



## Calendar

### November

Friday 24 November Gingerbread House Night  
6.30pm in the hall

### December

Friday 1 December Assembly - Kinder item  
10am in the hall

Charity Day  
1pm-3pm

Friday 8 December Presentation Day  
9.45am in the hall - all welcome

Tuesday 12 December Year 6 Farewell

Christmas Scripture Service  
11.15am - all welcome

Wednesday 13 Dec P&C and School Council meetings  
School Council 6pm in the staff room  
P&C 7pm in the staff room

Thursday 14 December Class parties

Friday 15 December Nemingha's Got Talent  
End of Term 4

## 2018

### January

Monday 29 January Staff Development Day

Tuesday 30 January Start of Term 1 for Years 1-6

30 and 31 January Kinder Best Start assessments

### February

Thursday 1 February Start of Term 1 for Kindergarten students

Clothing Pool - open each Monday, 9.30-10.30am  
and on assembly days at 1.30pm

## 2018 CLASSES

We are currently determining numbers for classes in 2018.

If your child is in Years K-5 this year and definitely will **not** be attending Nemingha next year, could you please contact the school office as a matter of urgency so that our preparations for the new year can proceed.

## Excursion to Coffs Harbour

On Thursday and Friday of last week, students from Years 5 and 6 travelled to Coffs Harbour.

Our student reporters Jess Plowman and Charlotte Harvey, have provided their reports on the trip:

### Coffs Harbour

On Thursday, 16 November, Years 5 and 6 travelled to Coffs Harbour. It was a long trip but it was worth it. We travelled to the pet porpoise pool first where we saw peacocks, turtles, dolphins and seals. We saw the seals and the dolphins in the show. Everybody was amazed when the dolphins started to jump out of the water, it was a brilliant show.



After that we went to the beach and learnt how to surf, everybody enjoyed trying to surf and some people even stood up. Our surf coach was the famous surfer Lee Winkler.



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# Decisions, decisions ...

Christopher Jackson, Principal

**What car should you buy? Should I move to Perth for that job? When should I start saving for that house? Life is full of difficult decisions and the bigger they are and the more options we have, the harder they get.**

Too many choices really exhaust us, make us unhappy and lead us to sometimes run away from making a decision altogether.

I read recently a researcher, Barry Schwartz, call this "choice overload". He said:

"As the number of options increases, the costs, in time and effort, of gathering the information needed to make a good choice also increase. The level of certainty people have about their choice decreases and the anticipation that they will regret their choice increases."

Understanding how and why we make decisions can perhaps help us make better choices down the line.

Over the next few weeks I would like to focus on "making the right choices" and I will be presenting the children with strategies they can use to make those decisions.

I'll start with one strategy that I will speak about at next week's assembly. The old chestnut of decision-making is the list of pros and cons. You make two columns on a piece of paper and write down all the positive things that will come of making a choice in one column and all the

negative things in the other. In the end, the side with the most entries wins.

But this strategy doesn't take into account the different weight that each positive or negative might have. If one of your pros is "will make a million dollars" and one of your cons is "might get a hangnail", they don't exactly cancel each other out.

Some people counter this problem by assigning point values to each item in their list. A huge income might be worth +20 points, while a tiny risk might be only -1. This helps make a more realistic assessment of your options.

But pros and cons aren't always apparent or obvious, and the whole list-making process doesn't sit well with many people – especially impulsive, "seat-of-the-pants" people who might feel unnaturally hampered by the formality of the pro and con list.

There are other strategies for making big decisions. Not all of them will work for every person or for every decision, but they all have something to offer to help you clarify your thinking and avoid "decision paralysis" while the water rises around you. I will address these in Weeks 8 and 9.

## Excursion to Coffs Harbour continued ...

After our lesson we went back to our resort and slept, ready for the day ahead.

On Friday we packed up and went to the beach again where a life saver taught us how to know where the rips were, then everybody went and swam.

After lunch we hopped on the bus and headed home.

It was an amazing experience and everybody enjoyed it - both teachers and students!

- **Jess Plowman**, Year 6



## Coffs Harbour

On Thursday, Years 5 and 6 went on an overnight excursion to Coffs Harbour.

They participated in surfing lessons, instructed by the world famous surfer Lee Winkler. They also participated in a surf lifesaving course, where they were taught many things such as to stay calm if caught in a rip and to slip slop and slap.

They had the opportunity to visit the pet porpoise pool where they met many amazing creatures, such as turtles, seals and dolphins.

It was a huge opportunity and was an experience we are sure they will never forget.

Thank you to Ms Reid, Mr Jackson and Mrs Lewis for giving up their time to look after Stage 3 on this fantastic excursion.

- **Charlotte Harvey**, Year 6

## Festive feast!

It was 3K's turn in the kitchen this week and they enjoyed preparing a beautiful roast dinner:

*I enjoyed the cupcakes, fruit salad and ice cream - Breanna*

*I liked the chicken and dessert - Phoebe*

*My favourite was the potatoes, roast chicken and gravy - Edward*

*I enjoyed weighing ingredients for the chick pea salad - Kalan*

*I used oil, salt and pepper to prepare the chicken - Angus*



## P & C News

A fantastic night was had by all who joined Amy Crocker for her "Bad Moms" night out on Saturday 18 November at Forum 6 Cinema.

Thank you Amy for organising such a great night that raised over \$700 for the P&C.

A special thank you to all the local businesses and families who supported the evening by donating a lovely array of lucky door prizes:

- ★ Jan and Tim Betts of Hire-A-Hubby
- ★ Alisha Preston, a local Scentsy consultant
- ★ Tamworth Remedial Massage
- ★ Lee-Toni Hairdressing
- ★ Samantha Taylor Nails and Beauty
- ★ Stacey Pepper of Stacey's Cake Decorating
- ★ Kim Newsome
- ★ Linda Bridges

The final P&C meeting for the year will be held on Wednesday 13 December 2017 at 7pm.

For any P&C inquiries please contact us on [neminghapandc@outlook.com](mailto:neminghapandc@outlook.com).

Gina Blyton, Secretary



## What's cooking in the Canteen



### PRESENTATION DAY

Our canteen will be closed on Friday 8 December.

Please remember to pack your children's lunches on Presentation Day.

Thank you

**Renae Mumford**, Canteen Manager  
0417 029 377

## Nemingha P&C Gingerbread House Night



Friday 24<sup>th</sup> November at 6:30pm in the School Hall.

If you have booked in for our event, here are some tips on how to prepare for the night:

- Visit <http://www.gingerbreadfolk.com.au/gingerbread-house-kits/> to watch a video on how to assemble your house. There are also several photos of houses on the website to get your creative juices flowing.
- Please bring along a small chopping board, knife and scissors.
- A selection of appropriate lollies will be available, but we suggest that you bring some of your own for a truly unique creation or if you have a particular idea in mind.

All enquiries to [neminghapandc@outlook.com](mailto:neminghapandc@outlook.com)



The following notes have been sent home this week:

### Years 3 and 4


Excursion to cinema to see "Ferdinand the Bull" on Thursday 14 December.

✍ **Permission note and money by Friday morning, 8 December**

### Kinder and K-1

End-of-year class party on Thursday 14 December.

✍ **Permission note and money by Monday, 4 December**



Tamworth  
Clarinet  
Choir

Sunday 26 November, 2.30pm  
at Nemingha Public School Hall


# a Musical Afternoon

featuring

**Tamworth Clarinet Choir**  
and the  
**Tamworth Conservatorium Concert Band**

with compère and guest artist  
**Sally-Anne Whitten**

Entry by donation  
includes Afternoon Tea



# PERFORM WITH POWER


## TENNIS ACADEMY

SCHOOL HOLIDAY TENNIS CLINICS  
**2 CAMPS THESE HOLIDAYS**

Christmas Camp- 18<sup>th</sup> to 21<sup>st</sup> December  
January Camp- 8<sup>th</sup> to 11<sup>th</sup> January  
8:30am to 11:30am each day.  
Cost \$80 or \$25 per day

CAMP INCLUDES: Professional coaching, Fitness,  
Tennis movement, Teamwork, Games, Daily giveaways,  
End of camp party & presentation

**Sign up on Facebook @pwptennis or call Mitch today!**



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**MITCH POWER**  
Tennis Australia Club  
Professional Coach

For more info please contact  
Mitch on 0434 211 461 or  
email [mitch.power87@gmail.com](mailto:mitch.power87@gmail.com)

[performwithpowertennis.com.au](http://performwithpowertennis.com.au)



**TAMWORTH REGIONAL CONSERVATORIUM OF MUSIC**

## FAMILY CHRISTMAS CELEBRATIONS

**8 DECEMBER 2017**

from **6 PM**  
**CONSERVATORIUM GROUNDS**  
featuring performances by our ensembles,  
carol singing, fun and reindeer games,  
a free BBQ and drinks, a visit from Santa and more

from **7:30 PM**  
**CHAPEL THEATRE**  
featuring the Tamworth Chamber Singers  
and guests, accompanied by a double string  
quartet and continuo, performing excerpts from  
Handel's *Messiah*, and community carols

Free entry  
02 6766 6911  
[admin@thecon.com.au](mailto:admin@thecon.com.au)  
[thecon.com.au](http://thecon.com.au)




## 'TIS THE SEASON TO BE JOLLY AT THE PIALLAMORE COMMUNITY CHRISTMAS PARTY AT 6.30 ON 2 DEC 17

AT PIALLAMORE RECREATION RESERVE

Santa visiting at 7.30pm with Xmas Lollies  
BBQ Sausages and Bring a plate to share  
Come and enjoy with Friends, Family & Neighbours  
Bring your own picnic set, chair & drinks

**MERRY CHRISTMAS!**