



Message from the Principal...

Dear Parents & Carers,

It has been a devastating time in our local area over the past few weeks. I know you

will join with me in sending our thoughts and best wishes to all who have been impacted by fire in the local area. In addition, there is enormous gratitude for the tireless efforts of the firefighters. There are not enough words to express how much their efforts are appreciated.

I would like to thank all parents/carers for your co-operation and understanding with the school being non-operational last week. Schools in the local area were directed to go through this process by the Department of Education, in a bid to ensure the safety of all students and staff. I would also like to thank you for responding so quickly to the Facebook posts throughout the week. Your responses meant there were less phone calls to be made to ensure everyone was informed of what was happening. If you are not a member of our Facebook group, please consider joining as it is a wonderful way for us to communicate with you quickly and efficiently.

This morning I met with the staff and discussed how best to manage the resumption of classes. Familiar routine is important for the students and the staff, but at the same time we have acknowledged that the children may wish to talk and share stories of the past week. Our school counsellor has been onsite today and available for students as required. This service will continue to be available in the weeks to come. Included in the newsletter today is some information that may assist you, as parents, in the aftermath of the fires in supporting your children.

On a happier note we were delighted to host a visit by the Hon. Sarah Mitchell, NSW Minister of Education on Thursday 7 November. Cooper and Zarrah, our school captains escorted Ms Mitchell, local Member for Myall Lakes Mr Steve Bromhead and our Director Educational Leadership, Ms Kerrel Haire, on a tour of our school, visiting most classrooms. Ms Mitchell was particularly impressed by the high level of engagement in all the classrooms where the children were involved in investigative mathematics tasks. She even commented about our school on Twitter! Thank you to everyone involved in showing Ms Mitchell why we are the best little school anywhere!

Let's hope this week brings some relief for NSW firefighters and a return to some normality for our wonderful little school.

Have a great week.

Narelle Kessey, Principal



Calendar

November

- 25 Intensive Swim Program Week 1 of 2
- 27 20 Year 5 Leaders Speeches
- 29 Bookclub orders due

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
- 19 Staff Development Day

Core Value.

This week our core value is *Care*. "I can play safely".

Assembly

This week's assembly will include all students from KB, K/1B, 1/2DR and 1/2Q. The assembly will be held on Friday commencing at 2.15pm. All parents and carers are welcome.

Thought for the week...

"If you have to choose between being kind & being right, choose being kind & you will always be right."



Bookclub orders must be placed by Friday 29th November to ensure delivery before end of term. Thank you for your support this year. Mr Dawson

Year 5 Speeches

Year 5 speeches have been postponed until Wednesday 27th November. The speeches are being held in the school hall and will commence at 9:15. Our Year 5 student leadership team nominees will deliver their speeches to the school. We would like to congratulate all the students who have nominated for these important roles in our school. The nominees have worked hard on their speeches, ensuring they are presenting a strong case as to why they should be elected to the leadership team. The Executive staff have supported the students to ensure their speeches are specific and suitable to the occasion. Following the speeches all students from Kindergarten to Year 5 and all staff will cast their votes. We will look forward to the outcome of this process. The new leaders for 2020 will be announced during our Presentation Day Assembly.

Intensive Swimming

Intensive Swimming notes were sent home the week before last, to Year 2 and 3 students. Unfortunately we have lost a swimming teacher therefore the program was offered to all Year 2 students and any students in Years 3 who cannot swim 25 metres confidently.

2020

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 Nabitac 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.



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Canteen Roster

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
6	18/11 Faye Thompson 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		

Good for Kids good for life

TIPS TO HELP KIDS EAT VEGGIES

ADD TO EVERY MEAL
Based on sandwiches/salads
• Offer cut up veggies as snacks
• Mix up the plate with veggies

ENCOURAGE YOUR CHILD
Show them you like eating veggies too
• Add veggies to food they already like
• Be positive and positive it takes 10 to 15 times to like a new food

TRY A VARIETY
Fresh, frozen, canned, raw or cooked
• Different colours
• Buy in season

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.*

Australian Bureau of Statistics (National Health Survey, 2014-15)

NSW **MAKE FRUIT & VEGGIES NORMAL**

This resource has been developed by Hunter New England Local Health District, published November 2016

Health
Hunter New England
Local Health District


HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

TRADITIONAL INDIGENOUS GAMES

Looking for fun activities for the kids?
Why not try some **Yulunga: Traditional Indigenous Games**

Thirring-Nunna 'thir-ring-nun-na' is a hide and seek game that is played by the Aboriginal children in Queensland.



One player is the 'seeker' and the other players hide. Once hidden, the players are not allowed to move from their hiding places.

The seeker searches for the hidden players.

When players are found they can help the 'seeker' to find the other players.

Source: Yulunga Traditional Games - sportaus.gov.au/yulunga

NSW **Health**
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Mission Australia – communities for children (Mid Coast)

Early Learning - Circle of Security supports parents to provide their children with the emotional support needed to develop secure attachment, resilience and enhanced school readiness. This program is delivered to groups in community settings, or in participant's homes.

CfC Community Partner: Child Care Services Taree and Districts 6552 5088, MSS 6551 1800

It's not too late to put your hand up.

Parents and Carers, you can now start thinking about your availability for next year to volunteer in our school canteen. It's okay, don't panic, you haven't missed out. I can fit everyone in. You can come in once a week, once a term or anything in between.

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to our School Community. PLUS you get a free lunch. What more could you want?

How inconvenienced would you be if the canteen only operated three days a week? Food for thought. Leonie – School Administrative Officer. Ph. 65541 247

Oh the wonderful way you'll feel, you hear?
If you just go out and volunteer...

A bird... a worm... a guzzle-bivvit,
Could all use some help if you'll just give it;

You might say "No! Not!! No Way!"

"I've nothing to give – not today anyway!"

But you'll see if you look deep inside of you,
You've lots to give!

It's true! You do!

