

Nords Wharf PS



55 Marine Parade, Nords Wharf, NSW, 2281

Phone: 4976 1257 Fax 4972 5046

Email : Nordswarf-p.school@det.nsw.edu.au

Term 3 Week 9

Thursday 10 September 2015

School Calendar

Terms 3 & 4 2015

Upcoming Events

September	Touch Footy Gala Day
Wednesday 16	
Thursday 17	Visual Arts Extravaganza 2:30pm— 6pm Talk Like A Pirate Day K-2
Friday 18	Last Day term
Term 4	
October	P & C Meeting
Tuesday 6	6.30pm i
Monday 12	Bandfest
Monday 19	Kinder Transition
Thursday 29	Music Count Us In
November	PSSA 1.30
Monday 9	Police Forum
Monday 16	Kinder Transition
Monday 30	Kinder Transition
December	Maitland PS Band
Tuesday 1	Perform 10am 50 min
Friday 4	Carols Night
December 9	Presentation Night 6 to 8pm

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

PRINCIPAL'S NEWS—Sue Holt

What a busy week we have had at our school! Our students played great soccer at the Galgabba Cup last Thursday and were narrowly defeated by Marks Point 1 - 0 in extra time, Well Done. Thank you to Mr Derbyshire and the parents for supporting our school.

It was so great to see so many Dads/Carers at our Father's Day Breakfast, it was a lovely breakfast thanks to Mr Westcott, Mr D, Mrs Hamilton and Miss T, the handball competition was lots of fun too.

A big thank you to our P&C members who organised our Tringo Night last Friday. See the P&C news section. Thank you to everyone who came along and to the businesses who donated the fabulous prizes. Mr D and Mrs Hook were very entertaining as the Bingo hosts.

Next week students in years 1 to 6, teachers and parents will be asked to complete the 15 minute "Tell Them From Me" survey in the library. Please pop in and help us to gather feedback about our school.

Our Visual Arts Extravaganza will be held in the library next Thursday from 2.30 to 6.30pm. A gold coin entry for parents will enable you to see a whole terms art work. We look forward to seeing everyone there. Afternoon tea will be available from the canteen.

The Touch Footy Gala Day is on next week too. Separate notes have been sent home.

Stage 3 Camp - a tired but happy group returned on Wednesday evening, A huge thank you to Mr Westcott for supervising the 3 day excursion. Stories and poems next week. It was awesome!

If your family is moving from our school at the end of the year could you please let the office know as we will be starting organisation of classes after the next Holidays. If you know anyone coming to the area please tell them to contact us.

K/1

This week in our Child Protection Unit, we have been discussing our body warning signals that tell us we need to stop and think or move away from danger and get help (heart beating faster, tight tummy, shaking legs, etc).

We role played different situations, such as being on a huge slide, being in a paddock with a bull or being lost at the shops. Students identified 5 people who they could go to for help, as well as the importance of seeking another trusted person if the first one was unable to help. We talked about when it is ok to share

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



Did You Know?

Dragonflies have 6 legs but can't walk.

"Quote of the week"

"I can still only see a Dragonfly, its wings as thin and light as silk and its body the colour of rainbow.
Daniela I Norris.



our bodies and which parts are ok to share.

Next Thursday is our Pirate Day ! Notes went home this week with more information.

Next Friday will be a whole school mufti day with a gold coin donation for the Year 6 farewell.

Trinity Hook and Brooke Titterton

Year 1/2

The stars for this week are Talia and Kayden. This week our favourite activity has been art with clay! We are hoping our creations dry soon so we can paint them for the art show next Thursday. Next Thursday, 17 September is also "Talk Like A Pirate Day". Students in K-2 are invited to come dressed as a pirate and also bring a teddy. We will be having fun with pirate - themed activities and a picnic at lunch time. The students have been excitedly telling me about their projects and I am looking forward to seeing them tomorrow. This has been the final week for homework for the term. Next week the students may have free choice news and we will also be sharing our projects over the week.

Kate Halligan

2/3/4

Last Thursday we entered 2 mixed teams from the school in the Galgabba Soccer Gala Day. The day was wonderful and everyone displayed excellent sportsmanship and should be congratulated on their behaviour. The juniors played well and were only just beaten in each game by Blacksmiths and Marks Point. The seniors had an excellent day winning against Pelican 10-0 and Swansea 4-0.

This lead the team into the finals where they faced Marks Point, with an extremely even and exciting game with the fulltime score 0-0 so extra time was played and Marks point won the game scoring a goal in the final minutes of the game. All players put in an amazing effort and displayed great teamwork, with constant encouragement and praise for each other and other teams, we were proud they represented our school.

Thanks to all the parents who came along to support and transport the students without you the day would not have been so successful.

Mrs Muir and Carl Derbyshire

4/5/6

Years 5 & 6 had a fantastic 3 days at Camp visiting the Blue Mountains, Bathurst and Dubbo. I was very pleased with everyone's behaviour. There will be more information in next week's newsletter.

Peter Westcott

Office News

Just a reminder that the Woolworths Earn and Learn promotion has now finished. Please send all stickers into the school office no later than Wednesday, 16 September. Thank you to all the families who collected stickers we can't wait to see what our stickers have collected.



Robyn Hamilton

PBL Focus of the Week

Week 10

"Be Safe"

Especially over the school Holidays

Canteen News.

Healthy Kids Banana Muffins Recipe

Ingredients

(Makes 12 Standard or 27 mini muffins)

- 1 Egg
- 1/4 Cup Caster Sugar
- 1/4 Cup Canola Oil
- 200 Natural yoghurt or 200ml milk + 1 tablespoon vinegar
- 3 bananas, ripe, mashed
- 1 Cup wholemeal self raising flour, sifted
- 1/2 Cup plain self raising flour sifted

Method

- Preheat oven 200C.
- Coat muffin tray with cooking spray.
- Mix egg, sugar, oil and yoghurt together in a medium sized mixing bowl.
- DO NOT BEAT, as this will make the muffins tough. Gently fold in bananas and flour into the mixture in one go.
- Once flour is just combined spoon into prepared muffin tin, divide equally into 12 (standard size muffins) or 27 (mini sized muffins)
- Bake for 30 minutes or until cooked.
- Allow muffins to sit in the pan for 5 minutes before turning on to a wire rack to cool.



Sabrina Moore

In The Spotlight.....

Fathers Day - Carers Breakfast



TERM DATES 2015

Term 3

13 July - 18 September

Term 4

6 October - 18 December

Kids Matter

As part of our Kids Matter initiative, students have viewed 2 videos which aim to help them understand how breathing Techniques can help us calm down and feel better when we are feeling angry, upset or anxious. We often tell children to "Take a Deep Breath" without explaining how to do it or why we do it. These videos help you do this. Each video is only a few minutes long. Take some time to have a look and discuss these breathing techniques with your children, so you can support them to use them at home as well.

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

<https://m.youtube.com/watch?v=mZbzDOpylA>



Drum Lessons

For all age

30 minute private lessons with

Finn Ellen

Only \$20

For more information call

0412 624 541



Kayaks

For Hire from \$30



SUP

Stand Up Paddle Boards

Boat Hire



Sportsboat

Hire Me from \$245



terms & conditions apply



from \$195 a hour

www.jetbuzz.com.au

Merit Awards

Term 3 Week 7 & 8

Class	Name
K/1	Wil , Taleah , Deliah, Ossian, Tilly, Mya, Baxter, Shaniah, Taj
1/2	Isabelle, Jace, Joe, Felix, Julius Charlotte, Alby, Kyan, Kamea, Torhi
2/3/4	Ben, Ruby, Max, Lachlan, Koby, Grace, Maggie, James, Jaden Daniel, Maddie, Alex, James , Keely
4/5/6	Jay, Jared, Coby, Jack, Sami MaryJane, Elloise, Madi, Taj, Jay, Sam, Bella, Keely,



Catherine Hill Bay Public School

Festival Centennial Anniversary

Saturday 26 September
10 am to 4pm
2015

Festivities include
Nords Wharf Band
performing and our
P & C will run a BBQ

There is lots to see and do so
Come and join in the fun.

26A Flowers Drive
Catherine Hill Bay
NSW 2281



Want to keep the kids **ACTIVE** on a Sunday morning?
... then get them into **NIPPERS!**
10:00am to 11:30am Sunday throughout the swim season



Fun | Fitness | Surf Awareness | Rip Identification | Board Riding | Training Programmes | New Friends | Parent Involvement | Bronze Medallion
www.cathosisc.org.au | nippers@cathosisc.org.au

REGISTRATION DAYS

Sunday 13th September 10:00am - 12:00 noon
Saturday 19th September 10:00am - 12:00 noon
Sunday 26th September 10:00am - 12:00 noon

ALL ENQUIRIES

Josh Simpson, Jnr Activity Co-Ordinator 0427 918 533

Nippers ... the perfect way to get your kids active and outdoors!

Proudly Sponsored by
Raine & Horne Lake Munmorah
for the past 11 years



1 MONTH
INTRODUCTORY
OFFER! \$50
Unlimited Classes*

6 Mitti Street BLACKSMITHS 149716901 | info@sacredplaceyoga.com.au | www.sacredplaceyoga.com.au



Kids Holiday Yoga

with Shae
September School
Holidays
Wednesday 23rd & 30th Sept
from 1pm to 2pm
Only \$10 ea

Limited numbers so bookings
essential.

Sacred Place Yoga

6 Mitti St Blacksmiths
Ph: 49716901