



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.

87 Jervis Street, NOWRA 2541 T: 4421 3539 F: 4423 2686

Website: www.nowraeast-p.schools.nsw.edu.au Email: nowraeast-p.school@det.nsw.edu.au

Term 4, Week 5
4 November 2013

What's on at NEPS

PBS Focus: Dealing with Teasing

- Stop and think
- Say, "Please stop".
- Walk away

Halloween Disco

It was great to see so many children dressed up in their spooky best last Thursday night when they attended the Halloween Disco. There was lots of fun, food and dancing had by everyone. Thank you to the tireless efforts of our P&C parents and carers, Mrs Ramsay, Mrs Smith and Mrs Golding who decorated the hall, prepared all of the food and gave out free lolly bags to the children as they left. Without their wonderful contribution to the school this great activity would not have been possible.

ISER Ensemble

Next Monday the Illawarra South East Performing Ensemble will be performing for the students in the school hall. The show will start at 11.15am. Cost will be \$2.00 per student which has been heavily subsidised by the school. With music being such an important part of the program at Nowra East, I would like all children to attend. The cost covers the hire of the bus and equipment for the ensemble. It does not make a profit. Please complete the tear-off section of this newsletter and send it back to school with the \$2.00 per student payment.

Staff Car Park

I must remind parents that the staff car park is not a drop off zone. There are clear signs posted at both parking entrances stating that staff and service vehicles only are permitted to enter. Please, in the interest of our children's safety, do not enter the school parking areas.

How many screens is your child watching? 'by Michael Grose

Childhood today is an indoor activity. A recent Newspoll survey found that children under 10 spend less than ten per cent of their free time playing outdoors. The older children become the less vigorous activity they engage in. The average time for 5-6 year old children involved in vigorous activity is 4.3 hours. By the time children reach the 10-12 year age group this figure has halved to 2.2 hours. Most of children's physical activities are performed at school. The biggest factor affecting children's play habits is the revolution in sedentary entertainment options- television, computers and video games. Most of the research available about kids and screens focuses on television viewing, and that is inconclusive. Many children when they leave the TV use a computer or play a video game so they simply replace one screen with another rather than engage in physical activity.

Here are some ideas to help ensure children spend more time involved in active pursuits away from electronic screens:

- Set time limits on the use of television, computers and video-games. One Australian study revealed that 40 per cent of parents in homes with televisions have no time limits or rules for TV viewing and just fewer than 50 per cent of families eat their evening meal in front of the TV.
- Keep televisions, computers and video-games in public places so that you can monitor their use.
- Have screen-free time. Either once a week or have some time each day when all screens are off, unless they are needed for educational purposes.
- Ensure a range of alternative play options are available that suit the interests of each child.
- Actively encourage each child to participate in at least one weekly creative, community-based or sporting activity.

Peter Collins
Principal

SCHOOL NEWS

WEEK 5

Tuesday 5 November

9.30am Kindergarten Orientation Day

Active After School

Wednesday 6 November

Scripture

Stage assembly

Thursday 7 November

Friday 8 November

WEEK 6

Monday 11 November

11.15am Illawarra South East Performing Ensemble

16 November

P&C Family Portrait Fundraising Day

WEEKLY ASSEMBLY AWARDS

1B - Merinda, Natalia

1F - Hayley, Joshua, Joseph

1/2C - Shayne, Hayden

2M - Nicholas, Aarryn

2/3H - Kiralee, Kiara

3/4M - Jarrah, Tyrell

3/4S - Tiana

4/5I - Toby, Blake

5/6S - Teasha, Bianca

5/6W - Naketa, Lindsay

ST - Brayden, Maddison

SH - Jena

AEO - Shallbe

STAGE 2 - NORTH NOWRA TAVERN CHINESE RESTAURANT

Stage 2 have planned an excursion to North Nowra Tavern Chinese Restaurant on Wednesday 13 November. Notes and payment needs to be made by Tuesday 12 November.



SCHOOL SWIMMING SCHEME 18 TO 29 NOVEMBER

The Intensive Swimming Scheme is running again this term. The swimming scheme is to assist children who require extra instruction in swimming. Students will travel to Bomaderry Aquatic Centre each day over a two week period for daily lessons. Students from Years 2-6 are eligible to attend the Swimming Scheme.

Payment needs to be made by 12 November 2013.

HALLOWEEN DISCO

P&C would like to thank all staff and students who attended the Halloween Disco last Thursday.



KINDERGARTEN ORIENTATION DAY

When:

(parent and students)

Tuesday 29 October 2013

Time: 9.30am—11.30am

(students only)

Tuesday 5 November 2013

Where: Kindergarten classroom

Time: 9.30am-11.30am

NOWRA EAST PUBLIC SCHOOL
87 JERVIS STREET
EAST NOWRA 2541
PH: 4421 3539

ILLAWARRA SOUTH EAST PERFORMING ESSEMBLE

I give permission for my child/ren to attend the Illawarra South East Performing Ensemble performance to be held in the school hall on Monday 11 November at 11.15am. The cost will be \$2.00 per student. Please complete the tear-off section and return it to the office as soon as possible.

ILLAWARRA SOUTH EAST PERFORMING
ESSEMBLE 11/11/2013
11.15am

Student name: _____

Class: _____ **Amount \$2.00**

Signed: _____