



Message from the Principal...

Dear Parents & Carers,

This week we have updated our roll marking system to a new platform. Very soon we will have the capacity to send an SMS to parents if your child is absent. You will be able to reply to the SMS to explain your child's absence for the day. It is anticipated this will reduce the number of letters we need to send each week for unexplained absences. To ensure this is truly effective we need to be sure we have the correct contact details for all families. If you have updated your phone number, please make sure you contact the front office with your new details.

While it is essential that absences are explained it is also important that children attend school regularly. The following chart highlights the impact of non-attendance and partial attendance over time. Viewed in this context, the implications of regular absenteeism is startling.

This chart shows the cumulative effect of persistent non-attendance over the period of compulsory schooling from Kindergarten to the end of Year 10. If you have concerns about your child's attendance and would like to discuss how we can support you please phone to make an appointment.

Days Absent	Total Days	Number Of Terms	Number of Years Missed
1 per week	451	9	2 years 1 term
1.5 per week	676.5	13.5	3 years 1.5 terms
2 per week	902	18	4 years 2 terms
3 per week	1353	27	6 years 3 terms
5 weeks per term	1127.5	22	5 years 2 terms
Average 5 days per term	220	5.5	1 year 1.5 terms
Average 10 days per term	440	8.8	2 years 1 term
Partial Absences			
1 hour late per week	75 days	1.5 terms	
½ hour late per day	188 days	3.75 terms	Almost 1 year
1 hour late per day	376 days	7.5 terms	1 year 3 terms

Have a great week.

Narelle Kessey

Principal

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

Assembly

There will be no assembly this week. Our first assembly will be next week when we celebrate Education Week.

Calendar

August

- 2 Zone Athletics
- 5 P&C Meeting
- 6 Dress Rehearsal (Ed Wk)
- 7 GLLC Academic Assembly
- 8 Education Week Assembly
- 20 Book Character Parade & Fair
- 30 Father's Day BBQ and Assembly

Canteen Weekly Special

Butter chicken and rice \$4.50, available every lunchtime this week.

Thought for week...

Hearts that beat to the tune of kindness can change the rhythm of the world.

~ C.J Peterson

Zone Athletics

Zone Athletics will be this week on Friday, 2nd August. Notes were sent home last week with all students who qualified. Please return notes and money by Wednesday. The carnival will be held on Tuncurry Oval, South Street, Tuncurry.

Education Week

Parents and Carers, please join us to celebrate Education Week when we hold our Assembly on Thursday, 8th August 2019. 'Colours of Australia', our whole school performance will be held after the award ceremony. During the presentation of Education Week Awards the Nabibeatz and School Choir will be performing.

All students will need to wear a pair of long black pants, black jeans or black leggings and black shoes. Each class has been allocated a colour for their item, students are asked to bring a plain coloured shirt (long or short sleeve) in their class colour. We ask that all students bring their pants and shirt in a labelled bag to their class by Monday 5th August, so that it is here ready for dress rehearsal on Tuesday 6th August.

KSB – Light blue	K/1B – Black	1/2Q – White
1/2DR – Yellow	2/3T- Orange	3/4MJ – Red
4/5AP – Blue	5/6D – Purple	5/6M - Green

Book Character Parade and Book Fair

The Book Fair and Book Character Parade will be held on Tuesday 20th August. Please note the change of date from our School Calendar.

Book Fair

The book fair sells books at bargain prices. The fair will be open in the morning before school (8.30 -9.55am) and during lunchtime. The students are given the opportunity to peruse the book fair on Monday 19th August and may write a wish list for their parents/carers.

Book Parade

The Book Character Parade commences at 1.30pm. Book Week has a theme each year and this year's theme is "Reading is my secret power". This theme may help provoke ideas, but it is not essential that it be used. All parents and members of the Nabiac Community are welcome to join us to celebrate Book Week on the Tuesday.

Looking forward to seeing this year's creations.

Mr Dawson. Co-ordinator.



National Tree Plant

Last Friday was National Tree Planting Day for Schools. Every class planted Lilli Pillie trees that were donated by Mid Coast Council, in front of the staffroom. We used our new wheelbarrows, gloves and mini shovels which were purchased with a donation from the Nabiac Farmers Market.

Karin Madden



Canteen News

I would like to remind parents how lucky we are to have such wonderful volunteers in the canteen. Many of whom step up and help out way more often than what is expected. The staff and students really do appreciate you all.

Canteen Roster

Term 3					
Week	Monday	Tuesday	Wednesday	Thursday	Friday
2	29/7 Kim Page Mel Hobden	30/7 Tanya Combe Holly Kellett	31/7 Amelia Bridge Gaye Godbolt	1/8 Michelle Thompson Amanda Holden	2/8 Tracey Dell Geraldine Carson Tanya Combe
3	5/8 Tanya Combe Holly Kellett	6/8 Michelle Thompson Kathy Bending	7/8 Amelia Bridge Tanya Combe	8/8 Emily Pye Kim Page	9/8 Christine Heffernan Bec Harper Mel Hobden
4	12/8 Tarryn Margraf Kathy Bending	13/8 Holly Kellett Tanya Combe	14/8 Amelia Bridge Tanya Combe	15/8 Michelle Thompson Amanda Holden	16/8 Berlinda Neale Jamie Lee Eason Lyn Dower
5	19/8 Holly Kellett Mel Hobden	20/8 Margaret Dale Lyn George	21/8 Amelia Bridge Hannah Kelly	22/8 Kim Page Emily Pye	23/8 Christine Heffernan Tanya Combes Camilla Watkins



On Friday afternoon, Mr Stephen Bromhead Member for Myall Lakes visited our school to present medallions to our school captains and vice captains. Mr Bromhead presents these medallions to the school captains and vice captains at all schools across the electorate.

Good for Kids good for life

KEEPING ACTIVE IN WINTER

When kids come home from school during the cooler months there is less light for fun outdoor time to burn off energy. Less daylight hours and cooler temperatures does have to equate to more screen time (TV/video games).

Keeping activity is important for everyone even in the cooler months, and the Australian 24-Hour Movement Guidelines recommend that children get **at least one hour each day of physical activity**.

Try the following indoor activities:

- Make up a dance
- Try 'Just Dance' on a gaming console or YouTube
- Sign up to 'Go Noodle!' for free and move along to your favourite Go Noodle's
- Hula hooping or skipping
- Juggling
- Use the furniture to create an indoor ninja park or obstacle course
- Try a family fitness challenge, e.g. who can do the most push-ups, squats, sit ups, burpees
- Use a pair of socks or a balloon to play volleyball, tennis, soccer or football indoors



HOW TO PLAY SOCK WRESTLING

Everyone needs to be wearing a pair of socks! Clear a space and make sure you have some safety rules and limits so no one gets hurt. The aim of the game is to get people's socks off without losing yours. The last one with a sock on wins!

Image source: <https://picklebums.com/20-fun-ways-to-get-active-with-your-kids/>



Health
Hunter New England
Local Health District

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

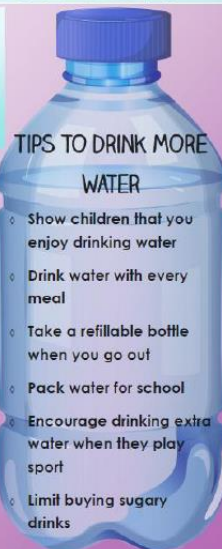
Good for Kids good for life

CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L

6—12 years 1.5L



TIPS TO DRINK MORE WATER

- ◊ Show children that you enjoy drinking water
- ◊ Drink water with every meal
- ◊ Take a refillable bottle when you go out
- ◊ Pack water for school
- ◊ Encourage drinking extra water when they play sport
- ◊ Limit buying sugary drinks



600ml soft drink
= 16 teaspoons, 64g

500ml energy drink
= 13 teaspoons, 52g

600ml sports drink
= 9 teaspoons, 36g

Large frozen drink
= 20 teaspoons, 80g

Information source: © Cancer Council Victoria 2019



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<http://www.goodforkids.nsw.gov.au/>