



NANA GLEN PUBLIC SCHOOL NEWSLETTER

Principal: Deanie Nicholls

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6 November 2018

Term 4 – Week 4

Term 4 - 2018 – Calendar

		13/12/18	Presentation Night 5-7pm
15/11/18	OVLC Maths Enrichment Day	14/12/18	Whole School Big Day Out
19/11 – 20/11	Year 3/4 Cascade Camp.	17/12/18	Year 6 Farewell / Family Fun Night
Weeks 7-8	Intensive Swimming Program	19/12/18	Last Day of year for Students
7/12/18	Year 6, Principals Big Day Out		

Welcome to week 4. I'd like to start this week with a big congratulations to Lincoln Chambers who came second in his 800m final at the State Athletics Championships in Sydney last week. He will now head to the National Championships at the end of this month. He also put in a strong performance in his 200m heat. This result is amazing but does not come without dedication and consistent effort and this resilience and persistence is what I'd really like to congratulate Linc on. The achievement is the end result of his on-going effort. Well done Linc. You should be very proud of yourself.

Last week we sent out notes to find out if enough students were interested in performing at Coffs Central on 29 November. Please return these notes by tomorrow as we need to confirm our attendance.

Don't forget the Parade at Park Beach Plaza as well as our students are invited to be special guests at the parade with Santa as winners of the Shopper Docket competition this year.

Wednesday is our fourth and final Kindergarten Orientation day. We look forward to seeing the new students coming in and becoming familiar with Mrs Daniel, some of the other teachers, staff and our school.

A couple of weeks to our Cascade excursion for years 3 and 4. Please ensure all payments are finalised if not already done so. A final note of details will be sent home shortly.

Tickets have gone home for our end of year raffle. The collection of prizes are displayed in the foyer at school and are gaining a lot of interest. Any further donations are very welcome to our raffle. Please send them in to the office. Our annual 2 student bike offer is on again. There is a criteria for being in this bike raffle which is separate to the main raffle. You must be a student in attendance at NGPS and have returned a sold book of tickets. For every book and money returned, the child receives their name in the bike raffle.

Have a great week! Mrs D. Nicholls

Class Award Recipients- Term 4 Week 3

K

1

Name	Details of Award	Name	Details of Award
Lyla W	Detailed answers	Charlie L	Sharing good critical thinking when talking about different stories
Jesse James O	Thoughtful responses	Wren L	Showing good group working skills during creative thinking activities
Sophie B	Giving quality feedback	Tahli C	Working hard to improve her fluency when reading

2

3

Name	Details of Award	Name	Details of Award
Akira A	Counting forward and backwards to and from 1000	Cydni L	Input during group discussions about the sun
Livia O	Identifying saying verbs in Matilda	Caleb T	Working towards his literacy and numeracy goals
Madison M	Improving on her writing by editing her own work	Jett C	Striving to meet his learner quality goals

4/5

5/6

Name	Details of Award	Name	Details of Award
Ava W	Striving hard to make contributions to discussions	Thomas W	Challenging himself in maths tasks
Ciarrah G	Working hard to achieve her personal best	Jarred C	Improved effort in meeting writing goals
Alicia R	Her outstand collaborative working skills	Caitlyn K-J	Showing improvement in working with decimals

RFF

Principal

Name	Details of Award	Name	Details of Award
Bruce D	Using the correct terms to describe 3D shapes	Eligh R	Striving to improve on his writing ability
Eva P	Excellent detective work on the "changes" observation task		
Molly C	Providing relevant examples for the personal safety discussion		

PBL

PBL Area	Name	Details of Award	PBL Area	Name	Details of Award
Responsible	Josee P	I make positive choices	Safe	Harry C	I care for myself and others
Respectful	Christopher	I am honest	Productive	Jarred C	I strive to meet my learning goals

1st Silver

2nd Silver

Reading Bug

Caleb T	Eligh R	Chayce X	60, 80, 100 nights	Anna E	120 nights
Lyla W		Lyla W	160, 180 nights	Molly C	80 nights
		Bridget J	160, 180 nights		

We would like to invite you to Nana Glen Public Schools Kindergarten Orientation Program. Below you will find the dates, times and what you need to bring.

Term 4		
Date	Who comes	What I need to bring
Wednesday 17 th October 9:30 – 11:00	Parents for Information Session and an opportunity to ask questions. Students spend the morning enjoying themselves in the kindergarten room.	Bring some fruit and a bottle of water for snack time.
Wednesday 24 th October 9:30 – 11:00	Parents for Information Session and an opportunity to ask questions. Students spend the morning enjoying themselves in the kindergarten room.	Bring some fruit and a bottle of water for snack time.
Wednesday 31 st October 9:30 – 11:15	<u>No parent Information Session</u> Students spend the morning enjoying themselves in kindergarten room. Parents return at approximately 11:05 am to leave at 11:15am. Meet in under cover area near office.	Bring some fruit and a bottle of water for snack time.
Wednesday 7 th November 9:30 – 12:20	<u>No parent Information Session</u> Students spend the morning enjoying themselves in kindergarten room. Parents return at approximately 12:10pm Meet in under cover area near office.	Bring some lunch, fruit and a bottle of water.

What's going well in Year 2

Year 2 are back and roaring for their final term this year! We had a fantastic time at the School Fair and students successfully **SOLD OUT** of their tomato chutney. Those who missed out will be happy to know that we are going to be doing another cook. We will be leaving an order form at the office to get the correct amount so no one misses out. These orders need to be in by the end of Week 5, 16 November. The whole school swimming program started up again this week and students are loving it! We always have so much fun over at the pool.





Swimming for Sport Term 4

Swimming for Sport this term is funded from our successful application of our Sporting Schools Grant. **There is no money required each week.** Students will need to come prepared to swim each Friday with their swimmers, rash shirt, towel, goggles and swim bag.

Intensive Swimming Scheme

Intensive Swimming Scheme will commence 26 November (Monday Week 7) to the 7 December (Friday Week 8). Students will be required to pay entry into the pool each day (a total of \$30) or alternatively purchase a pass from the pool and have this stamped each day.

Students from Year 1 to Year 4 will be attending. Notes have been sent home last week. If you have any queries please contact Mrs Lessells.

Library Overdue Notices

We will be sending home Library Overdue Notices again next week. If your child is still reading these books, that is fine. Please return when completed.

Woolgoolga High School Orientation Day

An Orientation Day for incoming Year 7 students will be held at Woolgoolga High on Tuesday 4th December 2018. Parents are invited to attend an information session in the hall from 9.20am for approximately an hour while students stay on to experience a day of high school. Students will be able to take the bus home in the afternoon.

A letter will be sent home with details of the Orientation Day to all families.

Book packs will be available for purchase at the school canteen on Orientation Day and after that at Woolgoolga Newsagency. Woolgoolga High School is a school uniform school, you can purchase uniforms from the school's uniform shop which will be open on the Orientation Day.

The first day of attendance for Year 7 students next year is Wednesday 30th January 2018. The day will begin with an Assembly in the Hall at 8.55am.

Please contact the school immediately if your circumstances change and you no longer wish to proceed with this enrolment. We will then offer this vacancy to another student on our waiting list.

Nana Glen Public School

P&C Newsletter

P&C News

I would like to say a big thank you to all the staff, teachers, parents and community members of Nana Glen for all the help you gave me on the fair day. I, myself (Bec), had a great day just listening to all the children laughing and playing and enjoying their work on stem projects. All our stalls and entertainment were just lovely and it was just such a calm relaxed environment. A great afternoon had by all I am sure. So much more now coming with the end of the year rolling upon us. So keep watching this space. The raffle tickets have been sent out for our end of year fund raiser and if you would like more tickets just ask our wonderful ladies in the office for some. Each time you bring back a book of tickets your child's name will be put in the draw to win a beautiful new bike. Very exciting and it could be you. Don't forget if you have some time to help in the canteen on Monday or Friday to come and put your name down on the roster many hands make light work and more giggles and fun times. Thank you P&C

Live Life Well @ School

THE NSW HEALTHY SCHOOL CANTEEN STRATEGY FOOD AND DRINK BENCHMARK



School canteens are becoming healthier, support this strategy at home by:

- Swapping sugary drinks for water
- Include children in shopping and meal planning
- Model healthy eating habits
- Provide snacks such as fruit and vege platters
- Start a fruit and/or vege garden
- Consult with kids about the contents of their lunchbox

For more information:

<https://healthyschoolcanteens.nsw.gov.au/>



Health
Mid North Coast
Local Health District



**NANA GLEN
PUBLIC SCHOOL**
Community News

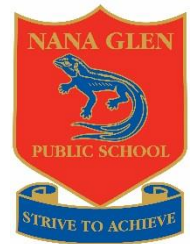
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WEEK 4 COMMUNITY NEWS

Nana Glen Public School does not endorse any product or services advertised.

Advertisements, will run for a maximum of five weeks, unless prior arrangement with the school.

NANA GLEN COMMUNITY CAROLS

WHEN: Saturday 15th December 2018

WHERE: Nana Glen Memorial Hall

TIME: From 6pm (BBQ Sausage Sizzle)

STARTING TIME: 7pm for Carols, etc

ITEMS: Varied items. Lots of Carols singing.

SPECIAL GUEST: Santa

MORE DETAILS - To be advertised.

(Note: If you or your family or there is someone that you would like to participate in a special way – please contact us.)

CONTACT: Garry Dew – 6654 3211.

Gayl Ellem – 6654 3232.

Rhonda Scrimshaw – 6654 3301.

The Orara Valley Anglican Churches invite you to mark
the 100th Anniversary of Remembrance Day



Remembrance Day

Glenreagh Hall 8.00 am

Nana Glen Hall 9.30 am

Coramba Hall 9.30 am

11th November 2018

Come together for Remembrance Day with your community
to honour and remember our fallen and returned
service men and women.

WOOLGOOLGA HIGH SCHOOL

PRESENTS

CREATIVE EXPO

2018

9th November 2018

6pm

In The Art Department Quad

We would like to invite you to come and share

Music & Drama Performances.

Visual Arts, Textiles and Industrial Arts projects on display

Coffee will be available for purchase

Gold coin donation entry

We have art
in order
not to die
of the truth.

He who has
lived
live can bear
almost
any how.



START SCHOOL WITH A HEALTHY *Smile*

ARE YOUR CHILD'S TEETH READY FOR SCHOOL? Starting school is a very exciting time for children and their parents. Your little one will need new supplies, a backpack, uniform and shoes in readiness for the coming year. There is something else that you may not have considered that is vitally important to your child this school year: healthy dental care.

It seems hard to believe but nearly 27% of 5-10 year old children will have untreated tooth decay as they go through the school year! Having an unhealthy mouth can lead to serious problems which can cause difficulty in speaking, eating, sleeping, concentrating and playing. We know that nobody cares more about your children's school experience than you do and so here are 3 steps that you, as a parent, can take to help keep your children's dental health in tip top condition.

- **Schedule regular dental examinations with your dentist.** You should see your dentist as often as he/she requires but, in case you're not sure, you and your children should have a check-up twice yearly. Try to schedule this appointment before the end of this year so that any unexpected cavities or other little problems can be taken care of before school starts.

- **Brush your teeth regularly.** Setting good habits is vital in teaching your child good oral health. You and your children should brush your teeth two times a day with fluoride toothpaste. Studies show an increase in cavities in early childhood and in the teenage years. Help your children establish good brushing and flossing habits so they can take these into adulthood.

- **Eat healthy foods.** Most of us know that sugary and acidic foods can harm your teeth if you let them and that prevention is better than cure. Simply packing your children's lunches with good foods such as whole grains, cheeses, fruits and raw vegetables or coaching them on which foods they should avoid like muesli bars and soft drinks will greatly help them in their dental health and also in their overall physical health.

At the end of the day, the beginning of the school year is all about your child and making sure that they're ready for the year to come. You do a great job of making sure they have everything they need to succeed in school, but don't forget all the tools they need to be healthy! After all, healthy kids are happier and perform better in all things including sports and school. If you need help in setting up your school year appointments or simply have any questions about what sort of foods to avoid, don't hesitate to email us or call.

Did you know? Almost 50% of 5-6 year olds have never visited a dentist and 34 % of 5-6 year olds have experienced dental decay (with 27% of 5-6 year olds having untreated dental decay in baby teeth). To help change these statistics for the children of Coffs Harbour, The Dental Centre is offering to bulkbill checkups for all children starting school in 2019.

**To help and improve these statistics for the children of Coffs Harbour
The Dental Centre will be offering *no out of pocket expense* examination
appointments for children starting school in 2019**

T&C APPLY

Please call or email for further details

02 6652 33 44



Education



Connecting Kids, Connecting Families

To connect parents and carers of children with a disability, the NDIA and local providers.

Location: Orara High School

Joyce Street

Coffs Harbour

Date: Wednesday 7 November 2018

Time: 2-5pm

Providers: *If you would like to host a table at this event please RSVP by Friday 26 October 2018 to rowan.coombes@det.nsw.edu.au or phone 6656 6614 (there is no cost to you)*



Social
Futures

Delivering the NDIS in your community

Mid Coast Communities is delivering the NDIS in the Mid North Coast area on behalf of NDIS Partner Social Futures



TEENS, PARTIES AND ALCOHOL

A practical guide to keeping them safe

A free presentation 'NOT TO BE MISSED' by renowned speaker Paul Dillon

ALL PARENTS ARE INVITED TO ATTEND

Paul Dillon (Drug & Alcohol Research Training Australia) has delivered Professional Development seminars for teachers, parents and others who work with young people for many years.

Using the most up-to-date statistics and research, the workshop aims to empower attendees by providing the facts around some of the issues in this controversial area.

Teenage parties provide young people with valuable opportunities to develop a range of social skills that they need to relate effectively with their peers. As they get older, alcohol is likely to become a part of these social gatherings and, unfortunately, things can go wrong. Using the recently released 2016 Australian Secondary Students Alcohol and Drug (ASSAD) survey results, this presentation will examine what we know about school-based young people and alcohol use and its use at parties. It will also provide some practical strategies and simple tips for parents considering allowing their teen to attend such an event to help ensure they are as safe as possible.

Where: John Paul College Theatre
Hogbin Drive, Coffs Harbour

When: Thursday 8th November 2018, Time: 6.30pm

To register: please [CLICK HERE](https://goo.gl/forms/MpBcq1UJfDgSu3ag1) or add this to your address bar
<https://goo.gl/forms/MpBcq1UJfDgSu3ag1>

