

# Nulkaba News

Nulkaba Public School

5 O'Connors Road Nulkaba NSW 2325

Phone: 4990 1805 Fax: 4991 1408 Email: [nulkaba-p.school@det.nsw.edu.au](mailto:nulkaba-p.school@det.nsw.edu.au)

[www.nulkaba-p.schools.nsw.edu.au](http://www.nulkaba-p.schools.nsw.edu.au)



Issue 20 Term 4 – Week 10

Thursday, 13 December 2012

## MERRY CHRISTMAS

What a wonderful week this has been. I thoroughly enjoyed both Presentation Day assemblies. They were wonderful. The children looked beautiful and behaved impeccably. Congratulations to all the award winners.

Our band, choir, guitar group and soloists all performed amazingly well. It was also wonderful to see some many parents, grandparents and friends there to see the children collect their awards.

*Tuesday night was the P&C final meeting and dinner. This was a wonderful way to finish off a very successful year.*

Yesterday I had the pleasure of presenting the Year 7 awards at Mount View High School. Many of the recipients were from Nulkaba Public School which is wonderful. Following that I went to the Hunter Sports Awards ceremony where I witnessed Bailey C receive his award for Hockey. Well done Bailey.

I will also have the pleasure this week of attending the Year 6 Farewell and both the Special Awards Ceremony and the Thank You morning tea where we acknowledge all the wonderful volunteers who support our school.

It has been a wonderful second half of this year for me and as I said in my speech I am continually blown away by the focus, dedication and achievements of the students at Nulkaba.

Congratulations to all the students who attend here. You are all very special people.

Thanks also to the P&C for all the hard work and for the wonderful extra purchases you have made this year that support all the students who come to this school. I thoroughly enjoyed the ball and look forward to the fair in 2013. Your hard work is very much appreciated.

Also a big thank you to all my fabulous staff who work so hard every day to provide the best possible outcomes for our students.

I hope you all have a wonderful Christmas and very happy and safe New Year and holiday break.

I look forward to working with you all in 2013.

*Narelle Hunt*

**THE CANTEEN WILL BE  
CLOSED**

**FOR ALL LUNCH ORDERS**

**MONDAY 17TH DECEMBER  
TUESDAY 18TH DECEMBER  
WEDNESDAY 19TH DECEMBER**

**OVER THE COUNTER SALES  
WILL ONLY BE AVAILABLE  
FOR ANY REMAINING CHIPS,  
DRINKS AND ICE-BLOCKS**

**NO HOT FOOD WILL BE  
AVAILABLE**

## Happy Winners!

Last week, the draw was held for our terrific prize haul for all students who had cleared their library record. Well over 300 names were in the draw, with the very last eligible name going in just minutes before the draw. So well done to everyone who gave themselves a chance at taking home one of the great prizes available. Congratulations to Brock B who chose the cooler radio bag; Nicolas G who chose the Roxx Collection; Ben N who chose the Oceanology book and lastly to Eliza S, who chose the Return to Fairyopolis Book.

Amazingly, our winners represent all 4 stages in our school – what a great way to finish the year, and congratulations!



## Premier's Reading Challenge Latest!

Our certificates finally arrived late last week and have been handed out this week. The Gold Level and Platinum Level certificates are to be handed out at our special assembly and thank you morning tea

It is timely to say well done to all recipients of certificates no matter what the level earned. Of course, gaining the Gold Level is a special achievement, recognizing 4 completed Challenges. The Platinum Level deserves double congratulations as it recognizes 7 completed Challenges – so some of our students are more than halfway to earning the Year 9 Medallion. Overall, an excellent effort!

This year's Honour Roll is available online via the Premier's Reading Challenge website. Just go to the site, and look for the 'Updates and Messages' paragraph where there is a link to the SMH site. Once at the SMH site, there is a box to type your child's name, and a 'WATCH' button. This allows you to see a short video clip in which congratulations are given.

To check for names in the Gold or Platinum Levels, look for the News link on the Premier's Reading Challenge home page – under this list, you are able to access the names of the Gold Level recipients and the Platinum Level recipients.

## Letters to Parents and Caregivers

Letters have been posted to many Mums and Dads, and Caregivers over the last week, which give details about library books which remain unreturned. All library items do need to be returned at this time of the year. Any family receiving a letter re library items, is asked to return the completed letter with an indication of the whereabouts of the noted item. The return of this letter will enable student records to be amended where necessary. Please see Mrs Morris at any time with any concerns.

**REMINDERS  
PAYMENTS DUE**

**K-1 HUNTER VALLEY ZOO EXCURSION**  
*\$10.00 DUE NOW*

**STAGE 3 PARTY DAY-CESSNOCK CINEMA**  
*\$20.00 DUE NOW*

**YEAR 6 SHIRT 2013**  
*\$15.00—DEPOSIT DUE NOW*  
*\$30.00—FULL PAYMENT DUE END OF TERM*

We have for sale our library's much loved TV. This unit is well looked after. For more information please see Mrs Morris. If you are interested come and make us an offer.

*THE TV MUST GO BEFORE THE END OF THE YEAR*



# MERRY CHRISTMAS

HAPPY HOLIDAYS  
FROM OFFICE STAFF

MICHELLE, ROBYN,  
DEBBIE, DARLENE &  
JANELLE

Office staff would like to take this opportunity to wish all families a very Merry Christmas and a Safe and Happy New Year.

Below are a few important reminders for next year that the office needs to be advised of as soon as your child returns in 2013.

- If your address or phone numbers change over the break.
- If your child's medical requirements change.
- If you know your child is not returning to this school for enrolment in 2013.

Could you please advise the office if your child will not be returning at the start of Term 1 due to family holidays.

**TERM 1 RESUMES ON WEDNESDAY 30TH JANUARY 2013 FOR STUDENTS IN YEARS 1 TO 6.**  
**KINDERGARTEN 2013 STUDENTS START FRIDAY 1ST FEBRUARY 2013.**



## Tired of your son standing on the sidelines?

If Rugby League or Soccer is leaving your son out of the game, then come to Rugby.

Rugby is more than just a great game; it's a culture. It's about feeling valued and about being part of a team, a club and a community that cares and about your son.

He'll get more action and have more fun even if he has never played the game before and it's all under the watchful eyes of ARU qualified coaches.

Throw in things like free tickets & transport to a Waratahs Super Rugby game, visits from ex-Wallabies, Gala Days, Family Fun days, rock-climbing, parties, camp-outs and it suddenly becomes a place where parents and players make friends and have fun!

And at \$35 registration (including jersey, shorts, socks and insurance) for the whole year, it's the cheapest sport going around.

**Pokolbin Junior Rugby Club**  
**invites you and your son(s) to**  
**join us in 2013.**

Registrations are being held on February 24th at Potters Brewery. In the meantime, feel free to call the Club President, Tim Murray, on 0415 459 033 and find out for yourself how playing rugby at Pokolbin can be a better option your son.



## "What's on" the Calendar?

Mon 17th Dec	K-1 Hunter Valley Zoo Excursion Stage 3 Movie Day Stage 2 Party Day @ school Year 2 Party Day @ school
Wed 19th Dec	Last day of Term for Students
<b>2013</b>	
Mon 28th Jan	Australia Day Holiday
Tues 29th Jan	Staff Development Day
Wed 30th Jan	First Day Back For Students Best Start 2013 Kindergarten
Thurs 31st Jan	Best Start 2013 Kindergarten
Fri 1st Feb	Kindergarten First Day



**Australian Red Cross**  
**BLOOD SERVICE**

The Festive season is an important time to spend with family and friends, but spare a thought for the many Australians who have a loved one in hospital, in need of blood. For them, the perfect Christmas gift would be blood; the gift of life.

More blood donors are needed across the Hunter this December and January to ensure blood recipients are able to spend another Christmas together.

To make an appointment call The Australian Red Cross Blood Service on 13 14 95 or visit [www.donateblood.com.au](http://www.donateblood.com.au)



Education &  
Communities

## P&C News 12-12-12

A quick note from the P&C from the last meeting.

Firstly I would like to wish everyone a Merry Christmas and a Happy New Year.

Having attended the Presentation Day on Tuesday I think we can all be very proud of all the students of NPS, the musical presentations were all wonderful and the morning was well run well by the Prefects. Congratulations to students who received awards on the day.

I would like to thanks all the P&C members for all their contributions through the year. It takes a lot of dedicated people to make things happen around the school. There are too many people to list but I hope to see you all this Friday at the Volunteers Thank you.

Our main focus as a committee is on fundraising which is to help the school improve and maintain the facilities our children should have access to. Listed below are the projects which the P&C paid for this year.

- BBQs - \$3,120.00
  - Electrical work (15A power point) - \$393.00
  - BBQ concrete - \$688.00
  - Library smartboard - \$8,073.00
  - Library Subscriptions/books - \$2,000.00
  - Wireless network upgrade - \$2,074.00
  - Data cabling - \$7,250.00
  - School Blazers - \$815.00
  - Shade sail over primary play equipment - \$7,300.00
  - Maintenance to back oval - \$2,096.21
  - Musical instruments - \$3,000.00
  - Yr 2 Swimming program buses - \$1,635.00
  - Sports storage - \$1,070.00
  - TOTAL \$39,514.21
- The committee at the last meeting approved a number of projects below, if any member of the school community has concerns over this, please contact me via the school office.
    - \$6,000 for a new PA and sound system under the COLA.
    - \$5,500 to assist with phone system upgrades.
    - \$1,500 for summer maintenance work to back oval.

- \$7,000 for smartboards (or similar technology) in new demountable buildings.

The next P&C meeting will be held in 2013 on Tuesday 12th February at 6:30pm.

Finally if you ever have any concerns or suggestions for the goings on at the school please do not hesitate to contact me via the school office.

Merry XMAS  
Jerome Scarborough  
P&C President

### NULKABA NTBBLES

## CANTEEN ROSTER

### Week D

**Monday 17th December to Friday 21st December 2012**

Day	Date	Names
Monday	17th December	<b>HELP NEEDED</b>
Tuesday	18th December	R Beckett T Broadbent C Webb
Wednesday	19th December	J Chisholm T Price R Farrell
Thursday	20th December	<b>Staff Development Day</b>
Friday	21st December	<b>Staff Development Day</b>

**IF YOU CAN HELP TO FILL OUR CURRENT VACANCIES  
PLEASE CONTACT  
LINDA ON  
0457 514 786**

*Support your school by volunteering in the canteen once per month*

## Nulkaba Preschool

9 Ivanhoe Street

Educated program  
for children 3 - 5 years

**ENROLMENTS  
TAKEN NOW**

Phone: 4991 3812



## NULKABA P&C ASSOCIATION

At the most recent P&C meeting, the Committee voted to release sufficient funds for the completion of the following projects in early 2013:

- \$6,000 for a new PA and sound system under the COLA.
- \$5,500 to assist with phone system upgrades.
- \$1,500 for summer maintenance work to back oval.
- \$7,000 for smartboards (or similar technology) in new demountable buildings.

Anyone with objections should address them in writing to Mr Jerome Scarborough, P&C President.

## CESSNOCK PCYC HOLIDAY ACTIVITIES

### JANUARY SCHOOL HOLIDAY ACTIVITY PROGRAM

#### KidzCare Vacation Care

8.30am - 5.30pm

Monday-Friday

\$35.00 per day CCB Rebates apply



#### Indoor Rock Climbing

School Age

1.30pm - 3.00pm

Week 1 & 2

Tuesday to Thursday

\$5.00 per class

#### Gymnastic Fun Class

5yrs - 12yrs

1.30pm - 2.30pm

Week 1 & 2

Monday

\$10.00 per class

#### Junior Boxing

7yrs - 13yrs 3pm

Week 1 & 2

Monday & Wednesday

\$6.50 per class

#### Advanced Tumbling Class

11yrs - 16yrs

1.30pm - 3.30pm

3.30pm - 5.30pm

Week 1

15<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup> July

Week 2

22<sup>nd</sup>, 24<sup>th</sup> & 25<sup>th</sup> July

\$52.00 for 4 classes

Bookings are essential for all our activities.

For more information about any of our activities please

Call 4931 1487 or email [cessnock@pcyc.org.au](mailto:cessnock@pcyc.org.au)

If you would like to book in please call or email before the end of this school term.

Merry Christmas to all our great  
volunteers & supporters.

Have a safe and relaxing  
holiday break!

### Christmas holiday activities @ your library

No phone bookings, tickets on sale mid December. Numbers strictly limited

#### Christmas Craft - ages 5-12

Monday December 17 Cessnock Library 4.00 - 5.00 FREE

Come along to this free craft session and make some special Christmas decorations

#### Baby Rhymetime - ages 0-2

Monday January 7 Cessnock Library 10.00 - 10.30 FREE

Monday January 14 Cessnock Library 10.00 - 10.30 FREE

Monday January 21 Cessnock Library 10.00 - 10.30 FREE

Lap sessions for babies 0-2 years - songs, rhymes, instruments and books - come and join the fun!

#### Storytime - ages 2-6

Tuesday January 8 Cessnock Library 10.00 - 11.00 FREE

Tuesday January 15 Cessnock Library 10.00 - 11.00 FREE

Tuesday January 22 Cessnock Library 10.00 - 11.00 FREE

Stories, songs and craft with a special holiday flavour!

#### Rhymetime/Storytime - ages 0-6

Wednesday January 9 Kurri Kurri Library 10.00 - 11.00 FREE

Wednesday January 16 Kurri Kurri Library 10.00 - 11.00 FREE

Wednesday January 23 Kurri Kurri Library 10.00 - 11.00 FREE

Songs, rhymes, instruments and dancing, followed by a story and craft

#### Pizza, Wii and Games - ages 9+

Tuesday January 15 Cessnock Library 5.00 - 6.30 \$5.00

Tuesday January 22 Kurri Kurri Library 5.00 - 6.30 \$5.00

Battle it out in this holiday's Wii tournament, then relax with a pizza, a drink and some games

#### Film "Tangled" and Craft - ages 5-12

Monday January 14 Cessnock Library 1.00 - 3.00 FREE

Wednesday January 16 Kurri Kurri Library 1.00 - 3.00 FREE

Come and enjoy an afternoon at the movies, then make a special bookmark - all for free!

#### Earthen Rhythms Drumming Workshop - ages 8+

Friday January 18 Cessnock Library 10.30 - 11.30 \$10.00

Kurri Kurri Library 1.30 - 2.30 \$10.00

Drum up a storm in this energetic drumming workshop - all instruments provided in this hands-on introductory percussion session!

#### Shadow Puppets Workshop - ages 5-12

Monday January 21 Cessnock Library 1.00 - 2.00 \$5.00

Wednesday January 23 Kurri Kurri Library 1.00 - 2.00 \$5.00

Make your very own Indonesian shadow puppet

#### Cessnock's Got Talent - All ages

Monday January 21 Cessnock Library 6.00 - 8.00 FREE

Can you dance? Sing? Play an instrument? Juggle? Whatever your talent is, come along to the inaugural Cessnock Library Talent Quest - impress us with your brilliance!

#### Creative Writing Workshop - ages 7-12

Thursday January 24 Cessnock Library 10.00 - 11.30 \$10.00

Kurri Kurri Library 12.30 - 2.00 \$10.00

Experienced creative writing teacher Keith Whelan will be running this introductory workshop for budding young writers.

#### Summer Reading "Untangled Tales" Party - ages 5-12

Friday January 25 Kurri Kurri Library 1.00 - 3.00 FREE

Special party to celebrate the end of the Summer Reading Programme - come along dressed as your favourite fairytale character!

Please ring Cessnock Library 49 934399 or Kurri Kurri Library 49 371638 to enquire.

Sandy Ryan

Childrens Services Officer

PH: 49 934384

Email: [Sandra.ryan@cessnock.nsw.gov.au](mailto:Sandra.ryan@cessnock.nsw.gov.au)




### CHILDREN'S PLAY SESSION BOOKINGS

are open for your child in term one 2013 at Cessnock TAFE Campus.

- Available for Children 0-5 accompanied by their parent or grandparent
- Sessions commencing Friday 15 February 2013
- Minimal fees apply
- Qualified Early Childhood Teachers coordinate play sessions
- Early Childhood students work with children
- Opportunities for parents to network and meet other parents
- Parking available.

**Register NOW and call 4979 1640**

## Community News

There has been a number of reported cases for chicken pox in our community.

# SCHOOL HOLIDAY NETBALL DEVELOPMENT CLINIC

~ Registrations **NOW OPEN** ~

**FOR CHILDREN TURNING 9-12 YEARS IN 2013**

*Are you a passionate Junior netballer who would like to build confidence, develop teamwork and further enhance your skills?*

*Pivot Netball Academy can assist you.*

## ALSO OFFERING AFTER SCHOOL JUNIOR NETBALL PROGRAM IN 2013

~ Registrations open December 18 ~

**For children turning 9-12 in 2013**  
(only 10 positions available per age group)



For further info contact email: [jula@pivotnetball.com.au](mailto:jula@pivotnetball.com.au)  
[www.pivotnetball.com.au](http://www.pivotnetball.com.au)

Proudly endorsed by:  
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## 'Tis the Season of Meltdowns

As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren't usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a 'meltdown'. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child's 'fight or flight' response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (juggling around with too many things on the to-do list) and other changes can create a 'perfect storm' for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like?

- Resistance to, or disengaging from, an activity or routine
- Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, sluttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be "I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?"

It may also be helpful to manage your child's environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a busy day.

If prevention fails, there are ways to manage a meltdown to minimise its impact:-

- Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally.
- It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home.
- Ensure your child is safe whilst having a meltdown. Move a young child away from roads, sharp objects etc.
- If you are out and about and the meltdown doesn't subside quickly, it's often better to go straight home.
- Don't interfere with your child's meltdown in terms of making suggestions or ordering your child to stop. Wait until the storm begins to subside before offering comfort.
- Once your child is calmer, offer simple suggestions such as a cuddle, a quiet story together or a DVD.
- Only engage in problem solving the issues that led to the meltdown once your child is completely calm. It may even be the next day before you can help your child find a solution to their angst.

Parent Line NSW is a State Government funded free professional telephone counselling service that is available 24 hours a day 7 days a week. Call our Parenting Counsellors to talk through any issue related to raising your child

**PHONE 1300 1300 52.**



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MEN'SWEAR & CORPORATE SPECIALISTS



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\$9.95

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