Day  
3 April - World Health Day  
15 May - Mental Health Awareness Week.  
5 June - World Environment Day

More programs will be announced soon.  
For more information, or to find out how to register a young person to take part in one of these programs, visit our website. <https://kookaburrakids.org.au/regenerate/>

## We need your help

Thank you to the everyone for embracing and supporting our programs by spreading the word about the important work we do.

We need your help to continue this momentum and reach more young people who would benefit from our programs.

Do you know a young person impacted by family mental illness? Visit our website to refer them today!

<https://kookaburrakids.org.au/get-involved/refer/>

## Online Connect Sessions:

Kooka Connect is a perfect introduction for young people to Kookaburra Kids.

Term 1 is now underway.

February Connect Dates:

Feb 1, 6,8,13,15,20,22,27,29

All sessions are at 6pm & 7pm AEDT.

For more information or to book in a session click [here](#).



## Camps and Activity Days Galore!

That's what's happening at the Australian Kookaburra Kids Foundation over the next few months.

There's just too many to list here, so to make it easier for families, individuals and organisations, we have rearranged a few things on our website.

To see what's coming up for Defence Kids, click [here](#).

To see what's coming up for our Core Kids, please click [here](#).

These links will also give you access to our referral and booking system.

## Kooka Gatherings

A game of footy? ✓

Fun and games? ✓

Vital mental health education? ✓

All were checked off the list at our FIRST EVER Kooka Gathering of the year. We hosted our NSW Core young people at Bungarribee Park in Sydney's Doonside. It served as an amazing opportunity for connection, emphasising the importance of bonding to enhance a positive mental health journey.

There's more to come, with a host of FREE Kooka Gatherings scheduled across the country throughout February and March. Find out more information about our Kooka Gatherings [here](#).

## Programs Coming Up



Defence Kids

2nd March - Nowra Tree Tops & Zoo Activity Day

15th to 17th March - Port Hacking Camp

Core Kids

23rd March - Flinders Kooka Gathering and games

19th -21st April - Lands Edge Camp



Want to see more photos from our programs?

We have a new Facebook page set up especially for families to see the wonderful experiences their kids are having on our Camps and Activity Days.

Go to [Australian Kookaburra Kids Families](#) on Facebook and hit that like button.

