

Term 3 Week 10 Monday 23 September 2024



NEWSLETTER

Nabiac Public School

PH: 6554 1247 Email: nabiac-p.school@det.nsw.edu.au

“The best little school...anywhere”



RESPECT RESPONSIBILITY CARE

Message from the Principal...

Happy

HOLIDAYS

Dear Parents and Carers,

Welcome to Week 10! It's hard to believe that we're at the end of Term Three already.

Last week, early Monday morning, I joined our families, waving to our Stage 3 students and staff as they went off on their adventure to Canberra. I once again joined our families to welcome our students home again on Friday night. There were many tired faces and many smiles. I am looking forward to hearing all the stories about their time away. I would like to say a big thank you to Miss Egan, Mrs Ashby and Mr Durran for attending camp with our students. Our wonderful staff volunteer who to go, not only volunteer their time but their own families make adjustments to support them to attend Camp. We appreciate everyone involved, because with their support our students are able to experience camp and making life long memories.

Our P&C organised a cake sale and BBQ at Bunnings this weekend. Thank you to all involved on the day and in the lead up to the day. It is a big job and the funds directly support our students.

This Friday is Loud Shirt Day, bringing in a gold coin donation to support NextSense. Our canteen will also be selling some special treats.

I hope you all have a wonderful relaxing and safe holidays and I look forward to seeing you on Monday 14th October, which is the first day back for students and staff.

Have a lovely week

Mrs Lorelle O'Brien.
Principal.

COMING UP

September 25 - Assembly @ 2.15pm

September 27 - Loud Shirt Day

September 27 - Last day of term

October 14 - Students return

October 16 - Kinder transition library visit

October 18 - Touch Football Gala Day

October 24 - Grandfriends' Day & Colour Run

October 28 - P & C Meeting @ 6.00pm

Assembly

Our next assembly will be held this Wednesday 25 September at 2.15pm. The Assembly will be run by Year 5/6 students who attended the Great Lakes Science Day earlier in the term. All welcome.

Head Lice

Dear Parents, we have had some reports of head lice. Please use the holidays as an opportunity to check your child's hair and treat if lice or eggs are found.

LOUD SHIRT DAY



Last day of Term 3
Friday 27 September

Come dressed in your favourite loud shirt and bring a gold coin to donate to NextSense.

NextSense is a not-for-profit organisation that supports people with hearing or vision loss.

The canteen will have special treats available too!

Canberra Adventures

Last week Stage 3 students headed to Canberra for a jam packed week of learning and adventures! Throughout the week we learned about Australian democracy, from visiting Parliament House to the Australian Museum of Democracy. We visited the War Memorial and followed the stories of the many Australians who have served our country. At the Australian Institute of Sport we viewed elite training facilities, which inspired many of our sporting students.

Students had plenty of hands on experiences too, from the free fall slide at Questacon, to the skills tests at Sportex. At the Australian National Museum we interacted with exhibits that highlighted the defining moments in Australian history, and at the Royal Australian Mint we learned all about how the Australian Dollar came to be.

A highlight of our trip was a day at the snow, where students braved blustery winds and took out their teachers with a few 'accidental' snow balls. At night we viewed the National Dinosaur Museum, as well as having a little friendly competition at ten pin bowling.

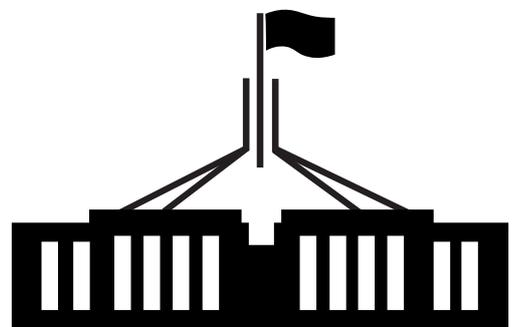
We would like acknowledge Parliament and Civics Education Rebate (PACER) for supplementing our excursion, reducing the cost by \$67.50 per child which we are sure was a great help to our families.

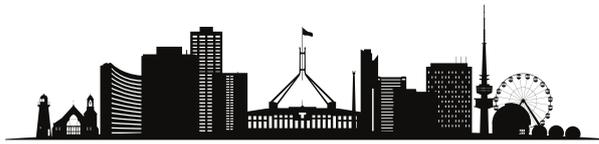
As teachers, we could not be prouder of the enthusiasm, manners and behaviour of our students. We're so proud of how our students, from the best little school, embraced this opportunity!

Miss Egan, Mr Durran & Mrs Ashby



canberra





CANBERRA



PSSA Netball Gala Day

Last Friday Nabiac fielded two junior teams of mixed and experienced players to compete in the Netball Gala Day at Boronia Park Forster. Our girls played Pacific Palms, Forster, Tuncurry, Old Bar, Harrington and Gloucester – there were over 250 players!

Our students showcased their skills and teamwork on the court, embracing fun and fitness and fair play, with players cheering each other on and celebrating every effort. Shout out to all the parents and grandparents who came out to support our girls and provided transport. It's wonderful to see our school community come together, fostering team spirit and encouraging our young athletes.

Mrs Madden



POSITIVE BEHAVIOUR FOR LEARNING

Nabiac Public School uses the Positive Behaviour for Learning (PBL) Program. The school's code of behaviour is underpinned by the expectations of:

Respect

Responsibility

Care

PBL

Care: *I can be safe by wearing my school hat in the sun.*



Wearing your school hat in the playground and during outside class activities is important!

Now that we are in Spring and Summer is fast approaching, putting on sunscreen before school is an excellent added way to be sun safe.

Clarky wears his school hat, make sure you wear yours!



School hats can be purchased for just **\$7.00**.

Remember to put your name on the inside!

Congratulations

HERO

Here
Every day
Ready to learn
On time



5/6EM

You have the highest
attendance for Week 9,
Term 3!
Attendance rate:
99.29%

Canteen Roster



Week	Monday Milkshake Day	Tuesday	Wednesday	Thursday	Friday Slushie Friday
10	23/9 Michelle Rachel	24/9 Michelle	25/9 Michelle Faye	26/9 Scott Blake Michelle	27/9 Loud Shirt Day Michelle Katie, Mel, Scott
Term 4 Week 1	14/10 Michelle Rachel	15/10 Lee Chris	16/10 Michelle Marianne	17/10 Michelle Gay	18/10 Michelle Katie Mel
2	21/10 Hannah Risa	22/10 Lee Chris	23/10 Michelle Marianne	24/10 <u>Grandfriends</u> Day- Michelle, Scott, Blake, Volunteers Needed	25/10 Michelle Emily Les



Loud Shirt Day in the Canteen:

Friday 27/9/24



Special Treats available to purchase Over the Counter during Lunch break Only! All under \$2.50!

- ~Jelly Cups
- ~Cupcakes
- ~Popcorn Cups
- ~Pancake Stacks
- ~Frozen Milks
- ~Fairy Bread
- ~Slushies
- & MORE!**

AVAILABLE OVER THE COUNTER DURING LUNCH BREAK ONLY.

\$2.50

SLUSHIE FRIDAYS!

FLAVOURS- APPLE OR TROPICAL



SCHOOL HATS AND BADGES

Please ensure your child is wearing their school hat to school daily. If you require a new school hat or badge they are available from the office.

School hat: \$7.00

School badge: \$6.00

Grandfriends/Colour Run Day

Parents & Grandparents are invited to join their child/children for lunch on Grandfriends/Colour Run Day Thursday 24th October. Lunch can be ordered via Spriggy (under the “events” tab) or the order form sent home with your child. Drinks and frozen items can be purchased from the canteen during the lunch break and Eftpos will be available. If children need an extra sponsorship sheet for fundraising please see the office.



eSafety advice for parents



The eSafety link below shows you different apps/games, minimum ages to use the apps/games, how to report online abuse or block someone, and how to protect personal information. There is some very valuable information, for example, did you know the minimum age to play Fortnite and have a TikTok, Facebook or Snapchat account is 13? Did you know the recommended age for Grand Theft Auto is 18?

<https://www.esafety.gov.au/key-topics/esafety-guide>



Better conversations about gaming for families

When it comes to online gaming, there can be a disconnect between what children experience and what they hear adults saying. Bridging this gap will help children to have safer and more positive online experiences.

Key points

Children are more likely to seek help when a parent or carer:

- encourages them to talk with them if they have issues
- gets involved by playing games with them or shows an interest by asking open questions about the game they're playing
- learns about their gaming interests and how it benefits them.

How to have better conversations with children about gaming

See the benefits of gaming

What kids hear you say: 'I really don't like that game. Why don't you go find something better to do with your time?'

What we know: Children learn and grow through play. As a form of play, gaming offers a range of benefits. When children see their gaming is valued, they are more likely to share their experiences – both positive and negative.

Better conversations sound like: 'I can see you really enjoy that game. What do you like about it?'

1. Talk to them about the benefits they experience.
2. Get to know the games they are playing and help them find new games that match their motivations and skills.



Research* shows:

52%
of children

27%
of teens



want their **parents or carers** to play with them.



Connect through game play

What kids hear you say: 'Why don't you spend time with your family or friends instead of being glued to that computer game?'

What we know: Most online games provide opportunities to play with friends, find community and build social skills. Gaming can also be an opportunity for families to connect. Many children want to game with their parents or carers or would like them to game with them more. If you're not confident about gaming, or young people refuse to co-play, you can still connect by getting involved with the game they're playing.

Better conversations sound like: 'Who do you like to play with? Is there a game that we could play together? What character is your favourite?'

1. Get involved by watching or playing with them or show an interest by asking questions about the action or storyline in the game.
2. During gameplay, talk about the skills they are building and celebrate their achievements.

Choose the right amount of game play for your family

What children hear: 'All you ever do is play that game!'

What we know: Many parents worry about time online. The right amount will look different for every child and family. Focus on the quality of their play, as well as getting the right balance. What are they getting out of it? Are they getting enough time to sleep, be physically active or connect with friends offline?

Better conversations sound like: 'I found a game I think you would enjoy, but before we start, let's work out a plan together to make sure you fit everything in.'

1. Access game reviews on [Common Sense Media](#) to understand and select games with learning opportunities and values that best suit your child and family.
2. Work with them to find time for gaming. You might find [eSafety's Family Tech Agreements](#) helpful to create shared expectations.

*Levelling up to stay safe: Young people's experiences navigating the joys and risks of online gaming. February 2024.

Manage risks and ensure safety

What children hear: “Don’t talk to strangers in-game!”

What we know: Instead of focusing on strangers, it’s important that children know the red flags of unsafe contact, including someone trying to be friendly too quickly, asking them to go on a different platform or private space, or doing something inappropriate or sexual.

For young children, put in place safeguards that restrict risky features (like communicating with people they don’t know). As they grow, build their skills so they can play with others and not miss out on the social benefits. Most gaming experiences are positive and children are often helping others.

Better conversations sound like: ‘I’m glad you’re having fun with friends online. Let’s talk about safe and unsafe behaviours in games. And remember, I’m always here to help, even if you feel like you’ve made a mistake.’

1. Encourage your child to talk to you if they experience an issue while they are gaming. Let them know you are there to support them.
2. Read [The eSafety Guide](#) to get a better understanding of risky features in games. These can be managed via parental or user controls.

When to get help from counselling and support services

Even though games are often fun and beneficial, some kids may struggle with managing their gaming or may have an experience while gaming that negatively impacts them.

If you are worried about your child’s mental health or wellbeing, there are services and professionals who can help. They can help you make changes in a safe way. You can read more about when to get help in the headspace resource titled, ‘[Understanding gaming – a guide for family and friends](#)’.

Services that can provide support include:

Kids Helpline

1800 55 1800

[Connect online](#)

5 to 25-year-olds. All issues. Confidential phone counselling available all day, every day. Online chat available 24/7, 365 days a year.

headspace

1800 650 890

[Connect online](#)

12 to 25-year-olds. All issues. Phone counselling and online chat available 9am to 1am AEST, every day.



ENQUIRIES 0437 655 458

ALL ABILITIES KIDS TRI

BY FORSTER TRIATHLON CLUB

OPEN TO KIDS OF ALL ABILITIES KINDY THROUGH TO HIGH SCHOOL
10 NOVEMBER 2024

ENTRY: \$10 INCLUDES DRINK, FOOD & MEDAL
WHERE: YMCA, LAKE STREET, FORSTER
TIME: 8:30AM DROP OFF BIKE & MARK NAME OFF
RACE START FROM 9AM IN CLASS GROUPS
COURSE: SWIM IN YMCA POOL, RIDE ON ROAD, RUN ON FIELD
BRING: SWIMMERS, GOGGLES, TOWEL, BIKE, HELMET, SHOES, SHIRT
REGISTER ONLINE: SEE QR CODE. ON THE DAY AVAILABLE
VISIT OUR FACEBOOK PAGE FOR MORE DETAILS [FACEBOOK.COM/ALLABILITIESKIDSRACE](https://www.facebook.com/allabilitieskidsrace)

PRIZES FOR DECORATED BIKES!



DISCOVER THE FUN OF ATHLETICS!

SEASON 2024-25

Love to run, jump, throw, roll?

Enjoy having fun, spending time with friends and achieving your personal best?

Why not give Little A's a try?

Contact your local club to redeem your 2 week FREE trial today.

Ages from 3 to Adults



SCAN HERE TO FIND YOUR LOCAL CLUB TODAY



More info on your local club can be found on their Facebook page

Kids Shack is a proudly a community based program run under Nabcac and District Preschool.

All children enrolled in primary school are eligible to attend Kids Shack

NABCIAC KIDS SHACK

WHAT WE PROVIDE

- Before School Care
- After School Care
- Vacation Care
- Fun & Friendships
- Arts, Craft, Outdoor experiences, incursions & more

FEES START AT

Before School Care \$3.20 *

After School Care \$4.20 *

Vacation Care \$10.70 *

* Based on full CGR, individual amounts will vary

nabiacoosh@hotmail.com

KIDS SHACK

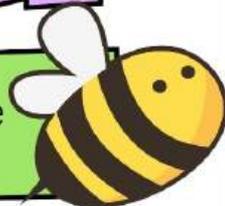
AWESOME! SPRING

VACATION CARE

Monday
30/9/24

Hello
Spring

Lets start the holidays of with some awesome spring activities !



Tuesday
1/10/24



INCURSION

Today we have a special visit from Joel the magician!



Wednesday
2/10/24



INCURSION

Crazy Daisy is visiting us at Kids Shack today for loads of balloon fun

Thursday
3/10/24

WHEELS DAY

Bring your Scooter or bike .
Children MUST have a helmet to ride



Have Fun

Friday
4/10/24



Pour & Play its Potions Day

Lets experiment with all things potions mix, add and create!

Tuesday
8/10/24



INCURSION

Time to have some fun with Reptiles we get to learn and handle some exciting creatures



Wednesday
9/10/24



Join us at Kids Shack for all things art & craft.
Canvas art, Beading & more



Thursday
10/10/24



Today is all about colourful activities.
Please bring something white to Tye Dye



Friday
11/10/24



Bring your own Device to play & we are going to enjoy a movie at Kids Shack



YAY

nabiacoosh@hotmail.com/ 0438273360