



NULKABA NEWS

Nulkaba Public School

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Issue 117: 2018 Term 1 Week 4

Friday, 23 February 2018

Dear Parents and Carers,

Firstly, a correction, I had written in my colour run section in the last newsletter, the School Fair was the Tuesday, 6 March 2018; it is of course the Friday, 6 April 2018. Sorry if I confused anyone. If you can help at all at the Fair don't forget to let us know.

Sports for Schools

This year we are participating in the Coles Sports for Schools program. If you, or any of your family, shop at Coles you can collect the vouchers and either place them in the Nulkaba bin outside Coles or bring them to school and place them in our bin located in the foyer. We can trade the vouchers for sporting equipment for our school.

Sport/Extra-curricular

At Nulkaba Public School, our students have the opportunity to participate in various extra-curricular activities. The PSSA supports swimming, athletics and cross-country with the best of our students in these fields (eight and over) qualifying for Zone, then Regional, State and ultimately the National competition. The PSSA also has knockout competitions in a variety of sports and schools can nominate teams to compete. The sports we participate in are netball, basketball, soccer, rugby league, rugby union, cricket and touch football. There are also opportunities for students to trial for zone teams. This year we will also have a futsal team. We also have aerobics teams and debating teams. League tag teams are formed for a Gala Day. Students at Nulkaba also compete in Diving and Horse Sports thanks to the support of their parents. All students participate in a public speaking competition within their class with the best two speaking at our school finals in their stage groups. These opportunities come about due to the hard work and dedication of the staff who give up lunch times, after school and sometimes weekends to enable this to happen. Most sporting teams have students from Years 5 and 6 but sometimes younger children are successful in gaining entry to the team. We have netball gala days run by both Netball NSW and Cessnock netball where we have both junior and senior teams and boys can also play. Students are invited to trial for these teams. Messages are now given in class, as we do not have a daily assembly.

Mount View High

Just a reminder that Mt View High's information night for students attending in Year 7 in 2019 will be held in the School Hall on Wednesday, 7 March 2018 at 5pm.

Change of Date for Staff Development Day Term 2

As you are aware, the CCGPS (Cessnock Community of Great Public Schools) have organised for all of Kindergarten to complete a speech screening. This has been hugely successful and allows kindergarten teachers to have a very good understanding of what they can do to support their students in the area of speech. This year CCGPS is organising a one day conference for its entire staff on STEM (Science, Technology, Engineering and Mathematics). These are the areas of the future. To enable all staff to attend we will need to move our SDD Term 2 from Monday week 1 to Friday Week 2. A note went home with the information. So children will attend school from Day 1 the 30th April and then have Friday 11th May off school. We realise this may cause some issues and this is why we have provided this information as soon as possible. Please let us know if there are any concerns.

School Photos

Our school photos are booked 12 months in advance. We have wanted to switch to a Term 1 date for years but with no success. This year we have traded with Cessnock East so we will have one year in Term 1 and the following year in Term 2. The Zone swimming date are not announced until this year. We have been trying since then to try and organise an alternate day as there are 50 of our students who competed. The only day we could get was Tuesday, 6 March 2018 and this was only due to another school who were prepared to swap. I am sorry if this has caused any inconvenience but there was no other alternative.

School Upgrade

Our first PRG meeting for this term was held last week. We are a bit behind schedule with building to commence late April, Early May. An information booth was held in Week 2 and there will be another one on Monday, 12 March 2018. All demountables are relocated and functional with only a couple of issues to resolve. The new shed will be completed during the next few weeks and then the MDR will be relocated. All looks good and is very exciting. We hope to have some plans up in the foyer in the next few weeks.

Swimming Carnival

While it was a very hot day, Nulkaba Public School students competed brilliantly with some great times and sportsmanship shown. Some younger competitors swam twice in the relays, as some teams were under-represented. Thanks to all the parents who helped with time -keeping, it was a hot job. I have been told by Mr Melmeth that all children performed brilliantly on Wednesday at zone.

Narelle Hunt
Principal
Nulkaba Public School



AECG Meeting Apology

Due to some unforeseen circumstances, our next AECG meeting has undergone a change of location.

Date: Monday, 26 February 2018

Venue: Kearsley PS 3.30pm for a prompt 4pm start

Clean Up Australia Day for Schools



Clean up Australia day for schools is Friday, 2 March 2018. Students will need to ensure they have a pair of reusable gloves and their school hat so they can participate in cleaning up our school on the day.

Coming Events - 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	26 Feb 3:30p AECG Meeting at Kearsley PS	27 Feb	28 Feb	1 Mar 9:10a Sport In School; 10:00a The Big Vegie Crunch; 4:30p K-2 Disco; 6:00p Stages 2 and 3 Disco	2 Mar Clean Up Australia Day; 1:00p Zone Netball Trial
Week 6	5 Mar Premier's Reading Challenge Starts	6 Mar School Photo Day	7 Mar	8 Mar Kinder Project Launch; 9:10a Sport In School	9 Mar
Week 7	12 Mar	13 Mar 6:00p P&C Meeting (AGM)	14 Mar	15 Mar 9:10a Sport In School	16 Mar Stage 2 Netball Gala Day
Week 8	19 Mar	20 Mar	21 Mar	22 Mar 9:10a Sport In School	23 Mar

For more information, please visit our website: <http://www.nulkaba-p.schools.nsw.edu.au/calendar>

Canteen Roster - 2018

Week 5 = Roster A

Week 6 = Roster B

Week 7 = Roster C

Week 8 = Roster D

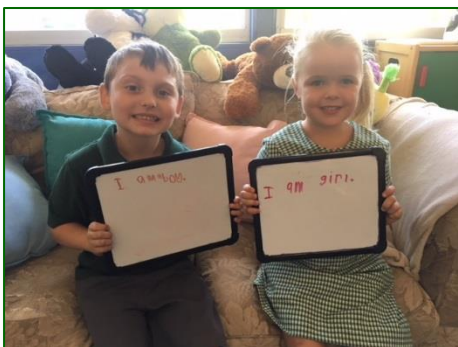
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	26 Feb Lorraine Williams	27 Feb Patricia Twentyman	28 Feb Sally Hare Melaney Knight	1 Mar Paula Stuckings Jodi Studdert	2 Mar Kathryn MacDonald Melissa McLellan
Week 6	5 Mar Amanda Platt	6 Mar Renae Beckett Linda Kerr	7 Mar Danielle Codd Alex McGregor	8 Mar Help Needed Sally Hayes	9 Mar Lynda Hirst Sue Hirst
Week 7	12 Mar Amanda Platt	13 Mar Lisa Edwards Lyn Fallon	14 Mar Help Needed	15 Mar Help Needed	16 Mar Lauren Goodwin Lynsay Ingram
Week 8	19 Mar Lorraine Williams	20 Mar Bianca Bartlett Kristy Maguire	21 Mar Stephine Clark Renae Procter	22 Mar Help Needed	23 Mar Help Needed Michelle Wills

If you can help to fill our current vacancies, please contact **Linda on 0457 514 786**

Class KP

A Big Hello from KP

What lucky teachers we are to be working with such beautiful children this year! KP have amazed us with how well they are settling into Kindergarten. We have been busy making friends and getting to know each other. Our class have been learning all about our school and familiarising ourselves with the school routines. Even though we have only been here for a few short weeks, KP have been eager to learn and are already trying many new things. Well done KP, we cannot wait to see where this year takes us!



Class 2F

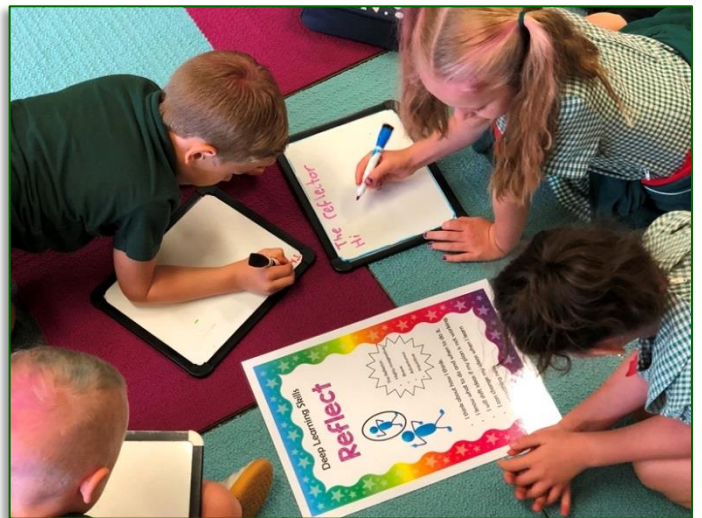
How can we beat that amazing start to 2018!

Our project launch was a huge success and a brilliant way to start the year. Smiles, fun and happiness. I am thrilled to have such a smart, joyful and enthused group of adventurers for 2018.



2F have been delving deep into our deep learning skills and discovering what it means to be a collaborative, critical thinker. Our light bulbs are actually lighting up! This term, our project finds us asking lots of questions, our main one being “How to be your best self” 2F have loved filling each other’s buckets and discovering what it is exactly that maintains our wellbeing. I have been so impressed with the effort that has gone into students’ homework presentations.

As we continue to research and delve into being our best selves, we look forward to seeing as many parent helpers as we can. If you have any special interests or skills you believe will be valuable to our project, please let me know.

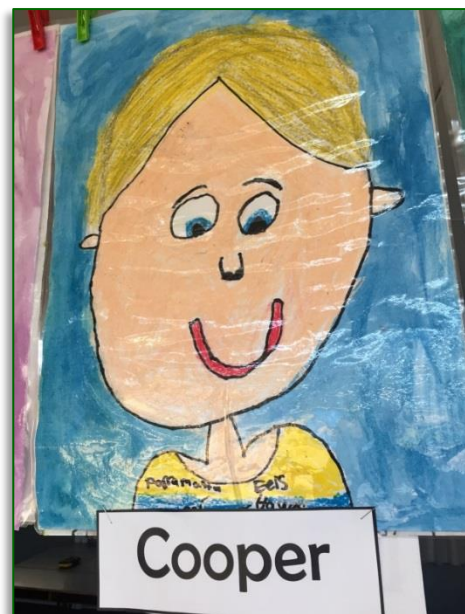


School Councillors for 2F

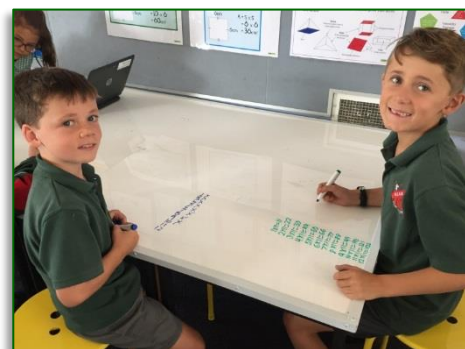
Class 3-4S

3/4S have had a very fun and productive start to the year! Our class has been settling in beautifully as we work together to be a positive and collaborative team. Mrs Schilder and Mrs Cook-Green are looking forward to the many adventures to be had in 2018.

Year Three are excited to begin their journey in the Primary School and Year Four have been wonderful role models. Below are our creative self-portraits that were made in our first week, there are lots of talented artist in our classroom. Make sure you pop in and see our wonderful artwork!



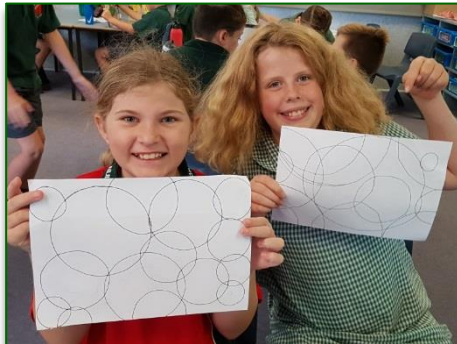
We kicked off the new school year with a colour run to launch our whole school project 'How to be your best self'. 3/4S had an awesome time! As part of our Project Based Learning we have been investigating healthy and unhealthy foods. 3/4S are experts at reading nutritional labels and will let you know if your drink or snack has too much sugar or sodium! We have also been comparing our own food to other cultures around the world, in particular Japan. Japan have one of the healthiest diets in the world and next week our class is going to make some traditional Japanese dishes.



3/4S have been working hard to achieve their personal goals already and we look forward to sharing the rest of the year together.

Class 5G

We have had a productive and enjoyable start to Year 5! The colour run was a wonderful way to begin our year. In our project 'How to be your best self', we have been learning about and practising many mindfulness techniques. We have become experts at constructing circles using compasses and free hand techniques and we can now easily create and measure angles using a protractor. We are using these skills to create a mindfulness colouring book to be sold at our school fair.



We love the fitness aspect of our project and undertook some fitness testing at the beginning of the term including the beep test, the sit and reach test, the static balance test and a sit up challenge. We set our own goals for each of these challenges and are working on building our skills to improve. 'Sports In Schools' is also proving to be lots of fun! We competed with fantastic effort and wonderful sportsmanship in the swimming carnival.



5G are learning about protecting our environment and are currently working on developing skills in persuasive writing on this topic. We cannot wait to show you our fantastic writing pieces when they are complete. Miss Gray is very proud!

Sport – BMX Nationals

At Nulkaba Public School, we have another student who is achieving sensational things in their chosen area of interest. Zane B from Year 4 is heading to Western Australia to represent NSW in the Nationals for BMX riding in early March. 4Z are running three competitions to help raise some funds to support Zane on his quest! We are fortunate to have the fantastic support of Sports Power who has supported through two prize packs. We will be holding a shootout on Wednesday at lunchtime where students will shoot basketballs and whoever can get the most in wins! On Thursday at lunchtime, we will have a skip off to find our best skipper. The final competition is for a large lolly jar of lollies and you guessed it! You need to guess how many! It is \$1 to enter the shoot out or the skip off and 50c per guess for the lollies! This will all happen during Week 5 at school!



Get ready for The Big Vegie Crunch!

Did you know that only 5.4% of Australian children eat enough vegetables?

To encourage students to eat more vegetables, our school will be taking part in The Big Vegie Crunch on **Thursday, 1 March 2018 at 10 am**.

We will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

However, we need your help to make it a success!

On Thursday, 1 March 2018, please pack your child a container of vegetables (**not fruit**) for them to crunch on.

Need some ideas?

- carrot, celery, cucumber – cut into sticks or left whole
- capsicum – cut into sticks or wedges
- corn – raw baby corn spears or a cooked corn cob
- broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
- tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
- beans or snow peas - raw or lightly cooked to keep their crunch
- mushrooms – sliced or left whole

Also, please remember to keep serving up the vegetables at home!



School Banking

New School Banking Rewards Now Available!

Exciting new Term 1 rewards with a Super Savers theme are now available, while stocks last!

Twister Power Handball



Secret Scratch Pad



For every deposit made at school students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits.

There are two new items released each term so be sure to keep an eye out for them!

Thank you for supporting the School Banking program and remember School Banking day is every **Wednesday**.



Are you thinking about becoming a foster carer?



**Family &
Community
Services**

**Hunter Child and Family District
Unit**

Carer Development team

Ph: 40882001

<http://childstory.net.au/>

<http://www.fosteringnsw.com.au/>

It is said, "It takes a community to raise a child".

Your Community needs you!

**Across the Hunter we are recruiting for carers of all ages
and backgrounds to meet the needs of our resilient,
courageous children and young people up to the age of 18!**



We are looking for motivated people to open their hearts and homes to children and young people requiring short-term assistance. Foster carers may be individuals, couples or families who are able to provide care on weekends, for a few days in an emergency, or for a few weeks until a more permanent home is available. All carers receive training, ongoing support and financial assistance. Our Community is in need of passionate caring people especially if you are willing to care for children who are; older than 7, part of a sibling group, have a disability or health needs and or from an Aboriginal or culturally diverse background.

Good for Kids good for life

SUGARY DRINKS

The *NSW Healthy School Canteen Strategy* was introduced in 2017. As part of the strategy, sugary drinks are not to be sold in the canteen.

Sugary drinks include: regular soft drinks, flavoured mineral waters, flavoured waters, sports waters, sports drinks, fruit drinks, coconut waters, cordials, slushies and frozen fruit drinks with less than 99% fruit juice. All energy drinks are also included.

Our canteen stocks refreshing everyday drinks for the students and includes water, plain and/or flavoured milk and 99% fruit juice.

Why not try cutting back on sugary drinks at home too?



PHONE 4924 6499



Nutrition Snippet

The simplest way

...to get the kids eating more fruit and veg!



Want to learn how to create easy, budget-friendly family meals, entice fussy eaters and eat well to prevent cancer?

Register for a **FREE Fruit & Veg Sense** workshop to get simple tips and ideas on:

- saving money by eating more fruit and veg;
- changing family favourites into healthy meals; and
- learning clever ways to entice fussy eaters.

All participants receive a **FREE** recipe book.

We have proven results that this workshop helps parents to eat more fruit and veg. And if you eat more fruit and veg, your children will too!

For more information visit

www.eatittobeatit.com.au

or join us at facebook.com/eatittobeatit

