

Nords Wharf PS



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Term 3 Week 8

Thursday 3 October 2015

School Calendar 2015

Term 4 Events

Monday 24	Gymnastics
Tuesday 25	Library, Guitar
Monday 31	Gymnastics
Tuesday 1	Book Week Parade, Library, Guitar P&C Meeting 6:30pm
Thursday 3	Jelly Beans,
Friday 4	Father's Day Stall, Father's Day Breakfast , Tringo
Monday 7	Year 5/6 Camp. School Readiness Talk
Tuesday 8	Year 5/6 Camp
Wednesday 9	Year 5/6 Camp
Thursday 10	5/6 Science Day
Tuesday 15	Library, Guitar
Wednesday 16	Touch Footy Gala Day,
Thursday 17	Visual Arts Extravaganza
Friday 18	Last day of term

*The community
acknowledges
traditional custodians of
the land on which the
school is located.*

PRINCIPAL'S NEWS—Sue Holt

What a fabulous afternoon we had for our Book Week Parade this week. Lots of terrific costumes and happy faces. Check out the photos in our newsletter, thank you to all the parents/carers/grandparents for supporting our students.

TOMORROW NIGHT is TRINGO NIGHT at Swansea RSL. Come along and support our P&C and help raise money to resurface under our Cola. There are lots of prizes to be won and fun for everyone. Thank you to our P&C for all their hard work organising the evening starting at 7pm. (doors open at 6.30pm)

School uniform.

Reminder that all students need to be wearing their black joggers as part of the school uniform except on Sports Day:

Sports Days are Monday 1/2, Wednesday K/1, Thursday 2/3/4, Friday 4/5/6.

Don't forget our Fathers/Carers Breakfast tomorrow morning from 7:45 to 9:15am and the handball competition. Following the breakfast will be the Fathers/Carers Gift Stall—students may purchase gifts for \$1 to \$10 *Don't forget your money.*

Our Art Show is on Thursday, 17 September in the library 2:30 to 6pm, gold coin entry for parents.

Stage 3 Camp to Katoomba / Bathurst / Dubbo leaves on Monday morning students need to arrive by 8:30. What a fabulous experience for our students we look forward to great pictures and stories.

K/1

It was fabulous to see all of our students dressing up for our Book Week parade and celebrating their love of stories. Thank you to all of our families and friends who came to join us.

This week, as part of our Child Protection unit, we labelled and discussed the correct names for body parts and we talked about how different people can have different emotional reactions to the same event/situation (e.g. one person may love getting up and speaking in front of a big group of people, while another may experience anxiety and fear). After introducing the concept of 'yes feelings' and 'no feelings', the students identified which feelings they liked to experience and which ones they didn't. We have already been using a yoga technique called 'rabbit breathing' to help us relax when we are anxious, angry or upset. On Wednesday, we watched two short videos about other breathing techniques that can help us feel better. It would be great if you could spend a few minutes watching each one with your child so that you can support them to use the same techniques at home. We have named the other two 'glitter breathing' and 'belly breathing'. Your child can show you the actions we do while breathing this way.

Forever Onward

P&C President
Sidone Lambert

Canteen
Open Wednesday,
Thursday and Friday
Coordinator
Sabrina Moore

Uniform Shop
Open Thursdays
9:00 am—9:30am
Coordinator
Leanne Munro

Student Banking
Tuesday



Library
Tuesday



Scripture
Wednesday

Guitar
Tuesday



Band
Wednesday



**School Security
Number**
1300 880 021

Glitter Breathing

<http://amysmartgirls.com/short-film-just-breathe-helps-kids-deal-with-emotions/>

Belly Breathing

<https://youtu.be/mZbzDOpylA>

Trinity Hook and Brooke Titterton

Year 1/2

The stars this week are Charlotte and Bailee. It was great to see the students so excited on Tuesday, dressed for the Book Parade. Thank you so much to everyone for supporting our day and to those who were able to come along too. This week as part of our continuing focus on Kids Matter and positive mental health, 1/2 watched two short videos about what happens when you get angry and how breathing can help to calm you down. We particularly enjoyed the Elmo 'Belly Breathe' song. Thank you to Mrs Hook for finding these videos for us. I am at a course tomorrow but will be leaving work for the casual teacher to complete with 1/2. Home readers can be changed on Monday. Just a reminder that the projects are due at the end of next week.

Kate Halligan

2/3/4

Congratulations Keely, Jack, Alex, Daniel, Grace, Lachlan, Darcy and Thai for scoring 100% in their spelling.

Next week the Science project is due. The high level of projects already handed in is impressive with some very exciting push / pull machines.

I must say that I was very impressed with not only my class but the entire school at Tuesday's Book Week Parade. Thank you for all your effort that was put in to the day.

I hope to see many fathers/carers at tomorrow's Fathers' Day Breakfast, maybe participating in some serious handball?

Next week our class will be looking at Fractions and Decimals during maths and our news topic is to talk about something that is special to them.

Carl Derbyshire

4/5/6

The children are getting excited as our camp draws near. Don't forget, Years 5 and 6 should be at school on Monday, by 8:30am ready for departure at 9am. Our first stop will be Katoomba and lunch at Echo Point. **All the children will need a packed lunch for this meal.** The children are allowed to bring some lollies but I'm hoping the quantity brought will be sensible. Any medicine should be in a labelled plastic bag with clear directions and a medication form completed. This should be given to Mr Westcott before boarding the bus. On the following day, after we return, many of our class will be going to the Engineering day at Kahibah PS. Thank you to those parents who are helping with transport.

Peter Westcott

Canteen News.

Fresh Fruit & Veg Deal starts Wednesday, 9 September until the end of Term 3. Buy any of the 2 items below and receive a free pencil and rubber

Fruit & Veg Cup 50c - Corn on the cob 70c - Healthy Banana Muffin \$1

Sabrina Moore

Band News

Our Band Fundraiser "Laserblast" fun evening is coming upon Thursday, 22 October at 4.30pm to 6.30pm tickets are \$20 each for 3 games of Lasertag, See You There!!

Trinity Hook and Julia Schofield

PBL Focus of the Week

Week 9

Trying Your Best



In The Spotlight

BOOKWEEK PARADE



TERM DATES

2015

Term 3

13 July - 18 September

Term 4

6 October - 18 December



Did You Know?

Penguins are birds but they cannot fly. However, they are very skilful swimmers. Penguins don't have wings, they have flippers. Penguins can jump 6 feet in the air. Penguins are also the only birds that walk upright. The largest living species is the Emperor Penguin- on average adults are about 1.1 m (3 ft. 7 in) tall or more. Do you know that the fastest swimming bird in the world is Gentoo Penguin! The King Penguin is the second largest species of penguin.



"Quote of the week"

"Just Chillin Like A Penguin"

Anon



Forever Onward



P&C Tringo Night



Friday 4 September

Only 1 more sleep till Tringo night!

Doors open at 6:30 pm for a 7:00 pm start.

Thank you to the generous businesses who have donated prizes for the night.



*\$200 gift voucher
Cruiseabout*

*\$100 gift
voucher*

Al Lago

Restaurant



Bunnings Gift Cards



**Weekend Away
Maison de May Boutique
B&B**

**Double Pass
Jetbuzz**



*The Doylo
Gift card*

Tickets on Sale in the School Office or at

The General Store

Remember tickets only \$10

until Friday

Normal price \$15