



# **Narara Public School**

## **Monday Mumbles**

Weekly Newsletter

### **Dates to Remember**

**10 Oct – 21<sup>st</sup> Oct**  
**School Swim Scheme**

**23 September**  
**Term 3 Concludes**

**10 October**  
**Term 4 Resumes**

### **Notes You Should Have**

**Swim Scheme**

### **Principal's Report**

Term 3 has once again been extremely busy with countless educational, social and extra-curricular opportunities on offer. The staff of our wonderful school work tirelessly and I thank them for the commitment and dedication they show each and every day. Thank you also to our amazing school community for your continued support and of course to our dedicated students. Congratulations on an outstanding term! We hope you have a safe and happy holiday!

The last day for Term 3 is Friday 23 September and the first day back for students in Term 4 is Monday 10 October. If you hear or see anything of concern during the holiday period, please contact school security on 1300 880 021. OSH (Vacation Care) will be operating throughout the holiday period on weekdays.

### **Father's Day Stall**

A big thanks to our dedicated P&C and parent helpers for organising a wonderful Father's Day Stall. I hope all of our dads, stepfathers, carers, grandfathers and uncles had a fantastic day! I know I enjoyed opening the gifts that my children selected from their Father's Day Stall.

### **Cooinda Aboriginal Education Consultative Group Awards**

This afternoon (Monday 12 September) Narara Valley High School is hosting the Cooinda AECG Awards. This is an opportunity for our school to recognise and celebrate the efforts and achievements of our Aboriginal and Torres Strait Islander students in many areas including academic, sporting, cultural, performing arts, leadership and citizenship. Congratulations to the following students:

- Corbin C
- Maddison C
- Ruby G
- Lily W
- Blake D

### **Festival Of Instrumental Music (FOIM)**

On Tuesday 30 August the Recorder Group performed at the Opera House. From all accounts this was a marvellous show, and I am sure this is a memory that the Recorder Group will cherish. The Leader of The Arts Unit, Marianne Powles emailed to congratulate our students saying "Your students were charming and delightful and great ambassadors for your school". Marianne also sent through some pictures of the group who had an opportunity to meet with Deputy Secretary Leanne Nixon. What a wonderful opportunity and experience! Thank you to Mr Ramm and Mrs Coleman for supporting the Recorder Group and of course to our budding musicians for their hard work and dedication!



**Narara Public School**

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Lisarow NSW 2250

Phone: (02) 4328 3024

Fax: (02) 4329 1472

Email: [narara-p.school@det.nsw.ed](mailto:narara-p.school@det.nsw.ed)



**Student Banking: Thursday**

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

### Central Coast Dance Festival

Our extra-curricular achievements continue with the Senior Dance Group performing at the Central Coast Dance Festival on Wednesday 7 September. Again, from all accounts they performed magnificently and the feedback on Facebook reflected this. We cannot wait for our Stage 1 and Stage 2 Dance Groups to perform this week. I know they will be equally impressive. Thank you to the Mrs Norman, Mrs Kirk and Michelle for supporting our dancers!



### COVID Update

On Thursday 31 August, National Cabinet announced that the isolation period for positive COVID-19 cases will be reduced from 7 days to 5 days from Friday 9 September with consideration to the following:

- This would apply to people with no symptoms at 5 days.
- 7 days isolation would remain for workers in high-risk settings including aged care, disability care and those providing care in the home.

In mainstream school settings staff, students and visitors who have tested positive to COVID-19 must:

- Complete 5 days of isolation from the date they tested positive
- Be symptom-free before returning to school, if symptoms remain after Day 5 they must continue following NSW Health guidelines to self-isolate and undertake a rapid antigen test (RAT)
- Complete a RAT and return a negative result before attending school on Days 6 and 7 after testing positive to COVID-19, and
- Wear a mask on Days 6 and 7 when attending school (for all staff and those students aged 12 years and older)

Due to the higher risk associated with some school settings and activities, the 7-day isolation period will remain for staff, students and visitors who have tested positive to COVID-19 and work at or attend:

- Schools for specific purposes (SSPs)
- Support units
- Assisted transport
- Overnight excursions

Staff, students and visitors may return to these higher-risk settings after isolating for 7 days from the date they tested positive if they are symptom-free on their seventh day of isolation.

### P&C Meeting

The next P&C Meeting will be held tomorrow (Tuesday 13 September) from 7pm in the Staffroom. Everyone is welcome to come along.

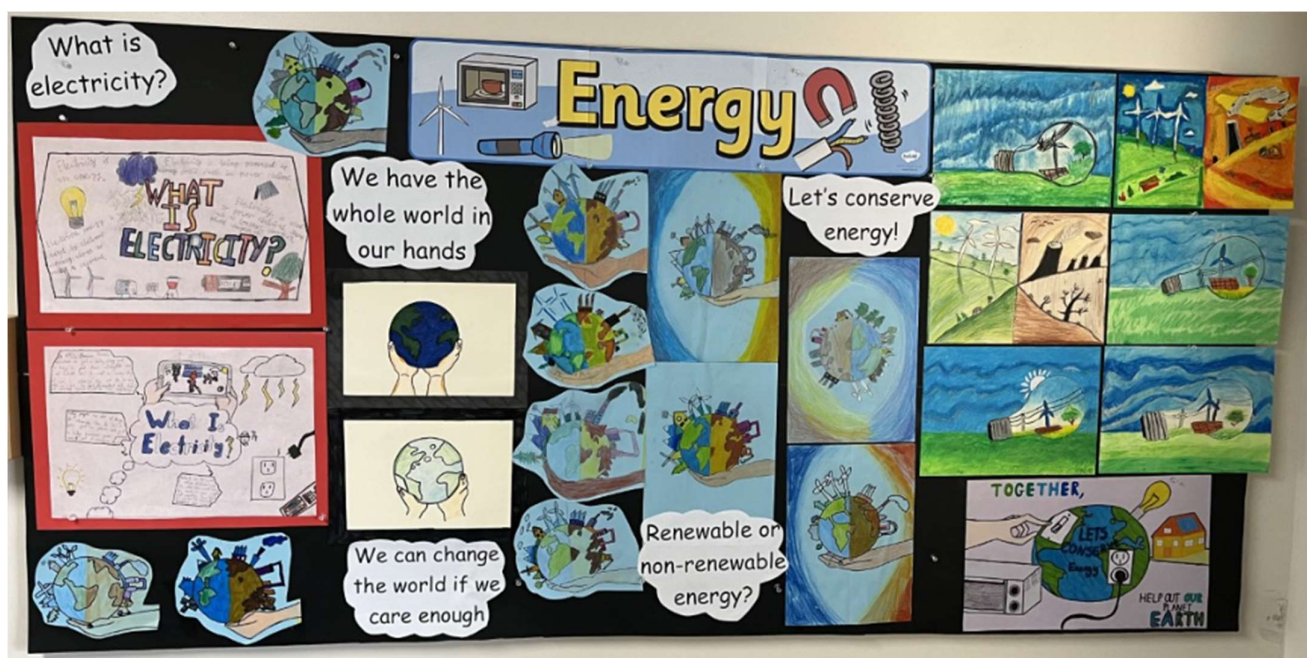
### Anticipated Numbers for 2023

It is that time of year when the school leadership team is starting to look at student numbers for 2023. If you are aware that your child/ren will not be attending NPS in 2023 or there is a possibility that they may not be attending, please contact the front office.

## Quality Workers

Students	Class	Work Sample
Recorder Group Dance Groups Debating Team	Various	Quality performances all round
Zone Athletics	Various	Sportsmanship and determination in all events
Winston S Maisie C	3/4B 5/6W	Regional Spelling Bee
Archer M	K1B	Sentences
Pypa A Blair W	KG	Reptile Park Recounts
Lily S Marley P Torah T Evie C Chloe P Alexis S	1/2N	Guess if it is a Fruit or Vegetable Writing
All students	5/6D	Foyer Display

Grant McFarland  
Principal





## Zone Athletics Carnival

Congratulations to the 50 students who represented Narara PS at the BWPSSA Zone Athletics Carnival. Each student demonstrated outstanding sportsmanship and determination in their events. We saw some amazing individual and team performances.



A huge congratulations to the following students who will represent the Zone at the Sydney North Regional Championships on Monday 19<sup>th</sup> September 2022 at Sydney Olympic Park. We wish all students the best of luck.

### **Allyson R**

Senior Girls Discus Throw

### **Callum W**

Senior Boys 1500m

### **Courtney C**

Senior Girls Relay

### **Ebony B**

Senior Girls Relay

### **Harmony M**

Junior Girls 800m

### **Imogen M**

Junior Girls Shot Put

### **Jasmine M**

Junior Girls 100m

### **Lola I**

Senior Girls Relay

### **Masie C**

Senior Girls High Jump

### **Sukhman D**

Senior Girls 100m

Senior Girls Long Jump

Senior Girls Relay

### **Xavier D**

Junior Boys Shot Put



Thank you also to all the families, parents and community for their support and a big thank you to Mr Weiss for the lunch time training sessions.

### Debating

What a journey our wonderful Year 6 debating team have been on. From being named Zone Champions to making it to Round 2 of the Regional Knock Out Finals. Unfortunately, we were knocked out of the competition by Maryland PS. It was such a close debate with the adjudicator taking a very long time to make the decision! What an amazing effort to have come so far. Your willingness to learn and determination to succeed were a pleasure to witness. You have done yourselves and your school proud. Well done!

Mrs New  
Coordinating Teacher



### Regional Spelling Bee

Congratulations to Winston S and Maisie C who competed in the Regional Spelling Bee on Friday 9 September. Winston progressed through to Round 3 and Maisie progressed to Round 2. What an achievement!



### Assistant Principal Curriculum and Instruction Update

This term I have been working with Stage 2 to promote Learning Intentions and Success Criteria (LISC). Staff engaged with research to gather a consistent understanding of LISC, a process used to explicitly model to students what they are learning and what the teacher is looking for in their work. Together we delivered and reflected upon a series of writing lessons where LISC was a focus.

Students in these classes quickly developed an understanding that the success criteria showed them what to include in their writing and worked towards achieving their differentiated success criteria to improve the standard of their work.

I have also been working across K-2 to really unpack the new maths syllabus that we will begin teaching in 2023. In K/1B and 1/2N we have focussed on representing whole numbers through a series of lessons on place value and quantities. Students enjoyed manipulating numbers and thinking of different ways that they can make and name numbers.

Mrs Brogan

Assistant Principal Curriculum and Instruction Update



### PAYMENTS DUE

- Swim Scheme Years 2,3 & 4 Payments **Due Today -12<sup>th</sup> September 2022 Cost 80:00.**
- School Voluntary Contribution 1<sup>st</sup> Child \$40, 2<sup>nd</sup> 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.



### **The Snack Shack-Ph 0418238775**

End of term -thank you for embracing the new canteen days. We have found it to be very positive and look forward to continuing with this structure.

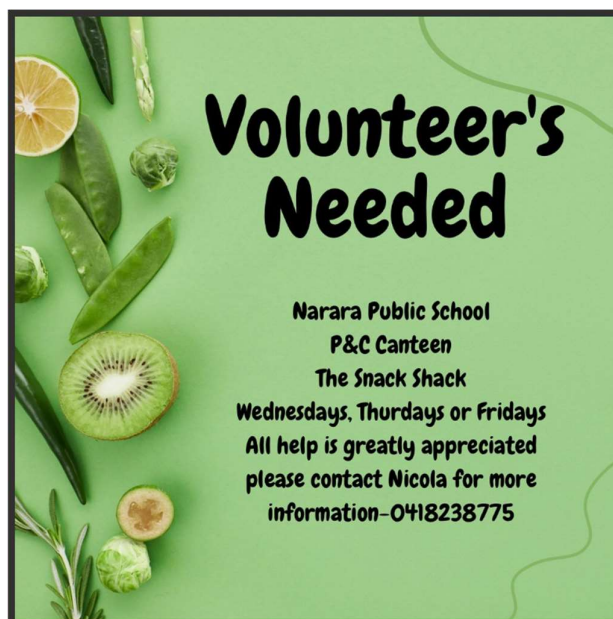
Volunteers - A MASSIVE THANK YOU to you all - it's been a crazy term with swaps dues to sickness & work commitments but you have all helped to keep the canteen going & my job a lot easier! An extra thank you to the NPS staff who have stepped in and given us a hand during the crazy times.

A new roster will be posted on the Facebook page (The Snack Shack) ASAP.

We are ALWAYS needing/welcoming new faces - parents, grandparents, aunts, uncles all welcome!!! Please contact me for more information.

Have a safe & relaxing holiday. See you for a busy Term4!!

Nicola Ford  
(Canteen Manager)



# Year 6 Mini-Fete-2022



**Date:** Friday 16th September 2022 (Week 9)

**Time:** 9.45am- 1.00pm

**Cost:** Mufti Day-a gold coin donation and spending money (up to \$10)

*All proceeds to go to Year 6 Fundraising.*

## Attractions

Handball    Cake Stall    Art Competition

Sock Wrestling    Hand Ball    Obstacle Course

Soccer Penalties    Nerf War    Basketball





## 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](http://scoutreach.org.au)

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



\*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 Spring Holiday Junior Chess Tournament (ages 6 to 17)

**Entry fee \$10**

For full details please

contact:

Gary Losh

[glosh6090@gmail.com](mailto:glosh6090@gmail.com)

0432 453 726



Rated by NSWJCL

**NOTE NEW  
VENUE**

**Tuesday 4 October**

**Must pre-enter by Sunday 2 October**

**Central Coast Grammar School**

**9.30am – 4.00pm**

With an educational checkmate puzzle competition  
and lots of prizes. Practice puzzles provided on entry.

**Minimum ability: Must know how to move the  
pieces and complete games largely unassisted.**



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**

Rainbow Bricks Presents

# BRISBANE WATER BRICKFEST

A LEGO Fan Event

Sunday 18th September 2022



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

Scan the QR Code  
to purchase your tickets

Charity Partners:  
Empire Bay Public School & Brisbane Water Secondary College

Looking for something to do on a Sunday? This is the event for you!  
A family fun day event displaying unique creations, providing a lego build area  
for the kids and young at heart and .... much more!  
The event is supporting Empire Bay Public School and  
Brisbane Water Secondary School P&C Associations.  
Don't forget to tell your family and friends!  
We look forward to seeing you there.

## BRICKFEST A LEGO FAN EVENT IS COMING TO ..... BRISBANE WATER SECONDARY COLLEGE - WOY WOY CAMPUS (IT'S AN ALL-WEATHER EVENT)

**Sunday 18 September 2022**

10.00am to 4.00pm

School Hall

Brisbane Water Secondary College - Woy Woy Campus

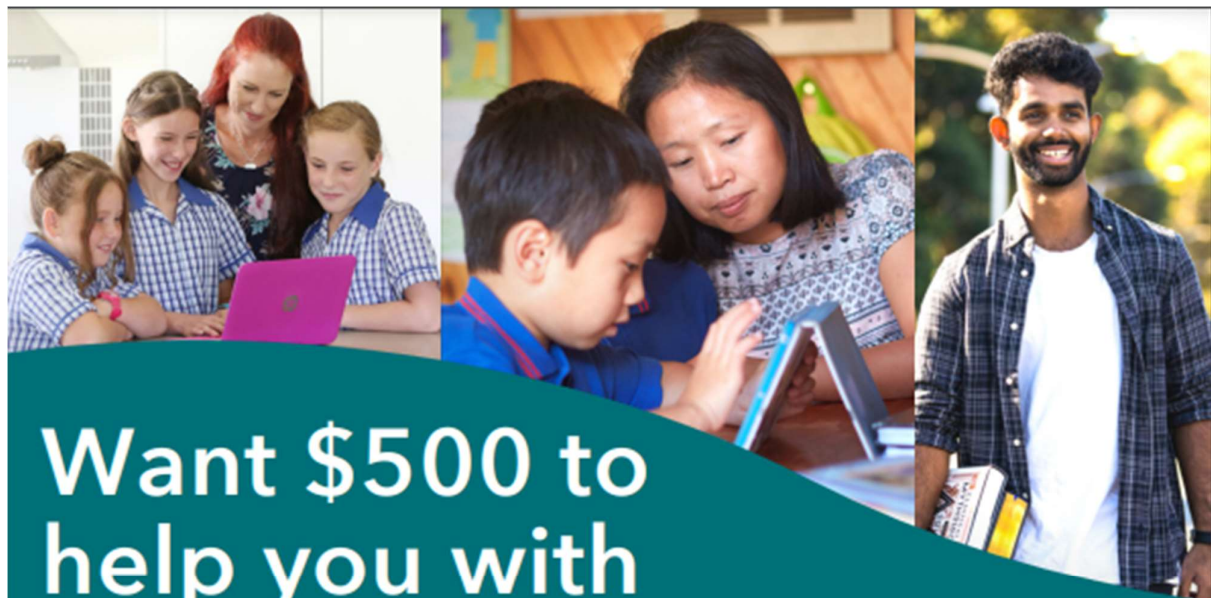
Edward Street, Woy Woy

Grab your tickets \$8.00 to \$30.00 at [www.trybooking.com/CBLIX](http://www.trybooking.com/CBLIX)

<https://rainbowbricks.com.au/lego-news/brisbane-water-brickfest-a-lego-fan-event/>

[#BrisbaneWaterBrickfest](#) [#RainbowBricks](#) [#CentralCoastNSW](#) [#CentralCoastLEGOShow](#) [#CentralCoastLEGO](#)  
[#CentralCoastBrickShow](#)





# 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:



laptops & tablets



uniforms & shoes



books & supplies



sports fees & gear



lessons & activities



camps & excursion

For more information, please contact Saver Plus:



[saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)



[saverplus.org.au](http://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](http://go4fun.com.au) or call 1800 780 900.



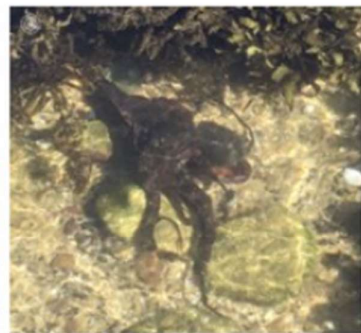
# FREE, SCHOOL HOLIDAY Library workshop and ROCK POOL WALKS

**Sponsored By OCCI CC**

Tuesday 27.9.22, Kincumber library: learn about creatures on our  
Central Coast Rock Platforms 10.30 am. Book with the library

Tuesday 27.9.22 **RPW, North Avoca** 2 pm

Friday 7.10.22 **RPW Terrigal Haven**, 11am



Call or text Linda on 0404 450 429 to book your spot on the walks



Please have a safe and happy holiday  
Term 3 concludes Friday 23<sup>rd</sup> September 2022  
Term 4 resumes Monday 10<sup>th</sup> October 2022.