



# SCHOOL NEWSLETTER

Principal: **Deanie Nicholls**

Nana Street, NANA GLEN, NSW, 2450

Phone: 66543202 FAX: 66543549

Website: [www.nanaglen-p.schools.nsw.gov.au](http://www.nanaglen-p.schools.nsw.gov.au)

Email: [nanaglen-p.school@det.nsw.edu.au](mailto:nanaglen-p.school@det.nsw.edu.au)



## 01 November 2022

## Term 4 - Week 4

10/11 - SRC Mufti Day and Cake Stall

16/11 – Captains Speeches

21/11 – 2/12 Intensive Swimming

24/11 - 4/5/6 Surfing

25/11 - Maths Enrichment Day

1/12 – School Disco – 5:15pm – 6:30pm

2/12 - Orienteering Yrs 3-6

6/12 - Yr5 Visit to Preschool

8/12 - **Presentation assembly – 12:30 – 2:30pm**

12/12 - Principals Big Day Out

12/12 - Year 6 Big Day Out /Dinner

14/12 – Whole School Fun Day. Pool and fun at school.

16/12 - **Students Last Day**

### From the Principal's desk

Giinagay; welcome to week 4.

**World Teachers Day:** Last week we celebrated World Teachers Day. At Nana Glen Public School we are lucky to have an excellent team of teachers who go above and beyond for our students. All of our teachers bring different strengths to our school, and this gives our kids rich learning opportunities and unique experiences. Walt Disney said, "You can dream, create, design and build the most wonderful place in the world ... but it requires people to make the dream a reality." Our teachers at Nana Glen are the people working hard to make this dream a reality for our kids.



**PLaSP Meetings:** In weeks 6 and 7 classroom teachers will hold meetings with parents/caregivers to review Personalised Learning and Support Plans (PLaSP) for identified students. These personalised plans address specific learning and support needs of students, such as individual student learning goals, communication, behaviour, health care and transition requirements. Adjustments for a student are regularly monitored, periodically revised, and adapted or changed where needed and in consultation with parents/carers and any outside agencies. Your input at these meetings is extremely valuable in helping us to successfully cater to the individual needs of your child. We can organise these meetings via phone or face to face for 15 minutes. We look forward to speaking with you.



**Christmas Raffle:** Just a reminder for students to remember to bring their tickets back for the end of year raffle. The more tickets you sell the more entries you will receive to go into the draw to win a fabulous bike. If you would like to donate to our raffle, please bring in these items to the office. There are some amazing prizes to be won as shown in the picture below. If you would like more raffle tickets, please come to the office.

Have a great week,

Joshua Hugo.

Relieving Assistant Principal

**Respectful**

**Responsible**

**Kind**

**Safe**

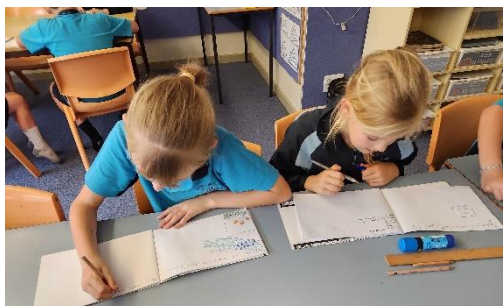
## Attendance Bear

K – 92.5%	1- 97.7%	2- 90.5%	3 – 92.2%	4/5 – 91.6%	5/6 – 94.6%
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Congratulations to **Year 1** who have Betsy for the week and **Year 5/6** who have Bear. We look forward to seeing attendance levels return to their high levels now that we are mostly over the flu season.

## What's Happening in Year 3

Mindfulness time is an important part of our day. It allows the students to become focused and engage in their learning. In Year 3, we continue to develop our growth mindsets. Students are practicing their journalling skills during mindfulness time. We are thinking about things we are grateful for, positive things that are happening in our day and things we have learnt or wonder about. Students are enjoying this time for reflection and challenging themselves to find the good in every day. Mrs Reibel ☺



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*Kind*

*Safe*

## Class Awards

K	Details of Award	1	Details of Award
Milla B	Excellent participation at K-2 Enrichment Day	Ryda X	Being a fantastic role model while at Lowanna excursion.
Jett S	Excellent participation at K-2 Enrichment Day	Emma D	Being focused and engaged during all KLA's.

2	Details of Award	3	Details of Award
Bee M	Progressing with her Lexia levels.	Lilli M	Increased confidence working independently.
Talhah M	Engaging with new Apps on his laptop.	Billie S	Explaining her thinking during Math lessons.
		Sam B	Increased confidence when reading aloud.

4/5	Details of Award	5/6	Details of Award
Levi K	Sharing his Indigenous perspectives during Science lessons.	Jayme R	A quiet and mature dedication to learning.
Charlette B	Working hard to improve your swimming skills.	Noah C	An improved and mature approach to learning.
Bridget J	Paying attention to detail in Creative Arts.	Layla J	Dedication and cooperation in all aspects of school life.

	RFF award		RFF Award
Mila B	Her classroom discussion contributions	Vianna W	Supporting her peers during mathematics tasks
Josee P	Challenging herself during swimming	Mo Li S	Creativity in our Park Design project
Layla J	Initiative and leadership		

PBL Area	Name	Details of Award	PBL Area	Name	Details of Award
<b>Respectful</b>	Akira A	I act thoughtfully	<b>Responsible</b>	Layla J	I make positive choices
<b>Kind</b>	Rush K	I support others	<b>Safe</b>	Daniel H	I move sensibly

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*Kind*

*Safe*



# Woolgoolga High School

Lu Nickell  
Relieving Principal

Centenary Drive  
Woolgoolga 2456  
Ph (02) 6654 1500  
Fax (02) 6654 1936

Email: [woolgoolga-h.school@det.nsw.edu.au](mailto:woolgoolga-h.school@det.nsw.edu.au)  
[www.woolgoolga-h.schools.nsw.edu.au](http://www.woolgoolga-h.schools.nsw.edu.au)

## Woolgoolga High School Year 6 to 7 Key Transition Dates

### TERM 3

- **Friday 12th August** - 2023 Excel class information will be available to Primary Schools.
- **Wednesday 17th August** - Online Zoom information session for parents of students wishing to apply for the 2023 Excel class. The session will run from 6:30pm-7:30pm and a link will be available along with their Excel information booklet available from your Primary School office.
- **Friday 9th September** - Excel applications due to Year 6 teachers.
- **Saturday 15th October** - Super Saturday for students who have applied for the Excel class.

### TERM 4

- **Tuesday 29th November** - Orientation Taster Day. Students will attend WHS for the day, participate in mini lessons and experience what a typical day at high school will be like.

Josie Athorn  
Year 7 Advisor 2023

Megan Hart  
Excel Class Coordinator



**Coffs Harbour High School**

**YEAR 7 2023**

**ORIENTATION DAY**

**Tuesday 29<sup>th</sup> November 2022**

**9.00am – 3.10pm**

- Please ensure students come dressed in their Primary School uniform
- Parents are responsible for getting students to and from the school
- Please ensure students bring morning tea, a drink, lunch will be provided
- Students will be escorted to the hall on arrival
- Students will engage in activities with their peer support teams and have sample lessons

**Parent Information Session**

**Thursday 17<sup>th</sup> November 2022 - 5.00pm to 6.30pm**

- This is your chance to learn more about the school, our programs, structure and activities, as well as a chance to meet key staff. Afternoon tea will be provided
- Tours of the school commence at 5.00pm with the Information Session from 5.30pm in the school hall
- If parents would like to purchase uniforms or books the canteen will be open from 3.30pm to 5.30pm
- Parents will be handed an Orientation Information Pack
- 2023 Year 7 students are welcome to attend

**1<sup>st</sup> day of attendance for Year 7 students  
Tuesday 31<sup>st</sup> January 2023**

# Nana Glen Public School

## P&C Newsletter

### Canteen Roster

Term 4

<b>Week</b>	<b>Date</b>	<b>Volunteer 1</b>	<b>Volunteer 2</b>
<b>4</b>	Tues 1 <sup>st</sup> Nov	Sarah Mc	Holly Bennett
<b>5</b>	Tues 8 <sup>th</sup> Nov	Sarah Mc	Daniela Jakob
<b>6</b>	Tues 15 <sup>th</sup> Nov	Sarah Mc	Kara Hunter
<b>7</b>	Tues 22 <sup>nd</sup> Nov	Sarah Mc	Catriona Slade
<b>8</b>	Tues 29 <sup>th</sup> Nov	Sarah Mc	Catriona Slade
<b>9</b>	Tues 6 <sup>th</sup> Dec	Sarah Mc	Kara Hunter
<b>10</b>	Tues 13 <sup>th</sup> Dec	Sarah Mc	Holly Bennett

## NANA GLEN PRIMARY SCHOOL CANTEEN MENU 2021

● Sometimes food ● Everyday Food

### HOT FOOD

●	Large Meat Pie	\$4.00
●	Small Meat Pie	\$1.20
●	Sausage Roll	\$2.80
●	Dino Snacks	\$0.50
●	Sauce	\$0.30
●	Chicken Burger (lettuce/cheese/mayo)	\$4.00
●	Mini Quiche	\$1.00
●	Beef Soft Shell Taco (lettuce/tomato/cheese)	\$2.50
●	Beef Nachos (Tomato/Cheese)	\$3.50
●	Spaghetti Bolognese	\$3.50
●	Pasta & Cheese	\$2.50
●	Fried Rice	\$3.00
●	Pizza	\$3.00
	Hawaiian	
	BBQ	
	Cheese	
	Ham & Cheese	

### OPTIONS AVAILABLE FROM CANTEEN AT LUNCH & RECESS

●	Frozen Yogurt (on stick)	\$0.60
●	Ice Block	\$0.60
●	Mini Pops	\$0.10
●	Popcorn	\$0.50
●	Mini Bites – Plain/Chicken /Cheese	\$0.50
●	Fruit cups	\$0.60
●	Assorted bars	\$0.50

### SANDWICHES

#### Fresh Bread, Toasted or Wrap

●	Ham	\$2.00
●	Chicken	\$2.00
●	Tuna	\$2.00
●	Salmon	\$2.00
●	Egg	\$2.00
●	Cheese	\$2.00
●	Vegete	\$2.00
●	Ham & Cheese	\$2.50
●	Ham & Tomato	\$2.50
●	Chicken & Lettuce	\$2.50
●	Egg, Lettuce & mayo	\$2.50
●	Tuna & Lettuce	\$2.50
●	Salmon & Lettuce	\$2.50
●	Cheese & Lettuce	\$2.50
●	Ham, Cheese & Tomato	\$3.00
●	Ham, Cheese & Salad*	\$3.00
●	Chicken, Cheese & Tomato	\$3.00
●	Chicken, Cheese & Salad*	\$3.00
●	Tuna, Lettuce & Tomato	\$3.00
●	Salmon, Lettuce & Mayo	\$3.00

\*Salad = Lettuce/Carrot/Tomato/Beetroot

### DRINKS

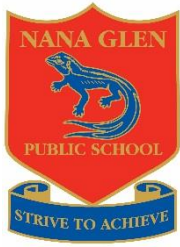
●	Chocolate milk Strawberry milk Plain milk	\$1.00
●	Apple Juice Apple/Blackcurrant Juice Orange Juice	\$1.00
●	Water	\$0.60

Respectful

Responsible

Kind

Safe



NANA GLEN  
PUBLIC SCHOOL  
Community News

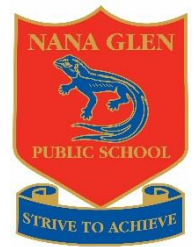
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## COMMUNITY NEWS

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.

# Slick

SPORTSWEAR  
UNIFORMS  
&  
EMBROIDERY

**"Any thing you wear, we can do"**  
Design & Manufacture In-House

We will be closed on Wednesday the 13th April  
and reopen on Tuesday the 19th April

### NEW LOCATION

We are moving to 1/10 GDT Seccombe close next to  
Hux's Seafoods.

looking forward to seeing you at our new premises

email: [slick@hot.net.au](mailto:slick@hot.net.au)  
02 66519030

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*Responsible*

*Kind*

*Safe*



# NANA GLEN PUBLIC SCHOOL UNIFORM LIST AND COSTS 2022

<b>Polo Shirts</b>	\$26.50	<b>Boys Shorts</b>	\$25.00
<b>Jumpers</b>	\$35.00	<b>Girls Skorts</b>	\$25.00
<b>Jackets</b>	\$38.00	<b>Hats</b>	\$18.00
<b>Sports Shorts</b>	\$16.00	<b>Library Bag</b>	\$12.00
<b>Beanies</b>	\$13.00		

Our supplier for our school uniforms is Slick Sportswear and Uniforms. They are located at 1/10 Secombe Close, Coffs Harbour NSW 2450 and there is parking on site. Their contact number is 6651 9030. Hours of operation are:

Monday – Friday      **8.30am – 4.30pm**  
Saturday – Sunday    **CLOSED**



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**Learning  
Difficulties  
Coalition** NSW Inc.

**Oct  
2022**

# LDC Regional, Rural & Remote Schools E-Update

## OCTOBER ARTICLE

### Getting Along with Behaviourally Challenging Students

#### 3 Tips for Teachers

Establishing and maintaining healthy relationships with students whose behaviour challenges both teachers and other students is a core strategy for the classroom management toolbox.

Here are three top tips for getting along with students whose behaviour is difficult to manage.

#### Create kindness and empathy

Begin each day with the assumption that this student is doing the best they can in any situation. Consider their red zone behaviours as unskilful attempts to have their needs met. Questions that may be helpful to ask yourself include; how come they learnt to behave this way? And, what context might have shaped the way this student sees the world?

Keep in mind that like you this student has hopes and dreams. Like you they have fears and worries. Like you they have people they care about and people who care for them. Like you they wish they could be the best version of themselves.

#### Tune in and be attentive

Get curious about who this person is and who they might like to become. Find out their likes and dislikes by asking the student questions, and then ask again. Look interested and adopt a friendly posture. If they respond with 'dunno' or nothing at all, it's possible they really don't know. Take this uncertainty as an opportunity to connect and find out the answer together. Keep it fun by using a friendly or playful tone of voice.

#### Model how to manage feelings

If you notice the student's behaviour is escalating towards the red zone, model how you would like the student to regulate their emotions. Stop, take a breathe, and observe what's happening inside and outside. Then proceed with greater flexibility in how you choose to respond.

Relationships can be repaired - if you are willing. The power of coming back to a distrustful student and taking ownership for your own behaviour by saying, 'sorry I made the wrong call there, let's try again,' will have an impact on the student (even if they don't show it straight away). Next time they make an unskillful action, listen to see if they make the same offer and be ready to receive it.

*Permission granted by Jessica Cleary, Director and Psychologist, Hopscotch and Harmony: Child, Teen and Adult Psychology [www.hopscotchandharmony.com.au](http://www.hopscotchandharmony.com.au) Article written by Kate Hardiman*

**Have you read this article...** Two in each Australian classroom suffering developmental language disorder: <https://www.abc.net.au/news/2022-08-16/two-in-each-australian-classroom-suffering/14021902>

**Have you seen this book...** *Remi in Overdrive: Staying on a Routine, Keeping*

*Organised and Managing Impulsive Behaviours*, by A Bartley, B Martin. Available from [www.booktopia.com.au](http://www.booktopia.com.au) \$28.08. Children will laugh as they follow Remi through his whirlwind day, scrambling to find his things and stay on task.

**Have you seen this on You Tube:** DLD Day is Friday 14 October

<https://www.youtube.com/watch?v=MU1inVSISFo&t=83s>



**02 9806 9960**

PO Box 140 Westmead 2145

[info@ldc.org.au](mailto:info@ldc.org.au)

[www.ldc.org.au](http://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



#### CLASSROOM SUPPORT TOOLKIT

This booklet on **Classroom Support** covers areas such as executive function,

working memory, adjustments, ADHD, Dyslexia and more. It contains strategies for parents, teachers and health professionals.

\$12 for LDC members

\$17 for non members

+ P/H (see website)

See [www.ldc.org.au](http://www.ldc.org.au) for details

The information herein is provided on the understanding that the Learning Difficulties Coalition Helpline is NOT providing professional advice and services. The information herein provided is NOT to be used as a substitute for professional, medical, or clinical advice.

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*Kind*

*Safe*

# Before you move your child to an adult seatbelt they must pass this **five-step test**



Sit upright with their back against the seat



Bend their knees over the edge of the seat



Sit with the sash belt across their mid-shoulder



Sit with the lap belt across the top of their thighs



Remain in this position for the whole trip

# ORARA VALLEY POOL

## **Diving back into it**

Our 10 week lesson and training program starts  
Week 1 Term 4 2022. Lessons offered for all  
ages using AUSTSWIM qualified staff.

- ~ Learn to swim
- ~ Stroke Development
- ~ Squads

10 lessons for \$ 170

10 squads for \$ 140

\*Includes pool entry fee

First Lap and Active Kids vouchers accepted.

For Bookings PH: 0401 059 127



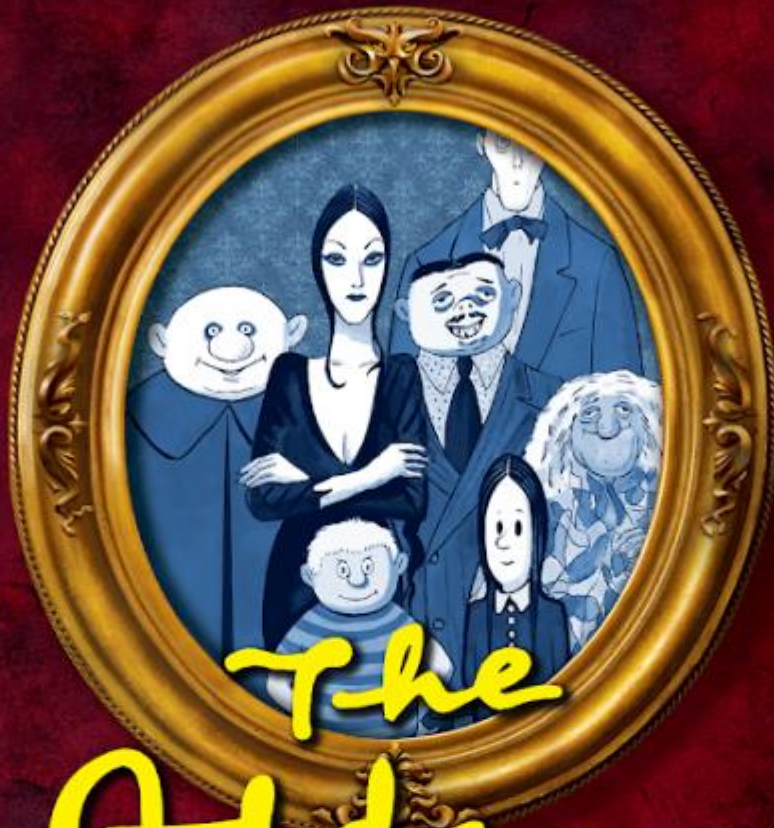
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LIBERTY  THEATRE



The  
Addams  
Family  
young@part

**OCTOBER 28th to November 6th 2022**

**TICKETS:** From \$22.50 (exc GST)

**AVAILABLE FROM:** [www.libertystudios.com.au](http://www.libertystudios.com.au)

**LIBERTY THEATRE** 6/19 Engineering Drive, Nth Boambee

**THE ADDAMS FAMILY Young@Part™ A NEW MUSICAL**

Book by Marshall Brickman and Rick Elice. Music and Lyrics by Andrew Lippa. Based on Characters Created by Charles Addams

Young@Part™ Edition adapted by MARC TUMMINELLI and originally workshopped at Broadway Workshop in NYC

BY ARRANGEMENT WITH ORIGIN™ THEATRICAL

ON BEHALF OF THEATRICAL RIGHTS WORLDWIDE, NEW YORK



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