**Principal’s Report**

**Woolies Introduce Jamie Oliver**

We are very lucky to have a great school canteen run by our canteen supervisor Claire Daniel who prepares healthy snacks and lunch options for our students and staff. Claire will be joined by the “ladies from Woolies” tomorrow as part of their Jamie Oliver program. Woolworths is donating two boxes of fresh fruit to our canteen each week and the ladies will be helping and serving in the canteen to kick the program off. Fruit will be available to students at the canteen and at our Breakfast program, so thank you Woolworths.

**Safe, Honest & Respectful**

Congratulations to our students for their focussed approach to learning and their respectful, honest and safe play. Seemore, our PBL mascot, is now working beyond the playground and assisting students to follow our school pledge in classrooms. Seemore is now rewarding students for being Safe, Honest and Respectful learners in all areas of our school so watch out for more Gotchas for great work at school.

**Calling all mothers and grandmothers!**

We’d love you to join us for our Mothers’ Day Morning Tea tomorrow Thursday 8 May 2014. The Youthie Coffee Van will be selling specialty coffee and tea and our students will be serving a light snack. We hope you can join us in front of the hall from 10.30am until 11.30am tomorrow.

**Fire Safety**

Our local Fire Brigade officers worked with our Kindergarten and Year 1 students this week. Their message focused on safety and responses in an emergency. Students were also very interested to feel the weight of the protective uniforms worn by the fire officers. Year 2, 3 and 4 students will work with the fire officers next week.

**Opportunity Class Enrolments Open Now**

Parents of exceptional students in Year 4 are able to apply to enrol their children in the Opportunity Class at Toormina Public School for 2015 and...
ATTENTION!
Payments

Work Books
Payments are overdue. Reminder Invoices have been sent home today. The P&C have subsidised these workbooks to keep the cost affordable for families. We would appreciate your payment ASAP.

School Contributions
Reminder Invoices have been sent home today. Don’t forget, you will receive one complimentary 2014 Year Book per family for your contribution.

Year 3-4
GABC Excursion
8th - 10th September
This excursion can be paid in instalments anytime.

Year 5-6
Canberra Excursion
7th - 12th September
Payments can be made anytime for this excursion. If you make weekly, fortnightly or monthly payments you will have it paid off in no time.

Online Payments
Don’t forget you can make online payments for excursions and other school activities. Just log onto the school website at www.nambuccahd.p.schools.nsw.edu.au, Select Make a Payment. When you get to payment options, just select the appropriate dissection.

2016. There are only 15 places, which makes applications highly competitive. If you are interested in applying please speak to the principal for more information.

Uniforms Look Great
Thank you to all those families ensuring students wear their school uniforms every day. Red jackets or jumpers are the uniform. If your child is still wearing shorts they need to be a modest longer length please. If you need assistance with uniform please contact the school office.

Our new school hats are on the way, we’ll keep you posted.

Don’t Forget Mother’s Day Morning Tea
Tomorrow Thursday

Fruit & Veg Sense Workshop Coming Soon

Come to our FREE Fruit & Veg Sense Workshop
Date: Thursday 22nd May 2014
Time: 1.30pm – 3pm
Venue: Nambucca Heads Public School
Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This free workshop run by Cancer Council NSW will show you how you can easily:

- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

Don’t miss out – Please RSVP by Monday the 19th of May. Book you place by:
Visiting the school front office or emailing amees@nswcc.org.au
For more information contact Aimee on 9638 1306

TUTTY’S
CONCRETE WATER TANKS & CONCRETING
Call Mitch:
0423 315 051
Valla

Staff on Leave
Mrs Morelle Makinson is currently on leave and Mrs Jenny Hullman is relieving in her teaching role with Reading Recovery and Learning Support.

Keeping In Touch
Cheryl Banks
Principal

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
Nambucca District Show Success

Thank you Mrs Miller for creating a fabulous display at the Show. Our school won 2nd Prize with all our students awesome creations. We were only just beaten by Scotts Head Public School. Lets aim for 1st next year.

Amy Gooch proudly displays the winning trophy for the largest pumpkin grown by her family for our school. This year the Show Society introduced a new section for Schools across the valley to compete to grow the largest pumpkin. Next year we hope to grow one at school as well.

1H Learn Out and About

Yesterday 1H walked to Gordon Park as part of their learning about Local Places. We figured out which landmarks were natural and built and enjoyed the beautiful weather.

Where’s Seemore Competition

Answer: 3
......and the Winners are:
Yrs K-2
Mia Morrison
Yrs 3-6
Jackson Purcell

Competition will run each week so get your entry in!

GREAT AUSSIE BUSH CAMP

Any students who have not sent in their note to indicate they wish to go, or have lost their copy of the note, please let us know if you wish to attend and send in your deposit. Limited seats still remain, so get in quick.
I have put together a costing but I need final numbers to complete this.
More details next week

C & D Coffs Landscaping

All aspects of Landscaping
Stonework Specialists
157 Burkes Lane Valla NSW 2448

Chris Oldfield
0412 899 614
02 6569 6799

Johan van Es
0401 720 736

KALANG RIVER
SMASH REPAIRS
ABN: 71 239 811 250 Licence: MVRL41070
RUST REPAIRS - PANEL BEATING - RUST PROOFING
SPRAY PAINTING - INSURANCE REPAIRS

Marina Crescent
Urunga NSW 2455
kalangsmash@gmail.com
Ph: 6655 6611
Mob: 0411 465 391
All Enquiries Welcome

Wesley Chapman
**Skoolbag App**

Thank you for your feedback on the Skoolbag App. We have now updated the dates for the Athletics Carnivals and Excursions.

Don’t forget you can also notify the school via your Skoolbag App of any changes to your contact details and to advise of any absences. Just select Parent eForms and fill in...

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**Stars of the Week Friday 2nd May 2014**


**Students of the Week**

Drew Nicholson, Paige Jackson, Noah McCann, Ruby-Mai Matthews, Zeke Dale, Breeanna Knight, Carly Robins, Heidi Edwards, Tarryn Cook

**School Awards**

Kyron Auld, Mia Morrison, Laila Heighington, Nicholas Davison, Domynique Byrt

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**BOOK CLUB**

Please return orders by Thursday 8th May.

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**Nit Critters**

These unwanted little critters have returned with our students this term. Please be vigilant in checking and treating your child’s hair.

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**Nambucca Boatshed & Café**

*Buy One Coffee... Get One FREE*

**CAFE**

Breakfast, Lunch, Coffee & Cake

**TACKLE SHOP**

Rods, Reels, Bait, Boat/Kayak Hire and all your fishing/boating requirements.

Phone: (02) 6568 6565
Address: 7 Sussex Street, Nambucca Heads 2448

**CHILD DENTAL BENEFIT SCHEME**

We Bulk Bill

Phone today for your appointment at our family friendly practice
Is your child’s backpack damaging their spine?
A recent Australian study has shown that approximately 25% of school-aged children suffer from back and/or neck pain at any one time. It’s believed to be due to a combination of factors such as poor posture, everyday load carrying and the use of computers. The Children’s Hospital at Westmead suggests young people should:

- not carry more than 10% of their body weight
- use a backpack with the straps over both shoulders and a waist strap
- load gear so that the heavier objects are nearer to the spine, with the lighter objects towards the front of the pack
- lift a backpack properly—bend at the knees and lift the pack with both hands


English refresher from School A to Z on Homonyms
Homonyms (also known as homographs) are words that are identical in pronunciation and spelling but have different meanings. They can be nouns, adjectives or verbs. The context gives them their meaning.

Ask your child for an example, like this one:
I prefer a fine *tip* on my pen.
He gave me a *tip* for the Melbourne Cup.
Don’t *tip* the water on the floor.
You gave the waiter a generous *tip*.

2013 Year Books Have Arrived

If you would like to purchase a Year Book we still have a few copies left for sale. Cost is $30

The books are presented in full glossy colour and are a fabulous keepsake of your child’s school memories.

SPORT

Mid North Coast Rugby League
The Mid North Coast Rugby League Trials were held last Thursday 1st May. Jackson Crebert was selected to attend North Coast Trials. Well played Jackson.

School Cross Country
Unfortunately due to the wet weather the school Cross Country had to be postponed last Friday. It will now be Friday 16th May.

Bowraville Cross Country
The Bowraville Cross Country is this Friday 9th May. All children in Stages 2 and 3 received a note last Friday. If your child does not have a note please contact your child’s teacher or the office.

Revised Cross Country Dates for Term 2
Bowraville Cross Country – Friday 9th May
School Cross Country – Friday 16th May
Mid North Coast Cross Country – Friday 23rd May
North Coast Cross Country – Friday 6th June
State Cross Country – Friday 18th July

Kids, Social Media and Privacy

Regardless of your child’s age, the world may already know a lot more about them than you suspect. According to recent research:

- 92% of children under the age of 2 have a digital shadow (it starts with proud parents posting newborn baby photos on Facebook or Instagram)
- a quarter of Australian children 8 - 12 years old use Facebook, but the minimum age for a user is 13 years.
- more than 20 per cent of tweens publish photos of themselves on Instagram
- young people 14 - 19 have an average of 453 fans, friends or followers on social media.

2014 Privacy Awareness Week, 4 - 10 May 2014, is a good time to review your family’s privacy settings and discuss online security. You’ll find lots of practical information and resources to share with your kids at www.ipc.nsw.gov.au