



Message from the Principal...

Dear Parents & Carers,

Welcome back to all our families and an extra special welcome to new families to Nabiac Public School. It won't take long for you and your children to settle in and feel part of the Nabiac Public School family.

All students have resumed in their 2019 classes today. Once we have confirmed numbers, the children will move into their 2020 classes. We anticipate this will happen before the end of the week.

Kindergarten students will participate in Best Start assessments this week. The first full day for Kindergarten will be next Monday, 3 February.

I am looking forward to another positive and productive year at Nabiac Public School.

Narelle Kessey

Principal

Calendar

January

28 Staff Resume
29 Year 1-6 Resume
29,30,31 Kinder Best Start

February

3 Kindergarten Start
7 Swimming Carnival
10 P & C meeting 6pm
14 Captains Induction
20 Zone Swimming Carnival
25 Meet the Teacher

Core Value.

Nabiac School Core Values are Respect, Responsibility and Care. Each week have an "I can" statement which is the focus of the week.

Assembly

There will be no assembly this week. Please see below regarding our new assembly day.

Thought for the week...

"You'll never get bored when you try something new.
There's really no limit to what you can do."

Dr. Seuss

Swimming Carnival

This year's swimming carnival will be held next Friday, 7th February at our local pool. The carnival is for all children turning 8 this year and older. Permission notes will be sent home this week. We look forward to another successful day.

The canteen will be operating on the day. More information will be in next week's newsletter regarding what food will be available to order on the day.

We will be asking for volunteers to help at the pool and in the canteen on the day.



New bell times

In Term 1 we will be trialling a change to our bell times during the day. This has been proposed as many children have breakfast early and already eat their lunch at the first break. It also reduces the amount of time the children are in the playground during the hottest part of the day. This was discussed at the last P&C meeting and has their support. We will monitor the impact of this change during Term 1. The new times are in the table below.

9:00 – 11:00am	Morning session in class
11:00 – 11:50am	LUNCH
11:50am- 1:25pm	Middle session in class
1:25 – 1:50pm	RECESS
1:50 – 3:00pm	Afternoon session in class

The Canteen will be trialling ways to make this work, for now order as usual. An updated Canteen Menu will be sent home soon.

Assembly

Another change for Term 1 will be a change to the day for our weekly assemblies. Regular assemblies will now be held on Wednesday afternoons. Special event assemblies will be held at the most appropriate time for that event and you will be informed via the newsletter and our Facebook page. This change also has the support of the P&C.

Uniform Shop

The Uniform Shop will be open tomorrow morning and Friday morning from 8.45am. Please remember the P&C do not have an EFTPOS machine. Please have cash or cheque to purchase uniforms. Thank you to Mrs Aitchison for coming in every morning this week and to Brit for helping out. We really appreciate you both donating so much of your time.

This year the Uniform Shop will be open on Tuesday mornings at 8.30am until 9am. If you cannot make it to the shop you may leave an order at the office.

Canteen Roster

Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	27/1 Public holiday	28/1 Teachers resume	29/1 Tanya Combe Hannah Kelly	30/1 Emily Pye Kim Page	31/1 Camilla Watkins Jamie Lee Eason Lyn Dower
2	3/2 Tarryn Margraf Gaye Godbolt	4/2 Faye Thompson Wendy Currie	5/2 Amanda Holden Volunteer needed	6/2 Elva Salmi Kim Page	7/2 Steph Woolnough Tanya Combe Volunteer needed Swimming Carnival
3	10/2 Steph Woolnough Tanya Combe	11/2 Faye Thompson Wendy Currie	12/2 Lee Caithness Tanya Combe	13/2 Emily Pye Volunteer needed	14/2 Volunteer needed Volunteer needed Volunteer needed
4	17/2 Tarryn Margraf Volunteer needed	18/2 Lyn George Margaret Dale	19/2 Amanda Holden Volunteer needed	20/2 Elva Salmi Kim Page	21/2 Lyn Dower Steph Woolnough Volunteer needed
5	24/2 Tarryn Margraf Volunteer needed	25/2 Faye Thompson Wendy Currie	26/2 Lee Caithness Volunteer needed	27/2 Emily Pye Volunteer needed	28/2 Camilla Watkins Jamie Lee Eason Steph Woolnough

Packing a school lunchbox



When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school.



Steps to planning a healthy lunchbox

1. Make time to prepare. Have fresh fruit and vegetables, milk and yogurt, bread and crackers all bought in advance.
2. Shop wisely and save money. Buy fresh fruit and vegetables in season to ensure good quality and value for money.
3. Make your own snacks. For example snack packs from fresh ingredients which you can buy in bulk.
4. Look after the environment. Put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish.
5. Choose a variety of foods from the 5 food groups (see table below).
6. Include a bottle of water. No need for sweetened drinks such as juice, cordial or soft drink as these contain too much sugar which is not good for teeth. Non-water drinkers usually start drinking water with the example of other children. Freeze a small quantity each night and top up with cold water in the morning for a cool summer drink.
7. Keep food cool. In warm weather freeze a water bottle or put a small ice pack in the lunchbox.

Remember to involve your children in preparing and packing their own lunchbox.

What makes a healthy lunchbox?



Food group	Nutrients	Examples
Grain foods	Carbohydrate providing energy for brain and body. Choose wholegrain options for more fibre and longer lasting energy.	<ul style="list-style-type: none"> - All types of bread – whole meal, multigrain, white, pita or other flat breads, fruit loaf - Rice, pasta, crispbreads, rice crackers
Fruit	Carbohydrate for long lasting energy, vitamins, minerals and fibre.	<ul style="list-style-type: none"> - Fresh whole fruits or cut up and placed in a container - Dried fruit mix, canned fruit
Vegetables	Vitamins, minerals and fibre for healthy gut and strong immunity.	<ul style="list-style-type: none"> - Cherry tomatoes, capsicum strips, snow peas, small corn cob or baby corn spears - Carrot, celery and cucumber sticks - Salad vegetables or coleslaw in a sandwich
Milk, yoghurt & cheese	Major source of calcium for strong bones and teeth.	<ul style="list-style-type: none"> - Milk poppers - Cheese slices, cubes or sticks - Tub of yogurt
Lean meats, fish, poultry, egg, nuts and legumes	Protein, iron and zinc for growing bodies.	<ul style="list-style-type: none"> - Cold lean meats or chicken - Tinned fish such as salmon, tuna or sardines - Boiled eggs, baked beans, hummus



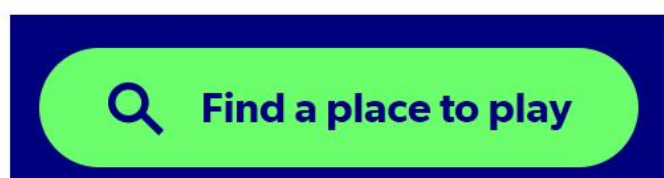
Registration 2020



Registrations open: January 18th
Registrations close: February 16th

Register on line at
<https://www.playfootball.com.au>

look for this button:



pick an age group, then type
Wallamba to find Wallamba FC.

Registration Fees:

6 - 7 years: \$120

8 - 11 years: \$140

12 - 14 years: \$160

15 - 18 years: \$170

Seniors: \$310

Wallamba FC don't charge match fees

Don't forget you can use your
\$100 Active Kids Voucher -
Apply for that BEFORE registering