

### PRINCIPAL'S REPORT

## Nowra East Public School Values: Safe, Responsible and Respectful Learners

Dear Parents and Carers

### Cultural Performance

We had a surprise visit at our school from Indigenous Enterprize on Thursday 23 August showcasing traditional culture through dance. The dancers from America have recently performed at the coming together of Native Nations festival in Queensland. We were honoured to have the opportunity to host the dancers at Nowra East PS to share some of their American traditional dancing with our students and staff. Thanks to Uncle Andrew and Auntie Belinda for organising such an exciting, colourful and



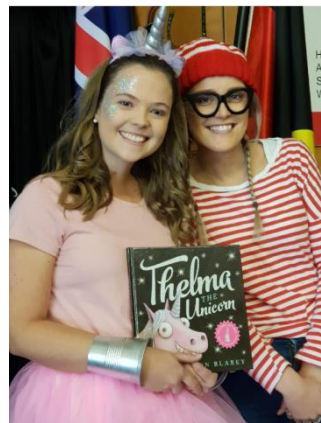
entertaining event.



### Book Week

Thank you everyone for a very successful Book Character Parade and Book Fair! Lots of new and exciting costumes every year!

Thank you to Ms McGill for her excellent organisation of the Book Fair and Book Week events.



## Author visit

Author/Illustrator, Gabriel Evans graced us with his presence and experience with writing and illustrating books. We learned about the excitement of getting your work published, as well as the frustrations of having strict deadlines!!! We created our very own character, an evil polar bear, and discussed a storyboard of events. Students behaved outstandingly and illustrated beautifully. Great job Nowra East Public School students!

Ms McGill  
Librarian



## Parents as Teachers and Community Helpers (PaTCH)

The Parents as Teachers and Community Helpers (PaTCH) course is a training program to accredit volunteers supporting children learning to read, write and use counting in the early years of schooling.

Congratulations and thank you to the six parents who received their Certificate of Achievement last Wednesday for successfully completing the training course at Nowra East PS.



## Poetry in First Language

Some of our Aboriginal Students participated in the *Poetry in First Languages* program at Bundanon Trust on Thursday 16 August.

Kirli Saunders, a proud Gunai woman with ties to the Yuin, Gungungurra, Gadigal and Biripi people, founded the *Poetry in First Languages* project and is the manager of Poetic Learning and Aboriginal Cultural Liaison at Red Room Poetry. She was awarded *Worker of the Year 2017* at the NAIDOC awards in the

Illawarra/ Shoalhaven Region.

Her first children's book *The Incredible Freedom Machines* has been selected for Bologna Book Fair 2018. Her second picture book *Our Dreaming* will be released by Scholastic in 2019. Kirli's poem *A dance of hands* was runner up in the Nakta Brophy Prize. Her poem, *Disconnection* will feature in Cordite issue 86 in 2018.

Our students were given the opportunity to learn Dharawal Languages with Jacob and Adrian on country at Bundanon Trust.

This was the feedback we received in an email from Kirli:

*It was an absolute pleasure working with Nowra East PS! Thanks for the opportunity and for your time, effort and energy. Your students were standouts in the project and wrote such delightful things.*

Thank you to Mr Maxwell and Aunty Belinda for organising such a great experience for our koori children at Nowra East Public School.



## SHOALHAVEN MUSIC FESTIVAL

Our senior choir will be performing alongside five other local school choirs at Bomaderry High School on Wednesday 5 September, with doors opening at 6:30 pm. Tickets are available from our front office for \$10 each, and we would love to see everyone there to cheer on our talented choir.

## KINDERGARTEN 2019 ENROLMENTS

It is now time to register your child for Kindergarten. Please call at the office so that your child's name, gender, date of birth, parent/carers name and contact numbers can be recorded for 2019 enrolment and you will be given an enrolment form for completion.

Below is a check list of compulsory legal requirements for children starting school in a NSW Department of Education setting.

Please return this form to school with your enrolment form-:

- ☐ **A signed completed enrolment form**
- ☐ **An original Birth Certificate**
- ☐ **An up to date Immunisation Certificate available Medicare or MyGov**
- ☐ **Proof of address – drivers licence or electricity or telephone bill**
- ☐ **A Medicare card**
- ☐ **A permission to publish note/child protection/Lyrebird Park permission form (purple)**
- ☐ **A bus application should be completed online at Transport NSW**

If your child is enrolled in a local pre-school they will be attending transition visits to Kindergarten classrooms during Term 3.

During Term 4 all enrolled students will be invited to three orientation days. The dates for our

### Coming Events:

#### Term 3

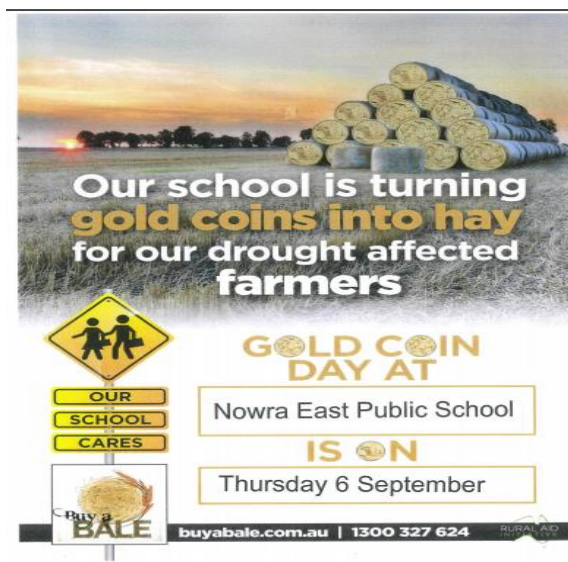
- Week 7 Friday 7 September – Kindergarten to Black Beach Kiama National Park excursion
- Week 8 Friday 14 September - Stage 1 to Killalea National Park excursion
- Week 9 Years 3-6 Science Circus – Tuesday, Thursday & Friday – Timetable TBA
- Weeks 9 and 10 - Swimming Scheme for Year 2 upwards
- Week 10 Friday 28 September - Grand Final Dance Off in hall

#### Term 4

- Week 2 Thursday 25 October **Carnivale**
- Week 3 Friday 2 November: **Kindergarten Orientation 1 and Parent Information Session**
- Week 4 Thursday 8 November: **Kindergarten Orientation 2**
- Week 5 Tuesday 13 November: **Kindergarten Orientation 3**
- Week 6 Monday 19 November - The String Family Concert in hall for whole school



Kind regards  
Kristie Goldthorp OAM  
Principal



### Hot parenting tips to help your child feel cared for, heard and resilient

In 2014 Andrew Fuller, one of Australia's well-known child and adolescent psychologists, ran a study about resilience with approximately 16000 Aussie youth. The children who were most resilient almost universally agreed with two statements that children with the lowest resilience disagreed with.

They were:

- I have a parent who cares about me
- I have a parent who listens to me

Take a moment and ask yourself, "Would my children say 'yes' to those two statements?" Perhaps you might even ask your child. "Do you feel like I care about you? Do you feel like I listen to you?"

Here is a list of 3 things you might be able to do, starting today, to help your children feel cared for and heard.

#### 1. Stop saying "I'm busy"

There is an old quote that "To a child, LOVE is spelled T-I-M-E." If that is the case, I can't help but wonder what "Hurry up" might mean to a child. Or "I'm too busy right now."

When we are too busy for our children, or when we are rushing them, they withdraw. They miss out on opportunities to connect with us. And when they are older, our relationship with them will suffer.

#### 2. Turn off your smartphone

There may be no greater sign that you care, and that you will listen, than to power down your phone – or at least go to flight mode – when your children want your attention. Studies show, definitively, that the mere presence of a phone detracts from the quality of our conversations. Put the phone away when you are talking.

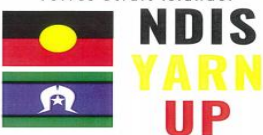
#### 3. Turn off screens

Make certain parts of the day screen-free. No TV. No tablets. No phones. That means no texting, reading, swiping, or playing games. It means no beeps, pings, whistles, or reminders. It's just you and your kids, and conversation. Perhaps it might be at meal time. Maybe it could be while you travel. When you decide to do it is less important than making the decision.

*Watch this space in the next newsletter for the next instalment of hot parenting tips you might be able to do to help your children feel cared for and heard.*



Shoalhaven Aboriginal & Torres Strait Islander



**NDIS YARN UP**


- Guest speakers
- Service Stalls
- Link up to NDIS
- Arts & Craft
- Child Care
- Free BBQ lunch
- Give-aways
- Jumping Castles
- Petting Zoo
- Animal Show

Free event to come together, have a feed, share a yarn and learn about what supports are available for our local Aboriginal community under the rollout of the NDIS.

**SEPTEMBER 6TH 2018**  
**10AM - 2PM**

**NOWRA SHOWGROUND PAVILLION**

RSVP for catering and transport purposes is essential, please RSVP by 27th August to Margie on 44 286 900 or Joni on 0242 564 333. Limited transport available from Jerrinja & Wreck Bay Communities.




Proudly funded by Ability Links NSW, and supported by SANDS Network.

## Prosperity in the Park 2018

The Annual Prosperity in the Park will be held as a breakfast event during the School Holidays this year. This is a great way of connecting with local residents of Nowra East. I would like to invite you to be a stallholder, workshop provider or performer at the event on 9<sup>th</sup> October 2018.

Families and friends are invited to come along and enjoy a variety of stalls, entertainment, performances, workshops, information sharing and lots of free stuff on the day to raise awareness and promote the fight to reduce poverty and build stronger communities. This event will also provide a great opportunity for families to connect with local community organisations who can offer services to help people.


If you are able to be involved, in any capacity, we would really appreciate it.

Judy Harper

Antipoverty Committee

Email: jaharper@redcross.org.au Phone: 4428 4900

## Monkey Mondays Playgroup



Come and enjoy a Cuppa & a chat  
Activities & Games  
Connect with other families in the area  
Have some Fun!  
Make new friends  
Bring some fruit to share

**41 Worrigeer St, Nowra**  
Corner of Osborne St  
**MONDAYS**  
**930 - 1130AM**  
GOLD COIN DONATION

**ALL WELCOME**

Pop in or call us 4421 5077 to find out more!

## Parents with Prams Walking Group

The walk will leave from Shoalhaven Neighbourhood Services, 41 Worrigeer Street Nowra if the weather suits.

- Walk and get fit.
- increase your energy.
- improve your sleep, and
- meet new friends.

Other than yourself and baby please bring along  
Plenty of water  
Sunscreens and a hat  
Any baby supplies  
Comfortable walking shoes

Cost: Free (gold coin donation appreciated)

This is a 30 to 40 minute medium-paced walk followed by time for a coffee and chat in the children's playground at the centre

Contact: Judith on 4422 1299 or 4421 5077



## Try T-Ball & Junior Baseball Days



Sunday 9<sup>th</sup> & 23<sup>rd</sup> September 2018 10am - 1pm

Ison Park Baseball Field Hillcrest Ave South Nowra

Ages 4 to 14 Years



Children are invited to try T-BALL & JUNIOR BASEBALL playing a range of games based around the skills of hitting, catching, throwing and base running with

The Shoalhaven Mariners Baseball Association

Any further information please contact Samantha Harbinson 0488 032 404

Shoalhaven.marinersbc@gmail.com www.shoalhavenmarinersbaseball.com.au

Shoalhaven Mariners are a NSW Sport approved Active Kids Voucher Provider

Canteen Facilities are available

This is a Free Event



Havenlee School, PO Box 3082/75 Judith Drive  
North Nowra NSW 2541  
Telephone 02 4421 3777  
Fax 02 4423 2130  
[havenlee.school@nsw.edu.au](mailto:havenlee.school@nsw.edu.au)

## Hydrotherapy Volunteer

Havenlee School is an SSP in North Nowra, consisting of 9 classes, years pre-school to year 12 (eight IOLIS & 1 MC). The students present with moderate to severe intellectual disabilities, often accompanied by secondary physical, behavioural and other disabilities such as Autism Spectrum Disorder. Aboriginal students make up approximately 35% of Havenlee School enrolments.

The Havenlee P&C Committee's major revenue raiser for 2018 has been the Assisted School Travel Business.

The major priorities for our financial support were again determined as the Hydrotherapy Program and the Communication Program. The Hydrotherapy Program continued to offer all our students the opportunity to benefit through swimming lessons for our more physically capable students, lessons in water safety for all, plus physical therapy for our students normally restricted to wheelchairs. We are extremely fortunate this program has been designed and run by the schools professionally trained Aus Swim teaching staff and supported by our volunteers. The P&C were able to support this program with a phenomenal \$80,000 being given to the school towards staffing and equipment.

Thanks to the P&C, the Hydrotherapy Program is running on Tuesday and Thursday. If you or anyone you know is interested in volunteering to help in the pool on either a Tuesday or Thursday please phone the school.

Volunteer sessions are: 9:00am-11:30am and 12:30-2:45pm on both days. Volunteers are only expected to do one session a day. Volunteers need to be prepared to go into the pool during their session times.

You will be required to undergo mandatory screening (Working with Children check volunteers only, declaration for child related work and 100 points of identification).

Learn Create Connect

## Mother & Daughter Day

'ONE FOR THE GIRLS'

A day of creativity and connection for girls aged 9-12 and their mum, (aunt, grandmother or other special female).

\$22 per person

Sunday 23rd September

10am-3:30pm

202 Millbank Road, Terara

Includes 3 professional and workshops to improve resilience and self esteem, plus lunch.

Tickets at [www.trybooking.com/XPVB](http://www.trybooking.com/XPVB)

Contact Carla: 0423 180 226  
carla\_balsar@live.com.au



## SHOALHAVEN GIANTS/NOWRA VIKINGS AUSKICK STARTS SOON!

Shoalhaven Giants/Nowra Albatross Vikings Auskick is back and starts Saturday morning the 8<sup>th</sup> September at West St Oval between 9.30 & 11am.

Girls & boys between the ages of 5 & 12 can come along and enjoy skills & games in a fun filled atmosphere.

The cost is \$40.00 for the entire 6 sessions and everyone will receive a football.

To register > Google auskick.com then hit register - then the postcode, select Shoalhaven Giants Nowra Albatross Vikings Auskick and follow the registration process. More information contact Greg on 0478 225 352