



Term 4, Week 9
1 December 2014

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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What's on at NEPS....

PBS Focus: Solving a Problem

- Decide on the problem
- Think of choices
- Make a plan
- Do it

Picnic Day and Jamberoo

NEPS Picnic day will be Tuesday 9 December. All students eligible to attend will receive a note this week, please return the note and money as soon as possible as we need numbers for the bus.

Free Performance

Shoalhaven High will be giving a free performance to all K-2 students on Tuesday in the hall. All K-2 classes need to be seated by 9:30am as the performers have another school to attend straight after.

King and Queen of Green

All P-2 students, SH & ST will be attending a performance about recycling and composting. This is a free performance but on by Shoalhaven Council on Friday 5 December 12:30pm in the hall.



FACEBOOK

The school now has a Facebook page...catch up with all the latest on what's happening at your school.

Welcome back Mr Collins

Mr Collins returns to school today after his recent knee surgery.

Have a great week.

Wendy Theobald
Relieving Principal

SCHOOL NEWS

WEEK 9

Tuesday 2 December

9.30am - SHS Drama - K-2

10.30am-12.30pm - SH & ST excursion

Active after school - last day for Term 4

Wednesday 3 December

All day - garden workshop

12.30pm - Scripture Christmas assembly - hall

12.30pm - Catholic Scripture - library

2.00pm - Whole school assembly

Friday 5 December

12.30pm - The King and Queen of green

2.15pm - Attendance Afternoon Tea

Tuesday 9 December

K - 6 Picnic Day and Jamberoo

Wednesday 10 December

Volunteer Morning Tea

Thursday 11 December

Presentation Assembly

Friday 12 December

Preschool Christmas Party and Presentation

Tuesday 16 December

Year 6 Farewell

Wednesday 17 December last day of school

FOR SALE

We have a very old large Kelvinator fridge in reasonable condition for sale. If you are interested in purchasing please put an offer in writing to Megan in the office.



CHRISTMAS SCRIPTURE ASSEMBLY

Family and friends are invited to our Christmas Scripture Assembly.

NEPS Hall on Wednesday 3 December

12.30pm till 1.30pm

Uni students from Sydney are our guests.

SCHOOL BANKING

School banking is every Thursday morning through the Uniform shop window.

WAYEELA COOINDA PRESCHOOL ENROLLING NOW FOR 2015

Our preschool still has positions available for next year; our fees are as low as \$1.00 per day (conditions apply). We will be holding an open day on Wednesday 26 November 2014 from 1.30pm to 3.00pm. For more information contact the preschool on 4421 8970 or drop in and see us ASAP. All children need to be turning the age of 4 before 31 July 2015 to be eligible to attend.

ASSEMBLY AWARDS

KH - Tyra, Blad
1M - Jacob, Hailey
1/2F - Matthew, Kevin
2I - Jeneven
3/4D - Tyreese, Skylar
5/6C - Blake, Wezley
5/6H - Shantelle, Kaleb
SH - Ben, Gianna
ST - Cain, Jaidon

COMMUNITY NEWS

Go4Fun
 Healthy • Active • Happy • Kids

NSW GOVERNMENT
 Health
 Illawarra Shoalhaven
 Local Health District

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

WHEN DOES GO4FUN RUN?

Go4Fun runs for 9 weeks after school or on weekends during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

WHAT DO WE DO AT GO4FUN?

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practice.

Every week the children will also be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

START UP PACK

Your child will receive a start-up pack including a:

- Go4Fun backpack,
- Go4Fun t-shirt,
- Go4Fun water bottle

Your child can also earn bonus rewards including:

- Wristbands
- Bouncy balls and
- \$30 Sports equipment voucher*

HOW DO I ENROL?

Registrations for Term 1 programs are now open with limited places available in our **Nowra** program running every **Saturday** from 9:30am - 11:30am at Nowra PCYC starting Saturday 31st January.

We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your child's place in a program by contacting 1800 780 900

*who complete 8 or more sessions & Healthy Growth Check 2.

