

### SCHOOL NEWSLETTER

Principal: Deanie Nicholls Nana Street, NANA GLEN, NSW, 2450 Phone: 66543202 FAX: 66543549 Website: <u>www.nanaglen-p.schools.nsw.gov.au</u> Email: nanaglen-p.school@det.nsw.edu.au



### 10 May 2022

### Term 2 - Week 3

16/05/2022 Stewart House Envelopes to be returned

### From the Principal's desk

Giinagay; welcome to week 3. We had a fabulous day yesterday with the schools of the Orara Valley visiting our school so that we could complete this carnival. The following carnival is not until August, so we now have plenty of time to train and prepare so do not expect a note for a while. We will keep students and parents informed of this event. I would like to congratulate our students who competed yesterday and particularly to the following students who received age champion trophies; Sam T – Senior Boys Champion, Maci B – 11 Years Girl Champion, Bridget J – Junior Girls Champion, and Chayce X – Junior Boys Champion. A big thank you to our P&C for running the BBQ as this was a nice opportunity for the P&C to fundraise.

We hope the mums in our community enjoyed the fabulous presents organised by Sarah MacIntosh from our P&C. It was one of the prettiest stalls I have ever seen with many lovely selections for mums.

Tomorrow our mixed senior netball team is heading to Coffs Harbour to compete in the NSW PSSA North Coast Knockout Competition, and we wish these students well. Enjoy yourselves and have a great morning.

I would just like to reassure parents that disruptions in schools are being minimised as much as we can. Yes, we are still seeing COVID cases in the community and within staff and their families. We would ask that parents do try to understand that the staff are putting in the hard work to support the learning and emotional needs of every student in our school. We have extra support in the school with our Learning and Support Teacher, and our Intensive Learning Program. We also have a large number of support staff who work across the school to support students who not only have individual funding but also students that require academic support. This year we are also very lucky to have our Support Class where our expert teacher supports small groups and works in classrooms over the week. We understand that the last few years has been disruptive and especially to our younger children but be assured that we are monitoring regularly and adjusting where the point of need is required. Please talk to your child's classroom teacher if you are concerned regarding your child's academic and social development.

Last week, we saw our first morning for the Valley Yarn Up group. This is held every Tuesday morning with Mrs Morley. Invitations have been sent home to our Indigenous families initially with the possible plans to expand the group in the future. For more information, please contact Mrs Morley through the school office.

School photos were today. Everything went off smoothly and we will notify parents of when these photos are returned.

Last week we sent home tickets for this term, for our 3 hampers. We are looking for donations of non-perishable items to be sent in to support this P&C raffle. Please send these to the front office. More tickets are also available from the front office. The SRC are also continuing to collect the plastic bread tags. Please send them into the office to add to our growing pile of tags.

- Have a great week,
- Yaari Yaarrang.
- Deanie Nicholls
- Principal

### **Change in Routine**

If your child has a change in afternoon routine, please notify the office before 2:30pm to ensure your child and staff receive this information before end of day. If you have any ongoing routine changes, please notify the office as these need to be updated for term 2.

### **Term 2 Fundraiser**

This term we are having 3 hampers to raffle to our community. Tickets will go out this week. Staff have already brought in many items for these hampers, and we are asking if families could donate a non-perishable item, with a current use-by date, into the office. If we get more items than needed, we will make another hamper.

### **Attendance Bear**

K –90% 1- 87.5% 2- 82.3%	<b>6 3 –94.7% 4/5 –97%</b>	5/6 -95.1%
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Congratulations to Year 4/5 Attendance is a premier's improvement goal and at NGPS we encourage students to attend every day. Our goal this term is to reduce partial attendance levels. Please refer to your child's attendance report for the loss of learning time due to partial attendance. The school is happy to support parents in working to improve this area and encourage anyone to make contact with the school.



### What's Happening in Year 1/2

During Science in semester 1, students have been looking at different types of materials and how they can change. Last week, students explored how different materials change when warmed and cooled. They identified that cooling materials could cause them to freeze and change physically. They then explored how when materials are warmed can also change in a variety of different ways (eg melting, getting harder). Year 1 and 2 then undertook an investigation, using their 5 senses to observe frozen fruit and describe and identify what changes happened when the fruit was thawed. It got a bit messy!



Year 2 have been working hard on getting their art ready for display at the Coffs Harbour Show. We have created Picaso inspired cows, in keeping with the farm animal theme. Nana Glen P.S will have a whole school display at the show, so be sure to check it out. Wonderful work, Year 2!



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We have had a busy few weeks of sport, with our timed cross country being run and our athletics carnival now completed. Well done to everyone! I cannot speak highly enough of your sportsmanship, attitude to challenge and the encouragment of others. It warmed our hearts!







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### What's Happening in Year 5/6

Students have begun their Dance program and had some pre assessments last week. Students were put through their paces and then had some fun on Just Dance. In numeracy, students have been learning how to use the Box Method for multiplication.

Some students even attempted multiplying five-digit numbers with four-digit numbers. We have been experimenting with using ICT such as 3D paint to utilise our laptops as a kind of workbook. In reading groups, we have been using the Readers Theatre boxes to enhance confidence, expression, and fluency.









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### **Class Awards**

К	Details of Award	1	Details of Award
Aloe H	Excellent work creating patterns.	Jeremiah R	Engaging in all lessons with enthusiasm.
Elii L	Being a kind and helpful friend.	Rubie M	Fantastic work with prepositional phrases.

2	Details of Award	3	Details of Award
Scarlette O	For her efforts during reading groups and handwriting lessons.	Issabella A	A positive attitude to her learning.
Jax M	For encouraging his classmates during learning tasks.	Aria S	Application to writing tasks.
		Jye R	Improved accuracy of letter formation during handwriting lessons.

4/5	Details of Award	5/6	Details of Award
Charlette B	Approaching every learning opportunity with a positive attitude.	Alfie T	Being an organised learner.
Georgie F	Using her maths strategies to solve a variety of questions.	Jayme R	Achievements in numeracy tasks.
Marley Mc	A creative representation of a duck for the Coffs show.	Tomas S	His thoughtful responses during literacy.

RFF	Details of Award	RFF	Details of Award
Kalani T	Being an engaged learner.	Emma D	Being a focused learner during maths.
Jax M	Challenging himself during maths.	Layla J	Effort in Gumbaynggirr.
Hawkins B	A fabulous fact about ants.		

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# Nana Glen Public School P&C Newsletter

### **Canteen Roster**

Day	Date	Helper 1	Helper 2
Tuesday	17 <sup>th</sup> May	Sarah Mc	Catriona Slade
Tuesday	24 <sup>th</sup> May	Chrissie R	Daniella Jakob
Tuesday	31 <sup>st</sup> May	Sarah Mc	Kara Galvin
Tuesday	7 <sup>th</sup> June	Chrissie R	Nicolle Fielding
Tuesday	14 <sup>th</sup> June	Sarah Mc	Kath Armstrong
Tuesday	21 <sup>st</sup> June	Chrissie R	Catriona Slade
Tuesday	28 <sup>th</sup> June	Chrissie R	Sarah Mc
	Fun Food Tuesday 😊		

We are very excited to be able to say our canteen will be operating Term 2!!

We will endeavour to have a roster prepared for Term, 3 by mid Term 2.

If you are rostered on a date that does not suit, please ensure you swap a day with someone or contact Sarah, Chrissie, or the school office. There are people available to do a day here and there if needed.

The last canteen day of each term will be a 'Fun Food Tuesday' a note will come home from school with order form.

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### NANA GLEN PRIMARY SCHOOL CANTEEN MENU 2021

Sometimes food Everyday Food

### HOT FOOD

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•	Large Meat Pie		\$4.00
•	Small Meat I	Pie	\$1.20
•	Sausage Ro	11	\$2.80
•	Dino Snacks	;	\$0.50
•	Sauce		\$0.30
•	Chicken Bur	ger	
	(lettuce/chee	ese/mayo)	\$4.00
•	Mini Quiche		\$1.00
•	Beef Soft Sh (lettuce/tomat		\$2.50
•	Beef Nachos (Tomato/Che		\$3.50
•	Spaghetti Bo	olognese	\$3.50
•	Pasta & Che	ese	\$2.50
•	Fried Rice		\$3.00
•	Pizza	Hawaiian	\$3.00
		BBQ	
		Cheese	
		Ham & Chee	ese

### 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 –	\$0.50
	Plain/Chicken /Cheese	
•	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 \$2.00 Egg \$2.00 Cheese Vegemite \$2.00 Ham & Cheese \$2.50 Ham & Tomato \$2.50 Chicken & Lettuce \$2.50 \$2.50 Egg, Lettuce & mayo Tuna & Lettuce \$2.50 \$2.50 Salmon & Lettuce \$2.50 Cheese & Lettuce

Ham, Cheese & Tomato \$3.00
Ham, Cheese & Salad\* \$3.00
Chicken, Cheese & Tomato \$3.00
Chicken, Cheese & Salad\* \$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

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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.





### May 2022

### LDC Regional, Rural & Remote Schools E-Update

### MAY ARTICLE

### Autism: 8 Key Strategies for Setting Up For Success

If you have a student on the autism spectrum no matter what age there are a few KEY strategies that will make a huge difference and set both you and the student up for success: S.P.E.C.T.R.U.M.

Schedules Have a visual timetable up in the classroom. If there is going to be a change, let the student know in advance and indicate on the timetable/schedule.

Processing Time Allow them time to process information (both verbal and visual) before you repeat instructions, questions or take away visual information.

sEt up for Success Most students on the spectrum have a huge fear of failure and this can be seen as "perfectionism", "constant rubbing out/crossing out work" or "doing NO work". Discuss the importance of making mistakes. Talking about mistakes = learning, and encouraging ALL students to have a go, will help reduce anxiety. Role model making mistakes on the board, show students work that isn't "perfect", not the neatest, has crossed out work and incorrect answers will reinforce you are happy with mistakes.

Communication Limit instructions, use monotone voice, name at start of sentence, remember they are literal. Instead of saying "Can you sit down", say "Jack sit on the green chair". Instead of "Do you want to join the class", say "Jack come and sit next to me", etc. If you raise your voice this can cause a sensory meltdown and most students on the spectrum can't process high frequency sounds.

Timeframes Schedules and timers tell the child HOW LONG and WHEN they are going to have to do an activity. Timers allow us to pre-warn the child. They help answer many of the questions these children have: What is happening? What order? What time? What is next? How long?

**Repeat Activities** Most people with ASD love repetition, whether it is a DVD, movement, conversation or activity. Giving students repetitive routines and activities helps reduce stress as they know what to expect. Repeating activities allows success, builds independence and increases confidence

Understanding Most students on the spectrum are VISUAL learners. Sometimes they can repeat exactly what you said but do not understand. The more visuals you use, the higher the understanding.

Motivate/Reward Use their "favourite" activities to motivate them. It is best to use lots of short rewards rather than waiting a whole day. I have found the most effective is a quick activity, then quick reward. For example: 30 minutes work, 5 minutes building, rather than work all day = 20 minutes building.

Article reprinted with permission by the author: Sue Larkey <u>www.suelarkey.com.au</u> Listen to Sue share these tips and more on Podcast Episode 142. Available to listen on all Platforms: <u>https://suelarkey.com.au/setting-up-your-classroom-for-success-2022/</u>

Have you read this article.. How changing attitudes to fidgeting are helping neurodiverse children succeed at school: <u>https://www.abc.net.au/everyday/adhd-neurodiverse-fidgeting-evidence-helps-focus-attention/100934054</u>

Have you seen this book... Lonely Kids in a Connected World: What Teachers Can Do, by K M Fad, D Campos. Available from <u>www.silvereye.com.au</u> \$69.95 This comprehensive look at childhood loneliness provides research-based intervention strategies.

Have you seen this on You Tube: People with disability facing huge barriers to workforce https://www.youtube.com/watch?v=xfsEtM8tCks



### 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**



WRITING DIFFICULTIES TOOLKIT This booklet covers areas such as reading, exam provisions,

READING AND

dyslexia, dysgraphia, fluency and more. It includes strategies for parents, teachers and health professionals.

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

See <u>www.ldc.org.au</u> 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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Australian Red Cross

For more information visit our facebook or email glenreaghtimberfestival@gmail.com

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### ACTIVE KIDS ARE SMARTER KIDS



### A challenge to all Australian Primary Schools and Councils

National Walk Safety to School Day (WSTSD) is on Friday 20 May 2022. Now in its 23rd year, the annual campaign encourages all primary school children, their parents and carers to walk safety and regularly to school.

The event seeks to promote road safety, health, public transport and the environment.

Australian children are becoming less active. One substantial contributor is the decline in walking and/or taking public transport to school. Children who are regularly physically active are healthler, perform better academically and are less likely to be obese or overweight. Sedentary behaviour can lead to long-term and costly risks of illnesses such as heart disease and diabetes.

Walking regularly is the best exercise because you can build it into your daily routine



#### The objectives of National Walk Safely to School Day are:

- To encourage parents and carers to walk regularly with their children, all or part of the way to school
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road
- To reduce car dependency and traffic congestion, especially around schools
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport

#### How to participate (detailed information is at walk.com.au):

Enclosed is the WSTSD kit which contains tattoos and posters for school and council noticeboards. We ask that every student wears a tattoo on the day to help promote this important community event. Other ideas include:

- Use the teachers' Tool-Kit and publish WSTSD information in your school's newsletter
- · Display the poster on your noticeboard and around school (print more from our website)
- · Print and colour in the online poster
- Ask your P&C, local council and police to help promote and support the campaign and event
- Host a Healthy Breakfast (ask your P&C, council and local supermarket / grocery store to sponsor a breakfast at your school).
- · Tell your parents, friends, carers, teachers and local businesses about the event
- · If you can't walk all the way, combine a walk with public transport
- · If you must use the car, try leaving it a good distance from the school and walk the rest of the way
- · Register your school as a WSTSD Ambassador and assist with publicity

Thank you for your support and participation.

Pedestrian Council of Australia

#### Until they're ten, children must always hold an adult's hand when crossing the road

#### WALK.COM.AU



@nationalwalksafelytoschoolday (0) @natwalk

@natwalktoschool 🕥 @natwa

@natwalktoschool #WSTSD



SUPPORTED BY THE AUSTRALIAN GOVERNMENT AND ALL STATE, TERRITORY AND LOCAL GOVERNMENTS

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