



Supporting our Fire Fighters

Last Tuesday our staff and students held a water drop fundraiser to raise money for local fire brigades. We raised a total of \$352 and this has been donated to the Minimbah RFS to purchase non-perishable items such as coffee, tea, sugar, water etc. The Minimbah Rural Fire Brigade Station was designated at the primary staging area when the Minimbah fire started on Saturday 19th October, and therefore they have had between 80 and 100 firefighters through there each day. The RFS supplies meals for these volunteers – lunches delivered to the fire-ground and evening meals delivered to the staging areas.

Thank you to all the fire fighters who volunteer their time to help others during these difficult times.

Message from the Principal...

Dear Parents & Carers,

Last week I had the great privilege of attending the NSW Primary Principal's Association State Conference. This is an annual event, and one where as principals of NSW public schools, we have access to inspirational speakers from a range of sectors. I hope to be able to share some of the insights I have gained with students, staff and parents over the coming weeks.

I was so proud of Nabiac PS last week and the tremendous effort in raising funds for our rural firefighters. Congratulations to everyone involved! A great effort from "the best little school anywhere."

Have a great week.

Narelle Kessey
Principal

Core Value.

This week our core value is *Care*.
"I can get along with others".

Assembly

This week's assembly will be held on Friday at 2.15pm. 1/2Q and 1/2DR will be running the assembly and performing an item. All Parents and Carers are welcome to attend.

Thought for the week...

"Before your head hits the pillow tonight, remind yourself of the things you did right. Let go of the things you could have done better. Be patient with yourself, and remember that things are achieved not all at once, but rather one day at a time." ~ Pinterest

Calendar

November

- 8 Year 6 to GLC Tuncurry Campus
- 11 Remembrance Day Assembly
- 20 Year 5 Leaders Speeches
- 25 Intensive Swim Program Week 1 of 2

December

- 2 Intensive Swim Program Week 2 of 2
- 2 P & C Meeting 6pm
- 11 Presentation Day
- 12 Infants Social
- 13 Reports Home
- 16 Year 6 Farewell (Yr 5 and 6)
- 16 Primary Dance (Yrs 3 and 4) 7pm
- 18 Picnic Day – Students Last Day

Kindergarten need your help!

KSB are going to use recycled materials for a geography project. If you have any small cardboard boxes – eg. Tissue boxes, small cereal boxes please send them to the school this week. Thank you in advance - Miss Brock.

Parent/Carer Reminder

Just a reminder, if you know that you will be taking a family holiday at the beginning of next year and your child will not be back for the start of the school year on Wednesday 29 January, could you please **inform the school in writing and include the date your child will return to school**. Without this information in writing, we are unable to count your child until they return. Similarly, if you have children in our current **Kindergarten – Year 5 who will not be returning to Nabiac PS in 2020, could you please inform the school in writing**. This information assists us in our planning for the new school year. Thank you for your support.

High School Visit for Year 6

All Year 6 students who are starting Year 7 at Great Lakes College in 2020 have been requested to attend the Tuncurry Campus this Friday, 8th November for a Cognitive Abilities Test (CogAT). This test appraises the cognitive development of students and measures students' learned reasoning abilities. The scores are used to guide efforts to adapt instruction to the needs and abilities of the students. The students will travel to and from the college by bus at no cost to parents. The bus will depart Nabiac Public School at 10am and return before 3pm. Notes were sent home to students last week. Please return the permission note by Wednesday, 6th November. If you have any questions regarding this test please contact Great Lakes College.

Intensive Swimming

Intensive Swimming notes will be sent home later in the week. These notes will have all the information regarding our end of year intensive swimming program. This program aims to have all Year 2 students involved and any students in Years 3-6 who are not confident swimmers.

Canteen Roster

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
4	4/11 Mel Hobden Camilla Watkins	5/11 Tanya Combe Jess Crick	6/11 Gaye Godbolt Faye Thompson	7/11 Amanda Holden Tanya Combe	8/11 Lauren Brady Mel Hobden Michelle Gordon
5	11/11 Tarryn Margraf Tanya Combe	12/11 Lyn George Margaret Dale	13/11 Hannah Kelly Michelle Thompson	14/11 Kim Page Emily Pye	15/11 Lyn Dower Christine Heffernan Mel Hobden
6	18/11 Mel Hobden Camilla Watkins	19/11 Michelle Thompson Faye Thompson	20/11 Amanda Holden Faye Thompson	21/11 Tanya Combe Elva Salmi	22/11 Jamie Lee Eason Berlinda Neale Tracey Dell
7	25/11 Volunteer needed Volunteer needed	26/11 Michelle Thompson Faye Thompson	27/11 Tanya Combe Faye Thompson	28/11 Emily Pye Elva Salmi	29/11 Geraldine Carson Christine Heffernan Mel Hobden
8	2/12 Mel Hobden Volunteer needed	3/12 Amanda Holden Faye Thompson	4/12 Gaye Godbolt Hannah Kelly	5/12 Tanya Combe Elva Salmi	6/12 Jamie Lee Eason Berlinda Neale Lyn Dower
9	9/12 Tarryn Margraf Volunteer needed	10/12 Lyn George Margaret Dale	11/12 Elva Salmi Faye Thompson	12/12 Kim Page Emily Pye	13/12 Tanya Combe Christine Heffernan Mel Hobden
10	16/12 Closed for Cleaning Tanya Combe Volunteers needed	17/12 Closed for cleaning Tanya Combe Volunteers needed	18/12 Picnic Day Closed for cleaning		



Parent Line provides immediate telephone and online counselling, support, information and referral for parents and carers of children ages 0 – 18 years all over NSW. There are no waitlists and no referral required to access the service.

Parent Line NSW is one of the few services which parents and carers can access outside of normal business hours to talk about parenting issues and with a qualified Parenting Counsellor. Our counsellors are professionally trained and specialise in working with families.

Every year Parent Line takes more than 8,000 calls from parents needing help. Here are top 5 issues affecting parents and their primary aged children over the past 12 months and some suggestions on handling them.

- 1. Technology Use:** Many parents are finding it extremely difficult to manage the amount of time their children spend on screens. Try avoiding technology in bedrooms, help your child choose what they watch, limit screen time, opt for alternatives to technology-based activities and quite simply just turn devices off.
- 2. Support during separation:** Research has shown that exposure to parental conflict is more damaging for children rather than the separation itself. Developing a co-operative relationship with your child's other parent is the best way to support your children. Children often feel responsible for separation so it is vital to reassure your child that it is not their fault and that both parents' love for them hasn't changed. Stick to routines as much as possible and, if you become concerned about your child's mood or behaviour, seek professional support.
- 3. Managing tricky peer relationships:** As a parent, it can be challenging to see our child struggling with friendships. Exclusion, gossip, belittling and conditional friendship can affect a child's confidence and self-esteem. Helping children recognise the qualities of good friendships, promoting kindness, compassion and empathy as well as supporting a broad range of friendships, especially those outside of school, can all help.
- 4. Anxiety:** Anxious behaviour is common in children, especially as they come across new situations and experiences. The goal for most kids isn't to eliminate anxiety completely. It's really about giving them the skills to manage anxiety so it doesn't get in the way of enjoying life.
- 5. Parent/Carer Wellbeing:** The greatest gift you can give your child is a healthy 'you'. Parent self-care is an important aspect of parenting which is often overlooked, but there is a direct relationship between parent mental health and the well-being of children. Daily exercise, eating well, prioritising sleep, engaging in an activity which is pleasurable, connecting with family and friends, and having down time are the building-blocks of parent self-care. If you are starting to feel that parenting is overwhelming, it may be worth seeking professional support.

Parent Line is open 7 days per week from 9am – 9pm Monday to Friday and 4pm – 9pm on weekends. Parents and carers can get in touch by calling Parent Line on 1300 1300 52 (for the cost of a local call) or, alternatively, they can private message us on facebook and we can arrange for a Parenting Counsellor to call them back.



Facebook.com/parentlinenewsouthwales



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