



NULKABA NEWS

Nulkaba Public School

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Issue 126: 2018 Term 3 Week 2

Friday, 3 August 2018

Dear Parents and Carers,

Wow! It is hard to believe that we are already on the road to Week 3. The term has been off to a busy and exciting start. It has been great filling in for Mrs Hunt and have thoroughly enjoyed visiting the classrooms and seeing the wonderful things that are happening across the school.

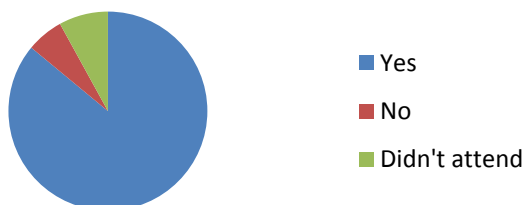
Farewell Ms Walters

On the second last day of last term, Ms Walters received a phone call to say that she had been successful in an application to become Assistant Principal at Edgeworth Public School. Ms Walters has been working as an intervention teacher for the last couple of years and she has had a wonderful impact across the school. We wish her all the best in her new position and know that her dedication to education will serve Edgeworth well.

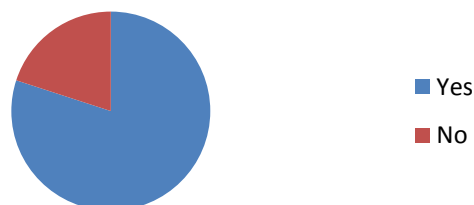
Family Surveys

At the end of last term, we had 'Family Surveys' go home with the students to collect information from our school community to assist in our decision making. Thank you to the families that returned their survey. Your input is greatly appreciated and valued. Below are some graphs that show the data that was collected. We had 92 family surveys returned, which was utilised to generate the graphs. The honesty and detail that some families went into was also greatly appreciated as it allows new ideas to be generated and to enable future plans to be discussed and looked at. The actual data is as follows; Three Way Conferences were well received with 86% saying yes and 6% saying no and 8% did not attend. Parent Understanding of their students learning or level was 80% yes, and 20% no. Project-based learning was 80% yes, 14% no and 6% unsure at this stage. Finally, the timing of the reports was 74% yes and 26% no; with many of the families that replied no saying they liked the early meeting with parents. Comments and ideas have been recorded and now staff will look at and make decisions on what we feel is the best educational decisions for the students.

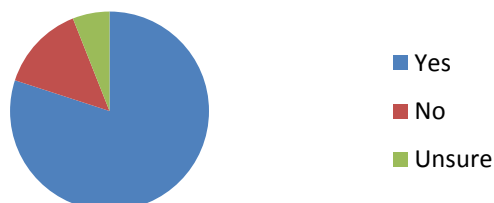
3-way Conference



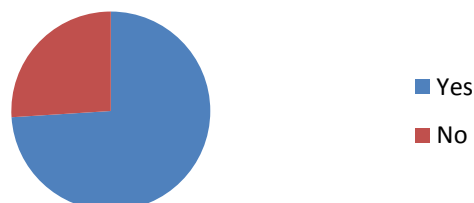
Parent Understanding



Project Based Learning



Timing of Reports



The Number 8

Over the last week, I have been visiting some of the classes across the school to learn more about the number 8. It has been amazing to see the interesting facts and information that students from Kindergarten through to Year 6 can share about the number 8. I am looking forward to visiting more classes over the coming weeks to learn more about a range of numbers.

Leaders Breakfast

I was fortunate this week to also attend the Cessnock City Council annual 'Leader's Breakfast.' Our school leaders along with Mrs Petrysen went down to the Performing Arts Centre for a lovely breakfast and to hear from Nathan Hulls who is a youth motivational speaker. This initiative occurs each year and is part of Local Government week and it is always interesting to listen to such inspirational people who have overcome adversity. Our school leaders represented the school diligently, respectfully listening and conducting themselves appropriately.

Rewards Day

We have been looking at our Well-being Policy and have made a small adjustment. We are fortunate at Nulkaba to have a large proportion of students who consistently demonstrate our school values of Respect, Responsibility and Excellence. With this in mind we would like to congratulate these students and recognise their consistent effort. From this term we will be having a 'Rewards Day' in the last week of term. This will be for all students who have not had a notification go home about inappropriate behaviour. Our SRC will be collating ideas for the 'Rewards Day' and as a staff we will look at ideas and see what we can do. It will be exciting to celebrate at the end of term.

Sporting Representatives

In 2018, it has been overwhelming the number of students that are progressing to higher levels in sport. During first term Jack T played basketball for region. We also had the success of Tahna C and Jack T during last term with Regional Rugby League and Union. Right at the end of last term we had the announcement of Tayah K and Ella-Rose O being selected in the NSW Futsal team. Futsal is new at Nulkaba and it is extremely exciting for the girls to progress to this level. We have our Aerobics girls who are rehearsing everyday preparing for Nationals. The girls and teachers are to be congratulated on the work that they have put in and we wish them all the best. The girls will be holding a sausage sizzle the day of the Book week Parade and it would be great for our school community to get behind the girls through this event. We also have Aubrey B who will represent NSW at the Nationals competition later on this year. We will also have the Crazy Hair and Sock Day in the coming weeks to support Aubrey. This has become customary for students who are representing in PSSA at a National level. I know I have planned my hairstyle for the day!

Zone Athletics

Zone Athletics is on this Friday at Turner Park. We will be taking 52 students to represent our school and the weather is looking good. I am writing this before Friday so am looking forward to the day and will report back in our next Newsletter. I wish all of the students the best of luck and look forward to a fantastic day.

Special Assembly

Our Special Assembly each term is a time to recognise the many achievements that have occurred throughout the term. Our last two assemblies have gone over time and we have not been able to complete all awards. This term we are going to trial having our Special Assembly first thing on the Monday morning. It will be held Week 9 at 9.15am. This will be Monday 17th September. We are hoping that this will allow all students to be recognised appropriately.

Debating

Last Friday we had the Year 5 and Year 6 debating teams representing our school at Kirkton Public School. The Stars (Year 6) won all three debates and the Comets (Year 5) won one of their two debates. Their attitude and behaviour was exceptional too - congratulating teams for winning and complementing them on their efforts. Miss Halverson was very impressed.

Stage 3 Launch 2

On our first day of term, Stage 3 had their second launch, which involved an incursion from 'Old Sydney Town.' I was able to pop in three or four times throughout the day and it was great to see the different experiences that the students were engaged in. The students were fantastic and it was pleasing to see that they gained a better understanding from the experience.



Public Speaking

Zone Public Speaking was on this week at Kurri Kurri Public School. We had two students per stage representing our school at this competition. Early Stage One was represented by Tyson C and Isabelle W, Stage One represented by Sienna P and Liam P, Stage Two represented by Matilda W and Lara J and Stage Three represented by Tahni B and Natalie S. Congratulations to all students for progressing through to zone. I was fortunate enough to attend the second day of the Public Speaking. With Mrs Carr seeing the Early Stage One students. Overall Nulkaba experienced wonderful success with Tahni receiving a Highly Commended in Stage Three and Nat presenting her speech at an outstanding level. Tyson C won Early Stage One and will be progressing through to Regional level and Isabelle also did a fantastic job. Both Matilda and Lara for Stage Two did amazing jobs and were unlucky not to be placed. Lastly, Sienna P got a well deserved Highly Commended from Stage One and Liam also performed wonderfully. The level of our students and the talents across the zone are amazing and this annual event has been instrumental in their overall improvement. Thank you to the parents for their wonderful support.



Jaclyn Zoneff
Relieving Principal
Nulkaba Public School



Education
Public Schools

Coming Events - 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	6 Aug	7 Aug	8 Aug	9 Aug	10 Aug
		Book Club Issue 5 Orders Due;	12:30p Education Week – Open Day;	11:30a Stage 3 History Performance;	9:00a Debating at Broke;
Week 4	13 Aug	14 Aug	15 Aug	16 Aug	17 Aug
		University Test – Mathematics; 6:30p P&C Meeting			Crazy Hair/Sock Day; Stage 1 Project No.2 Incursion
Week 5	20 Aug	21 Aug	22 Aug	23 Aug	24 Aug
	Book Week				
	3:30p AECG Meeting		Book Week Parade	School Disco	National Aerobics
Week 6	27 Aug	28 Aug	29 Aug	30 Aug	31 Aug
			Kullaburra Awards; 2:00p “A Fish Story” Visiting Show		Father's Day Stall / Breakfast; Cessnock Cup; Premier's Reading Challenge Ends

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

Canteen Roster - 2018

Week 3 = Roster D

Week 4 = Roster A

Week 5 = Roster B

Week 6 = Roster C

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	6 Aug	7 Aug	8 Aug	9 Aug	10 Aug
	Leanne Robinson Lorraine Williams	Stephine Clark Rena Procter	Bianca Bartlett Kristy Maguire	Help Needed	Michelle Wills Help Needed
Week 4	13 Aug	14 Aug	15 Aug	16 Aug	17 Aug
	Leanne Robinson Lorraine Williams	Patricia Twentyman Help Needed	Sally Hare Melaney Knight	Help Needed	Kathryn MacDonald Melissa McLellan
Week 5	20 Aug	21 Aug	22 Aug	23 Aug	24 Aug
	Katrina Moss Amanda Platt	Rena Beckett Linda Kerr	Danielle Codd Sally Hare	Leesa Beveridge Sally Hayes	Lynda Hirst Sue Hirst
Week 6	27 Aug	28 Aug	29 Aug	30 Aug	31 Aug
	Kristy Maguire Alex McGregor	Lisa Edwards Lyn Fallon	Help Needed	Help Needed	Lauren Goodwin Lynsay Ingram

The canteen may have to close on “Help Needed” days if we cannot get volunteers to fill the vacancies.

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

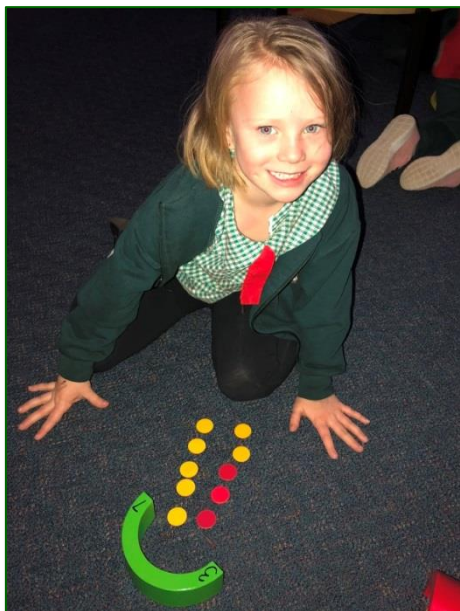
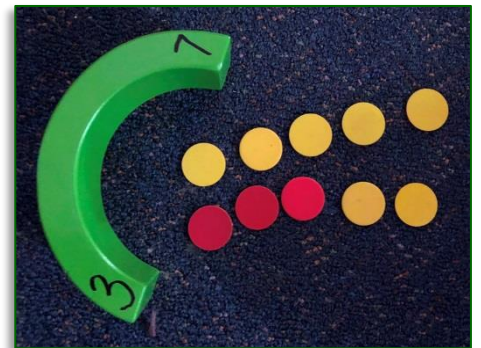
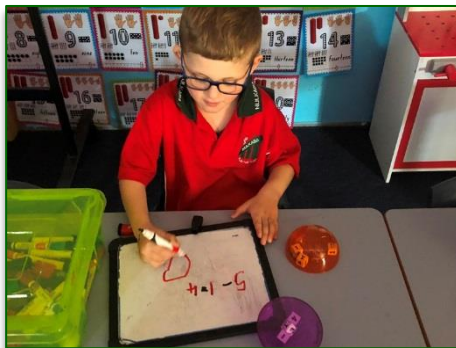
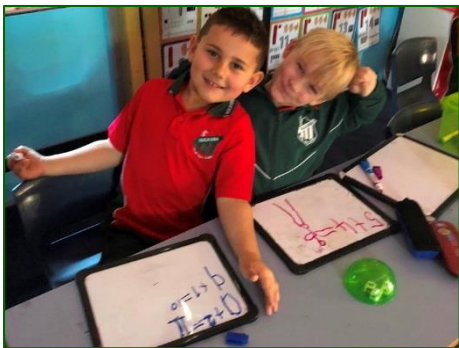
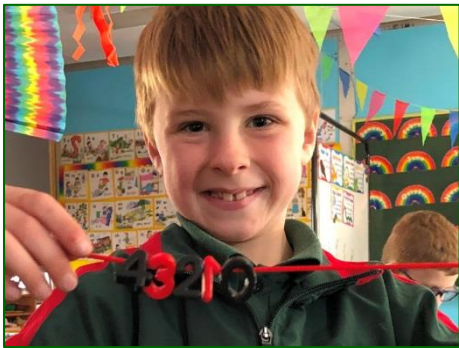
Class KE

KE are always working hard and learning new things. Groups are one of our favourite things to do. We love literacy and maths groups. Writing our sight words in salt is a great tactile way to help us lock in our words. The campfire for guided reading has been a hit; we even 'toasted' marshmallows after our groups as a special treat. The class can see how far they have come with their reading and I am very proud of their hard work. Remember reading with your child each night can really help foster a love of literacy and helps lock in those sneaky little sight words. This term we have a big focus on rhyming and word families and we will be doing 'rhyme time' each Thursday and Friday. Over the next few weeks as part of our project, we look at the life cycles of a butterfly and a frog and learn new big words like metamorphosis. We have an upcoming project surprise, which should create a lot of excitement and discussion..., but I cannot give you any hints.

In maths groups, we have been measuring, categorising, adding, ordering and recognising numbers. Friends of ten was introduced last week and using our friends of ten rainbows and double sided counters worked really well as an introduction to the concept. The kids even asked the next day if they could use them again... so of course we did.

A massive thank you again to the parent helpers, your time is much appreciated.

I cannot believe that the year is half over already... I want to keep my class forever.



Class 2C

2C had a wonderful end to Term 2 with our NAIDOC celebrations and are looking forward to Term 3. We have been working hard these first few weeks and are very excited to have Miss Caitlin Hayter working with us. Miss Hayter is from Newcastle University and is completing her internship at Nulkaba and will be a qualified teacher at the end of the term.



This term we are also looking forward to our Stage 1 Incursion, Education Week and Book Week Celebrations. We are also excited to be spending time with Mrs Anderson learning new and exciting things on the iPads.

Class 4Z

4Z are off and learning!

It has been an incredibly busy start to the term already and is hard to believe we are only in Week 2. The students have settled in well and are enjoying their time with Mr Stark, Mrs Page and Mrs Zoneff when she pops in for Maths. Two of our students have given you a run through of what is happening in our room. Thank you Sam and Sienna.

Mrs Anderson's technology lessons have been interesting to 4Z. We have been learning about different apps and we have been creating engaging presentations. We are learning about what the iPad's can do and about how technology works. We have also been working on artworks from the past, present and future.

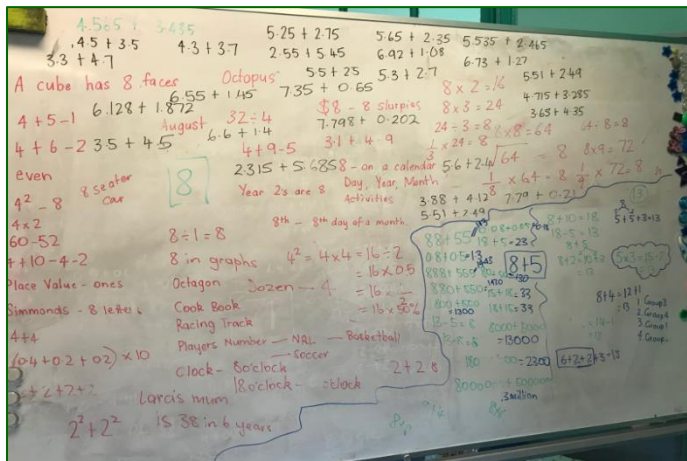
We are looking at grammar books with Mrs Page and Mr Stark. Mrs Page is looking at My Mothers Eyes and Mr Stark is looking at George's Marvellous Medicine. We are also looking at pronouns and prepositions, pronouns are used in place of a noun to make the piece of writing more interesting. A preposition is something that works with nouns or pronouns to show where and when.

Mr Stark's writing lessons have been interesting and engaging. The whole class has enjoyed it. His writing tips are extraordinary, and once you put them into action, you sound like a professional! His guided stories are amazing. A simple story can quickly become interesting through all the description.

The feeling of blood rushing through my head. Smashing my temple with a thousand rushing thoughts. I felt faint. My heart was beating rapidly. It was a feeling that would slaughter all other feelings. It was a powerful storm from the brain. It hacked at happiness and cut at the mind. It ripped all thoughts and drove me to madness. It smashed a terrible havoc and I thought my fear would never stop.

William

Project has been amazing! We have finished with the Past (discovering Australia/World wars) and now we are doing the Present (Sustainability/Australian natural landmarks) and then the Future (It is a surprise!). I am enjoying project as it has a lot of hands on activities. Project also involves natural landmarks. The whole of Stage 2 are doing the Great Barrier Reef, whereas, our class is focusing on Uluru. It turns out that in November 2019 it is going to become illegal to climb Uluru.



Class 5-6P

5/6P along with the rest of Stage 3 were very lucky to have a fantastic first day back at school last week! As part of our project, we had another launch day where 'Old Sydney Town' came to us! I am sure all parents and grandparents remember dressing up and going to Old Sydney Town when they were young. Unfortunately, it has been closed for many years; however, they now do a travelling show that brings many aspects of what we experienced into schools. The students thoroughly enjoyed the day, learning about life in England, the First Fleet and life for Early Settlers. It was an interactive and educational day, with all students being involved in the show in some way. We experienced dramatic acts between convicts and soldiers, dancing, singing, looking at weapons and forms of punishment and gained a lot of knowledge about Australia's history during this time.

"I loved that we got to take part in the show". - Zahlee C

"It was really funny, you got to learn a lot, and it was very interactive". - Peyton G

"It taught us about history in a fun and entertaining way". - Jasmine

"The show was definitely worth it. I really liked how the actors didn't break from their character". - Charlotte C

"I learnt a lot and loved being a part of their show". - Patrick



Book Club Issue 5

The latest issue of Book Club (No. 5) has been sent out this week. Orders are due in by **Tuesday, 7 August 2018**. Orders and payment need to be left at the Library in the Book Club orders box, or given directly to Mrs Morris.

Book Week Is Coming! What Treasure Will You Find?



Find Your Treasure (in books, of course!) is the theme for this year's Book Week activities. Plans are already underway for our annual Book Character Parade – and of course, as soon as anyone mentions “treasure”, you just have to think of pirates, buried treasure, and the pyramids with the treasures of King Tut. We can all have lots of fun with these ideas. This year we are looking at having some extra activities as part of our Parade day – staff are working on

plans for some fun ways to celebrate Book Week in conjunction with our annual parade. So, save the date – **Wednesday, 22 August 2018** - and look out for further information in the next school newsletter. Just see Mrs Morris with any questions about the parade, or costume ideas – anything at all!

Oh, and by the way – Mrs Morris is busy “hunting out” lots of competition and activity ideas for Book Week as well. Stay tuned!

Premier's Reading Challenge Update

We have now passed the 200 mark, with 215 students having a completed entry. Since returning to school, there has been a flurry of activity with many students getting their online entries completed. So congratulations to all these wonderful readers: Bailey P 3/4S, Charli F 3/4S, Cooper H 3/4S, Dimitie D 3/4S, Emily J 3/4S, Evie G 3/4S, Hayden H 3/4S, Jai K 3/4S, Kane P 3/4S, Kirbi W 3/4S, Lachlan G 3/4S, Lachlan O 3/4S, Laura B 3/4S, Peyton H 3/4S, Shawn S 3/4S, Ashley M 4J, Amelia C 4Z, Blade S 4Z, Aubrey 5/6P, Kiara W 5/6P, Milani T 5/6P, Harry S 5/6P, Tahna C 5/6P, Ava N 6H, and Charlotte M 6H. Great work everyone, and it is especially good to see so many Year 3 students listed, as they are eligible for the Gold Level Certificate this year.

Time is running out to complete this year's Challenge, with all student records needing to be completed by Friday, 31 August 2018. Even with only a few weeks left, it is still possible to finish the Challenge and be eligible for a certificate. Please see Mrs Morris with any questions you may have.

Crazy Hair and Sock Day!

When: Friday 17th August, 2018

What: Wear crazy socks and/or crazy hair

Bring: A gold coin donation



All money raised will support Aubrey Barr to compete at Nationals for diving. NPS would like to wish Aubrey all the best!



SPECIAL ANNOUNCEMENT!

IT IS A GREAT HONOUR TO ANNOUNCE THAT THE ONE AND ONLY

JACKIE FRENCH

WILL BE VISITING NULKABA PUBLIC SCHOOL

ON THURSDAY, 20 SEPTEMBER 2018



Jackie's career spans over 25 years and over 200 books. She was the Children's Laureate for 2014/15, and was the 2015 Senior Australian of the Year. Jackie is a passionate advocate for help for children with learning difficulties, as well as the conservation of wildlife and our planet. Jackie is one of Australia's most loved children's authors, ecologist, historian, dyslexic, and honorary wombat!

Thanks to our friends at the Cessnock City Library, Jackie will be visiting schools in the Cessnock area, including Nulkaba. Jackie will be talking to all of our students – sharing her passions and knowledge – this is a wonderful opportunity that has come our way. Further information will be sent home with students in the next few weeks, as students also have the opportunity to pre-order signed copies of selected titles written by Jackie.

As part of her visit, Jackie will be encouraging all students to become members of the Cessnock City Library as a way of being able to experience all the benefits that a public library can offer. Jackie firmly believes that if you want to be smart, read books – and if you want to be smarter, read more books! Our city library has so much to offer (as well as our own school library) – and it is all available for free! What a great deal! As well as the information for ordering signed copies of Jackie's books, we will also be sending home membership forms for the City Library – and they are offering new membership cards for anyone who has lost theirs at no cost for this membership drive.

Calling for Volunteers – we need your help!



After six years, our current School Banking Co-ordinator has decided it is time to hand over the reins. Our students really enjoy participating in the Commonwealth Bank School Banking program and to keep this program running we need your help.

The program requires a volunteer School Banking Co-ordinator to facilitate the banking and distribution of School Banking rewards. This only takes a small amount of your time one day a week and the Commonwealth Bank will provide support in how to run the program. Your help with the program will greatly benefit students as they develop vital saving skills and also help our school with fundraising.

Currently, School Banking day is **Friday**.

If you are interested in volunteering for this great program, please fill in the section below and return it to the Front Office by Friday, 10 August 2018.



Father's Day Breakfast

Help us celebrate the special men in our lives

Friday 31st August 8 - 9am



Father's Day is Sunday 2nd September

Our Father's Day stall will be on Friday 31st August

Donations are now being collected for the stall

Ideas include car wash, coffee cups, chocolates, tools, torches.

Volunteers are needed on the day from 9am to help sell.

If you can help, please complete the slip below or email Jenny Petrysen
(jennylee.petrysen1@det.nsw.edu.au)

You can also call the school

This is traditionally a year 5/6 fundraiser – funds to go toward Year 6 farewell.

YES – I can help at the Father's Day Stall on Friday 31st August

Name: _____

Email: _____

**Sandwiches, Rolls, Wraps**

Vegemite	\$2.00
Ham or Chicken or Cheese or Tuna	\$3.00
Ham, Tomato & Cheese OR Ham, Lettuce & Cheese	\$3.50
Chicken, Lettuce & Mayo OR Chicken, Lettuce & Cheese	\$3.50
Salad*	\$4.00
Ham & Salad* or Chicken & Salad* or Tuna & Salad*	\$4.50
Each extra topping: ham, chicken, tuna, cheese, tomato, lettuce, carrot, pineapple	\$0.50
Extra: for a roll OR a wrap	\$0.50

Salads

Salad Box*	\$5.00
Salad Box* with Ham OR Chicken OR Tuna	\$5.50

Jaffles (toasted sandwich) – not available at recess

Cheese OR Ham & Cheese OR Chicken & Cheese	\$4.00
Ham, Tomato & Cheese OR Ham, Pineapple & Cheese	\$4.00
Spaghetti & Cheese OR Baked Beans & Cheese	\$4.00

Snacks

Homemade Pikelets	\$0.20
Fresh Popcorn (air popped, no butter or salt)	\$0.50
Raisin Toast	\$0.50
Mamee Noodles – Chicken, BBQ	\$0.80
Fresh Fruit – items vary and are subject to availability	\$1.00
Slinky Apple	\$1.00
Thompsons Choc Chip Biscuit or Anzac Cookie	\$1.00
Red Rock Deli Chips – Honey Soy Chicken, Sea Salt	\$1.50
JJs – Chicken, Pizza	\$1.50
Cheese UFO – melted cheese on an English muffin	\$1.20
Mini Pizza UFO – tomato paste, ham & melted cheese on an English muffin	\$1.50
Cheese & Spaghetti UFO – cheese & tin spaghetti on an English muffin	\$1.50
Thompsons Finger Bun OR Choc Chip Muffin	\$1.70

Everyday Choice

Hot Food – not available at recess

Chicken Nuggets (each)	\$0.60
Thompsons Garlic Bread - full loaf	\$1.50
Mini Hot Dog – half a hot dog	\$1.50
Hot Dog – bread roll, frankfurt & tomato sauce OR BBQ sauce	\$3.00
Rice Tub	\$2.00
Thompsons Lite Sausage Roll OR Lite Party Pie	\$2.00
Thompsons Lite Meat Pie	\$3.00
McCain Pizza Singles – ham & pineapple OR cheese & bacon	\$3.00
Cheeseburger – meat, cheese & tomato sauce OR BBQ sauce	\$3.50
Hamburger – meat, lettuce, tomato, beetroot, & tomato sauce OR BBQ sauce	\$4.00
Chicken Burger – chicken, lettuce & mayonnaise	\$4.00
Enrico's Macaroni & Cheese	\$4.00
Enrico's Spaghetti Bolognese	\$4.00
Enrico's Lasagne	\$4.00
Enrico's Mexican Nachos	\$4.00
Fried Rice	\$4.00

Extras

Sauces – tomato, BBQ, sweet & sour	\$0.40
Lunch Bags	\$0.20

Ice Blocks – not available at recess

Quelch Fruit Stick – apple, mango, tropical, orange, blackcurrant	\$0.50
Ice Mony – chocolate, watermelon	\$0.80
Frozen Bevco Juice Cup – apple/blackcurrant, orange	\$0.80
Vanilla Ice Cream Cup (98% fat free)	\$1.50

Drinks

Bottled water 600ml	\$1.50
Focus flavoured water 250ml – fruit tingle, lemonade, raspberry	\$2.50
Sparkling Fruit Juice Bombs 250ml – apple/raspberry, apple/blackcurrant, grape, watermelon	\$2.50
Mooove Flavoured Milk 300ml – chocolate, strawberry	\$2.50
Berri Juice Pop Top 250ml – apple, orange, apple/blackcurrant	\$2.50

Occasional Foods

Nulkaba School Canteen

- ☆ Place your order online using www.quickcliq.com.au. Online ordering is more accurate and easier for our busy volunteers to process. Online ordering gives parents peace of mind that your child's canteen order is received and processed correctly.
- ☆ For orders submitted to the canteen please write all lunch and recess orders on separate paper bags, including student's name, class, items, prices and total payment. No envelopes, snap lock bags or scrap paper will be accepted.
- ☆ Please provide your own lunch bag with correct money. Paper bags are available from the canteen for 20c per bag or reusable lunch order bags are available for \$10 each – durable, wipe clean, clear zipper pocket for money and order – say goodbye to paper bags!
- ☆ The canteen does not give credit. Any orders without sufficient money will be returned to the student, or similar lower priced items will be substituted at the Canteen Manager's discretion.
- ☆ Orders should be placed in the lunchbox outside the canteen by 9.10am each morning. Late orders should be handed directly to the canteen volunteers. Any late orders may be adjusted depending on availability and time.
- ☆ Unfortunately due to Health & Safety Requirements we can't heat, cook or serve food bought in from home.
- ☆ If your child forgets their lunch they should get a signed note from their teacher and the canteen can supply a sandwich that must be paid for the following day.
- ☆ We rely on volunteers to keep our canteen open every day. If you could help in the canteen regularly or casually please contact Linda on 0400413313. We'd really appreciate your help (and your kids will love it)!
- ☆ Our canteen is operated by the P&C and is overseen by the P&C's Canteen Committee. It aims to provide both a healthy canteen available to the students daily, and to at least cover its costs. Any profits are used to aid the school through the P&C.
- ☆ If you have any ideas or suggestions on how to improve our canteen please contact the P&C's Canteen Coordinator Kristie on 0435953751.



Canteen Manager: Linda Balazic – 0400413313
P&C Canteen Coordinator: Kristie Maguire - 0435953751



Nulkaba School Canteen Menu Update



To ensure our school canteen covers its costs and remains viable we have had to make some small price changes to a number of items, effective from Week 1 in Term 3 (Tuesday 24 July 2018).

Every effort has been made to ensure all items remain affordable and are price competitive. Our aim is to provide a healthy canteen that is available to students daily and to at least cover our costs.

Over the last couple of years, thanks to the commitment of a dedicated Canteen Committee and our generous volunteers, our canteen has managed to turn over a small profit. This money has funded the replacement and updating of our canteen equipment and is also put towards school improvements.

Noticeable changes to the 2018 NPS Canteen Menu include:

1. Cheese & Bacon rolls and Lite Potato Pies have been removed due to poor sales.
2. Slight increase in prices for the following items (to reflect supplier price increase):
 - Nuggets 60c
 - Mini Hot Dog \$1.50 & regular Hot Dog \$3.00
 - Mamee Noodles 80c
 - JJs and Red Rock Deli Chips \$1.50
 - Ice Mony & Bevco Frozen Fruit Juice Cup 80c
 - Vanilla Ice Cream Cups \$1.50
 - Sauces 40c
3. Garlic Bread is now only available in a smaller full loaf with 5 larger slices for \$1.50 (note: this is so the Garlic Bread complies with the new Healthy School Canteen requirements).
4. All meat and salad sandwiches have decreased in price by 50c.
5. Moove 300ml flavoured milks and Berri 250ml pop top juices have decreased by 50c to \$2.50 due to a supplier price reduction.
6. Focus waters have decreased in size from 350ml to 250ml with less sugar (the price remains the same as the supplier price has not decreased).

By the end of 2019 the NPS Canteen must comply with the new NSW Healthy School Canteen Strategy. The Strategy sets new criteria that all canteen food items must comply with. Those items that meet the criteria are categorised as 'everyday' or 'occasional' foods. At least $\frac{3}{4}$ of the menu must consist of 'everyday' food items.

The NPS canteen is slowly transitioning to this new Healthy School Canteen Strategy, and as such has introduced a number of new 'everyday' food items including:

- Raisin toast
- Tuna for sandwiches and salads
- Enrico's Macaroni & Cheese
- Toasted jaffles
- Sparkling fruit juice bombs

For the remainder of 2018 we will continue to sell a number of non-conforming items, however, these items will be removed from the menu in 2019 (e.g. hot dogs, mamee noodles, choc chip and anzac biscuits, finger buns, JJs and focus water).

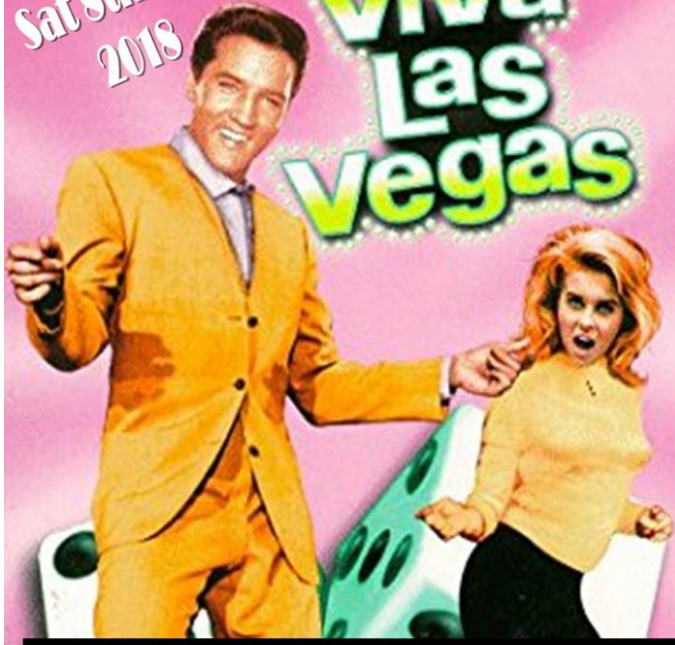
More information on the NSW Healthy School Canteen Strategy can be found at <https://healthyschoolcanteens.nsw.gov.au/>

The revised NPS Canteen menu with price list is attached.

Nulkaba Public School
Presents
Annual School Ball

Sat 8th Sep 2018

Viva Las Vegas



SAVE THE DATE!

Cancer Council NSW Nutrition Snippet

The simplest way

...to pack a lunch box is here!

The task of packing a healthy school lunch is now easier with the launch of our exciting new Healthy Lunch Box website healthylunchbox.com.au

The new website shows how easy it can be to pack a healthy lunch box that your kids will love.



It features an interactive lunch box builder that enables you to plan your kids' lunches on your phone, desktop or tablet - it's quick, easy and the kids will love helping too!

Healthy recipes and tips on adding more fruit and veg to lunch boxes will help set your child on a path of lifelong healthy eating to reduce their cancer risk.

Visit healthylunchbox.com.au for recipes & information you can trust.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

WEDNESDAY 19TH SEPTEMBER 2018
6PM TO 7PM BOOKINGS ESSENTIAL


JACKIE FRENCH

Australian author, ecologist, historian, dyslexic, honorary wombat

Jackie was the Australian Children's Laureate for 2014/15 and the 2015 Senior Australian of the year. She is tireless worker for the promotion literacy, the right of all children to be able to read, and the power of books.

During her 25 year career she has written over 200 books and won multiple awards, both in Australia and overseas. She is a passionate advocate of help for children with learning difficulties, as well as the conservation of wildlife and our planet.

Jackie will share her passions at a **FREE** all ages talk. Books will be available for optional purchase and signing (cash only)



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Dr Maria Theresa Desphy
Dr Anas Alhaid
Dr Aimen Saif

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CESSNOCK NSW 2325

Road safety



Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)



Lives lost on NSW roads.
Our goal is zero.

