

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 7
18 November 2013

What's on at NEPS

PBS Focus: Canteen Procedures

- Line up behind the line
- Be polite to the canteen helpers
- Use manners: "Please" and "Thank you".
- Sit and eat at the tables quietly.
- All food must be eaten at the canteen tables

Choir Performance

The choir performance for Care South's 21st birthday was a wonderful success. There were many tears from members of the audience as our children melted their hearts with their usual first class performance. Thanks again to Mrs Krelle and Mrs Mulhall for supporting the children after school. Thanks also to Mrs Pat Smith who provided great back stage support as well as washing the choir uniforms.

Movie Night

Mrs Scerri organised a movie night for staff and their friends and families last Wednesday night. A delicious supper was served to everyone before they got to see the movie "The Butler", starring Oprah Winfrey. This event has raised almost \$1400 which will go towards the Year 6 Farewell. Thanks you to Mrs Scerri for her hard work and organisation and thank to everyone who donated plates of food for supper. I'm sure the children will really appreciate your efforts.

Helping your child deal with discouraging people By Michael Grose

Part of growing up and growing away from you means that children meet with many people who can be discouraging or negative toward them. Nitpickers, fault-finders and verbal bullies can be found in any playground. They exist in many families too. Some kids have teflon-coated hides and can easily brush off criticism or discouragement. Most children, like adults, can be stung by discouragement. Receive enough of it and their self-esteem takes a dive and they begin to take fewer risks for fear of being criticised for making mistakes. As a parent you can help children deal with discouraging or disparaging experiences and remarks. Here are five ideas that may help you help children deal with discouragement:

Tell your children they don't have to agree! If you are told often enough that you are inadequate in some way then it is hard not to agree with the assessment. Children can disagree quietly with a discouraging statement. It is a matter of being aware of their self-talk. When on the receiving end of discouragement they can say something like, "Nuh, I don't agree with that. I am a smart kid." Positive self-talk can help deflect criticism and lessen the personal hurt.

Show you understand how they feel. Let them know that you know what it is like to be put down or discouraged. Children are able to draw strength when they know that their parents generally know how they feel about a situation. Above all, let children know that they will survive put downs and criticism and that things will get better. They always do.

Talk about the source of the discouragement so that children gain perspective. Children often lose perspective so a reality check can help them realise that the sun will rise tomorrow or that the discouraging person needs help. Help them not take put downs personally. In effect, the problem lies with the discourager.

Give them some social skills needed to cope. Some children are hard to ruffle with criticism. Their body language and verbal response is such that they deflect any criticism. Sometimes giving kids suitable comeback lines can help them deal with the criticism or discouragement they experience. Or even strong body language can help lessen the verbal stings.

Have a great week.

Peter Collins
Principal

SCHOOL NEWS

WEEK 7 - Swimming Scheme commences

Tuesday 19 November

Active After School

Wednesday 20 November

Scripture

Whole school assembly

Thursday 21 November

Kidzwish - Wollongong Entertainment Centre

Friday 22 November

Preschool Orientation Day

STAGE 3 - JAMBEROO

Stage 3 will be attending a reward day at Jamberoo on 10 December 2013. Notes have been already been sent home. Final payment needs to be made by 6 December 2013.

Stage 3 Teachers

WEEKLY ASSEMBLY AWARDS

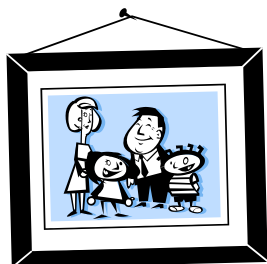
1B - Jenna, Dale	1F - Asha, Joseph
1/2C - Angelica, Mason	2M - Harley, Jerome
2/3H - Ben, Aysha	3/4S - Josie, Brenda
4/5I - Shantelle, Josh	5/6S - Angel, Teasha
5/6W - Lauren, Zach	ST - Brayden, Beau

PRESCHOOL ENROLMENTS 2014

Our Preschool now has positions available for children aged 3/5 years (must be turning 4 before 31 July). Families are welcome to attend our orientation days to be held on Friday 15 and Friday 22 November 2014 from 2.00pm. If you are interested or have enquiries please Preschool on 4421 3539 between school hours.

P&C FAMILY PORTRAIT FUNDRAISING DAY

P&C would like to thank all the families who attended the Family Portrait day on Saturday.



P&C MEETING

Reminder: the next P&C Meeting will be held on Wednesday 20 November at 2.00pm in the staff. All welcome to attend.

CANTEEN MANAGER

A position exists for a keen and motivated canteen manager at Nowra East Public School. The school canteen services approximately 350 students and staff. The canteen operates Monday - Friday and also caters for staff and community events as required.

The manager will be responsible for:

- the daily operation of the canteen
- following of the "nutrition in schools policy" and food safety guidelines
- meeting wh&s requirements
- prepare, cook and promote healthy eating through the canteen
- able to receive and check all ordered supplies
- counting the daily takings
- conducting periodic stocktake
- organising incidental cleaning duties when necessary
- attending all canteen committee meetings or other related duties as determined by the principal

Interested and suitably qualified applicants are asked to apply in writing; submitting a curriculum vitae, addressed to the Principal Mr Peter Collins, including the names and contact numbers of two referees, one of whom must be the current employer by Friday 29 November 2013. Applications should not exceed 2 pages.