Come and Join Us to Celebrate Education Week

TOMORROW
Thursday 31 July

7.30am
Breakfast
Followed by a Whole School Assembly at 9.00am
featuring Student performances also
Project Display in Library
Tree Planting

This is Education Week when public schools across the state celebrate their achievements with their communities. This is the 60th year of Education Week and we are inviting you to join us for breakfast tomorrow morning from 7.30am. Bacon and egg sandwiches are on the menu followed by a Performance Assembly at 9.00am in the school hall. Each class will then plant trees in the school garden. We hope you can join us for a snapshot of school experiences tomorrow Thursday 31 July 2014.

Tomorrow evening three Education Week Awards will be presented to members of our school community at the Valley 10 Education Week Awards Ceremony at Bowraville Central School. The Valley 10 Community of Public Schools will be recognising Mr Markem Katte for his continuing commitment to our students through sport and technology programs. Parents Jane and Clayton Donovan will receive an award for their ongoing support for Aboriginal Education through food experiences and Aboriginal language. Student Hannah Donnelly will also be recognised for her commitment and participation in all areas of the school experience in and beyond the classroom.
PHOTOS
Order forms are now available from the office to order Captains & Prefect photo and Year 6 photo.
Cost $12

2013
Year Book
We still have a few 2013 year books left if you would like a Copy.
Cost $30

Maths question of the week
How do children add numbers of two digits?
In the early stages students are encouraged to find strategies to mentally work out problems.
For example 27+25. Think 27 can be represented as 25+2. So 2 lots of 25 is 50, plus 2 more (left over from 27) equals 52. Children should be encouraged to flexibly use numbers. Happy adding!
Mrs Makinson (Maths leader)

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

Life Education - For Life!!
Our Life Education visit starts next week. All students K-6 participate in this program designed to support students make healthy lifestyle choices. Please return your payment for the Life Education Van to the school office.

Great Effort at the Athletics
Congratulations to all of our students for their enthusiastic participation at the school Athletics Carnival. Many parents also attended to provide encouragement as many students produced results which even they found surprising. Thank you to our staff for an inclusive, fun program for our students. Good luck to our large team competing at the District Athletics this Friday 1 August.
Hope to see you at breakfast tomorrow!
Cheryl Banks
Principal

Kindergarten 2015 - Is my child ready?
Your questions are answered.
This is one of the questions we are often asked from our new Kindergarten parents. Will I send my child or not? Parents need to consider this question and make an informed decision.

School can be a stressful place for four and a half year olds. Age-wise your child may be able to start school in the next intake, but are they actually ready to embark on 13+ years of education?
For those parents, whose child falls into a grey area because of their birth date, have a big decision of when to send them to school. This can be one of the most difficult decisions to make.
Do you start your child at four and a half years or do you wait until they’re going on six? Will they be bored with another year shared between home and preschool or will they struggle if sent to school too early? Are they emotionally mature enough? Will they be able to keep up academically?
There is really no need to rush – children are going to be at school for a long time, so let’s ensure they are great years.

School readiness is not about being able to read or write, know colours or count, these skills will be taught at school and are not a priority for starting school.

It is important to enter school ready to thrive, flourish and enjoy the challenges – rather than merely just coping.

Readiness is really mostly about emotional and social maturity - aspects of development that we cannot fast-track. We cannot make a child who lacks the necessary maturity to become mature.

Australia has one of the youngest starting ages in the world, yet there is no evidence or data to suggest that starting school early is better.

A good place to start discussions about starting your child is your child’s preschool teachers. They can be an excellent guide for readiness and know your child well. If you would like to talk to someone about any concerns you have about starting school please contact the school and arrange to have a chat with a staff member.

Mrs Makinson (Stage 1 Coordinator)

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
Let’s Get Physical

Healthy Lifestyle Promoted
Last week we looked at how the school promoted healthy eating. Keeping with the theme of promoting a healthy lifestyle, this week with the Athletics Carnival just on, we will look at how the school caters for the physical activity needs of all students. Evidence shows physical activity keeps us fit and healthy and getting into a pattern of enjoying exercise at a young age can lead to a long and healthy life. At school we look after students physical activity needs in lots of ways.

Class based PE and Sport –
Students participate in a range of class and school activities including games, fitness activities, athletics, cross country and swimming. NHPS has an extensive range of sport choices thanks to the wonderful Mr Katte, “Mr Sport”, who organises school sport for the Years 3-6. K-2 sport choices involve a lot of fun and games and often mirror the big kids sport. Team based sports of cricket, softball, football, netball etc are coached by our experienced staff. Also morning runs and activities in many classes set up students for a day of learning. PE sessions during the day help our students have a healthy and balanced day.

Dance at lunchtime
On Friday we offer a dance program in the hall at lunchtime. Mrs Bateman runs the program. It is the cool place to be! Who doesn’t enjoy putting on some dance moves and get fit while you do it.

Lunchtime activity play program
Mr Katte and Mrs Fenning have for the past number of years been our dedicated bottom playground sports teachers. They run a lunch time sports program that not only develops fitness but develops very important life skills of being a member of a team, caring for your mate, supporting each other, resilience, learning how to be a good winner and loser.

Premiers Sport Challenge – Again this year students are participating in the PSC. Teachers count up the amount of time their students spend on sport and physical activity including daily playtimes to earn a certificate for hours spent moving. This year NHPS staff have joined the students and are participating in the Staff Premier Sporting Challenge. Each staff member has been given a pedometer to count their daily steps. Have you noticed the slimmer, fitter looking staff?

Ritchie Donovan’s games program
Each week Ritchie assists class teachers to teach games and promote active life styles. Ritchie has been a great mentor for students and a great role model promoting a healthy lifestyle and always playing in the spirit of the game.
Cybersafety Outreach Program at NHHS

Dear Parents

On Thursday 14 August cybersmart, a federal government initiative will be at Nambucca Heads High School to deliver their cybersafety outreach program to students, teachers & parents. You are invited to attend the parent presentation which will run from 5.30pm to 7pm in the school hall.

Internet Safety Awareness Presentations
These free presentations offer students, parents and teachers up to date online safety information which is presented in an easy to understand, thorough, non-technical and informative manner.

For parents the presentation will focus on:
- Technology risks and what’s trending
- Protecting identity and reputation
- Cyberbullying
- Gaming
- Cybersmart resources

This presentation presents you with an excellent opportunity to learn more about cyberspace & your child’s use of it.

For more information about the presentation please access: http://www.cybersmart.gov.au/Outreach/Internet%20safety%20awareness%20presentations.aspx

I look forward to seeing you on the 14 August.

Simon McKinney
Principal.
Nambucca Heads High School
SPORT

School Athletics Carnival

Last Friday 25th July the School Athletics Carnival was held at the EJ Biffin Fields. Bass House were this year’s winners. They had the neatest house at the end of the day (nicely stacked bags) and have set a trend in war cries. They also had the most participation points. Cook were a close second followed by Flinders and Phillip.

This year’s individual champions were Cheyenne Baker, Will McKinney, Bella Ronan, Lucas Dumas, Indy Naylor and Adam Cross.

Bella Ronan broke the record for the 11 Yr Girls 800m. Madeline McCullagh held the old record of 2.59.69. The new record is 2.53.69. Full results are included in the newsletter.

Thank you to all our volunteer helpers — Mark Sanders, Evan Parsons, Lauren McMahon, Michelle Versluys, Glen Jones, Anita Rixon, Brad Wilson, Daniel Guerke and Narelle Wilson.

Thank you to the canteen helpers Claire Daniel, Sandra Goodby, Annamarie Cohen and Cathy McDonald.

Children who finished 1st and 2nd in Finals in individual events have qualified for the District Athletics Carnival this Friday 1st August. (NB 8 Years and older and 100m and greater distances in the running). Some children who finished third have also qualified by their times.

The school team for the District Carnival is:

Boys
Ethan Taylor, Caleb Jackson, Riley Rouse, Connor Green, Cameron Adair, Jinarli Breckenridge, Jayden Jackson, Liam Jones, Bailey Teece-Johnson, Will McKinney, Lucas Dumas, Monty Wilson, Kade Scarth, Nathan Patfield, Adam Cross, Ben Mander, Koelby Welsh,

Adam Cross & Indy Naylor Open Champions

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

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
ATTENTION!
Payments

Work Books
Payments are overdue.
We would appreciate your payment NOW!

School Contributions
Don't forget, you will receive one complimentary 2014 Year Book per family for your contribution.

Year 3-4
GABC Excursion
8th - 10th September
Keep those payments coming in.

Year 5-6
Canberra Excursion
7th - 12th September
Keep those payments coming in.

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-ps.schools.nsw.edu.au. Select Make a Payment. When you get to payment options, just select the appropriate dissection.

Athletics Carnival Continued…..

Bradley Stone, Hilton Naden, Patrick Noonan, Llogan Greenup-Stokes, Drew Bennett, Maliq McGrath, Zac Mackenzie, Jye Rothe and Jarrace Ham.

Girls

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