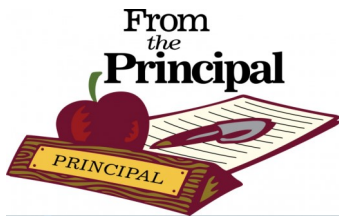




NUNDLE PUBLIC SCHOOL
NEWSLETTER
TERM 2 – WEEK 6



Good Afternoon Everyone

I was incredibly proud to see the efforts of our students this week at the Tamworth Eisteddfod in the Poetry. The confidence and sense of achievement were well worthy of a celebratory donut. Thank you to those parents who came in and supported the students.

Good luck to those students involved in individual performances.

At the end of each semester, students enjoy showcasing their talents as part of their involvement in the Eisteddfod music program. This semester we will also have an opportunity to listen to some of our students playing didgeridoo and acoustic guitar as part of their involvement in another branch of our music program. "Uncle" Mark Atkins has been working with some small groups of students, teaching them to play both instruments. Mark is a nationally recognised performer who brings significant expertise and excitement to our school program. Our students are incredibly lucky to be involved in this program.

Mrs Quast will be on leave for the last 4 weeks of term. She will be travelling off to Europe for a well-earned holiday. We hope you have an amazing time.

Some concerned visitors have suggested our cow is looking a little sick. She will be getting painted in due course as part of the Picasso Cow project. Students in all classes have

been learning about nutrition and the community initiatives that promote nutrition. Next week, we will reveal her name and commence the process of learning about and designing our cow.

I hope everyone has a great long weekend and comes back well-rested.

Stephen Gadd

Good for Kids good for life

CHOOSING HEALTHY SNACKS

Healthy snacks are important to help meet children's nutrition needs. Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

Some **tips** to help plan healthy snacks:

- Include a vegetable and fruit snack each day.
- Add vegetables into homemade snacks (muffins, pikelets, scones and slices).
- Cut up vegetables and fruits so they are easier to eat for snacks during the week.
- Keep a range of healthy snacks in the fridge or pantry.
- Get your kids to help prepare snacks.
- Show kids you enjoy eating healthy snacks.

Source: Choosing Healthy Snacks, Making Healthy Normal: WSLHD

Health
 Hunter New England
 Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

EVERY DAY COUNTS...
A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!

Term 2



Week 7	10	11	12	13	14 Regional X Country	15 & 16
Week 8	17	18	19	20	21 Boys Zone Gala Soccer Day	22 & 23
Week 9	24	25	26	27	28	29 & 30
Week 10	1 July	2	3 Special School As- sembly at 10am	4	5	6 & 7

Class Awards 27th May

Years K/1/2

<i>Indi</i>	Great work during guided reading
<i>Sebastian</i>	Great role model during guided reading
<i>Serenity</i>	Using different strategies during guided reading and writing

Year 3/4

<i>Emily G</i>	Having a sweaty brain in Maths and persevering
<i>Caitlin</i>	Great effort in reading
<i>Milla</i>	Attempting all task with a 'have a go' attitude
<i>Phoebe</i>	Excellent effort in all areas

Year 5/6

<i>Tiffany</i>	Terrific attitude toward Mathematics
<i>Gryff</i>	Brilliant expressive reading

Class Awards 3rd June

Years K/1/2

<i>Chase</i>	Working hard all week
<i>Destiny</i>	Always contributes to class discussions
<i>Henry S</i>	Working well across all subject areas

Year 3/4

<i>Bailey</i>	Fantastic effort
<i>Cooper</i>	Great contribution to class discussions

Year 5/6

<i>David</i>	Excellent leadership during class challenge
<i>Riley</i>	Excellent effort in writing

NEWS from the Office:

There is several ways to notify the school of student absence.

- 1) Phone
- 2) SchoolStream
- 3) Paper notification from parents
- 4) Email

Notes Due:

- Newsletter Survey



Girls Soccer Gala

Yesterday 5 students went to a girls soccer gala day.

My soccer day was yesterday we played three games. I had the best day. We had team members from Attunga, Woolomin, Currabubula and Bendemeer join us. I would like to do soccer one day again, as it was the funniest game ever because people kept doing handball accidentally. Mr Gadd was the supporter in the game, so were all of the Mums there at the game. Thanks to the Mums and Dads who were there on the day. I thank you Mr Gadd for putting all the this together at the game. I thank the kids in the Nundle team.

- By Montana McInnes

Special Assembly Wednesday 3rd July

On Wednesday 3rd of July we will have a special assembly to showcase and celebrate some of the things we have learned this term, while also offering an opportunity for students to do a performance. Parents, carers and community members are welcome to joins us. The assembly will start at 10am.

Good for Kids good for life

CREATING OPPORTUNITIES FOR INCREASING PHYSICAL ACTIVITY

Children should be getting a least **60 minutes** of moderate to vigorous activity (that makes them 'huff and puff') across the day.

Limiting the use of small screen recreation to **less than 2 hours per day** can increase the time for children to be physically active. Small screen recreation includes using the computer, small screen games or watching TV.

Some tips to decrease the amount of small screen recreation use include:

- Work out a TV viewing schedule with your child.
- Limit the use of computers during the day time, where your child could be having fun playing outside.
- Lead by example and reduce your own screen time.
- Break up long periods of small screen use as often as possible.



Source: Healthy Kids

Head Lice

There have been cases of head lice reported throughout the school in recent weeks.

Please check your child's hair regularly and treat if any eggs or lice are found. Lice do not cause serious illness, but constant scratching may lead to infection of the scalp. Lice and eggs are frequently found at the nape of the neck, under fringes and behind the ears.

How to conquer HEAD LICE in 6 easy steps

- 1. Hitting them strong and hitting them hard**
There are a number of strong chemical products on the market. These seem to appeal and revolt parents in equal numbers. While some don't like the idea of strong chemicals in such close contact with their child's skin, others find it reassuring for the very same reason - if these chemicals involved, they must be doing a thorough job.
- 2. Going the touchy-feely route**
Also available are natural products based on essential oils and pyrethrin, which smell a lot better than the chemical-based products. Because these products aren't as strong as the chemical-based ones, they usually need to be left in the hair longer to take effect.
- 3. Cooking up some homebrew**
Like all good homebrew recipes, everyone has a different one that they swear by. Mostly though, they are made up of things that you could find in the kitchen or bathroom. Almost all are bulked out with thick conditioner. Popular recipes usually include tea tree oil, eucalyptus oil, vinegar, olive oil, orange oil, lavender oil.
- 4. Using hair spray/ hair gel**
During an infestation of nits, spray your child's hair with hairspray, or comb through hair gel to make it more difficult for the lice to attach to their hair shafts.
- 5. Trying the white conditioner treatment**
Regular combing is the key to keeping lice under control. Apply a thick, white conditioner (it makes it easier to see the nits and lice against white) and using a nit comb, section the hair and carefully comb. Wiping each comb-full of conditioner, nits and lice onto a paper towel. Keep combing until you can't see any more eggs or lice in the conditioner. Repeat after seven days.
- 6. Applying vinegar**
Thoroughly douse your child's hair with vinegar and leave for 15 minutes to allow the vinegar to kill the lice. Apply the white conditioner treatment.

kidspot

Don't forget to hand your stickers in!

Drop them in our collection box

Woolworths earn & learn

Tamworth Eisteddfod

Well done to all of our Nundle school students for their fantastic performance at the Eisteddfod! Year K-2 took out 1st place and won the Infants Champion Trophy.

Year 3-4 came 1st in their section and Year 5-6 came 2nd with their performance as well. Fantastic effort from all our students on the day.



Police visit

On Tuesday we had a visit from Senior Constable King who came to teach our students about safety. She spoke to K-2 about staying safe in the community, where to ring for help and stranger danger. Stage 2-3 learnt all about the different kind of weapons they use in the forces and cyber safety. The kids thoroughly enjoyed the day.

Name: Pat
 Date: 5-6-19
 Topic: Thank You Letter

Thank you Senior Constable King for coming to Nundle Public School on Monday 3-6-19. It was really cool how you showed us your weapons and telling us about Social Media and how to deal with Cyber bullying.

The weapons that you had ^{were} really cool even the tazer boker was cool even though you did not have the tazer with you. The pistol ^{was} cool because I have never seen a pistol biter. And I had no idea that pepper spray was used to break up fights. And how the baton was used to get children - animals out ^{of} cars on hot days.

The talk ^{was} really inspiring. I will remember every thing like not to have a pass word that is easy to gess. And how to stay safe on Social Media. Thank you Senior Constable King.



Name: Clay Clarkson
 Date: 5/6/2019
 Topic: Thankyou letter

Thankyou Senior Constable King for coming to Nundle Public School on Monday and Teaching us The dangers of online interaction.

I really enjoyed when you told us about all the different kinds of jobs you can get as a police officer. Thankyou espet especially for teaching me about the age ristrictions of different apps and games. I also liked when you showed us all of your weapons like the glock, pepper spray and baton.

All and All I really enjoyed the day and I will make sure that I never forget the edvice you told us about ^{cyber} siber safety.

Name: Gryff TROUSDALE
 Date: 5-6-19
 Topic: Thank you senior constable king

Thank you senior constable King for telling us about social Media and how to be safe on it. I got rid of my 1029 followers yesterday and deleted my twitter so I could not get cyber bullied. I enjoyed finding out about the jobs of the police force and the weapon were interesting to.

I will make sure I stay safe online and make sure I report anything wierd, odd, crude, sketchy or mysterious

The pepper spray was awesome and would hurt alot in your eyes! The German glock was cool and and a question: if *you thought someone was a person doing a serious offense like Drug traffic-ing or murder and you shot ~~at~~ ^{him/her} would you get in trouble? The batton was cool too.

I will change my password too.
 I enjoyed your talk and will remember.



