Principal’s Report

Exciting news about our talented sports people
Congratulations to all our talented swimmers. A big thank you to Mr Katte for organising the swimming.

Student Representative Council - SRC
The electing of our SRC members has been happening over the last week. Mrs Fenning has great plans for the SRC this year. Thank You Mrs Fenning.
Mrs Fenning also has a band of dedicated student helpers who help with the breakfast program each morning. They are certainly happy little vegemites as they butter and vegemite and jam the toast. A big thank you to Mrs Fenning and the student helpers. If families have excess fruit or vegetables that can be eaten raw please consider donating it to the breakfast club. The breakfast program sets the students up for a successful morning of learning.

QuickSmart Program
We are very fortunate to be able to run the QuickSmart Maths program again for our Stage 2 & 3 students. This program is in connection with the University New England. We have a limited number of students on the program. Parents are invited next Tuesday for an information meeting at 11.20am in the middle demountable. Invitations will be sent out to parents separately of students participating in the program, however anyone with an interest is most welcome to attend and hear about the program and its benefits to students. Should parents have questions and are unable to attend the meeting, please contact Mrs Makinson.

Flu
The flu epidemic has hit early. We have had a number of students away with colds. Please remind your children to wash their hands before they eat, cover coughs and sneezes in the crook of their arm and use a tissue and dispose of it safely. Let’s keep healthy.

Mission Impossible
Let’s hope it isn’t an impossible mission to eliminate head lice. Unfortunately they are back. Regular checking and treating will help us achieve our mission “possible”......and self destruct those nasty little insects. Keep checking!

Meet and Greet Tuesday Coffee Morning
A number of parents braved the wet weather to meet with the school executive yesterday. It is great to see the interest from our parents in meeting school staff each week. In a very casual and relaxed environment we are inviting...
Principal’s Report continued.....

parents into the school each week to meet different staff members. As part of our ongoing commitment to bring the school staff to the parents we will be featuring our Schools Learning Support Officers (SLSO), used to be called Teachers Aides next Tuesday at 9am in the hall. These valuable staff members assist in all classrooms and in the playground during the week. Please come and say Hi and meet your child’s SLSO. They are a very friendly and enthusiastic group. I’m sure there will be plenty of laughter. A cuppa will be served.

Morelle Makinson
Stage 1 Leader

General principles for helping children learn to manage anger

For children to learn to manage anger effectively they need adult support and guidance.

They need to know that anger is a normal human emotion and that there are acceptable ways of expressing it. They need to feel understood and supported rather than judged or blamed for feeling angry.

• Be a model for children

Children learn effective ways of managing anger from seeing adults manage their anger effectively. Show them how you use appropriate ways to tell others you are angry and sort out problems.

• Discuss feelings

Using words to discuss anger, frustration, annoyance, irritation, etc. helps children learn that having angry feelings is normal and is something that can be talked about. This helps children with understanding feelings and with feeling understood. It also makes it easier for them to recognise that some ways of reacting to anger are okay and others are not.

• Anticipate and prepare

Parents, carers and teachers can help children manage their anger by identifying situations that often trigger angry responses and being prepared to offer support. This may include getting children engaged in activities that will take them away from a situation they find stressful, distract. It may involve planning with an individual child in advance how he or she can handle a challenging situation.

• Use positive discipline

Providing specific praise when children manage their anger well supports their learning. Setting clear rules and predictable consequences for children’s behaviour helps them know what you expect. When limits are made clear and praise is provided for appropriate behaviour children find it easier to develop the self-discipline they need to manage anger effectively.

From the P&C

P&C Meeting
Thank you to those that came to our first meeting of the year and welcome to our newest member Sherrie. Our next meeting will be the AGM on 20th March at 6.30pm in the hall followed by a regular meeting. Future fundraising allocations and future meeting dates and time will be decided at this meeting. All positions will be declared vacant and all members are encouraged to attend.

Easter Fundraiser
Information about this year’s fundraiser came home with this newsletter. Please get you forms back in ASAP to avoid disappointment. If you did not receive it copies are available from the office.

Uniforms
Still waiting on delivery but we are expecting it very soon. Don’t forget to get your winter orders in by the due date, only 1 order will be placed. More order forms are available from the office.

Photo Competition
Reminder that the photo competition is still running. If you have any questions see Mrs Goodby at the hall in the mornings.
Helping your Kindy kid succeed at school
A great way to kick off your child’s formal education is to understand the school culture and what your child is doing in the classroom.

Speech problems
All kids learn how to talk and listen at different rates but did you know there’s a general pattern to your child’s language development?

Friendships to boost your child’s learning
If children are happy socially they tend to be more engaged in their learning. So teaching your child about the importance of making friends is as vital as learning their ABCs.

HELPERS WANTED FOR FAMILY BUSH DANCE
Anyone who would like to help in any way (BBQ setting up etc) please leave your name at the School office or contact Janelle McDermid directly
Phone: 6653 3316 or email: mcdermiddes@hotmail.com
Your help would be greatly appreciated.

Year 6 Buddies with Kinder Owls - L to R Dakirra Williams & Grace Noonan, Carly Robins & Mia Morrison, Megan Summers & Erin Eadie and Maddy Adams & Jimerra Breckenridge

Inspiring Celebrations
Civil Marriage Celebrant
Deborah McMahon
6569 5843
0428 434 769
PO Box 77, Nambucca Heads
inspiringcelebrations.com.au
Personalized Ceremonies For All Occasions

VALLA
Surfboards, T Shirts, Surfing Accessories
Phone: 6568 8909
8 Monro Place, Industrial Estates, Nambucca Heads
**STAGE 2 INFORMATION AFTERNOON**  
Stage 2 teachers would like to invite all parents and carers of our Stage 2 students to an information afternoon on Tuesday 26th February. The afternoon will commence at 4:30pm with afternoon tea in the staffroom. At 5pm we will move to 3-4B room and share important information and dates for 2013.

We look forward to meeting as many parents and carers as possible next Tuesday.

*Mrs Fenning, Mrs Buchanan, Mr Pascoe and Mrs Joske*

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**Stars of the Week Friday 15 February**


**Students of the Week**  
Lochie Heighington, Jayda Rixon, Holly Wicks, Megan Summers, Koelby Welsh, Declan Jarrett, Charlotte Battiston, Will Bournes, Mahalia Sutherland

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**HELPFUL HINT**

When speaking to your child about their day at school don’t forget to ask about the positives. Ask them about the best thing that they did during their day. Think Positive!

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**STAGE 2 INFORMATION AFTERNOON**

**WANTED UNIFORMS**

We would greatly appreciate donations of any out-grown uniforms in good condition for our clothing pool.

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**SCHOOL BANKING THURSDAYS**

If you are a new banker please contact the school office to receive a starter pack.

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**THIS SPACE AVAILABLE FOR ADVERTISING FOR THE YEAR**

Contact the school on 6568 6411 for more information.
COMMUNITY NEWS

National Parks Celebrates Parks Week (March 2nd & 3rd)

National Parks Discovery ranger-guided activities are being offered on the weekend of March 2nd and 3rd to Celebrate Parks Week 2013. Parks Week Discovery activities aim to provide local children and families a range of accessible, fun and, in most cases, free opportunities to enjoy a weekend of exploring nature and engaging with local Aboriginal Culture across our beautiful local parks and reserves.

There’s a HUGE family fun day planned for Bongil Bongil National Park on Saturday 2nd March, with free ranger guided activities including mountain bike riding, canoeing, Aboriginal bushtucker walks, WilderQuest kids games and morning tea. Wires will also be offering a BBQ sausage sizzle lunch.

On Sunday 3rd March, you are invited to join in a Celebration of Gumbaynggirr Culture at Muttonbird Island Nature Reserve, where local Elders and Aboriginal Discovery Ranger Mark Flanders will be telling stories, making music (and inviting you to help) as well as learning some lingo. Renown local Aboriginal dancer David Carriage will also be running dance workshops. All Free.

Also on Sunday, there will be guided rainforest birdwatching and yoga activities at Dorrigo National Park for $10 (included breakfast at the Canopy Café). Bookings are required for the Bongil Bongil Two Wheel Trek (mountain bike) tour. Breakfast with the Birds walk and Yoga in the Rainforest. Please check full details on the Parks Week website; [WWW.NATIONALPARKS.NSW.GOV.AU/PARKSWEEK](http://WWW.NATIONALPARKS.NSW.GOV.AU/PARKSWEEK)

NEW VEGEMITE SURFGROMS START NEXT SUNDAY!

Term 1 Sunday program now available for Level 1, 2 and 3 (Scotts Head). Very limited spots remaining for the only term 1 programs we are offering. A great way to educate and keep the kids active in and around the water with 5 x 2 hour sessions.

Don’t forget the each participant receives a Quiksilver participant pack for new and re-registering groms.

It’s so easy to register - [www.surfgroms.com](http://www.surfgroms.com) and then put in Trent Munro Surf Academy as your favorite delivery centre to check our Programs and pricing.

Start date Sunday 24 February 10:30am

AFTER SCHOOL CARE

Open for primary aged school children operating at Frank Partridge VC Primary School. All children from local schools are welcome to attend;

children are collected from school buses by a staff member. Centre is open from 3.00 pm till 6.00 pm, Monday – Friday. Fees start at $3.85 per child (with Child Care Benefits) and a healthy afternoon tea is included in the cost. Children participate in fun activities, sport, craft, games and more.

For information and bookings phone Gail on 6568 1474 or email vaccare@bigpond.com.

Nambucca Exhaust
& Brake
For all your
Mechanical Repairs
Services
& Pink Slips
See Jim or Wayne
Nambucca Industrial Estate, Monro St, Nambucca Heads
Phone: 6568 7608

Show your partner how much you care with a fabulous night at the Jaaning tree this Valentines Day!
Our locally sourced menu has plenty of tasty options with our native twist.
Call now to secure a table, 02 6569 4444
website: www.jaaningtree.com.au

ATTENTION: ALL YOUNG KOORI PEOPLE

Surf Day with Pro Surfer Otis Carey

WHERE - Moss at Park Beach Surf Club
WHEN - Saturdays - 23 February 2013
Time - 12.15 pm
With - Jon Winkler Surf School
Free - Koori kids aged 7-17
Cost - Free

AFTER SURFING KIDS WILL WATCH SCREENING OF OTIS FEATURE SURF MOVIE

LUCKY DOOR PRIZE - CUSTOM MADE MIKEY SURFBOARD

HEAPS OF GIVEAWAYS AND PRIZE PACKS
**SPORT**

**District Swimming Carnival**

The District Swimming Carnival was held last Friday 15 February at the Macksville Aquatic Centre. Children who finished 1st, 2nd, 3rd or 4th at this carnival have qualified for the Mid North Coast Swimming Carnival to be held at Coffs Harbour Pool on Monday 25th February.

The children who have qualified with their placing at the District Carnival are:

- **Isaac Jones** - Open 100m 1st, 50m Freestyle 1st, 50m Breaststroke 2nd, Senior Boys Relay 2nd
- **Alex Cowan** - Open 100m 1st, 50m Freestyle - 1st, 50m Backstroke 1st, 50m Butterfly – 1st, Individual Medley 1st, Breaststroke 3rd
- **Charlotte Williams** – 50m Breaststroke 1st, 50m Backstroke 2nd, 50m Butterfly 2nd, Individual Medley 2nd Open 100m 4th
- **Ella Williams** – 50m Freestyle 2nd, 50m Backstroke 4th
- **Bella Ronan** – 50m Freestyle 1st, 50m Butterfly 1st, 50m Breaststroke 2nd, 50m Backstroke 2nd
- **Sumah Robins** – 50m Freestyle 3rd
- **Angus Kimber** – 50m Freestyle 2nd, Senior Boys Relay 2nd
- **Liam Jones** – 50m Freestyle 1st
- **Koelby Welsh** – 50m Breaststroke 3rd
- **William McKinney** – 50m Breaststroke 4th
- **Isaac Hodnett Daly** - Senior Boys Relay 2nd
- **Ethan Hocking** - Senior Boys Relay 2nd

Others who tried hard at the carnival were

- Adam Cross, Bradley Stone, Patrick Noonan, Monty Wilson, Lachlan Hoffman, Elly Gooch, Mia Kelsey, Dominique Byrt, Laynh McAlpine, Lucy Green, Annabelle McDonald, Hannah Donnelly.

**Mid North Coast Cricket**

Last Monday 18th February Isaac Jones attended Mid North Coast Cricket Trials. Isaac played so well he has qualified for North Coast Trials. Well done Isaac.