



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

Web: nulkaba-p.schools.nsw.gov.au



Issue 152: 2019 Term 4 Week 4

Friday, 8 November 2019

Dear Parents and Carers,

Out and About with Mrs Zoneff

It's been another busy fortnight and it is amazing to think we are already in Week 4. It is getting ever closer to the end of the year with lots of things happening across the school. Make sure you take the time to look at the school calendar and mark those important dates down as we do not want you to miss any of the festivities toward the end of the year. Sit back and read through the many things from the last two weeks from around the school.

Aerobics

On Sunday, 27 October 2019 a talented bunch of kids went to Newcastle and competed at the school aerobics spring challenge. Both teams performed their routines the best they could and both teams won gold medals.

Mrs Cousins and Mrs Forster are both extremely proud of everyone. Thank you to the families who supported us this year it is very much appreciated.



Book Fair

Our Book Fair was an amazing success this year and the timing of Grandparents Day was an asset to this event. A massive thank you to Mrs Morris for the hours of work to set up, promote, man and support students. Her devotion to getting books into the children's hands is such an asset to our school. Thank you also to all of the families that supported this by purchasing a book and even the families who helped out to sell on the day. It made it a very successful event for our school.

Grandparents Day

Grandparents Day is a favourite at Nulkaba Public School and 2019 did not disappoint. We had a large number of grandparents who came along on the day and it was lovely to see people skipping, playing hop scotch and enjoying the sweet treats that were cooked by the students. Thank you to all of our grandparents for taking the time to come along. The student's faces light up to see their loved ones and to be able to show their beautiful school and classrooms. I can't wait until next year.

Final Orientation

The last of our formal Orientations was last Thursday and it was wonderful for our Year 4 students and future kindergarten children to spend some quality time together and then to formally meet their future buddies. I was so proud of our Year 4 kids for taking on this responsibility with such distinction and pride!



Totem Poles

This week we have had Mr Anthony Cain working with our Indigenous students on a project to improve our yarning circle. Their progress has been great and I can't wait to see them in the ground and decorating the space.



Amazing Experience

Tyson presented his NAIDOC day speech at the Aboriginal Correctional Services meeting on Tuesday morning at the Mercure. There was over 150 adults that he presented his speech to. We were so proud of his confidence and ability to deliver a speech with no microphone with such pride. Well done Tyson!

Children's University

On Tuesday evening 40 students and their families travelled to Newcastle University for the annual Children's University graduation. It was wonderful to have some of our students who have been participating in the program for a number of years now receiving certificates that require 65, 100, 130 and 165 hours of additional learning outside of the classroom. Congratulations to all graduating students and thank you to all of the families for supporting this program and supporting the students during all of their additional learning activities. It will be great to see the students continue to achieve in this initiative.



Disco

On Thursday night our final disco for the term will be happening. It will be exciting to have some of our incoming Kindergarten students along to experience the fun that can be had. It is also sad as it will be the last disco for our outgoing Year 6 who will get to enjoy the benefits of their disco at the Year 6 farewell.

Online Payments

From Monday, 18 November 2019 the school will have an on-line payment system up and running. It will allow for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. An email will be sent out to families over the next week and there will be further details in the next newsletter. This will be very beneficial for all to ensure students are up to date with payments for excursions and school events.

State Spelling Bee

Today our very own Kiara H participated in the State Spelling Bee in Sydney. Kiara made it through to round four in the event and we are so very proud of her. What an achievement to always remember!

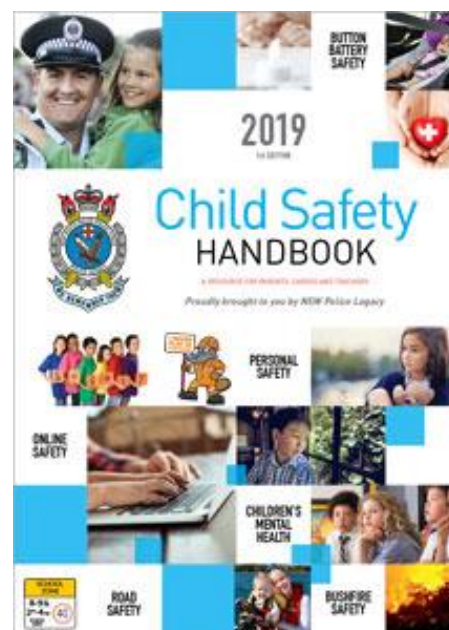
Jaclyn Zoneff
Relieving Principal
Nulkaba Public School



Education
Public Schools

Child Safety Handbook

NSW Police Legacy has produced the 2019 Child Safety Handbook: a resource for parents, carers and teachers. The handbook's emphasis is on prevention and can be accessed at this link: <http://nsw.childsafetyhub.com.au/handbook/> Please feel free to use this document to ensure that you're meeting your child's safety needs.



Coming Events - 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	11 Nov	12 Nov	13 Nov	14 Nov	15 Nov
Week 5	Stage 2 Camp; Interrelate - Year 6; 11:00a Remembrance Day Ceremony;	Stage 2 Camp; 8:45a Jump Start - Session 1; 1:00p Infants Sista Speak; 6:30p P&C Meeting	Stage 2 Camp; 11:35a Dog Safety Program Kindergarten (Free); 12:30p Stage 2 Swimming	Stage 3 Leadership Speeches – Girls; 10:40a Team Bunnings visit; 2:10p Nearly at Nulkaba session	Stage 3 Leadership speeches - Boys
	18 Nov	19 Nov	20 Nov	21 Nov	22 Nov
Week 6	Interrelate - Year 6; Basketball Coaching Clinic	Basketball Coaching Clinic; 1:00p Infants Sista Speak	Michael Steel - Cyber Safety Talk; 12:30p Stage 2 Swimming	9:15a Year 5 Tennis Program; 2:10p Nearly at Nulkaba session	Kindergarten Local Excursion
	25 Nov	26 Nov	27 Nov	28 Nov	29 Nov
Week 7	Healthy Harold K-2; Basketball Coaching Clinic; 3:30p AECG Meeting - Cessnock High	Healthy Harold K-2; Basketball Coaching Clinic; Stage 3 Surf Day; 1:00p Infants Sista Speak	Healthy Harold K-2; Leaders Camp; 8:45a ASTI Student Transition Day; 12:30p Stage 2 Swimming	Leaders Camp; Touch Rugby League at Cessnock Stage 3; 2:10p Nearly at Nulkaba Session	Library Borrowing to Finish for 2019
	2 Dec	3 Dec	4 Dec	5 Dec	6 Dec
Week 8	9:15a Year 5 Tennis Program; 9:20a Special Assembly	9:00p Stage 2 Careers Day; 9:00p Year 6 Orientation Day and Parent Meeting; 1:00p Infants Sista Speak	Final Leadership Speeches - Girls; 12:30p Stage 2 Swimming	Final Leadership Speeches – Boys; 2:10p Nearly at Nulkaba Session	All Library Material to be Returned by this Date

For more information, please visit our website: <https://nulkaba-p.schools.nsw.gov.au/events.html>

Canteen Roster - 2019

Week 5 = Roster B

Week 6 = Roster C

Week 7 = Roster D

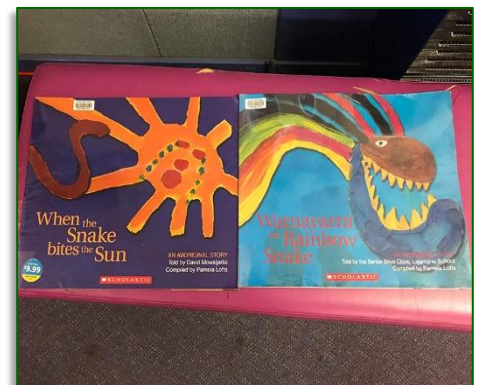
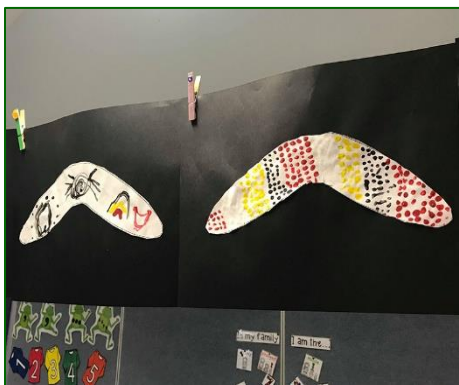
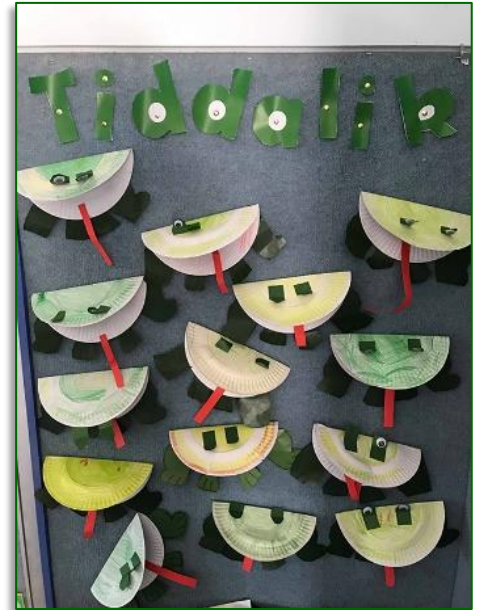
Week 8 = Roster A

	Monday	Tuesday	Wednesday	Thursday	Friday
	11 Nov	12 Nov	13 Nov	14 Nov	15 Nov
Week 5	Helen Campbell Help Needed	Anna Duffie Leah O'Donnell	Danielle Codd Sally Hare	Closed - Help Needed to Reopen	Lynda Hirst Sue Hirst
	18 Nov	19 Nov	20 Nov	21 Nov	22 Nov
Week 6	Help Needed	Lisa Edwards Lyn Fallon	Megghan Findley Kathryn MacDonald	Closed - Help Needed to Reopen	Sophie Day Lauren Goodwin
	25 Nov	26 Nov	27 Nov	28 Nov	29 Nov
Week 7	Lorraine Williams Help Needed	Help Needed	Bianca Bartlett Renae Procter	Closed - Help Needed to Reopen	Jo Wharton Help Needed
	2 Dec	3 Dec	4 Dec	5 Dec	6 Dec
Week 8	Sharon Bamforth Help Needed	Patricia Twentyman Help Needed	Sally Hare Alex Repacholi	Closed - Help Needed to Reopen	Jenny Bosden Jess Bosden

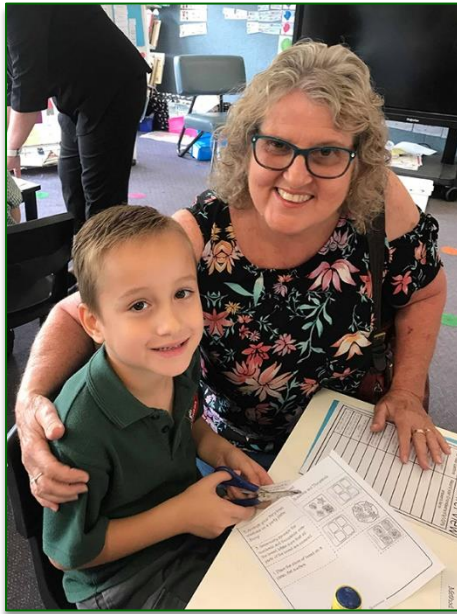
If you can help to fill our current vacancies, please contact **Rebecca on 0435 011 319**

Early Stage 1

'What Can My Little Eye Spy'? Is the big question that Kindergarten are currently working on during our Project Based Learning. We are enjoying learning lots about Aboriginal culture. The Kindergarten children and teachers were extremely excited to go on our 'surprise' excursion to Baiame Cave on Friday, where we learnt lots of information about the local Aboriginal history from a local Aboriginal Elder, Uncle Warren. We are so grateful for the time that Uncle Warren takes to show us this beautiful place and all that it is about.



As you can see by their smiles, Kindergarten were super excited to have their grandparents visit last week for Grandparent's Day. A highlight for Kindergarten was making fairy bread and interviewing their grandparents to find out what kind of things they did when they were younger. Kindergarten also loved visiting the Book Fair on Grandparent's Day and enjoyed taking their grandparents to have a look.



We would like to once again thank the dedication of our parent helpers, assisting in changing the RATS readers weekly. Without your help this program would not be as effective.

ES1 Teachers

Class 1M

1M have had a fabulous start to Term 4. We have embarked on our new Project, What is our Place? What is our Heritage? 1M have been discussing how we pass information, stories and messages to others in 2019, compared with how Indigenous communities passed their dreamtime stories and messages thousands of years ago. We have looked at images of rock art and have researched how paints were made from natural materials. 1M are learning about the different symbols used to tell a story and are looking forward to creating their own stories in the coming weeks.

A highlight this term was Grandparent's Day. The class loved showing their Grandparents and family members their classroom, school work and introducing them to their friends. They particularly enjoyed escorting them to the Book Fair where many returned with a treasured book. Our 'cups of tea' were a hit, a huge thank you to Ruby's mum for helping the children make these sweet delights.

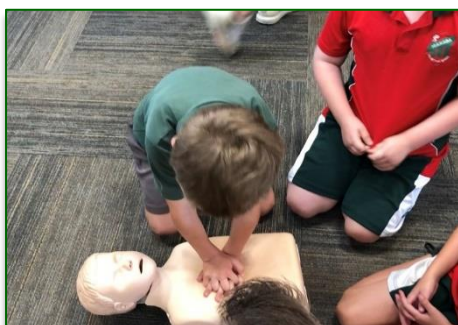


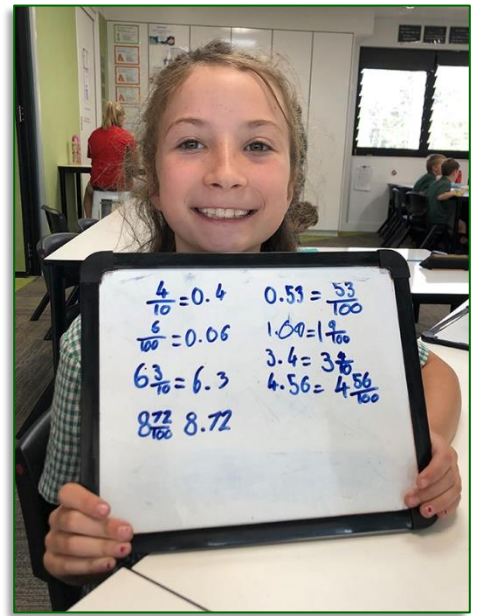
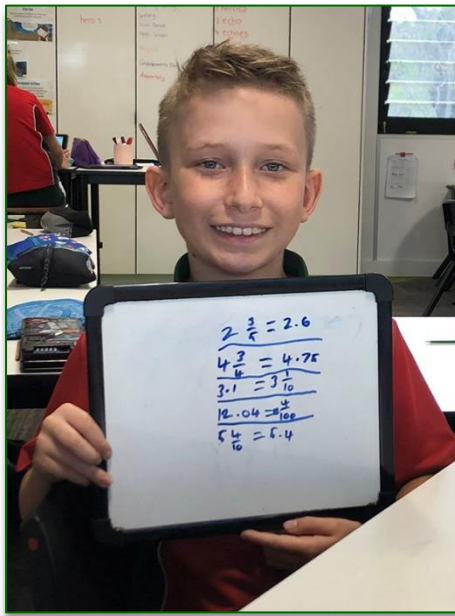
Each Thursday afternoon, we are joined by our Year 6 buddies. On Halloween, they brought pumpkin pictures to colour in with us. Our buddies also test our Magic Words and help us with our reading. We know that if we are feeling worried or lonely on the playground, we can go to our buddies for help.

We are looking forward to the school disco, the Mascot Challenge in sport, and technology lessons incorporating Virtual Reality with Mrs Anderson in the coming weeks.

Class 3S

What an amazing year 3S have had! It's hard to believe we are almost half way through Term 4. We have had a busy term so far, inside the classroom and out. Last week we celebrated Grandparent's Day, it was wonderful to have so many special visitors stop in to spend the morning with us. We had Kristy from Royal Lifesaving Australia come and visit us for a session on water safety day and we learnt basic CPR and first aid. Mrs Anderson joined us earlier this term to teach us about virtual reality, this was lots of fun! We have been working hard in literacy and numeracy to continue building on our skills. We have enjoyed having Miss Manolis join our class for math groups for the first half of this term.





We are currently exploring our third Project 'Who has the most fun?' Our class has been investigating the changes in leisure and fun activities throughout history and around the world. Students researched a traditional Aboriginal game and peer taught their chosen game to the class, it was lots of fun and very interesting.

Next week we get to experience the adventures of the Great Aussie bush camp for two nights and three days. We can't wait to see the amazing adventures we will get up to!

Here are some 3S favourite things about this year:

- Lachie:** I enjoyed the inflatable obstacle course from rewards day. I really like the Year 3 maths work we have been doing.
- Sophia:** I like doing all the maths, I really love the art we have been doing. Getting our laptops this year was another favourite part of Year 3.
- Denver:** I've liked doing art and participating in games that involve the whole class during sport time.
- Jasper:** I like that we have been doing Stage 2 creative time. I like the new bell times too.
- Elliott:** I really like Stage 2 swimming because it's fun and makes you fit. I have enjoyed doing my times tables and maths mental.
- Jordy:** I like being in 3S because we do fun activities and work together with friends. All the fun in 3S makes it a happy place.

Mrs Manolis and I feel very blessed to have shared such a wonderful year with 3S, watching them learn and grow. We still have a busy end of term ahead of us!

Class 5G

Australian Poetry in 5G

5G have been studying the timeless poems of *Banjo Paterson* and *Dorothea Mackellar*, learning about poetic features and the meanings behind these iconic Australian poems. The students used inspiration from 'My Country' by Dorothea Mackellar to create the following poems.

Addy's Poem

I love a bushy Country,
A land of wattle trees,
Of koalas and emus
Of sharks and crocodiles
I love her golden guitar
I love her waterfalls
Her beaches and her bushland
This red heart for me



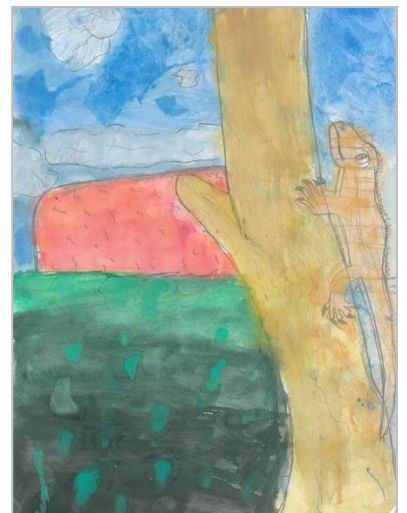
Amelia's Poem

I love a bushy Country,
A land of Ghost Gum trees,
Of Kangaroos and wombats,
Of rain and opal caves,
I love her dark blue mountains,
I love her coral sea
Her sadness and her colour,
The bushland friends for me.



Cooper's Poem

I love a hot, dry country,
A land of flattened plains,
Of scabby and gray lizards,
Of heat and bush fires,
I love her red Uruu,
I love her coral reefs,
Her dingos and her emus
A free country for me,



Jacob's Poem

I love a dry bush country
 A land of kangaroos
 Of dirty mountain gullies
 Of reefs and rain forests
 I love her open spaces
 I love her dingo dogs
 Her Sir Donald Bradman
 The hot heat waves for me



Jake's Poem

I Love a bush filled country
 A land of opale laves
 Of scrub filled mountain valleys
 Of Gabba cricket games
 I love her reef that shines nice
 I love her magpie birds
 Her characters and her winds
 The hot heat waves for me



Kane's Poem

I love a red soil country.
 A land of ghost gum.
 Of our Great barrier reef.
 Of dirt and rocky roads.
 I love her luscious land.
 I love her open land.
 Her kindness and her anger
 The wombat bush land for me



Sonny's Poem

I love a heated Country
 A land of rocky shores
 Of strange and cool animals
 Of Plains and hot heatwaves
 I love her open spaces
 I love her long great reef
 Her brown snakes and her dingoes
 The great bush land for me



I was so impressed by the high quality of the recitations of Australian poems that each student presented for their first mini project this term. We had 'Clancy of the Overflow', 'The Man from Snowy River', 'Waltzing Matilda' and 'Fur and Feathers' just to name a few.

Focusing on both rhythm and rhyme, the students worked in small groups to develop the following short poems about Australia.

A land of chunky vegemite,
 I love a land where mozzies bite,
 A land of jumping kangaroo,
 You'll see them near the Uluru,
 I love her pretty bright blue skies,
 I love her mouth-watering pies.

By Theo, Tyler and Cooper

I love her busy buzzy bees,
 A land of wood brown wallabies,
 I love her sapphire blue sky,
 I love a land of good meat pie,
 I love the Aussie BBQ,
 The fiery vast red Uluru!

By Amelia & Harrison

I love a land of hopping kangaroos,
 Of fast dingo dogs and emus,
 A land of magpies and red backs,
 I love a land of long thick cracks,
 With our great Australian meat pie,
 I love the bright blue sparkling sky.

By Jacob and Addy

A land of hopping kangaroo,
 I love her great big Uluru,
 I love our cute little wallabies,
 I love the sound of native bees,
 I love the Great Barrier Reef
 I love our dreadful drought relief

By Matilda and Declan

I love her wide brown outbacks,
 Her crawling deadly red backs,
 Her very red Uluru,
 The big bouncing kangaroo,
 Her extremely heavy rains,
 The convicts came bound in chains.

By Tom and Kahlilah

I love her light blue sky and her
 falling rains,
 A land of hot bush fires over the
 plains,
 A land of sleeping koalas and emus,
 A land of cooking bacon on barbeques,
 I love her cricket games at the SCG,
 A land of coloured bees buzzing
 around me.

By Sienna, Kane and Bryce

A land of pale ghost gum tree
 All of the unique great bees,
 The long drought of the great plains,
 And the speedy floods and rains,
 The big rock of Uluru,
 The strong and speedy emu.

By Sonny and Alexis

I love her dark blue seas,
 I love a land of bees,
 A land of Uluru,
 I love her kangaroo,
 I love the blowing leaf,
 I love the juicy beef.

By Zane, Paige and Madi

I love the gaba cricket games,
 A land of beautiful sweeping plains,
 I love the coral filled sparkling seas,
 A land of beautiful yellow bees,
 I love her bright blue shimmering
 seas,
 A land of wallaroos and wallabies.

By Lily, Jake and Aiden

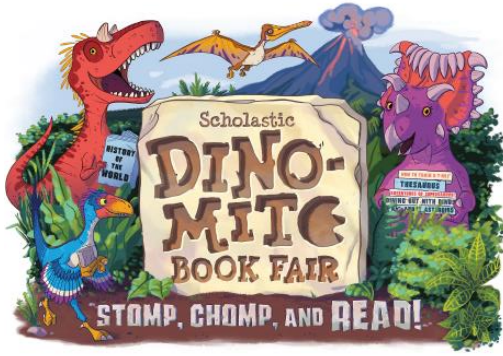
In Art, 5G have been studying the artworks of Aboriginal Artist Albert Namatjira. They have learnt about his unique style of watercolour and how he represents meaning in his artworks. The students have been following his style and sketching landscapes around our school grounds.



We had a wonderful day on Grandparents day celebrating some very special people in our lives. The children enjoyed interviewing, playing games and serving them morning tea. A special highlight was listening to Norm play the harmonica while the children and grandparents sang along.



Our Dino-Mite Book Fair Was DYNAMITE!



Excuse the play on words, but our annual Book Fair, which was held last week absolutely passed everyone's expectations and was **our best ever fair!**

Everyone always finds terrific items at each Book Fair, but this year we outdid ourselves. Thanks to the wonderful generosity of the many grandparents, parents and students, this year's Fair raised just over \$7100.00 in sales – about double the sales figures for the 2018 Fair. Mrs Morris and school staff still find it hard to believe that such a mega figure was reached. THANK YOU to everyone who made a purchase on the day, as well as the helpers who made themselves available as cashiers during the day. With such a high sales figure, we have earned over \$2500.00 in commission to use towards new material for the library. 2020 will see lots of new items going onto the library

shelves thanks to this wonderful result. The 2020 Book Fair will be held early in Term 4 – let's keep our fingers crossed that it too will be a resounding success!



Premier's Reading Challenge

Word has come through that the 2019 Certificates will be available in the next week or so – again, we have many students who have gained a certificate for this year’s Challenge. Participation certificates will be presented in the next few weeks, and those students who earned the Gold or Platinum level certificates will have theirs presented at our Recognition Assembly towards the end of this term.

Book Club Issue 8

The last Book Club issue for 2019 is due to arrive next week – as soon as it arrives, the brochures will be distributed to allow plenty of time to place orders and have them finalised well before the end of term. Issue 8 orders will be due in by Tuesday, 26 November 2019 at the latest.

NPS Canteen Volunteer Information 2020



Would you like to **help in the Canteen in 2020?**

You could be a canteen regular or just on casual days to sort and prepare orders and to serve students at recess and lunch. You will be working with other volunteers who are experienced in running the canteen and receive "on the job" training. **Your kids will love it** (just ask them)!

Regular volunteers are the backbone of our canteen but we also need casual volunteers to fill gaps when a volunteer can't make it. Please complete the attached form if you could help in 2020.

We have a part time paid Canteen Manager running the daily operations, Rebecca Andrews. Bec's job is to coordinate the roster, purchasing, keep track of stock, organise special canteen days, reconcile takings and general canteen administration, as well as helping with food preparation on busy days.

Canteen Roster for 2020

Our roster is currently being produced for the 2020 school year. Volunteers are rostered on (usually 2 volunteers per day) over 4 weeks and then it cycles again. If you want to be rostered on with friends, there is a space to nominate that on the attached form. With Friday being our busiest day of the week, we are in desperate need of volunteers who can help on a Friday!

Bec will send out a reminder text the week before you are rostered on. There will also be a reminder in the school newsletter.

PLEASE RETURN YOUR VOLUNTEER FORM TO BEC BY FRIDAY 1st NOVEMBER

(either in person at the canteen, via email to bec494@hotmail.com or take a photo of your completed form and text it to Bec on 0435 011 319).

Can't Make It

If you can't come in on your rostered day, please try and fill the vacancy yourself either by contacting a friend or swapping with someone else on the roster. If you are unable to find a replacement please let Bec know as early as possible so that she can try to find someone. Bec will send out a text to anyone she thinks might be able to help when a vacancy arises. If you can help out that day, let her know. Unfortunately without enough volunteers the canteen will have to close for the day.

What does volunteering in the Canteen involve?

- The hours are 9.15am to 1.15pm. Volunteers start when school goes in and we close after the second lunch bell (1PM), although the final clean up and counting the takings may take longer.
- Tea and instant coffee are supplied free and canteen volunteers are entitled to one free lunch item and one free drink. Please pay for any other purchases.
- Your kids will love the days that you are on canteen and everything seems "free" to them. Please run a tab to pay at the end of the day (and ask another volunteer to handle the payment).
- Unfortunately no children (babies, toddlers or school age) are permitted in the canteen due to health and safety requirements.

P&C membership

Anyone doing volunteer work at the school is encouraged to join the P&C so that you have insurance cover. Annual membership to the Nulkaba P&C is just \$1. Please see the school office to complete a P&C membership form. For more information please don't hesitate to contact us.

P&C Canteen Manager - Bec 0435011319 or bec494@hotmail.com

Nulkaba Public School Canteen Roster Dates 2020

	Term	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	1	HOLIDAY 24 February 2020 23 March 2020	HOLIDAY 25 February 2020 24 March 2020	29 January 2020 26 February 2020 25 March 2020	30 January 2020 27 February 2020 26 March 2020	31 January 2020 28 February 2020 27 March 2020
	2	HOLIDAY 18 May 2020 15 June 2020	HOLIDAY 19 May 2020 16 June 2020	HOLIDAY 20 May 2020 17 June 2020	HOLIDAY 21 May 2020 18 June 2020	HOLIDAY 22 May 2020 19 June 2020
	3	HOLIDAY 10 August 2020 7 September 2020	HOLIDAY 11 August 2020 8 September 2020	HOLIDAY 12 August 2020 9 September 2020	HOLIDAY 13 August 2020 10 September 2020	HOLIDAY 14 August 2020 11 September 2020
	4	HOLIDAY 2 November 2020 30 November 2020	HOLIDAY 3 November 2020 1 December 2020	HOLIDAY 4 November 2020 2 December 2020	HOLIDAY 5 November 2020 3 December 2020	HOLIDAY 6 November 2020 4 December 2020
Week B	1	3 February 2020 2 March 2020 30 March 2020	4 February 2020 3 March 2020 31 March 2020	5 February 2020 4 March 2020 1 April 2020	6 February 2020 5 March 2020 2 April 2020	7 February 2020 6 March 2020 3 April 2020
	2	HOLIDAY 25 May 2020 22 June 2020	HOLIDAY 26 May 2020 23 June 2020	29 April 2020 27 May 2020 24 June 2020	30 April 2020 28 May 2020 25 June 2020	1 May 2020 29 May 2020 27 June 2020
	3	HOLIDAY 17 August 2020 14 September 2020	21 July 2020 18 August 2020 15 September 2020	22 July 2020 19 August 2020 16 September 2020	23 July 2020 20 August 2020 17 September 2020	24 July 2020 21 August 2020 18 September 2020
	4	12 October 2020 9 November 2020 7 December 2020	13 October 2020 10 November 2020 8 December 2020	14 October 2020 11 November 2020 9 December 2020	15 October 2020 12 November 2020 10 December 2020	16 October 2020 13 November 2020 11 December 2020
Week C	1	10 February 2020 9 March 2020 6 April 2020	11 February 2020 10 March 2020 7 April 2020	12 February 2020 11 March 2020 8 April 2020	13 February 2020 12 March 2020 9 April 2020	14 February 2020 13 March 2020 HOLIDAY
	2	4 May 2020 1 June 2020 29 June 2020	5 May 2020 2 June 2020 30 June 2020	6 May 2020 3 June 2020 1 July 2020	7 May 2020 4 June 2020 2 July 2020	8 May 2020 5 June 2020 3 July 2020
	3	27 July 2020 24 August 2020 21 September 2020	28 July 2020 25 August 2020 22 September 2020	29 July 2020 26 August 2020 23 September 2020	30 July 2020 27 August 2020 24 September 2020	31 July 2020 28 August 2020 25 September 2020
	4	19 October 2020 16 November 2020	20 October 2020 17 November 2020	21 October 2020 18 November 2020	22 October 2020 19 November 2020	23 October 2020 20 November 2020
Week D	1	17 February 2020 16 March 2020 HOLIDAY	18 February 2020 17 March 2020 HOLIDAY	19 February 2020 18 March 2020 HOLIDAY	20 February 2020 19 March 2020 HOLIDAY	21 February 2020 20 March 2020 HOLIDAY
	2	11 May 2020 HOLIDAY HOLIDAY	12 May 2020 9 June 2020 HOLIDAY	13 May 2020 10 June 2020 HOLIDAY	14 May 2020 11 June 2020 HOLIDAY	15 May 2020 12 June 2020 HOLIDAY
	3	3 August 2020 31 August 2020 HOLIDAY	4 August 2020 1 September 2020 HOLIDAY	5 August 2020 2 September 2020 HOLIDAY	6 August 2020 3 September 2020 HOLIDAY	7 August 2020 4 September 2020 HOLIDAY
	4	26 October 2020 23 November 2020	27 October 2020 24 November 2020	28 October 2020 25 November 2020	29 October 2020 26 November 2020	30 October 2020 27 November 2020

Volunteer Form Nulkaba School Canteen 2020



Volunteer Details

I would like to be a **CANTEEN REGULAR VOLUNTEER** once every 4 weeks on:

Possible Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri

Preferred Week: ☐ A ☐ B ☐ C ☐ D

If possible I'd like to be rostered on with: _____

AND / OR

I'd be happy to be contacted as a **CANTEEN CASUAL VOLUNTEER** on:

Possible Days: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri

Name: _____

Mobile Phone: _____

Email Address: _____

Student's Name: _____

Please return this form to NPS Canteen Manager Rebecca Andrews either:

- *in person at the canteen,*
- *via email to bec494@hotmail.com, or*
- *take a photo and message to Bec on 0435011319*

by FRIDAY 1st NOVEMBER 2019

Good for Kids good for life

INCREASING VEGETABLE INTAKE

Did you know?

Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

What is a serve?



Source: www.eatforhealth.gov.au

How can I get my kids to eat more vegetables?

- Involve your children in grocery shopping and meal preparation.
- Add easy to eat vegetables to the lunchbox.



- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.



PHONE 49246499



SunSmart Snippet

The simplest way

...to be a good role model!

Did you know?

Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

How you can be a role model:

- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.



Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

Set a positive example and your kids will follow your lead!

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



www.cessnock.nsw.gov.au

Email: library@cessnock.nsw.gov.au



Want to win prizes just by reading books? Join this year's Summer Reading Club at Cessnock City Library, kicking off on Monday 2nd December!

All you need to do is come into Cessnock or Kurri Kurri Library anytime on or after Monday 2nd December, register at the front counter, pick up your Summer Reading Log, grab a book, and start reading! The more hours you spend reading, the more chance you have of winning a great prize at our Summer Reading Party in early February!

For more information, please call in to either Cessnock or Kurri Kurri Library, or contact Sandy at Cessnock Library on 49934384.