



# NULKABA NEWS

## **Nulkaba Public School**

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**Issue 149: 2019 Term 3 Week 8**

**Friday, 13 September 2019**

Dear Parents and Carers,

### **Memorial**

Thank you to all the people who attended the Memorial afternoon for Michelle Rowsell. It has been a very sad and emotional term for all of us at Nulkaba and the memorial was such a mark of respect for Michelle and her care and support of the whole Nulkaba Community. If you were unable to attend, the book of memories is located on the low desk in the office. Please come in and write something in this book. At the end of the term we will present this to Michelle's husband, Rodney. Thanks to the fantastic staff at Nulkaba who organised and catered the event.

### **Upgrades**

Everything is going well in working towards the completion of our school. Mrs Morris is working hard to unpack the library into the new shelving and furniture. A big thank you to the P&C who have funded this upgrade. If you would like some of our old furniture please come and have a look. We are still working on landscaping in quite a number of areas. Gary Wills is working with the DoE to get our sprinklers back working so we can begin the process of having our oval back to the wonderful condition it was before the beginning of this project. We have been told we now have to have a staff car park. This is not something we were going to pursue as we were going to use the space behind the hall for the new play equipment. The new car park will take away a bit of our oval so we are discussing where etc. The space is quite large and would be fully tarred so may make a great play space for the children. I will keep you informed as to what happens.

### **OOSH**

Later this term I will send home a survey link on Survey Monkey about your use of OOSH and how would you feel about an OOSH being established at Nulkaba. My understanding it would be for our school and neighbouring schools. My understanding is that it is also part of a State Government initiative for schools who have had significant upgrades done to their school. More information to come.

### **Cyber Safety**

An interesting day was organised by Mrs Anderson to tackle this issue of E-Safety or Cybersafety which is an ever growing problem in our society. The students moved through a variety of lessons to make sure they understand what they need to do when using this medium. Mrs Anderson conducted a parent workshop in the morning to make sure parents are also informed of the many dangers with social media, trolls and bullying. It is so important for our students to be aware of the dangers. This has been highlighted on many television shows over the past few years yet it is still a growing concern. I hope you found the workshop interesting if you had the chance to attend. For more information visit: <https://www.esafety.gov.au>

### **Nearly at Nulkaba and Kindergarten Orientation**

Our final Nearly at Nulkaba session in this block was held last Thursday. The children have come such a long way already and we can see them settling into Nulkaba life really easily in 2020. Our first Orientation session was held this week. This is also our parent information session. It was great to see new parents as well as returning parents there to listen to the information about the school and to meet some of the people in the school who can help make your child's life at Nulkaba smooth and successful.

## Regional Spelling Bee

Congratulations to Kiara H for taking out the Regional Spelling Bee Stage 3 Final. Well done - a mighty effort.

## Interest Groups and Golf

All students have chosen their interest groups and they are enjoying learning new skills and showing these skills in other areas. It is wonderful to see the students so engaged and excited. Golf began last week and Stage 1 doubled up lessons as Stage 2 and Stage 3 were not at school. This week Stage 2 and Stage 3 will double up. Such a great experience for our students.

## Stage 2 and Stage 3 Movie

The students thoroughly enjoyed their movie experience last week - *2040*. It fits well into our push for sustainability and I have had the pleasure of looking at some amazing projects the children have been doing on what they would like to see in *2040*.

The next newsletter will be our last for Term 3. The year is certainly flashing past.



Narelle Hunt  
Principal  
Nulkaba Public School



Education  
Public Schools

## Spelling Bee Stars

Last week, we had four of our students compete in the Regional Finals of the NSW Premier's Spelling Bee. Kiara and Jayden represented Stage 3 and Sienna and Lachlan represented Stage 2. We are very proud of them all and the effort they put into the spelling bee. This year is a first for Nulkaba with Kiara from Stage 3 winning the Regional Final. She spelt some very difficult words including pentameter, chameleon and emissions to secure her spot in the State Final to be held in Sydney. We are so proud of you Kiara and wish you all the best for the final stage of the competition!



## Coming Events - 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	16 Sep	17 Sep	18 Sep	19 Sep	20 Sep
Week 9	11:15a Children's University Gown Fitting; 2:20p School Assembly	11:10a Stage 1 Cake Stall	9:30a Speaker Visit; 1:00p Stage 3 Social Group Bunnings Visit	9:00a Stage 2 Woolworths Blast Cricket Gala Day; 9:30a Kindergarten Orientation	9:10a Sporting Schools - Golf Coaching; 10:00a Book Week Show with Books to Life
Week 10	23 Sep	24 Sep	25 Sep	26 Sep	27 Sep
	9:30a School Special Assembly			9:30a Kindergarten Orientation	SRC Footy Colours Day for Cancer; Last Day of Term 3
T4 Week 1	14 Oct	15 Oct	16 Oct	17 Oct	18 Oct
	Stage 3 Project Launch; 8:45a Stage 1 Project Launch	6:30p P&C Meeting	1:00p Stage 3 Social Groups Bunnings Visit	9:30a Kindergarten Orientation; 11:45a School Opening	
T4 Week 2	21 Oct	22 Oct	23 Oct	24 Oct	25 Oct
				9:30a Kindergarten Orientation plus EXPO	Day for Daniel; 9:00a Yamuloong Bush Tucker Walk; <b>Sun 27 8:00a</b> Aerobics Spring Challenge

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

## Canteen Roster - 2019

Week 9 = Roster B

Week 10 = Roster C

T4 Week 1 = Roster B

T4 Week 2 = Roster C

	Monday	Tuesday	Wednesday	Thursday	Friday
	16 Sep	17 Sep	18 Sep	19 Sep	20 Sep
Week 9	Helen Campbell <b>Help Needed</b>	Anna Duffie Leah O'Donnell	Danielle Codd Sally Hare	<b>Closed - Help Needed to Reopen</b>	Lynda Hirst Sue Hirst
Week 10	23 Sep	24 Sep	25 Sep	26 Sep	27 Sep
	<b>Help Needed</b>	Lisa Edwards Lyn Fallon	Megghan Findley Kathryn MacDonald	<b>Closed - Help Needed to Reopen</b>	Sophie Day Lauren Goodwin
T4 Week 1	14 Oct	15 Oct	16 Oct	17 Oct	18 Oct
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If you can help to fill our current vacancies, please contact **Rebecca on 0435 011 319**



### Class KE

KE have been working really hard on their writing and are learning to 'Fix it up Felix' and then "Build it up Bob." This is where we fix mistakes in Miss Ebony's writing including spelling, spaces and punctuation and then we build it up with adjectives, a sizzling start and great information, so it isn't boring. This is now being reflected in KE's own independent writing.

Math groups are always fun, we have explored so many concepts including, mass, time, 2D shapes and 3D shapes, ordinal numbers as well as many number aspects like adding, subtracting, dividing and multiplying. We enjoyed the delicious ordinal number lessons of following 1st, 2nd, 3rd, 4th etc. steps to create fairy bread.

We have had so many reasons to dress up, with our Book Week Parade and PJ day. News was extremely impressive this term - one week when we had to research and share five facts about Koalas, we had to say a massive thank you to Dusty and his family who brought in a real koala for us to explore. There is nothing better than hands on learning. We have been very creative this term with different artworks including our frogs and buzzy bees.



We were so lucky to have real life bee keepers, Mr Carr and Poppy Carr to show us how bee hives and bee boxes work, and the importance of looking after bees and our environment... the honey we tasted was AMAZING. Miss Ebony has it on her toast at home!

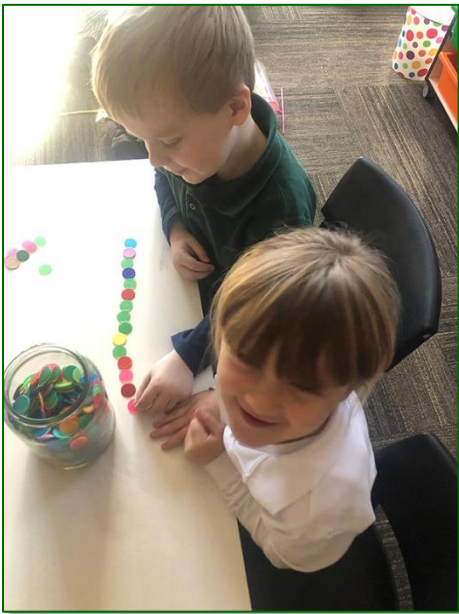
Lavinia spoilt us with kindness cookies that were delicious and we have a ball playing golf. There is always a lot going on and we have many more experiences to come.

As this term wraps up we are now doing interest groups like water colour art, LEGO making, movie making and card making as well as boot camp, board games and music. This brings the term to an end and gets us ready for our next terms amazing surprise launch and a list of amazing activities.

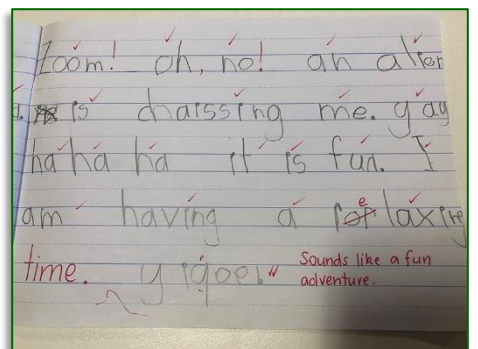
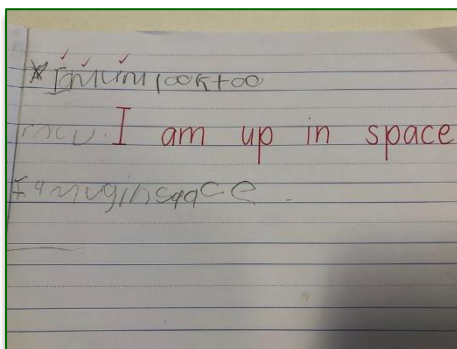
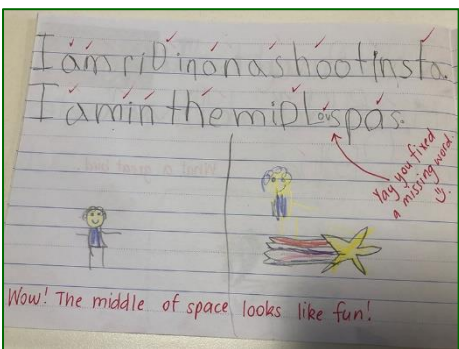
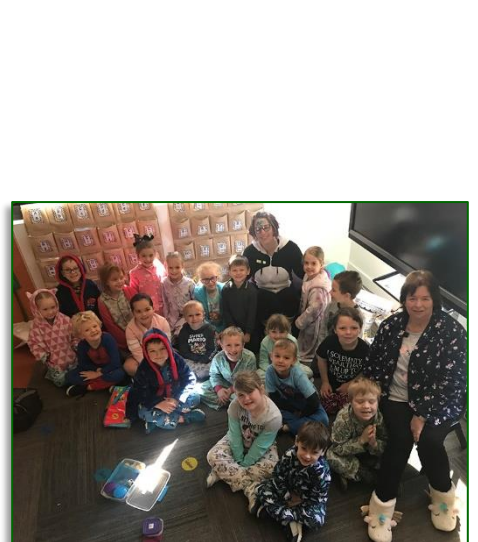
Thank you to all of the families who regularly read with their children, it really shows and I am so proud of the children's success. The more sight words they can practice and lock in... the more independently they can read. Thank you so much to my regular parent helpers - we love and appreciate you and your time.

Kindy orientation has begun... can you believe it, your little people aren't the smallest anymore.





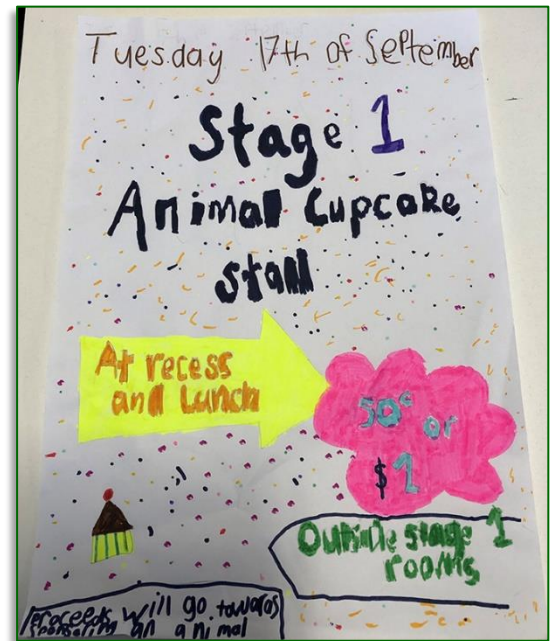
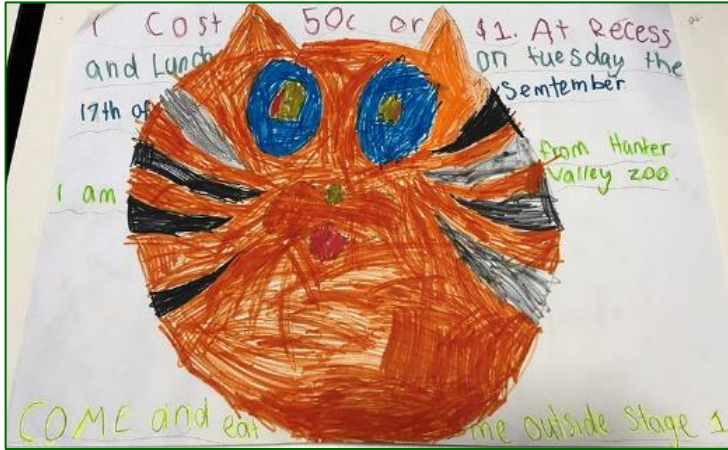






### Class 1AW

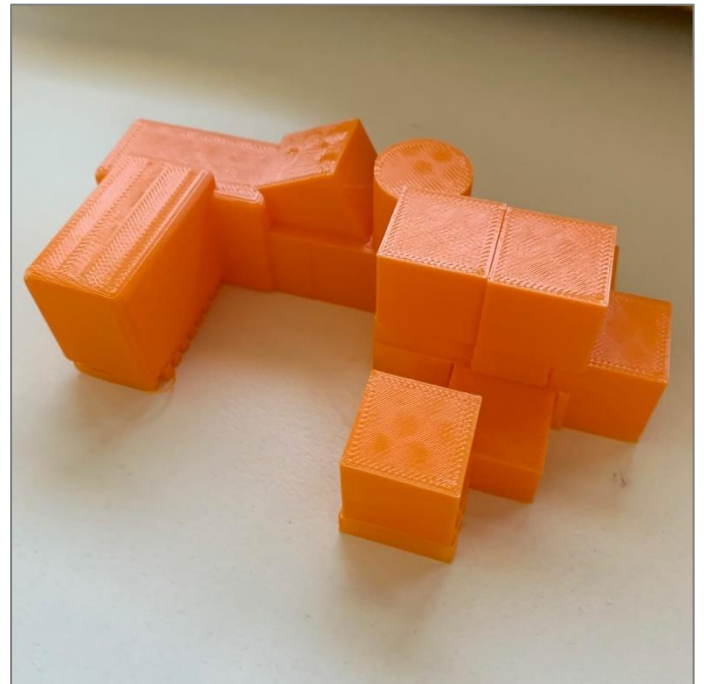
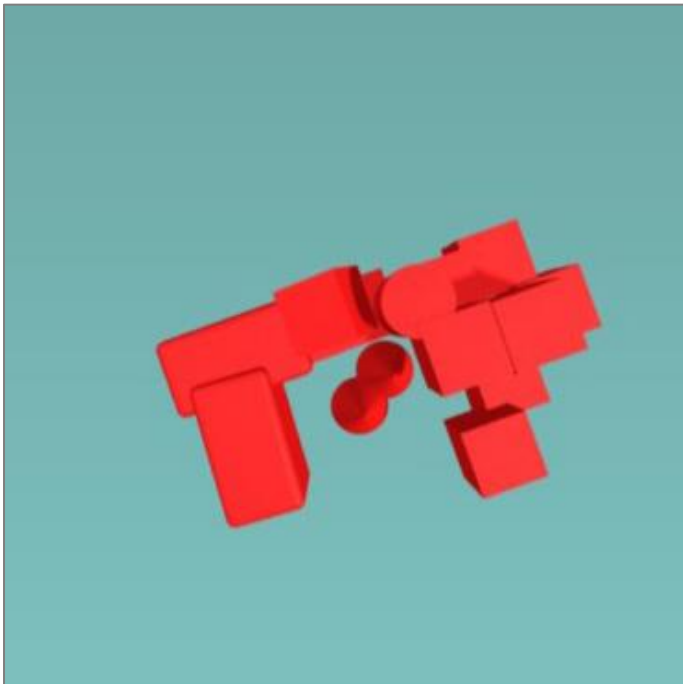
1AW are currently wrapping up their latest project: 'What's Your Super Power?', By having an animal cupcake stall on Tuesday, 17 September to help raise money to sponsor an animal from Hunter Valley Zoo. The children are excited and have made some wonderful posters to promote this!



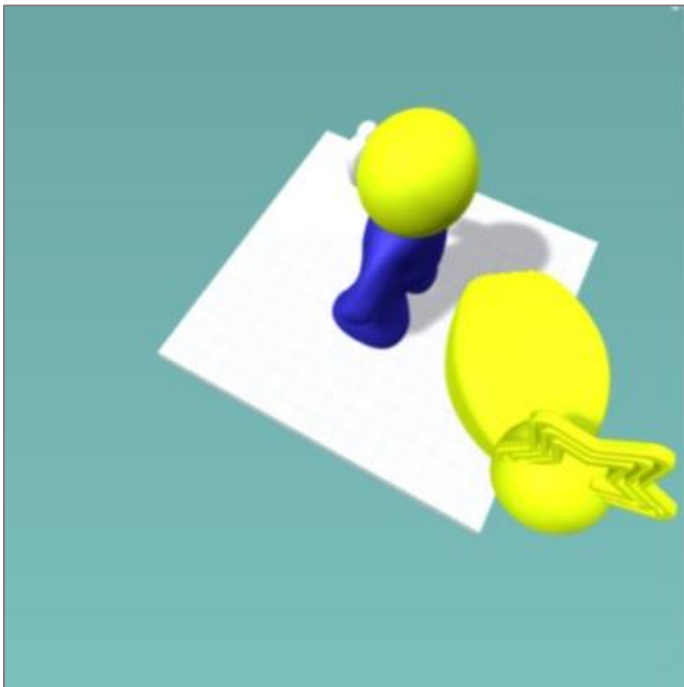
Our biographies are coming along nicely. We are super excited about sharing these with you and can't wait for you to see the progress we have made since completing our autobiographies earlier in the term.

Interest groups have begun and 1AW are loving being split into different classes and learning different skills (Lego building, movie making, board games, card making and music to name a few).

We have been working collaboratively, designing board games for wet weather days. This has involved following the design process and 3D printing our prototypes. We will need to test these out before coming back together with our teams and discussing any necessary changes before the final print.







As always, Book Week was a hit. Check out 1AW's amazing costumes. Congratulations to Mason and Madison for winning a prize in the colouring in competition.







We have also enjoyed one of our favourite days of the year – Pyjama Day!



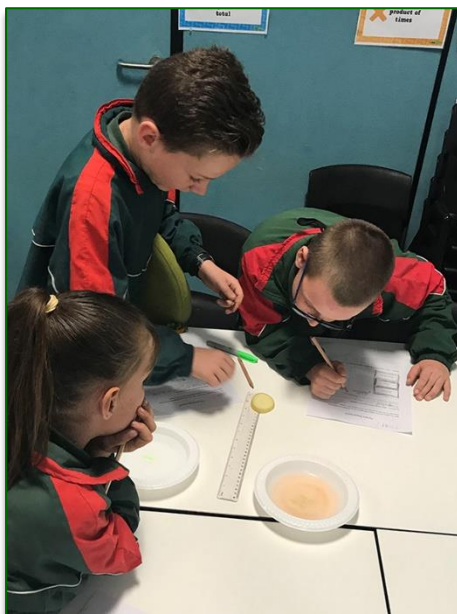
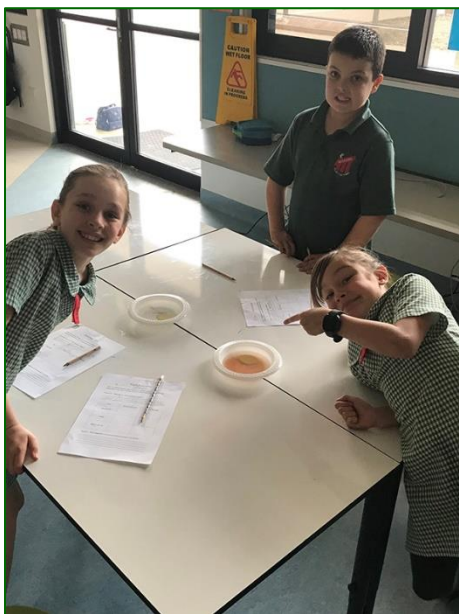
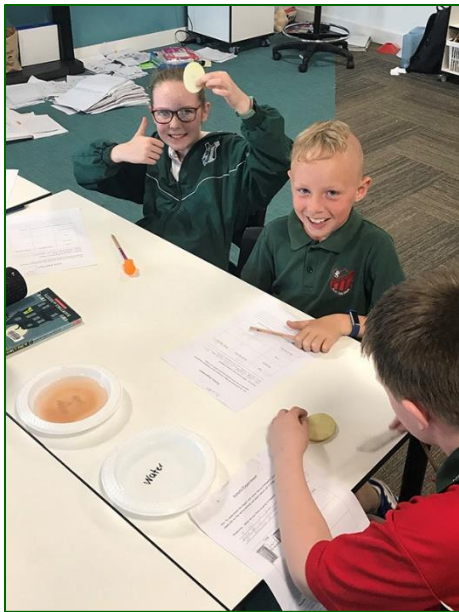


### Class 3N

This term in 3N has been an absolute blast! We have enjoyed working hard and learning so many new and amazing things across many learning opportunities. In Project Based Learning we have been discovering 'Who Has The Power?'. In our project we have explored the Australian Landscape, the current issues impacting our environment, ways of keeping our environment healthy through sustainable practices and undertaking experiments to discover how our local fresh water wetlands are being destroyed from salt and other issues.

Outside of the classroom we have represented the school in many different events such as Gala Days, Public Speaking, Spelling Bees and displaying the school values while on our excursion to the cinema. We have many more Gala Days and special events coming up and we are looking forward to these exciting opportunities.

It has been a fantastic term here in 3N, and I am looking forward to the many more exciting opportunities we have for learning for the remainder of the year.









### Class 5W

It has been another big term in 5W. A lot of learning and fun has been happening inside and outside the classroom. We started the term with a fun Rewards Day. The inflatables were a lot of fun and good exercise.



Education Day was another highlight for this term. We loved having our parents, grandparents and aunts come into our classroom. During this time we made paper shoes as a STEM activity.



We have recently been studying artist Pete Cromer, who specialises in artworks based around native Australian wildlife. It was interesting to look at the colours and techniques he uses in his work. We created our own artworks and think they look pretty great.







We can't wait for Term 4 and look forward to everything that's ahead!

5W and Miss Woodbury



### Our “New” Library is Finally Here!

It has been a long wait but last Monday saw the installation of the new shelving and furniture for the Library, and it has given our Library a whole new look. At the time of writing this newsletter note, the Library is a work in progress with Library materials being unpacked and placed in new homes – this is not a quick task by any means, and for anyone who has ever moved house then you know just how long it can take to get everything in the right spot. By the holidays, all the boxes of books should be unpacked with new places found for everything and new routines all sorted to make sure the library is fully back in business. In the next newsletter, we'll include some pictures so everyone can see what changes have been made. In the meantime, everyone is welcome to have a look inside the Library before or after school to see what changes have been made.

### Premier's Reading Challenge

The 2019 Challenge has now ended. For 2019, Nulkaba has 272 students with completed entries – a result very consistent with previous years. In the last 2 weeks of the Challenge, several students managed to complete their online entries – so congratulations to Ella B 4Z, Josh B 4Z, Luca H 4Z, Lachlan H 4Z, Xavier H 4Z, Jai K 4Z, Ruby L 4Z, Lincoln P 4Z, Ethan S 4Z, Grace W 4Z, Matilda W 5G, Sonny A 5W, Dimitie D 5W, Ashley M 5W, Mattilda C 6M, Ruby G 6M, Ava L 6M, and Christopher M 6M. Well done to these wonderful readers!

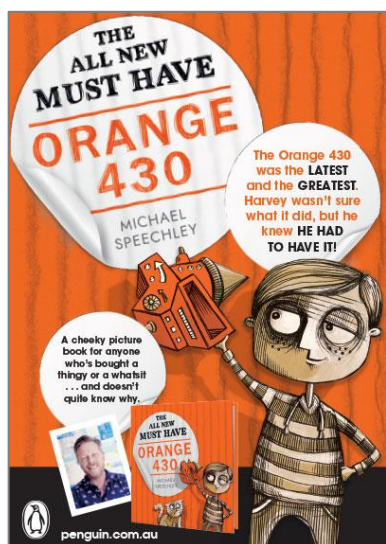
Towards the end of Term 4, many of those who have completed this year's Challenge will have the Gold or Platinum level certificates presented to them – this represents a real achievement on the part of those eligible for these levels – an achievement to be proud of!

### Upcoming Performances!

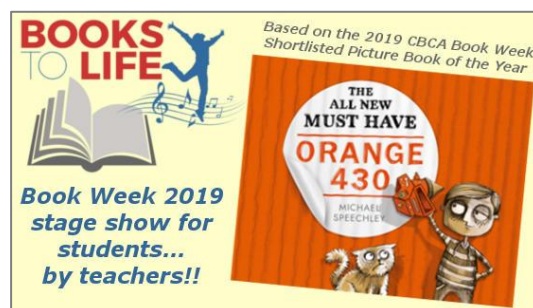


Even though Book Week has technically ended for this year, our Book Week activities will finish next week with 2 special shows heading our way. If you are a fan of audio books, then it is quite possible that you are familiar with the voice of Stig Wemyss, who is one of Australia's top audio book narrators. Stig has narrated many well-known children's books including titles by Tim Winton, Andy Griffiths, Paul Jennings, Graeme Base and a long list of titles in the Aussie Bites series. Stig is also an actor and voice over artist and has appeared in many TV and film productions, as well as having been involved with the writing of TV and film works. Thanks to the work of Cessnock Public Library, our Years 3-6

students will have the honour of meeting Stig next Wednesday when he pays us a visit as part of the Library's program of introducing authors and illustrators to new audiences and giving students the chance to connect with people who have real passion about stories reading.



It will be terrific to meet Stig next Wednesday but then next Friday, we are all in for a real treat when we will see the *Books to Life* production of “The All New Must Have Orange 430”. This was one of this year's shortlisted books for the Children's Book of the Year Awards for 2019. It is a very timely story about the wonderful Orange 430 which everyone wants to own but which in reality is totally useless! The *Books to Life* team always do amazing work in converting a story into a full stage production and their shows are always a highlight. It has been several years since we last saw the team and we were justifiably impressed with their stage productions based on children's books. This year's show is sure to be just as incredible!





## Date for the Diary! Book Fair is Coming!

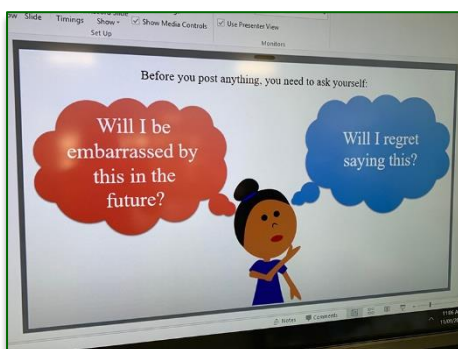


Our annual Book Fair is scheduled for October 28 – 30, with this year's theme being "Dino-mite Book Fair". As with last year, October 28 and 29 will be viewing days, with October 30 being the sale day. This is a great opportunity to get in some early Christmas shopping, and help our school library earn some terrific new books. Further details will be sent out at the start of Term 4.

## Cyber Safety Sessions

Students and parents learned some valuable lessons this week during our 'Cyber Safety Sessions'. Age-appropriate topics included behaving online and computer security for our infants, and cyberbullying and digital citizenship for the older students.

If you missed the parent session, but would like to know more about how to keep your child safe online, refer to the eSafety Commissioner information sheet at the end of this newsletter, or head to the government website: <https://www.esafety.gov.au>





## Good for Kids good for life

### TIPS FOR PACKING A HEALTHY LUNCHBOX

Packing a healthy lunchbox doesn't have to be hard or time consuming. Use these helpful tips to pack a lunchbox your kids will love.

- Include a piece of fruit or chop up a variety of fruits and place in a container
- Provide some easy to eat vegies such as snow peas or cherry tomatoes for a snack
- Include some reduced fat dairy like yoghurt or cheese
- Use wholegrains like wholemeal bread, brown rice and wholemeal pasta for long lasting energy
- Include lean meat and alternatives such as chicken, tuna and eggs and salad vegetables as sandwich fillers
- And don't forget that water is the best drink!



PHONE 4924 6499



Nutrition Snippet

## The simplest way

...to swap unhealthy snacks.

Visit the Healthy Swaps section of our new Healthy Lunch Box website for tips and recipe inspiration on swapping out unhealthy launch box snacks - [healthylunchbox.com.au/recipes/healthy-swaps](http://healthylunchbox.com.au/recipes/healthy-swaps)

Try swapping store bought muesli bars with homemade chewy fruit and seed bars, fruit loaf or banana pikelets.



Swap lollies and chocolate bars with dried fruit, bliss balls, celery boats with sultanas or reduced fat custard tubs.

Swap out sweet and flavoured biscuits with homemade vegie or fruit muffins or biscuits, wholemeal crackers with hummus or baked pita bread with vegie dip.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## Reading Hour Twilight Storytime and Teddy Bear Sleep Over

Put on your comfiest PJs and bring your teddy along to Cessnock Library for an hour of stories, craft and a bedtime snack!

Leave your teddy bear for an overnight sleepover in the library. You can collect your teddy bear in the morning and look on our Facebook page to see what they got up to overnight while the library was closed.

When: Thursday 19th September @ 6.00-6.45pm

Where: Cessnock Library

FREE!

Book online at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au), through the event listing on our 'Cessnock City Library' Facebook page or by calling Cessnock Library on 4993 4399.



## Reading Hour PJ Storytime

Put on your comfiest PJs and bring your teddy along to Kurri Kurri Library for an hour of stories, craft and a bedtime snack!

For more details, or to make a booking for this free event, please phone Kurri Kurri Library on 49371638 or drop in to the library at the corner of Lang & Allworth Sts, Kurri Kurri to book your spot.

When: Thursday 20th September @ 5.30pm

Where: Kurri Kurri Library

FREE!







### What is online bullying?

Online bullying – or cyber-bullying – is engaging in bullying behaviour using technology such as the internet or mobile devices. Online bullying is different from other forms of bullying several ways:

- It is more likely to happen outside school.
- Material can be shared quickly and long after the first incident.
- It can happen anytime, day or night.
- It is more difficult to defend yourself or get away.

### What does online bullying look like?

Online bullying may include sending abusive messages, posting hurtful or threatening material on social media, imitating or excluding others online and making inappropriate comments on posts or pictures.

### How do I know if my child is being bullied online?

The following behaviours may indicate your child is upset by something happening online:

- being hesitant about going online
- seeming nervous when an instant message, text message or email appears
- being visibly distressed after using a computer or mobile device
- suddenly avoiding the internet
- closing a laptop or hiding a mobile device when others enter the room.

### How can I keep my child safe online?

Be aware of the age restrictions for the sites and applications your child wants to use, and remind them not to share their passwords or personal information with others.

Talk with them about how they use the internet and mobile devices and understand the privacy settings. Make sure they know they can tell you or another trusted adult if they are being bullied online.

### What can I do if my child is bullied online?

There are lots of things you can help your child to do if they are being bullied online:

- remind your child not to respond or retaliate
- keep a record of any incidents of online bullying for example take screenshots
- block or delete the user who is bullying
- remind your child to change their privacy settings
- contact the service provider – they can help to block messages and calls
- report the bullying.

### How to report online bullying?

Keep records or screenshots of calls or messages that are offensive or hurtful.

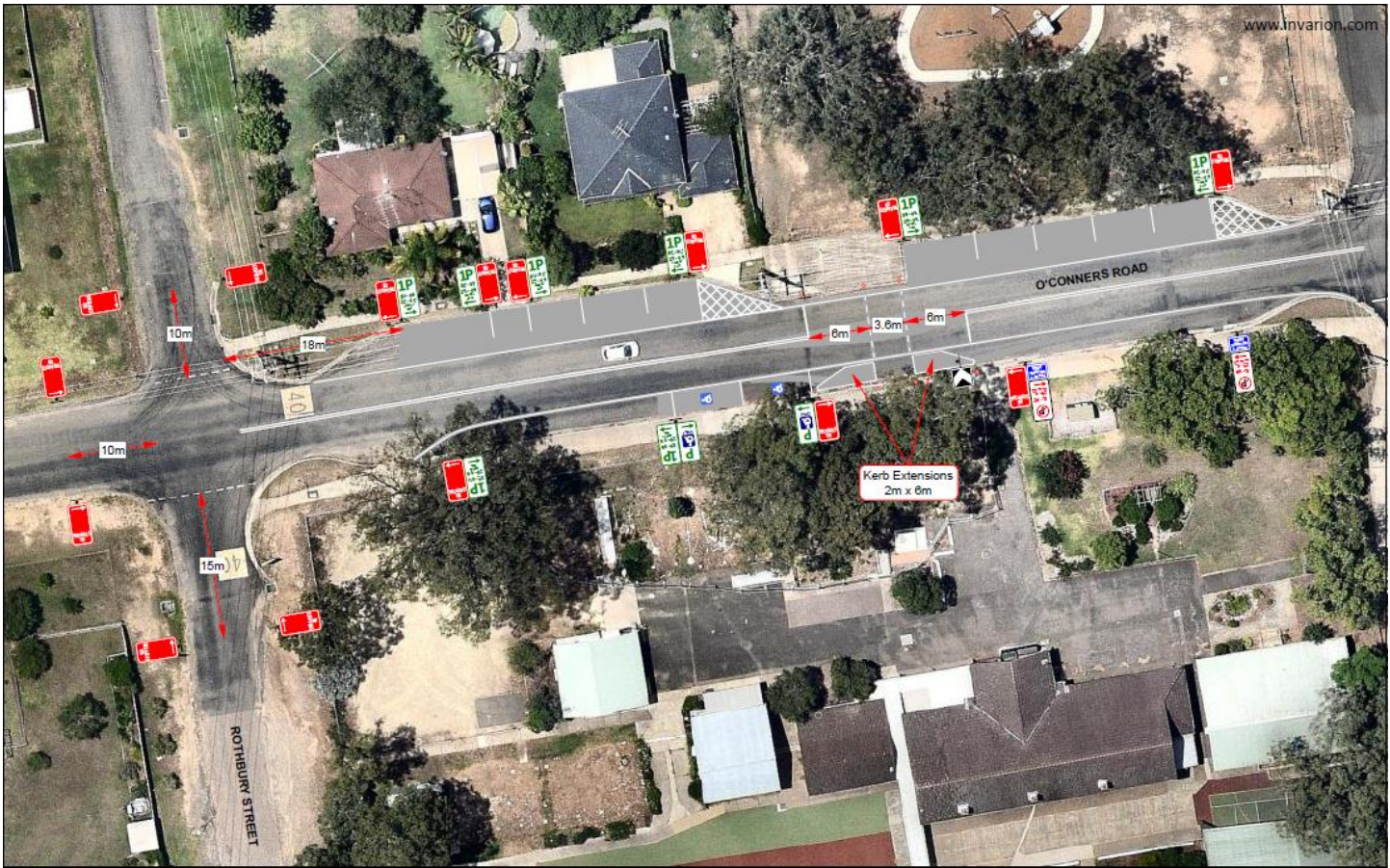
If the bullying is related to school, contact the principal to report what has happened and work together to resolve the issue.



Call the police if your child is physically threatened, and report serious online bullying behaviour to the Office of the eSafety Commissioner.

### Useful websites:

<https://antibullying.nsw.gov.au>  
[www.esafety.gov.au](http://www.esafety.gov.au)  
[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)  
[www.kidshelpline.com.au](http://www.kidshelpline.com.au)





 <p>CESSNOCK CITY COUNCIL</p>	<b>Date:</b> 30/04/2018 <b>Author:</b> Nathan Goodbun <b>Project:</b> O'Connors Road Nulkaba - Childrens Crossing & Regulatory Parking Controls	
<b>Notes:</b>		