



### And the winning house is...

Congratulations to Wallamba House for their win. Well done to the Age Champions photographed below. Full report on page 2.

### Age Champions



## Wallamba!!!

## Message from the Principal...

Dear Parents & Carers,

Welcome to another busy week at Nabiac PS! This week we again have several sporting activities with two days of futsal and the girls' soccer gala day. To add to that the arrival of winter has resulted in some of the staff being unwell. We make every effort to find casual teachers to take a class on these occasions, but unfortunately at the moment there are very few day to day casual teachers available. As a result there may be days this week when classes are split. We appreciate your understanding in this.

Congratulations to Wallamba for being the eventual winning house of the athletics carnival. Congratulations also to our boys soccer team, who represented our school with pride and sportsmanship in Round 3 of the PSSA knockout. While they lost to Hallidays Point PS, they put in a tremendous effort.

Recently there has been an update to the Department of Education's electronic roll marking system. Unfortunately, there are some gremlins in the system as a result. If you receive a letter about an unexplained absence or part day absence that is incorrect, please contact the office to discuss your concerns. **Accurate explanation of absences is a legal requirement for whole and part day absences.** For example, using "late" as the explanation for not being at school on time is insufficient and requires more information. "Late" is recorded as an unjustified absence. If you are unsure of what to write for the reason for the absence please speak to the ladies in the office and they may be able to assist you. .

Plans are well underway for our Visible Learning parent workshop on **Wednesday 19 June**. The invitation to these workshops is included with today's newsletter. Please return the attendance slip by Monday 17 June 2019. We look forward to you joining us for one of these sessions.

Have a great week!

Narelle Kessey, Principal.

<p style="text-align: center;"><b>Calendar</b></p> <p><b>June</b></p> <p>4 Grip Leadership</p> <p>5 Futsal Gala Day Yrs 3&amp;4</p> <p>6 Futsal Gala Day Yrs 5&amp;6</p> <p>7 Girls Soccer Gala Day</p> <p>10 Queens Birthday Holiday</p> <p>17 P&amp;C Meeting 6pm</p> <p>18 Indigenous Tennis Come &amp; Try</p> <p>19 Parent Workshop</p> <p>24 World of Maths K-6</p> <p>27 Out of Uniform</p> <p>28 Reports home</p> <p><b>July</b></p> <p>1 Parent /Teacher interview week</p> <p>2 NAIDOC assembly 11am</p> <p>5 Last Day of Term</p> <p>22 Staff Development Day</p> <p>23 Students Resume</p>	<p><b>Core Value.</b></p> <p>This week our core value is Respect. "I can use good manners and kind words".</p> <div data-bbox="580 277 963 636"> <p><b>Assembly</b></p> <p>Assembly this week will be held on Friday at 2.30pm in the hall. 1/2DR will be running the assembly and performing an item. All welcome.</p> </div> <div data-bbox="979 277 1535 636"> <p style="text-align: center;"><i>Thought for week...</i></p> <p style="text-align: center;">Respect for ourselves guides our morals; respect for others guides our manners. ~Laurence Sterne</p> </div> <div data-bbox="580 712 1535 902"> <p><b>Canteen weekly lunchtime special</b></p> <p>Butter Chicken and rice \$4.50</p> <p>These delicious homemade meals can be ordered every lunchtime this week.</p> </div>
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### Athletics Report

After everything was sent to stop us, dogs, line markers, weather and even helicopters, the athletics carnival was finally completed last week. Actually, the weather was the one thing in our favour as we had glorious conditions for all competitions.

The results for the carnival were the closest I have ever experienced with Wallamba crossing the finish line in first place. In the end the tallies were; Wallamba - 345, Katanga - 343, Biripi – 322 and Awabba – 312.

Well done to everyone who participated for their team. These points made all the difference.

Congratulations to our Age Champions for 2019;

Junior Boy - Will Kauter

Junior Girl - Kirsty-Lee Merrick

11yr Boy - Wil Arandale

11yr Girl - Martina Poropat

Senior Boy - Jayden Arthur

Senior Girl - Bridey McDermott

Thank you to all the parents who helped out with time keeping and in the canteen.

Mark Jackson- Coordinator.

### Soccer Report

Last Thursday the Nabiac Boys Soccer team played in the third round of the PSSA knock-out against Hallidays Point. The Nabiac boys got off to a great start and scored the first goal of the game. Towards the end of the first half, Hallidays struck back and scored 3 goals in quick succession. At half time the score was 1:3. The second half was a tussle, with both teams having opportunities to score but the final score remained 1:3. Keeping a quality side like this scoreless was a great result and I was impressed with the team ethic that was displayed by the boys. Unfortunately, that means we were eliminated from the competition. The next event for the team is the Soccer Gala day, (if there are no clashes of dates). Thanks to Andy Harper for coaching the team, Mr Jackson for organising the boys on the day and for the support shown by Nabiac spectators.

Mr Dawson (Boys soccer organiser)

## Visible Learning

Attached to this week's newsletter is a note for our Visible Learning Parent Workshop. This workshop will be held on Wednesday 19<sup>th</sup> June with two sessions for parents and carers. If you would like to attend please return the bottom section of the note to school by Monday 17<sup>th</sup> June. We look forward to another great workshop with a high number of parent/carers participation.

## Canteen Roster

Week	Monday	Tuesday	Wednesday	Thursday	Friday
6	3 <sup>rd</sup> June  Holly Kellett Tanya Combe	4 <sup>th</sup> June  Margaret Dale Faye Thompson	5 <sup>th</sup> June  Amelia Bridge <b>Volunteer needed</b>	6 <sup>th</sup> June  Amanda Holden Michelle Thompson	7 <sup>th</sup> June  Christine Heffernan Geraldine Carson Amelia Bridge
7	10 <sup>th</sup> June  Queens Birthday Holiday	11 <sup>th</sup> June  Michelle Thompson Nicole Maguire	12 <sup>th</sup> June  Amelia Bridge Tanya Combe	13 <sup>th</sup> June  Emily Pye Faye Thompson	14 <sup>th</sup> June  Christine Heffernan Geraldine Carson Tanya Combe
8	17 <sup>th</sup> June Tarryn Margraf Hannah Kelly	18 <sup>th</sup> June  Tanya Combe Nicole Maguire	19 <sup>th</sup> June  Amelia Bridge Tanya Combe	20 <sup>th</sup> June  Amanda Holden Michelle Thompson	21 <sup>st</sup> June Lyn Dower Lee Elliot Jamie Lee Eason
9	24 <sup>th</sup> June Mel Hobden <b>Volunteer needed</b>	25 <sup>th</sup> June  Michelle Thompson Nicole Maguire	26 <sup>th</sup> June  Amelia Bridge Tanya Combe	27 June  Emily Pye Kim Page	28 <sup>th</sup> June Christine Heffernan Geraldine Carson Tracey Dell
10	1 <sup>st</sup> July  Holly Kellett Tanya Combe	2 <sup>nd</sup> July  Margaret Dale Lyn George	3 <sup>rd</sup> July  Amelia Bridge Hannah Kelly	4 <sup>th</sup> July  Amanda Holden Michelle Thompson	5 <sup>th</sup> July Christine Heffernan Geraldine Carson Tanya Combe

## Good for Kids good for life

### CREATING OPPORTUNITIES FOR INCREASING PHYSICAL ACTIVITY

Children should be getting a least **60 minutes** of moderate to vigorous activity (that makes them 'huff and puff') across the day.

Limiting the use of small screen recreation to **less than 2 hours per day** can increase the time for children to be physically active. Small screen recreation includes using the computer, small screen games or watching TV.

Some tips to decrease the amount of small screen recreation use include:

- Work out a TV viewing schedule with your child.
- Limit the use of computers during the day time, where your child could be having fun playing outside.
- Lead by example and reduce your own screen time.
- Break up long periods of small screen use as often as possible.



Source: Healthy Kids



Health  
Hunter New England  
Local Health District

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

## Good for Kids good for life

### CHOOSING HEALTHY SNACKS

Healthy snacks are important to help meet children's nutrition needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

Some **tips** to help plan healthy snacks:

- Include a vegetable and fruit snack each day.
- Add vegetables into homemade snacks (muffins, pikelets, scones and slices).
- Cut up vegetables and fruits so they are easier to eat for snacks during the week.
- Keep a range of healthy snacks in the fridge or pantry.
- Get your kids to help prepare snacks.
- Show kids you enjoy eating healthy snacks.

Source: Choosing Healthy Snacks, Making Healthy Normal: WSLHD



Health  
Hunter New England  
Local Health District

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





PRIZES 2B WON!

GLOWSTICKS  
4 SALE!

COMPETITIONS!

# BLUE LIGHT DISCO !



FOOD!! AWESOME DJ!

FRIDAY 28TH JUNE 2019 | 6:30PM - 8:30PM

AGE GROUP: PRIMARY SCHOOL 5-12YRS

LOCATION: CLUB TAREE | COST: \$8 | THEME: RETRO RAINBOW!

CONTACT: PCYC TAREE 6551 0292 |

BUY TICKETS NOW [WWW.EVENTBRITE.COM.AU](http://WWW.EVENTBRITE.COM.AU) SEARCH: BLUE LIGHT DISCO

\*\*CHILDREN MUST BE SIGNED IN & OUT BY AN ADULT

