Principal’s Report

5P Planning
The 5 P’s – Purpose, People, Processes, Product and Practices - underpin our school planning for the next three years up until the end of 2017. We are currently discussing what we do well and what needs a revamp with our staff, students and community. So far there are some common threads around learning, support and communicating but we have more questions to ask so keep posted and feel free to offer your ideas through the office or when approached for your ideas when we see you in the school.

Principal’s Morning Tea’s
This week I began hosting a Principal’s morning tea for groups of students who have received the Principal’s certificate for their outstanding effort for 2014. It has been an absolute pleasure and I have been receiving lots of feedback about the school and positive ideas for improvement from the students. I will continue to host morning teas each Friday for students who reach this achievement till the end of Term.

Hats, Hats Hats!
Black school hats are available from the office at any time for $10.00 each. Many students have added the school hat to their school uniform.

Balls, Balls, Balls
Stewart House Bouncy Balls have also been popular and are still available for $2.00 each from the student window of the office.

Precious Possessions
I would encourage everyone to keep special toys or possessions at home as we are unable to guarantee the safety of precious possessions which are lost at school. Similarly, if your child must have a mobile phone at school for after school use they need to be handed in at the office for safe keeping until the end of the school day.

Get Ready to be Wowed!
It’s getting closer! If you need information about costumes or needs for the school musical “Where In The World” please contact your child’s teacher. Where In The World Wednesday 29 October at 5.00pm for a 5.30pm start!

Keeping in touch
Cheryl Banks
Principal

www.nambuccahd-p.schools.nsw.edu.au
Email: nambuccahd-p.school@det.nsw.edu.au

Term 4
Week 3
22 October 2014

Calendar of Events

OCTOBER
29 Musical – “Where in the World” 5pm

NOVEMBER
5 Kinder Orientation 2-3pm
7 NHPS Vs FPVC Challenge (Stage 2 & 3 only)
12 Kinder Orientation 2-3pm
19 Kinder Orientation 9-11am

DECEMBER
3 Carols Evening 5-7pm
4 Yr 6 Orientation NHHS 8-12 School Swimming Scheme Macksville Pool
11 Yr 6 Farewell
10 Reports Home
16 Presentation 11am
17 Last Day for Students

Cnr Ridge & Lee Streets
PO Box 355
NAMBUCCA HEADS,
NSW, 2448
Ph: 6568 6411
Fax: 6568 8205
Principal:
Cheryl Banks
Year 6-7 Transition

Children in Year 6 attended Nambucca Heads High School last week and had a taste of what the High School had to offer. Parents also attended a session and felt welcome and informed.

Macksville High School has announced its transition program Tuesday 18th November will be a “Taster Day” for those intending to enrol there. There will also be an Orientation Day on Wednesday 3rd November.

Year 6 Farewell Meeting

Thank you to all who attended the meeting. We really appreciate your time and energy in helping to run one of our biggest nights of the year.

G Bonventi

Creative Learning in 3-4F

Enthusiastic students from 3-4F are studying volume. After the serious work, a fun photoshoot followed.

TUTTY’S
CONCRETE WATER TANKS & CONCRETING

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Valla

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Driveways • Paths • Stencil & Exposed • Suspended Slabs & Footings • 45,000lt concrete tanks • 90,000lt concrete tanks
Tanks built on site

Grandparents are invited to come and visit this Friday

Grandparents and elderly friends are invited to school this Friday afternoon 2-3pm to visit Stage 1 classrooms. Come and enjoy an afternoon of craft and chatting with the younger generation. We will have refreshments set up outside the Kinder rooms. Please come and join us and help us celebrate Grandparents Day.

Now Selling
Stewart House Hi-Bounce Balls
Available at the office
$2
Be quick
Selling fast

Limited Stock
Available

Pete & Ksenia’s Fruit & Veg
The greengrocer who comes to you. Select your own fruit and veg. Very competitive prices
No delivery fee
Phone orders are welcome
Delivered after hours
0468 369 958 or 6568 8069

A LOCAL BUSINESS
Tips on Keeping the peace at home

As teachers we are always working on effectively managing student’s behaviour to keep an orderly calm environment. Here are a few ideas to help you manage your children’s behaviour at home - like we do it at school! Notice that words like Respect, Safety and Honesty appear in the suggestions. You could become a PBL household!

1. **Praise positive behaviours.** Rather than constantly correcting your child and giving them negative attention, ignore this behaviour whenever possible and focus on best behaviour. Children will most likely copy good behaviour in hopes that they will get praise. If your child corrects their own behaviour, make sure you make eye contact and give them verbal praise immediately.

2. **Provide SOME extrinsic rewards.** While the ultimate goal is for children to monitor their own behaviour, children thrive when they are working toward some sort of goal. Sticker or goal charts can track compliant and helpful behaviour. This does not necessarily mean you have to spend a lot of money on rewards. Rewards can be as simple as choosing a favourite dinner, extra computer time, watching a favourite TV show or video, camping out in the lounge room and having a sleep-over. Be creative and have some fun!

3. **Don’t forget to let your children know what the rules are and remind them often.** Why not have some home rules? Write them up and post them on the fridge. Keep the wording of your rules simple and kid-friendly. Negotiate them with your children so everyone is on the same page. Rules could be as simple as:
   - Look at the person speaking to you and listen carefully when spoken to
   - Follow directions when asked
   - Play quietly and safely inside
   - Respect people, places, and things
   - Be honest
   - Clean up after yourself and get your jobs done promptly. Refer to the rules often when speaking to your children. What a great way to phrase a reminder…”The rule says…” It takes the pressure off you.

4. **Plan ahead for effective changes.** Your children are like sharks-they smell fear and prey on weakness. Stay strong and don’t cave into whining. Always stay one step ahead in your thinking and plan ahead. If you perceive a possible problem, be creative in its solution and always think ahead.

5. **Silence is powerful.** When your children become unruly, do not shout over them. They will win every time. Instead, use a calm, quiet voice. They will mirror your emotions and tone. Only raise your voice very occasionally, and then they will know you REALLY mean business when you raise your voice. If you want quiet or attention from your children you could try counting backwards from 10 slowly (and show it on your fingers as a visual cue).

These strategies will tell your children that you are in control, and that you have high expectations for their behaviour. By using these management strategies, you will spend less time managing difficult behaviours, and more time enjoying family life!

*Mrs Makinson*
Stars of the Week 17th October 2014


Students of the Week
Hannah Sharp, Zoe Aspiotis, Koelby Welsh, Emily Pascoe, Paige Jackson, Domynique Byrt, Forest Aiken-Hooler, Ryan Gardner

School Awards
Rhys Hawkes, Tihana Dell, Noelani Wellington, Jacob Monaghan,

Assistant Principal’s Award

Principal’s Award
Leonor Da Silva Pell, Koby Loughton, Domynique Byrt, Jimerra Breckenridge, Lachlan Hoffman, Harrison Chapman, Taj Bateman, Kade Scarth, Lucy Green, Tihana Dell, Mark Robinson.

Where’s Seemore Competition

Competition commencing again for Term 4.

Answer: 15
……and the winners are:
Year K-2
   Erin Eadie
Year 3-6
   Jaxx Eadie

$2 Canteen Voucher will be given out at Friday’s Assembly following result in Newsletter.

Have you bought your School Hat yet?

WANTED
Glass baby food jars for 1-2M craft. Please clean and give to Mrs Miller Thank you

Nambucca Dental Surgery
Phone: (02) 6568 6655 Address: 7 Sussex Street, Nambucca Heads 2448

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Coffee & Cake

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Cafe: 6568 6511 Tackle Shop: 6568 6432
Riverside Drive, Nambucca Heads. Next To The RSL
COMMUNITY ANNOUNCEMENTS

Managing your child’s weight
It’s all about family when it comes to influencing children's waistlines and no number of wonder diets can beat some simple changes at home.
Find out more: http://www.schoolatoz.nsw.edu.au/zh/wellbeing/fitness/managing-your-childs-

Choosing the right school shoes
Can those school shoes last...one...more...term.....? And are the expensive ones REALLY better for your child’s feet?

Creative reading
If your child is full of great ideas, share these 22 slides to help them tell their stories. Pixar’s 22 rules for great creative writing are brilliant! http://bit.ly/1fyxNK3

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

Get out, Get Active!
Did you know: being physically active is linked to reduced risk of heart disease, some cancers and diabetes?
Being active as a family is a great way to help children be active in as many ways as they can. Here are some ideas for your family:
• Make playing with your kids part of every day
• Play outside with your kids
• Go for a walk as a family
• Get involved in family sporting activities
• Take the dog for a walk
• Plan an outing at the local beach, pool or river
• Pack a picnic lunch and explore the beautiful coast or hinterland
For ideas and information about bush walks, coastal walks and scenic picnic sites in your local area contact:
National Parks and WILDLIFE Services
Forestry Corporation NSW

Fundamental Movement Skills
Research tells us that children who master a specific set of fundamental movement skills are more likely to be physically active as they get older, participate and enjoy more sport. These skills are categorised into 3 groups
Stability skills: e.g. balancing, twisting, stretching
Locomotor skills: e.g. running, hopping, jumping, skipping, galloping, leaping
Manipulative skills: e.g. throwing, catching, dribbling a ball or striking an object
Encouraging fundamental movement skills at home and school is easy. Here are some tips:
• Kick, throw and play ball activities with your children
• Encourage them to run, jump, hop and skip during play

We have started our pop up dinners!
If you would like to know the dates, location and menu for our up coming pop ups simply visit our website and join our Food and Wine Club. You will receive a newsletter via email with all the details.
dine@jaaningtree.com.au  www.jaaningtree.com.au
LUKE HEIGHINGTON
TILING & STONE

‘All aspects of wall & floor tiling and bathroom renovations’

MOBILE - 0413 641 537
Lic No - 221488c

COMMUNITY ANNOUNCEMENTS

Morning Play at NHPS

NETBALL 2015 REPRESENTATIVE TRIALS

OPEN TO ALL NETBALLERS TURNING 12 AND ABOVE IN 2015

SUNDAY 23RD NOVEMBER 2014
MACKsville HIGH SCHOOL STADIUM

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<thead>
<tr>
<th>Time</th>
<th>Age Group</th>
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<tr>
<td>9.00am - 10.30am</td>
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<td>5.00pm - 6.30pm</td>
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<td>OVER 17 YEARS</td>
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PLEASE ARRIVE 1/2 BEFORE YOUR AGE ALLOCATION FOR WARM UP

FOR MORE INFORMATION CONTACT:
VICKI WASSENS 0429 488 315  nnasecretary@hotmail.com

FOR REGISTRATION FORM PLEASE CONTACT:
NICKY HALLETT 0429 585 160  nnasecretary@hotmail.com

REGISTRATION FORMS MUST BE SUBMITTED BY FRIDAY 9TH NOVEMBER 2014
EITHER IN PERSON TO NICKY HALLETT OR EMAILED TO
nnasecretary@hotmail.com

HOPE TO SEE YOU ALL THERE!

LUKE HEIGHINGTON TILING & STONE

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