

Nowra East Public School Newsletter

Strive for Better Things

At Nowra East Public School we aim to achieve happiness through respecting each other, taking responsibility for our actions, safe practices and a love for learning.

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Term 4, Week 5
6 November 2012

PBS Skills Focus

This week's PBS skill focus is on "Dealing with Teasing".

Here's some simple tips on how to deal with someone giving you a hard time.

1. Stay cool.
2. Smart people know when to walk away.
3. Stop looking at them.
4. Try to look normal.
5. Turn your body away.

Illawarra South East Region Performing Ensemble

Next Monday the ISER ensemble will be performing for the students, parents and teachers in the school hall. This is a fantastic opportunity to see the creative art talents of some of the talented students in our region. I would like to invite everyone who can make it to school next Monday afternoon to come and enjoy the performance at 1.45pm. Cost is \$2 per head which has been heavily subsidised by the school.

Parents at School

At Nowra East we welcome the attendance of parents and carers as much as possible. It is one of my aims to ensure that the whole school community can combine to celebrate the achievements of the students in our school.

One of the core values at NEPS is that of "Responsibility". We encourage and explicitly teach children how to be responsible for their own actions and belongings. It is important that children become independent as soon as possible.

By this time of the year all children are very familiar with the routines of school. Even Kindergarten students know their way around 'big school'.

Could I ask parents to assist us to build children's independence and responsibility by bringing them into school and then leaving straight away. Parents who come into the school and want to stay with their children are hindering their child's independent development.

DSU Camp

Last week I had the pleasure of visiting the DSU children at Bendeela Picnic Ground. They had a wonderful time canoeing, playing games and sharpening up their life skills. They had some up close and personal encounters with the local wildlife and became very attached to Jeffrey, the wombat.

I would like to sincerely thank Mr Stovin-Bradford, Miss Jess, Miss Sonia and Mrs Garrett for giving up their own time, away from their families, to give our kids an overnight experience they will remember for ever.

Thank you all.

Attendance

Good attendance at school is the best way to ensure great achievement in the classroom. This term the PBS reward disco will also focus on good attendance as well as good behaviour.

Have a great week!

Peter Collins
Principal

WEEK 5**Wednesday 7 November***School Counsellor**Stage Assembly***Thursday 8 November***School Counsellor**Kindergarten Orientation 9.30am to 11.00am***Friday 9 November***School Counsellor**Preschool Orientation 1.00pm to 3.00pm***FINAL PAYMENT REQUIRED FOR SWIMMING SCHEME****WEEK 6****Monday 12 November****SCHOOL SWIMMING SCHEME COMMENCES***ISER Performing Ensemble - whole school - 1.45pm***SCHOOL NEWS****ILLAWARRA AND SOUTH EAST REGIONAL PERFORMING ENSEMBLE**

Monday 12 November 2012

The cost for this event will be \$2.00 per student. The performance will commence at 1:45pm. Please place payment in an envelope with the child's name on it and return it to the office as soon as possible.

**SCHOOL SWIMMING SCHEME
12-23 NOVEMBER**

The School Swimming Scheme is an intensive instructional swim program designed for students to improve their standard of water safety. The program commences next week. Please make sure that you bring you swimmers and towel to commence Monday.

Final payment is due by Friday 9 November 2012

Mrs S Mulhall
Coordinator

CANTEEN PRICE INCREASES

Due to the price of tomatoes, cucumbers and lettuce remaining high we have had to increase the price of all salad sandwiches and rolls.

	Sandwich	Roll
Chicken/ salad	\$4.30	\$4.90
Ham/ salad	\$3.80	\$4.40
Egg/salad	\$3.50	\$4.10
Salad	\$3.50	\$4.10
Devon/salad	\$3.10	\$3.60

All with the lot.

Here is another tip on how to make sure your children maintain good attendance
Attendance tip five:



ILLAWARRA AND SOUTH EAST REGIONAL PERFORMING ENSEMBLE

Each year 45 young performers are selected by audition from Regional High Schools to form the **Illawarra and South East Regional Performing Ensemble**.

This is a touring group comprising singers, dancers and a stage band. Throughout the year they perform at schools and events within the Region and once a year they travel further afield.

Are they good? They're sensational! Talented, tight and with enormous energy this group raises the bar for student performance wherever they visit.

They are inspirational for other students and wonderful ambassadors for Public Education. Best of all they provide genuine entertainment for young and old.

For more information visit the website
www.rasouth.net/ensemble

NSW GOVERNMENT
Education & Training

Celebrate Attendance

Hints and Tips No. 5: Tips for Parents



Going to school is important. It makes learning easier for your child and helps build and maintain friendships with other children.

- Keep your child home only when they are sick.
- Advise the school of any absence.
- See doctors and dentists after school times.

Friends are important.

- Show an interest in your child's friends
- Invite friends to come and play
- Encourage your child to play with other children.

Helping your child have a happy day at school is important for you and your child.

If you are having difficulties in getting your child to school you should contact the principal as soon as possible to discuss the problem and ask for help.

The principal may ask a Home School Liaison Officer to contact you for further assistance and advice.



Using school leavers gaps in your education

P&C NEWS

General

The P&C makes a valuable contribution in our areas of the school, enabling all students to benefit from our voluntary work, however we can only do so with the help of volunteer parents and carers. Please consider helping, it is a great way to get involved in your child's education and to meet new people. The effectiveness of the P&C in achieving its goals are significantly increased by as many members as possible actively participating in the various meetings and functions of the P&C. Membership of the P&C Association is open to all parents and carers at the annual cost of \$1.00.

AGM - Annual General Meeting

The Annual General Meeting for our P&C will be held on Monday 10 December at 12pm. All positions will be declared vacant on the day. Nominations for the positions of President, Vice President, Secretary, and Treasurer will be open. You can nominate yourself or someone else for any of these positions however you must be a paid member. You must also be in attendance at the meeting in order to vote. If you've ever considered getting involved in the P&C, this will be the time to do so. Even if you are not interested in a position please do come along and get involved.

School Banking

School Banking day is every **Thursday**. Books are to be handed in to the uniform shop via the window before 9:30am. If your child does not have a Youthsaver account and would like to participate in School Banking, please visit the school admin office or drop by the uniform shop on Monday or Thursday morning to pick up a school banking pack which includes an application for you to get you started. Here are some available rewards you can claim with your tokens; money boxes featuring Cred, Pat, Addy & Pru. (Spen is currently out of stock). drink bottle, book light, pen pod, USB (1G). All items are available while stocks last so please redeem as soon as possible. Thank you for supporting the school banking program at Nowra East Public School.

Uniform Shop

The uniform shop is open on Mondays and Thursdays from 8:45am to 9:30am. We offer layby with a 10% deposit required and must be collected within 3 months. Eftpos is also available with a \$1.00 charge for each transaction. Most lost property can be found here, please stop by if your child is missing a jacket or hat as it could be amongst the clothing on our shelf.

Fundraising

Smencils can be purchased on Monday and Thursday mornings from the uniform shop window. We sell coloured smencils along with the original lead smencil, at only \$1.00 each. They are made from 100% recycled newspaper, and come in a plastic cylinder to store them in. Lucky dips are still available for only 50 cents. There are a variety of novelty toys yet to be discovered. We also have slap bands for \$2.00 with a range of colours and prints.

P&C Committee

COMMUNITY NEWS



Shoalhaven Anti Poverty Committee presents
East Nowra's Got Talent
16th November
(an Anti-Poverty week event initiative)
Are you aged between 5 and 14? Do You Have Talent
Individual or group acts welcome, come and show us how well you sing or dance, stand up comedy, poetry or play a musical instrument. Prizes are available.
Register Now!
Call Renae on 4423 5808 or 0402 276 986
Produced with the support of YWCA NSW
Supporting people at critical times

ST GEORGES BASIN PUBLIC SCHOOL FUNDRAISING NIGHT

Unfortunately you may have heard the devastating news that we lost 4 classrooms and an amenities block to fire recently.

The P&C are planning a benefit night on 23 November at St Georges Basin Country Club to raise much needed funds to help the school and we were hoping that the teachers and parents from your school would like to come and help support our school.

When: 23 November 2012

Where: St Georges Basin Country Club

Time: 6.00pm till late

Cost: \$30 per ticket includes buffet meal, entertainment, trivia and an auction

Tracey can be contacted on 0423 846 194

GIRLS LEAGUE TAG COMPETITION

Girls League Tag Competition Bomaderry Junior Rugby League is entering a team or teams in the newly formed Group 7 Junior Girls League Tag Competition in 2013. If you are or are turning 12, 13 & 14 Years old in 2013 you are eligible to play.

If any parent is interested in their daughter/s competing in this competition, there will be an information evening on Friday 30 November at the Bomaderry Sporting Complex starting at 4.00pm.

For further information you can contact the President Steve McConville on 0403 591 014

**An awe-inspiring event your family will be enthralled with
But make sure it's an eye-safe experience!**

Early in the morning on Wednesday 14th November, Australia will observe one of the most spectacular solar system events:

A sunrise total solar eclipse!

The only Australian cities that will see totality (when the moon completely obscures the Sun) are Cairns and Port Douglas, but every other Australian city and town, at or shortly after sunrise will witness an awe-inspiring partial eclipse - a *golden Sun hanging low in the sky, crescent-blackened by an invisible moon.*



This table shows details for the eclipse for :

City	Eclipse begins	Time of maximum eclipse	Sun's altitude	Maximum coverage of Sun by Moon	Eclipse ends
Brisbane	5:56:22 am	6:54:24 am	26°	84%	7:58:54 am
Melbourne	7:16:09 am	8:06:17 am	23°	52%	9:00:29 am
Sydney	7:07:13 am	8:02:44 am	27°	67%	9:03:39 am


But it is VITAL for eye-health that children are made aware how to safely view the eclipse:

Millions of Australians will be outside in the early morning experiencing this amazing sight. But looking directly at the Sun when even the smallest part is still visible is *very dangerous especially for children and can result in eye damage. And don't look at the Sun through film or X-ray negatives or CD's or sunglasses!*


The danger to eyes from looking at the Sun during an eclipse is from heat radiation, ultraviolet (UV) radiation, and from light from the blue area of the light spectrum. The Sun's UV rays can cause retinal sunburn, the heat radiation can literally cook the tiny areas of tissue where the light is focused in the eye, and blue light wavelengths can damage the macula (the spot near the centre of the retina used for central, high resolution vision) resulting in later age-related macular degeneration. **Children are especially vulnerable, because the yellow melanin coloration which helps protect the eye takes until adulthood to be fully laid down.**

And film or X-ray negatives, or CD's or sunglasses DO NOT PROVIDE PROTECTION!

How you can safely enjoy the eclipse with your children by making for yourselves fun *indirect-viewing* eclipse-watching tools:



Make a Pinhole projector...
..or a Mirror projector



Or purchase specially manufactured **Australian standards-approved** eclipse filter glasses to view the eclipse directly. These block out ALL of the Sun's dangerous rays allowing you to view directly the progress of the eclipse.



Information on how to make a Pinhole projector, Mirror projector and an Eclipse viewing box can be found at the web site www.EclipseEyeSafety-Australia.org, along with more information about eclipse filter glasses, the Wednesday November 14th eclipse, plus information about eclipses in general.



NOWRA EAST PUBLIC SCHOOL

Name: _____

Class: _____

I would like to order _____ copies of the NEPS Koori Boys Dance Group Calendar at \$10.00 each.

Please find enclosed \$ _____

Please place this order form and money in an envelope and pay at the front office.

No orders will be accepted without payment.