



Narara Public School

Monday Mumbles

Weekly Newsletter

Dates to Remember

10 Oct – 21st Oct
School Swim Scheme

11 Nov
Hunter Valley Zoo
(Year 1)

15 Nov
Art House Wyong
(Kindergarten)

Notes You Should Have

Art House Wyong
Early Stage One
(Kindergarten)

Hunter Valley Zoo
Stage One
(Year 1)



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Principal's Report

Welcome to Term 4! Before we look forward, I would like to acknowledge some of the fantastic opportunities and successes that occurred at the end of Term 3. I am sure Term 4 will be just as busy and productive!

Blakebrooke Public School

Our fundraisers for Blakebrooke Public School have been greatly appreciated by the Blakebrooke school community. Blakebrooke Public School was severely impacted by the devastating floods earlier in the year. I have been in contact with Sam Bowkett (Relieving Principal) and it is amazing to hear they are once again on their school site even if it is in temporary accommodation (demountable buildings). Sam wrote:

"Thank you so much for reaching out to our school. It has been one of our toughest times in our school's history. We are now back on site and well and truly started our recovery. I understand the student body has put thought and consideration into how they can support the students at our school and these efforts are ongoing.

The support we have received has placed many a smile on our students' faces. Your school's support is an important part of this. We are looking forward to your ongoing support and connecting further with your school in the future".

Thank you so much to our amazing student leadership team for coordinating our fundraisers under the guidance and support of Mr Ramm and the Stage 3 team. Thank you also to our wonderful school community for supporting these initiatives.



Student Banking: Thursday

Uniform Shop: Tuesday and Friday - 8.15am - 8.45am



Sydney North Athletics Carnival

Congratulations to our students that participated at the Sydney North Athletics Carnival at the end of last term! They were great representatives for our school and zone! Special mention to Sukhman who will now go on to compete in the 100m at state!



Public Speaking Finals

Congratulations to the following students who participated in the finals of the Public Speaking Competition on Wednesday 21 September:

- Iszebelle C
- Archer M
- Jasmine M
- Logan P
- Lauren M
- Oscar K
- Maisie C
- Sophie C

The coordinator said our students performed beautifully and they should be very proud of their efforts. Special mention to Lauren who will participate in the grand final at Somersby Public School on Tuesday 11 October.



Year 6 Mini Fete

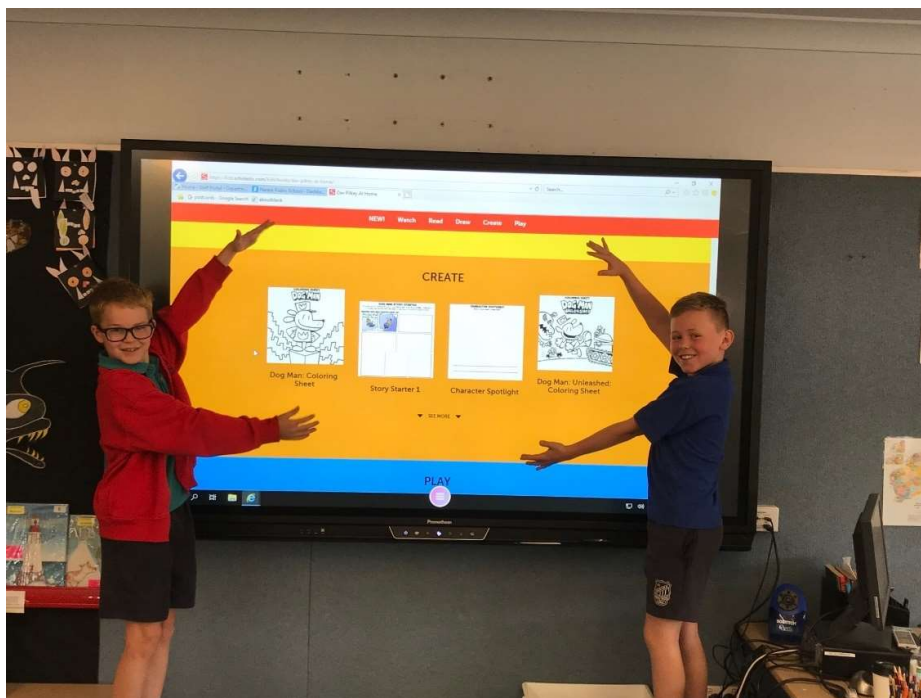
The Year 6 Mini Fete was a huge success raising \$3,144! Thank you to Year 6 students and their parents / carers for organising and supporting this event in partnership with Stage 3 staff. Everyone had an amazing time! The money raised will go towards the Year 6 gift that will be presented to the school at the end of the year.



P&C

Thank you to our wonderful P&C who generously donated \$13,000 to our school at the September P&C Meeting. This money has been used to purchase 3 new interactive panels for classrooms. 1K has already had their board installed and 5/6W and 5/6D will have theirs installed this term.

The next P&C Meeting will be held tomorrow (Tuesday 11 October) from 7pm in the Staffroom. Everyone is welcome to come along.



COVID Update

National Cabinet announced the decision to remove the isolation requirements for positive COVID-19 cases. The Department will provide further details to schools once the changes come into effect from 14 October. At this point in time schools will continue to follow the baseline COVID-smart measures. A link and overview of these measures is as follows:

[COVID-smart measures at school \(nsw.gov.au\)](https://www.nsw.gov.au/health-and-safety/what-to-know/covid-19-smart-measures-at-school)

Tell Them From Me Survey

This term, our school is taking part in the Tell Them From Me Parent / Carer Survey. This survey will provide the school with valuable feedback on what our community think about school life, how engaged your child is at school and different ways that teachers interact with them. As discussed above, it will be a valuable component of our situation analysis.

Participation in this survey is entirely voluntary and we appreciate your responses. Please follow this link to complete the survey: <http://nsw.tellthemfromme.com/nararaps2022>

Menstrual Hygiene Program

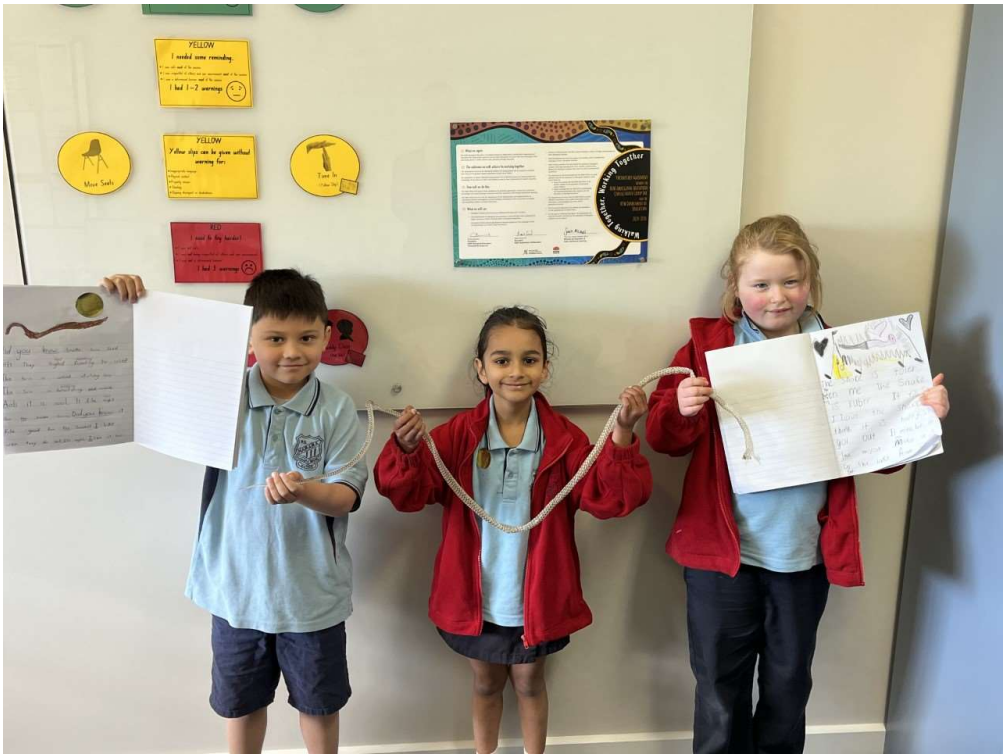
The NSW Department of Education is introducing a menstrual hygiene program in every NSW public school. As part of the program, schools will receive dispensers that provide free pads and possibly tampons for students to access during school hours.

The menstrual hygiene program aims to reduce any barriers that may prevent students from participating fully in school life. Menstruation (and its unpredictability) may stop students from attending school or taking part in learning activities. There are also known health risks from using improvised sanitary hygiene products. The program has been successfully trialled in 31 schools, with positive feedback received from principals and students alike. It is now time to introduce the program at our school in the coming weeks. A flyer has been included in this newsletter with further information.

Quality Workers

Students	Class	Work Sample
Simran D Jayden A Arnika P	K1B	Snake Information Reports
All students	K6C	Monster Foyer Display

Grant McFarland
Principal



School Swimming Scheme

The school swimming scheme starts today, Monday 10th October 2022 for students in Years 2, 3 and 4 and is on each day until Friday 21st October 2022.

Children should wear their swimming costume to school each day under their school uniform. Please bring underwear, a towel, a rash shirt, sunscreen, a hat, a drink bottle with water and warm clothing on a cool day. There will be 3 sessions. The first will leave school at 10.30am and the last returns to school at 2.20pm. Session 1 will be students from 2P and 2/3M. Please do not order lunch orders from the canteen for students in these classes for the duration of swim scheme as they will be leaving the school at the start of lunchtime.



Check-in Assessment for Years 3, 4 and 5

Year 3, 4 and 5 students will participate in a Reading and Numeracy Check-in Assessment during Term 4.

The NSW Department of Education Check-in Assessments are available to support schools to assess and monitor student learning. The assessments supplement existing school practices to identify how students are performing and to help teachers tailor their teaching more specifically to student needs.

Students with disability will receive the same level of support during the assessments that they would normally receive in the classroom.

A breakdown of the assessment window is as follows:

- Year 3 - Week 3 (Tuesday and Wednesday)
- Year 4 - Week 1 (Tuesday and Wednesday)
- Year 5 - Week 2 (Tuesday and Wednesday)
- Catch-up Assessments - Across Week 4

During their assessment week, students will need to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment. The type of computer connection needed is a jack or USB.

Please contact the school if you have any trouble sourcing this equipment.



Menstrual hygiene program

Coming to NSW public schools in Term 2 2022

The NSW Department of Education is offering menstrual hygiene support for students in every NSW public school from Term 2 2022. The program aims to reduce any barriers that may prevent students from participating fully in school life.

What you need to know:

- The menstrual hygiene program provides clean materials such as pads and tampons to students.
- The program aims to reduce health risks for students by offering them clean products at school that can be changed regularly.
- Students with access to clean products can confidently continue their learning activities at school with others.
- From Term 2 2022, every school will offer students access to free hygiene products in the form of pads and/or tampons.
- The hygiene products will be stored in a clean dispenser. Students will be told by their school where they can conveniently and discretely access the dispensers.
- The hygiene products were tested in 31 schools with students and principals reporting a positive experience.

If you have any questions please contact the school.

PAYMENTS DUE

- Hunter Valley Zoo (Year 1) Tuesday 22nd November **Payment due** 11/11/2022
- Edward the Emu (Kindergarten) Tuesday 15th November – **Payment Due** 15/11/2022
- School Voluntary Contribution 1st Child \$40, 2nd Child \$25, each other child \$15

Please remember when paying for an excursion to send in the permission notes to the office. This is as important as paying for the cost.

Scholastic Book Club.

Issue 6 now closed and will be sent home in the next few weeks.



Car Parking

The Car park is for STAFF ONLY. This is for the safety of our students and school community.



COMMUNITY NEWS

OSH CLUB at NARARA.

Come along and meet our staff.

We pride ourselves on providing your child/ren with fun, play based learning experiences before and after school as well as during the school holidays. Whether your child attends OSH daily or only occasionally, each visit is an exciting and engaging adventure.

We also fuel their curious minds and growing bodies, helping to shape your child's understanding of health and wellness positively.

On our menu we have (Gluten free), and Vegan options.

We have qualified staff so as a parent you can be confident that your child/ren are always safe.

For bookings.

Oshclub.com.au just click and reg

Scouts is for everyone!

Scouting is a worldwide movement that has shaped the development of children and young adults for over 100 years. With over 18,000 youth and adult members from various cultural and religious backgrounds and with varying abilities, Scouts is one of the largest and most successful youth organisations in New South Wales!

Today's Scouts can take part in an extraordinary variety of outdoor activities, from 'traditional Scouting skills' such as camping and bush craft, through to more extreme challenges such as abseiling, overnight hiking, rafting, canyoning, rock climbing, sailing and even flying! Scouts also have the opportunity to become involved in performing arts, leadership development, community service, amateur radio operation, environmental projects and large-scale events.

scoutreach.org.au

To find your closest Hunter and Coastal Scout Group contact: **1300 858 464**



Joey Scouts (ages 5-8*)

Cub Scouts (ages 8-11)

Scouts (ages 11-14)

Venturer Scouts (ages 14-17)

Rovers (ages 18-25)

Leaders (ages 18+)

*A young person can join the Joey Section at any time after their 5th birthday provided they are attending school full time.



SCAN ME



CENTRAL COAST
ARAFMI
MENTAL HEALTH AND MORE



Uniting

Tuning in to Teens

Emotionally Intelligent Parenting

A free, five-session parenting program
for parents of adolescents aged 10 – 18

Would you like to learn how to:

- Improve ways of talking with your teen?
- Develop a better understanding of your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?
- Teach your teen to deal with conflict?

*Tuning in to Teens shows you how to help your teen develop
emotional intelligence*

Parent Testimonies: *"thought provoking", "helpful", "I can see it working", "I feel
that I have more hope".*

Adolescents with higher emotional intelligence:

- are more aware, assertive, and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Central Coast ARAFMI, 21 Bellbowrie Ave, Narara, NSW 2250

When: Every Tuesday from October 18th - November 15th, 2022.
9.30am - 11.30am.

Bookings essential. For further information and bookings please contact: Kirsty 0435 591362



Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

To join, participants must:

- ☒ Have a current health care card OR pensioner concession card
- ☒ Be studying yourself OR have a child in school
- ☒ Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

Here are some of the school costs the \$500 can be used for:



For more information, please contact Saver Plus:



saverplus@bsl.org.au



saverplus.org.au






1300 610 355




@SaverPlusAU

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

Go4Fun
Central Coast Local Health District


FREE healthy lifestyle program




10-week program for 7 to 13-year-old kids and their families*

Go for healthy eating advice, active games and positive changes for the whole family. Most importantly, go for fun!






*contact us to see if it will suit your family



Register now: call **1800 780 900** or
visit **go4fun.com.au**






Go4Fun is a FREE 10-week healthy wellbeing program for children aged 7 to 13 to enjoy along with their families. Please contact 1800 780 900 to see if you meet our criteria.

-  Group activities and games
-  Professional tailored advice about healthy eating
-  Make new friends
-  Rewards and prizes for the kids
-  Positive health changes for the whole family

Run by trained health and community professionals, it's a fun way for kids to build self-esteem and learn about eating well, staying active and living a healthy life.

Term 4 programs will take place at:

-  San Remo Neighbourhood Centre, every Monday 3:30–5:30pm, starting 10th October
-  Mingaletta, Umina Beach, every Monday 3:30–5:30pm, starting 11th October
-  PCYC Bateau Bay, every Wednesday 4–6pm, starting 12th October
-  Lake Haven Recreation Centre, every Thursday 4–6pm, starting 13th October

To register, visit go4fun.com.au or call 1800 780 900.



OURIMBAH-LISAROW RSL SUB-BRANCH

RSL MEMBERSHIP

FREE
MEMBERSHIP

Ourimbah-Lisarow RSL Sub-Branch aim is to continue providing respect and support to our Veterans and their families.

By ensuring the Sub-Branch has the ability and resource required to deliver outcomes that benefit the Veterans and their families.

To protect and share our history and traditions for future generations.

LEST WE FORGET

WELFARE and SUPPORT:

The RSL Sub-Branch provides WELFARE and SUPPORT to Veterans and their families in a friendly environment.

COMMEMERATIVE EVENTS:

ANIMIALS AT WAR DAY - 24th February, **ANZAC DAY 2– 25th April**, **REMEMBERANCE DAY** —11th November.

FAMILY FRIENDLY:

We include Veterans families in our activities and events.

SOCIAL EVENTS:

There are SOCIAL EVENTS where members meet and have a laugh together.

MONTHLY MEETING:

10am for 10.30am start, every 2nd Sunday of the month at the OURIMBAH RSL CLUB Ltd.

AUSTRALIAN DEFENCE FORCE members, former and currently serving, are welcome to attend or join.

MEMBERSHIP

Any person who is or has been a member of the Australian Defence Force (ADF) for at least six months (unless discharged earlier for reasons outside there control) or who served with or supported the armed forces of an allied Commonwealth Country, may be admitted as a Service member of RSL NSW.

Any non-veteran may join the League as an Affiliate member at a Sub-Branch that accept this category of membership.

COME ALONG AND JOIN US

Apply on line at: www.rslnsw.org.au or

request an application form from the reception disk at

OURIMBAH RSL CLUB Ltd, 20 Pacific Hwy, Ourimbah, NSW, 2259

