



NANA GLEN PUBLIC SCHOOL NEWSLETTER

Principal: Deanie Nicholls

Nana Street, NANA GLEN, NSW, 2450

Phone: 66543202 FAX: 66543549

Website: www.nanaglen-p.schools.nsw.gov.au

Email: nanaglen-p.school@det.nsw.edu.au



18 February 2020

Term 1 – Week 4

20/02/2020 NRL Afterschool Program starts –

Goes for 6 weeks each Thursday

25/02/2020 Coffs District Swimming Carnival

26/02/2020 Debating Enrichment Day 4/5/6

27/02/2020 MNC Swimming Carnival

28/02/2020 Clean up Australia Day

6/03/2020 Mid Term Assembly

13/03/2020 Multicultural Day – Woolgoolga Indian Temple K-6

30/03 – 01/04/2020 4/5/6 Camp

03/04/2020 OVLC Cross Country

Welcome to Week 4. Another big week with flooding affecting our families. We hope everyone is okay. If you need support, please contact us at the school. We understand that we have been promoting attendance and we will continue to do so, but please always remember that in times of disaster, we need our families to be safe. These absences will appear on reports, however do not have any impact on your child's records. The only time that an absence will not appear on your child's report is if the school needs to close, as we did at the end of 2019 due to the fires.

Obviously our attendance percentages were down for each class last week however all classes were still above 56%. The winning class for the week was Year 4/5 with 68% attendance. I think this was pretty good considering the flooding we experienced last week. Well done everyone. Year 4/5 are enjoying having Bear this week.



The OVLC Swimming Carnival is tomorrow, rain or not. The P&C need helpers on the

day if you are available. Thank you for the donations of eggs that have started to come in. All other donations of eggs or baked goods, please bring to school in the morning. Please send children who have been selected to school prepared to start at 9am. All swimmers will head over to the pool at 9 with the 100m starting at 9:15am sharp. We have been asked about having a carnival for our school. We appreciate that our kids like to have their chance to compete and really do love their swimming. Once the OVLC, District, and Mid North Coast carnivals are over, we will have a mini carnival one Friday. This carnival will not allow students to go to higher levels but we will find our Age Champions and have a fabulous day.

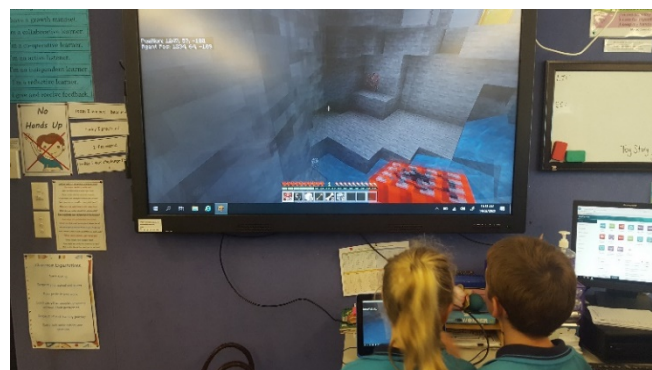
Have a great week,

Deanie Nicholls.



Minecraft for Education and Technology

Over the first few weeks of school, all classes were set up with updated Paint 3D and Minecraft Education capabilities. Throughout the year students may have set times or projects where they will be able to use a range of computer technologies to support a range of key learning areas. Paint 3D offers students an easy avenue into exploring 3D imagery and design. These can then be uploaded into Powerpoint and Teams to create presentations. Minecraft for Education has a wide range of learning opportunities that are highly engaging.



Got it Program

The Got IT Team are analysing all the forms for the upcoming program in Term 2. There are follow up meetings coming up for K-2 parents and you will be notified by the Got It team if you are involved in this part of the process. Please see flyer on next page



Got-It! Would like to say a big

THANK YOU!

To all the parents/carers at Nana Glen PS for completing their Strengths & Difficulties Questionnaires.

We understand that this process may have been tough for parents/carers and could have been a little confronting. However, you have made an excellent step towards helping identify any social, emotional and behavioural concerns for your child.

If the completion of the Strengths and Difficulties Questionnaire did trigger any questions, please do not hesitate to speak with your School Action Team Coordinator Ms Daniel or Principal Mrs Nicholls.

THANK YOU!

To all the parents who attended the Parenting Seminar on Tuesday 11th February in the Library. This was a great opportunity for parents to meet with the Got-It! team as well as learn more about what the Got-It! team is doing in your school in **Terms 1 and 2** and how you as parents/carers can be involved. It was wonderful to see the parents attend with lots of questions.

If you were unable to attend the Parent Seminar and would like a resource booklet, please let the school know & we can arrange to send it to you.

Looking for local parenting events?



Go to www.resourcingparents.nsw.gov.au

Use the "Search for your local parenting events" tab to put in your location and age group.

This will redirect you to show all local parenting events that are coming up in your local area such as 'Tuning into Kids' and 'Positive Parenting'.

If there are no local events on at the time, you can subscribe to the newsletter to receive notifications when events are happening.



SPENDING QUALITY TIME

Spending 1-on-1 quality time with your child for at least 15 minutes a day can be enough to change problematic behaviours

1-ON-1 TIME CAN INVOLVE...

- Asking about their day and how they felt
- Regular physical contact – even a pat on the shoulder
- Reading a book
- Drawing with your child
- Following their play
- Pushing them on a swing
- Cooking their favourite meal

CAN YOU THINK OF ANY OTHER ACTIVITIES YOU COULD DO WITH YOUR CHILD?

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN



Nana Glen Public School

P&C Newsletter

P & C News

Volunteers needed for swimming carnival BBQ on 19th February.
Donations of eggs and cakes would be appreciated.

Week	Date	Volunteer 1	Volunteer 2	Date	Volunteer 1	Volunteer 2	Baker
4	Mon 17/02	Krystie Derrin	Holly Shae-Jarrett	Fri 21/02	Ryan Webber	Nadeen Todd	Melanie Cannon
5	Mon 24/02	Krystie Derrin	Christine Rengger	Fri 28/02	Sarah McIntosh	Ben Jacquin	Amanda Crossingham
6	Mon 2/03	Krystie Derrin	Merryn Appleby	Fri 6/03	Sarah McIntosh	Michelle Bailey	Merryn Appleby
7	Mon 9/03	Krystie Derrin	Merryn Appleby	Fri 13/03	Kue Hall	Ryan Webber	Tabatha
8	Mon 16/03	Krystie Derrin	Holly Shae-Jarrett	Fri 20/03	Sharisse Cassidy	Krystie Derrin	Melanie Cannon
9	Mon 23/03	Krystie Derrin	Christine Rengger	Fri 27/03	Michelle Bailey	Nadeen Todd	Aaryan Smith
10	Mon 30/03	Krystie Derrin	Tomoko Allen	Fri 3/04	Christine Rengger	Ben Jacquin	Tabatha
11	Mon 6/04	Christine Rengger	Krystie Derrin				



**NANA GLEN
PUBLIC SCHOOL**
Community News

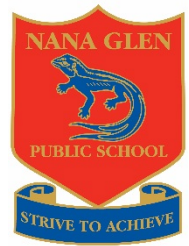
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WEEK 4 COMMUNITY NEWS

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

Orara Valley Community Pool

Swimming lesson start 28 January.

Lesson times still available for inquires please call 6654 3900.



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

 laptops & tablets

 lessons & activities

 uniforms & shoes

 books & supplies

 sports fees & gear

 camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus
Coordinator

Phone
0428 428 444

Email
CoffsHarbourSP@
thesmithfamily.com.au

Online
saverplus.org.au

Find us on Facebook 



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Excellence in
Child Dental Services

Call today on **1300 65 16 25**

**All children under 18 yrs of age can receive FREE DENTAL CARE
through the Mid North Coast Local Health District.**

PARENTS **DO NOT** NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD
FOR THEIR CHILD TO BE ELIGIBLE.

Child Dental Benefits Scheme CDBS Vouchers accepted at all MNCLHD DENTAL CLINICS



Please call 1300 65 16 25 if you would like your child to have a check-up.

**IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED
WHEN YOU CALL 1300 65 16 25 TO BE TRIAGED.**

OUR MID NORTH COAST LOCAL HEALTH DISTRICT DENTAL CLINICS ARE SITUATED IN:

 PORT MACQUARIE	Port Macquarie Community Health Campus Morton Street (Old Hospital)	Port Macquarie
 WAUCHOPE:	Wauchope Community Health Campus High Street (adjacent to hospital)	Wauchope
 LAURIETON:	Camden Haven Community Health Campus Laurie Street	Laurieton
 KEMPSEY:	Kempsey Community Health Campus River Street	Kempsey
 COFFS HARBOUR	Coffs Harbour Health Campus Pacific Highway	Coffs Harbour
 NAMBUCCA HEADS	Nambucca Health One, Fred Brain Ave	Nambucca Heads

Coffs Harbour Network Oral Health Services
Locked Bag 812 Coffs Harbour 2450
Tel 1300 651 625
Website <http://mnclhd.health.nsw.gov.au/>

Hastings Macleay Network Oral Health Services
PO Box 126 Port Macquarie 2444
Tel 1300 651 625
Website <http://mnclhd.health.nsw.gov.au/>



TERM 1 2020 SURFGROMS PROGRAMS

- **Woolgoolga: Saturdays 8am or 9.15am groups Starts: 22nd Feb**
- **Emerald Beach: Sundays 9.15am Starts: 23rd Feb**
- **Woolgoolga: Tuesday Afternoons 4pm-5pm Starts: 18th Feb**
- **Intermediate Group: weekly text to be sent out with location, Day, time TBA.
Please call or email for more information. Flexible attendance**

Bookings can be made at www.surfgroms.com

- **Programs cost \$120 and are 6 weeks. Make up lessons available for missed days and kids starting winter sports before program finishes. All equipment is included and if it's your 1st program for the summer there is a \$25 SurfGrom membership fee and you will receive a great participation pack that includes a bag, hat and rashie!!**

\$100 Active Kids Voucher can be used on Surfing Programs!!

Please call or email to book

0438 561370

www.solitaryislandssurfschool.com.au



\$100 Active Kids Voucher providers in **SAWTELL** and **WOOLGOOLGA** areas

Get 2 x \$100 vouchers to use towards sport and active recreation costs in 2020 at these registered activity providers.

SAWTELL

Active Recreation

1st Sawtell Scout Group: www.nsw.scouts.com.au/groups/1st-Sawtell-Scout-Group

PCYC Coffs Harbour: www.pcycnsw.org.au/kids-rebate

AFL

Sawtell Saints Football Club: www.aflnswact.com.au

Finley Football Club: www.aflnswact.com.au

Sawtell Auskick Centre: www.play.afl/auskick

Athletics

Coffs Coast Little Athletics Inc.: www.coffscostathletics.org.au

Baseball

Dodgers-Sawtell: [Search Facebook](#)

BMX

BMX Australia Ltd: www.bmxaustralia.com.au

Cricket

Sawtell Cricket Club: www.playcricket.com.au

Dance / Performing Arts

Sawtell Physical Culture Club: [Search Facebook](#)

Gymnastics / Fitness

Coffs Coast Gymnastics: [Search Facebook](#)

Springloaded Coffs Harbour: www.springloaded.com.au

Martial Arts

Alpha Wolves Kickboxing: www.alphawolves.com.au/active-kids

Rugby League

For information on below clubs visit: www.playnrl.com/register

Sawtell Junior Rugby League Club Inc

Sawtell Panthers Rugby League Football Club

Rugby Union

VIVA7s Coffs Harbour: www.australia.rugby/participate/touch-7s

Soccer

Sawtell Football Club: www.northernnswfootball.com.au

Surf Lifesaving

Sawtell SLSC Inc: www.sawtellsurfclub.com.au

Surfing

Sawtell Boardriders Club Inc: www.sawtellboardriders.com.au

Swimming

Sawtell Amateur Swimming Club:

www.sawtellswimclub.websyte.com.au

Toormina Swim School: [Search Facebook](#)

BlueFit: www.bluefitswimming.com.au

Tennis

Bayliss Tennis Academy: www.baylistennisacademy.com.au

WOOLGOOLGA

Active Recreation

1st Woolgoolga Scout Group: www.nsw.scouts.com.au/groups/1st-Woolgoolga-Scout-Group

AFL

Northern Beaches Auskick Centre: <https://play.afl/auskick>

The Rock-Yerong Creek: www.aflnswact.com.au

Athletics

Woolgoolga Athletic Club Inc.: www.lansw.com.au

Baseball

BlueSox Woolgoolga: www.woolgoolgabaseballclub.teamapp.com

Cricket

For information on below clubs visit: www.cricketnsw.com.au

Northern Districts Junior (Coffs) Cricket Club

Northern Districts Rebels Cricket Club

Woolgoolga Multicultural MILO T20 Blast Centre

Dance

Woolgoolga Dance Studio: www.woopidance.com.au

Golf

Woolgoolga Returned Services Golf Club:

www.woolgoolgadiggers.com.au/clubs/golf-club

Martial Arts

North Coast Goju Kai Karate-Do Inc.: www.ncgk.com.au

Pony Club

Corindi Pony Club Inc.: www.corindiponyclub.wordpress.com

Rugby League

Woolgoolga Junior Rugby League Football Club: www.playnrl.com

Rugby Union

Woolgoolga Rugby Club: www.facebook.com/woopiwhitepointers

Soccer

For information on below clubs visit:

www.northernnswfootball.com.au

Corindi Red Rock

Woolgoolga United Football Club

Swimming

Woolgoolga Swimming Club Inc.: [Search Facebook](#)

Woolgoolga Swim School: www.woolgoolgaswimschool.com.au

BlueFit: www.bluefitswimming.com.au

Tennis

Bayliss Tennis Academy: www.baylistennisacademy.com.au

How to claim your Active Kids Voucher



1. Visit service.nsw.gov.au and login to your MyServiceNSW account



2. Click on the **Active Kids** icon on the **SERVICE** tab



3. Fill out the requested info



4. Register your AKV number with a listed provider



Health
Mid North Coast
Local Health District



\$100 Active Kids Voucher providers in COFFS HARBOUR area

Get 2 x \$100 vouchers to use towards sport and active recreation costs in 2020 at these registered activity providers.

Active Recreation

Australian Air League Incorporated: www.coffsharbour.airleague.com.au
 Australian Navy Cadets: www.navycadets.gov.au/unit-finder
 Coffs Coast Community Circus: [Search Facebook](#)
 Coffs Harbour Scout Group: www.coffsharbourscouts.com.au
 Four Rivers Rover Crew Group: www.nsw.scouts.com.au/groups/four-rivers-rover-crew-group
 Serendipity Learning: www.serendipitylearning.com.au

AFL

Coffs Breakers: www.aflnorthcoast.com.au/clubs/coffs-harbour-breakers

Archery

Australian National Archery Association: www.anaa.org.au
 Sherwood Archery Supplies: www.sherwoodarcherysupplies.com

Athletics

Glenreagh and District Little Athletics: [Search Facebook](#)

Baseball

Allstars Baseball Club: [Search Facebook](#)
 Coffs Harbour Baseball Association: www.coffsbasketballassociation.teamapp.com

Basketball

Coffs Harbour Basketball: www.coffsharbourbasketball.com.au

Cricket

For information on below clubs visit: www.playcricket.com.au
 Coffs District Cricket Association (Junior Blasters 5-7 & Master Blasters)
 Coffs Colts Cricket Club
 Diggers Cricket Club
 Nana Glen Cricket Club

Dance / Performing Arts

Carnivale Dance Company: www.carnivaledanceco.com
 Coffs Harbour Physie and Dance: www.coffspysieanddance.com
 Harbour Performing Arts Centre: www.hpac.net.au
 Julie Ross Dance Studio: www.julierossdance.com.au
 Kristal McMaster Coffs Coast Physie: www.coffscastphysie.com.au
 NAIDU Performing Arts Company: www.naiduperformingarts.com
 Pacific Dancecentre: www.pacificdancecentre.com.au/Main.html

Gymnastics / Fitness

Coastal Gymnastics: [Search Facebook](#)
 Crossfit APA: www.crossfit2450.com
 PCYC Coffs Harbour: www.pycynsw.org.au/active-kids
 Tribe Athletics: [Search Facebook](#)

Futsal

Mid North Coast Cougars Futsal Incorporation: www.mnccfutsal.com

Golf

Coffs Harbour Golf Club: www.coffsharbourgolfclub.com.au

Hockey

For information on below clubs visit: www.hockeycoffscoast.com.au
 Beaches Hockey Club
 Hockey Coffs Coast
 North's Hockey Club Coffs Coast
 Orara Valley Hockey Club

Martial Arts

CFTA Martial Arts: www.cftacoffsharbour.com.au
 Combined Self Defence & Fitness: www.csdf.com.au
 Kaigan-Kan Karate-Do: www.kaigankankaratedo.com.au
 Kinetic Martial Arts Moonee Beach: www.kineticmartialarts.com.au
 New Breed MMA & Fitness: www.newbreedmixedmartialarts.com.au

Motor Sport

Coffs Harbour Kart Racing Club: www.coffskart.com

Pony Club

For information on below clubs visit: www.pcansw.org.au

Coffs Harbour Pony Club

Glenreagh Pony Club

Orienteering

Bush n Beach Orienteering Club: www.bboc.asn.au

Rugby League

For information on below clubs visit: www.playnrl.com/register

Coffs Harbour Comets Junior Club

Orara Valley Junior Rugby League Football Club Inc

Rugby Union

For information on below clubs visit: www.australia.rugby/participate/play

BDC Barracudas Junior Rugby

Coffs Harbour Junior Rugby

Coffs Harbour Snappers Rugby Union Football Club

Southern Cross University Marlins

Sense Rugby Pty Ltd: www.senserrugby.com.au

Sailing

Coffs Harbour Yacht Club: www.coffsyachtie.com.au

Skate

Coffs Coast Derby Dolls: [Search Facebook](#)

Soccer

For information on below clubs visit: www.northcoastfootball.com.au

Boambee Football Club

Coffs City United

Coffs Coast Tigers Football Club

Northern Storm Football Club

Orara Valley Soccer Club

Squash

Coffs Harbour Squash & Swim Centre: www.coffssquash.com.au

Surfing

Coffs Coast Bodyboarding Association: [Search Facebook](#)
 Coffs Coast Surf Tours: www.coffscasturftours.com.au
 Solitary Islands Surf School: www.solitaryislandsurfschool.com.au

Swimming

BlueFit: www.bluefitswimming.com.au
 Coffs Harbour Swimming Club: www.coffsharbourswimclub.com
 Coffs Harbour Aquatic Centre: www.swimcoffsaquatic.com
 Zeeswim Aquademy: www.zeeswim.com.au

Tennis

Polack's Tennis Coaching: www.polacktenniscoaching.com.au
 The Harbour Tennis Academy: www.harbourtennis.com
 Tiebreak Tennis Trust: www.tiebreaktennisacademy.com.au

Touch / Oztag

Coffs Harbour Oztag: www.coffsharbouroztag.com
 Coffs Harbour Touch: www.coffsharbourtouch.sportingpulse.net

Volleyball

Coffs Harbour Volleyball Association: www.chva.org.au

Water Polo

Coffs Harbour Water Polo Club: www.chwp.com.au

How to claim your Active Kids Voucher

1. Visit service.nsw.gov.au and login to your MyServiceNSW account
2. Click on the Active Kids icon on the SERVICE tab
3. Fill out the requested info
4. Register your AKV number with a listed provider



Health
 Mid North Coast
 Local Health District

Raising thriving, healthy children



The Incredible Years

The Incredible Years Toddlers Program is an evidence based program for 1 to 3 year olds that promotes toddlers' secure attachment, language, and social and emotional development.

The program mainly consists of a series of videos that demonstrate simple but effective techniques to help parents:

- promote toddlers' preschool and reading readiness
- strengthen toddlers' emotional and social competence
- cope with separations
- establish predictable routines for bedtime, toileting and mealtimes
- use positive discipline strategies
- successfully manage typical toddler responses such as hitting, biting, opposition and tantrum storms
- keep toddlers safe and secure and
- develop support networks

WHERE

The program will be delivered in a small group format with no more than about 8 participants. As spaces are limited, venue details will only be provided when bookings are confirmed in the days immediately prior to the courses commencement.

WHEN

The program consists of four fortnightly **evening sessions** starting on Thursday the 20th of February and finishing on Thursday the 2nd of April. Each session will start promptly at 6pm and finish no later than 8pm.

As this is an evening session and many parents will have had to arrange child-care, it is absolutely essential that participants arrive about 15 minutes early so that we can start, and finish, on time.

COST: FREE

Childcare facilities are NOT available.

Get in Touch

T: 6659 2800

E: unitingcoffsharbour@uniting.org

Uniting



**Learning
Difficulties
Coalition** NSW Inc.

Feb
2020

LDC Regional, Rural & Remote Schools E-Update

FEBRUARY ARTICLE

Giving Instructions to Kids with Learning Difficulties (Part 2)

The following tips are particularly useful for students with a range of learning difficulties, but they will also be beneficial for all students in the class.

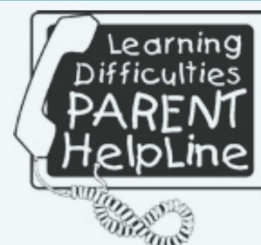
- ✓ Provide your instructions in layers. Rather than giving 5 at once, break it down. This will ensure that all students are keeping pace with the lesson, and those that finish quickly could be offered a 'side-step' activity, i.e. something that is adding to their knowledge, but isn't essential for all students in the class to do. Alternatively, provide instructions on coloured strips of paper, each one given out by the teacher when they have completed the instruction before. This allows teachers to keep mobile around the room and therefore monitor any concerns. They are also able to see who is and isn't progressing at the expected rate and offer support where needed. There can also be some 'extra' strips for students who finish first to keep them on task while others are still finishing the required work.
- ✓ Gently redirect students back onto task if they lose concentration. Informing the whole class that "Jack isn't concentrating" is the last thing Jack wants to hear. Instead work out the best way to help keep him on task. Eg. a tap on his desk as you walk past, a post it note placed on his book to draw his attention back, etc. There are lots of 'discreet' ways to return focus in a student. No matter how confident a student with learning difficulties might appear, most do not like being singled out for the wrong behaviour in front of their classmates.
- ✓ Allow all students the opportunity to stretch / move during lessons. Perhaps a few yoga stretches in between Maths and English, maybe some star jumps in time to the teacher reciting times tables, etc.

Reference: Newsletter excerpt: How to Give Good Instructions to Children with ADHD, by Additude Editors The Well-Balanced School Day, by Karen Sunderhaft. Attention Getters for ADHD Children by Sandra Rief. www.additudemag.com

Have you read this article.. The school that's making high school more like primary: <https://www.smh.com.au/national/nsw/the-school-that-s-making-high-school-more-like-primary-20191127-p53emn.html>

Have you seen this book... *Back to the Past*, by C Knebel. Available from www.booktopia.com.au \$23.25. Decodable Chapter Books for Kids with Dyslexia - 'Back to the Past' is book 3 in the series. The books use decodable, high frequency and basic sight words that early readers can easily decode.

Have you seen this on You Tube: The Importance of "Why" for ADHD Brains <https://www.youtube.com/watch?v=PDm1zNB-gJo>



02 9806 9960

PO Box 140 Westmead 2145

info@ldc.org.au

www.ldc.org.au

Please contact the LDC office if you would like Helpline brochures/posters for your school.

MEMBERSHIP COSTS

1 year School M'ship \$55
3 year School M'ship \$150

MEMBERSHIP BENEFITS INCLUDE:

- A Quarterly Newsletter
- Fortnightly Member Updates relating to LD
- Discount on LDC resources
- Discount on entry to LDC seminars

RESOURCE HIGHLIGHT



ADHD TOOLKIT

This booklet on **ADHD** covers areas such as the nature of ADHD, Behaviour Management,

Learning Support & Social Skills. It includes strategies for parents, teachers and health professionals.

\$12 for LDC members
\$17 for non members
+ P/H (see website)

See www.ldc.org.au for details