Countdown to Excursion

Our Stage 2 and 3 students are getting excited as their big excursions in Week 9 approach. Only 20 school days to go so please keep your payments coming in.

Mock Parliament is happening in Stage 3 in readiness for their visit to Canberra where the temperature has been below zero this week. I'm sure our students will notice some differences between the nation’s capital and their home town.

Stage 2 are learning about their bodies and staying healthy in readiness for their outdoor adventure activities at the Great Aussie Bush Camp.

A Must for Parents

All parents are encouraged to attend the presentation on Cyber-safety at Nambucca Heads High School tomorrow Thursday 14 August at 5.00pm. Our staff are also attending a session to equip them with strategies to support safe student use of modern communication systems. Cyber-safety at Nambucca Heads High School 5.00pm tomorrow!

A Safety Issue

To ensure your child’s safety, please check that they are wearing jewellery that will not get caught or pulled while they are playing. Small stud or sleeper earrings are safest. If your child must wear a necklace it should be tucked inside their shirt. Our students are very active in the playground so we always try to eliminate risks to their safety.

Cheryl Banks
Principal
How can parents help with school readiness?

There are many activities that parents undertake with young children that have a positive effect on their development and promote school readiness. These include:

- reading with your child
- teaching them songs and nursery rhymes
- playing with letters and numbers
- taking children on excursions
- playing cards and board games
- talking with your child encouraging conversation skills and turn taking
- creating regular opportunities for them to play with their friends and other children.

Let's Write!

How can we encourage our kids to write? Writing is one way to communicate with others. So is speaking. While speaking is a natural part of family life, how many of us write with our kids, and in front of our kids? Making sure that writing is a natural and regular part of family life truly helps our kids’ attitudes to writing.

Writers need to be story detectives, always on the alert for story ideas. People often ask adult writers how they get started, and many explain that their ideas come from all over. The important thing is to listen and observe, staying on the lookout for snippets of conversation or events to use.

One of the most powerful things we can do for all kids is to treat them as fellow readers and writers.
"Honey" the Kid Visits

1-2M, 1H & 1 Rockets Excursion

Next week Tuesday 19th August 1-2M, 1H and Year1 Rockets will be walking to Woolworths as part of our Paddock to Plate unit. While at Woolworths we will have a tour of the different areas and discuss where our food comes from. Some students will walk to Davis Seafood and then everyone will meet at Bellwood for lunch. All students need to wear closed in footwear suitable for walking and bring a hat. Please put lunch and a water bottle in a plastic bag.

WHY DON'T WE SELL SOFT DRINKS?

In Australia, children are consuming too many sugar-sweetened drinks, which are high in kilojoules and low in nutrients. Since 2007, the Sugar-Sweetened Drinks Ban has been in place in all NSW schools. This ban applies to soft drinks, energy drinks, fruit drinks, flavoured mineral water, sports drinks, cordials and iced teas.

Be sure to try some of the nutritious and tasty drink options at the canteen instead.

For more information, visit www.healthy-kids.com.au
Students of the Week Friday 8th August 2014


Student of the Week
Sumah Robins, Brody Faulds, Sonny Breckenridge, Teleesha Taylor, Chloe Keppie, Jy Rothe, Kaylan McGrath, Bella Ronan, Levi Steele, Scott Henery, Jedd Dyer

School Awards
Leanna Brown, Charlotte Locke, Mia Morrison, Kade Scarth

Assistant Principal’s Award
Koby Loughton, Mark Robinson, Lucy Green, Patric Laverty, Bella Ronan

Where’s Seemore Competition

Answer: 11
…..and the Winners are:
Yrs K-2
Erin Eadie
Yrs 3-6
Jaxx Eadie

Competition will run each week so get your entry in!

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

**GREAT AUSSIE BUSH CAMP**

Excitement is building. Not long to go.

Congratulations to all those families who have brought in their money and have secured their seat on the bus and bed at the camp.

Permission and medical notes will be issued soon so mums, dads and carers keep an eye open for notes in those bags.

**Orders Due Friday 22nd August (No Late Orders)**

**PHOTOS**

Order forms are now available from the office to order Captains & Prefect photo and Year 6 photo.

Cost $12

**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 upcoming 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@jaaningga.com.au www.jaaningga.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.

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

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**Mid North Coast Athletics Carnival**

The following children have qualified for the Mid North Coast Athletics Carnival to be held at the Coffs Harbour International Stadium this Friday 15th August:

- Monty Wilson 11 Years 800m
- Liam Jones 10 Years 100m and Junior Discus
- Lucas Dumas 11 Years 100m and 11 Years 200m
- Adam Cross 12 Years 200 m and 12 Years 800 m
- Maliq McGrath Junior High Jump
- Bailey Teece-Johnson Junior Shot
- Patrick Noonan 11 Years Shot
- Bella Ronan 800 m
- Ella Williams Junior 800 m
- Cheyenne Baker 9 Years 100 m, Junior 200 m and Junior Shot
- Marli Bateman 9 Years 100 m and Junior 800 m
- Indy Naylor 12 Years 100m, 12 Years 200m and 12 Years Long Jump
- Jayda Rixon 11 Years 200m
- Dakirra Williams 12 Years 800m
- Jemma Wilson Junior Long Jump
- Taylor Adair 12 Years Shot
- Junior Girls Relay Cheyenne Baker, Indigo Sharp, Marli Bateman and Mia Kelsey

Good luck on Friday!

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**Get out, Get Active!!**

Did you know: over 70% of Australian children aged over 5 spend over 2hrs in sedentary activities such as TV watching and computer games.

Organised sports are a great way to reduce your child’s sedentary time, when playing sport kids also develop and improve:

- Physical fitness
- Teamwork and negotiation skills
- Decision-making skills
- Motor skills
- Confidence and achievement
- Self-discipline

Organised sports don’t need to be competitive and there are many activities available to suit the needs and abilities of all kids. For example, hockey, soccer, tennis, AFL, football, Nippers.

See this useful websites for more ideas about different sports kids might like to try:


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**Be Active Every day**

Everyone - not just kids - needs to be active every day. But how much activity do we need?

<table>
<thead>
<tr>
<th>Age group</th>
<th>How much physical activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-12 years</td>
<td>≥ 60 mins/day moderate-vigorous activities</td>
</tr>
<tr>
<td>12-18 years</td>
<td>≥ 60 mins/day moderate-vigorous activities. Try to include ≥ 20 mins vigorous activity 3-4 times a week</td>
</tr>
<tr>
<td>Adults</td>
<td>≥ 30 minutes/day of moderate-vigorous activities. For even more health benefits, try to include more activity and vigorous activity throughout the week</td>
</tr>
</tbody>
</table>

Moderate activities make your heart beat faster and breathing become quicker. E.g. walking fast, bike riding, dancing, playing on park equipment, and skateboarding.

Vigorous activities make you huff and puff. E.g. organised sports, running, swimming laps, star jumps, and skipping.

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