



Nemingha Public School

NEWSLINK

Community • Opportunity • Excellence

Term 1, Week 2

7 February 2019

Calendar

2019

February

Monday 11 February	Assembly and SRC Induction 9.30am start - parents welcome
Wed 13 February	P&C Meeting 7pm in the staff room
Friday 15 February	Swimming carnival Kootingal pool
Tuesday 19 February	Welcome Back BBQ
Friday 22 February	Zone swimming carnival

March

Friday 8 March	Assembly - Year 5/6BR item 2.40pm in the hall
Monday 11 March	Kinder Bus Safety Kindergarten students will learn the correct behaviour on and around buses.
Wednesday 13 March	P&C AGM followed by General Meeting 7pm in the staff room
Thurs-Fri, 21-22 March	Year 5/6 Lake Keepit camp

April

Wednesday 10 April	P&C Meeting 7pm in the staff room
Friday 12 April	Term 1 ends
Friday 19 April	Good Friday
Monday 22 April	Easter Monday
Thursday 25 April	ANZAC Day
Monday 29 April	Staff development day
Tuesday 30 April	Students return for Term 2

May

Wednesday 8 May	P&C Meeting 7pm in the staff room
-----------------	--------------------------------------

June

Wednesday 12 June	P&C Meeting 7pm in the staff room
-------------------	--------------------------------------

July

Friday 5 July	Term 2 ends
Monday 22 July	Staff development day
Tuesday 23 July	Students return for Term 3

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



It's school time again!

Some children feel nervous or a little scared on the first day of school because of all the new things happening now that our long, relaxing summer holidays were over.

Not our Kindergarten students! They bounced through the gates on Monday morning with broad smiles, neatly pressed uniforms and shiny shoes, extremely eager to start the day with Mrs Pearson or Mrs Holcombe.



More photos inside

Screen time

Christopher Jackson, Principal

Last week I was chatting to a Mum who was having difficulty getting her child to sleep. Apart from the unrelenting heat that doesn't seem to cool down at night, there was the added problem of spending time into the evening on an iPad.

When our children don't get enough shut-eye they can become cranky, tired and moody, and run the risk of developing a host of physical

and behavioural problems. And with more children using technology (at younger and younger ages), sleep specialists are seeing a clear link between too much screen time – the use of TV, computers and mobile devices – and poor quality of rest.

I was watching a program this week which showed the effects of late night screen time on students' schoolwork the following day. It was stated that screen time one hour before sleep was detrimental to children's attention. I know that when I don't switch off using my phone before I go to bed I find it difficult to sleep.

Being wise to your child's screen time consumption can have far-reaching benefits for the whole family, for instance, more sleep! It should only take a few adjustments to your evening routine.

Some ideas

- ✓ Set a 'bed time' for media devices - this should happen one or two hours before kids go to sleep, and applies to adults too, so everyone gets into good habits.

- ✓ Tweak their bedtime routine - let kids wind down properly in the run-up to bed, replacing screen time with gentle activities like stories, talking or bathing.

"The key is to teach them how to be safe with technology, because ultimately, we want our children to be in charge of technology, rather than feeling technology is in charge of them."

Elaine Halligan

- ✓ No media devices in the bedroom - kids may kick back at first, but you will soon see the rewards of setting and sticking to this tough rule.

- ✓ Replace screen time with exercise during the day - outdoor exercise in bright light is wonderful for sleep and helps balance their 'virtual' and real lives.

- ✓ Limit food and drinks during screen time, especially at night - electronic devices tend to encourage mindless over-eating and drinking (especially of caffeine), which can stimulate the body and imbalance hormones.

What constitutes 'too much' screen time remains to be defined. You might like to read up on the Department of Health guidelines. They recommend that children five to 12 years have no more than two hours of screen-based entertainment per day, and that two-to-five year olds have less than one hour.

<http://www.health.gov.au/internet/publications/publishing.nsf/Content/gug-indig-hb~inactivity>

"Whether you are a parent or not, carving out time to turn off your devices, to disconnect from the wired world and engage with the real people who are all around you, is one of the best gifts you can give yourself and the people you love."

Alan Brown



Sports team trials

A note was sent home last week with dates for school team sporting trials, some of which will double as zone trials. Unfortunately some of the dates were incorrect and a new note will be sent home. Please ring or email if you have any concerns.

The trials for the school hockey team have started this week at lunchtime with Mrs Miller. The team will be announced in Newslink next week.

Max Gallagher and Lewis Lesslie will attend the zone basketball trials next Thursday and Max Sartori will trial for tennis on Friday. Good luck to those boys.

Kristine Sharkey



Changes to our school swimming carnival next week

Our school swimming carnival will be held next Friday, 15 February, at Kootingal Pool.

While “having fun” is the primary focus for this event, there is obviously a competitive spirit between our four houses and it’s also an opportunity to conduct our selection process for the Zone PSSA carnivals for our Primary students.

This year our 50 metre events will run as usual except there will be no diving into the pool. The 50m carnival will have age champions as we have done in the past.

Our 25 metre events will take on a more of a participation theme as we are encouraging students to “give it a go” for a ribbon. The 25m races will see 1st-3rd placegetters gain a ribbon, with every student receiving a participation ribbon. No matter which event you compete in, house points will be given to every student who participates.

Our swimming carnival is a fun day, so we encourage parents and family to come along and

1. **Be inspirational** – be a role model showing the importance of “giving it a go”.
2. **Show genuine interest** - be involved in the swimming carnival. Take on a job.
3. **Recognise effort** - be there at the end of the pool. Give them a “high five”.

HELP NEEDED

If any parents are able to help set up for the swimming carnival could you please meet Kristine Sharkey at Kootingal Pool at 8am.

What's cooking in the Canteen



Volunteers

Thank you to the wonderful helpers who have volunteered to be on our canteen roster this term. Your help is greatly appreciated.

I only have Friday 22 March to fill. If you are available on this day and would like to help please let me know ASAP.

Thanks also to the families who have indicated that they are available on a Monday. I would love your help on our meal deal days and will be in contact with you when we set the dates.

Thank you

Renae Mumford, Canteen Manager,
0417 029 377



Good for Kids good for life

INCREASING VEGETABLE INTAKE

Did you know?

Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

What is a serve?



Source: www.eatforhealth.gov.au

How can I get my kids to eat more vegetables?

- Involve your children in grocery shopping and meal preparation.
- Add easy to eat vegetables to the lunchbox.
- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.



PHONE 49246499



The following notes have been sent home this week:

All students

Student Information Sheet for 2019.

Please return by Monday 11 February.

Arrangements for swimming carnival on 15 February

Permission notes due Monday 11 February.

Information on selections for school and zone sporting teams

Good for Kids, Good for Life programs and survey information from Hunter New England Health

Consent forms due Thursday 21 February

Year 1 students

Information from Mrs McDonald and Mrs Stimson

Kinder students

Information from Mrs Holcombe and Mrs Pearson

Selected students

Invitation to SRC and captains' induction on Monday, 11 February.



This is your opportunity to tour our campus and see what Farrer can offer your son

OPEN DAY 2019

WEDNESDAY 20 FEBRUARY
8.30 – 2.00PM

We are the only boys' agricultural Government selective school in Australia. Farrer has established an enviable reputation as a centre of excellence in academics, agriculture, welfare and sports programs. Catering to the education of both day and boarding students Farrer is set on 191 hectares of prime agricultural land, 10 kilometres from Tamworth, New South Wales.

Register online at **Farrer**

By Tuesday 19th February 2019

6764-8607 – Kerry Hussey – Enrolments Officer

Wear casual clothing & bring a hat.

Refreshments and a light lunch will be served.



Farrer Memorial Agricultural High School
585 Calala Lane, Tamworth NSW 2340
6764 8600 www.farrer.nsw.edu.au

Reasons to enrol your son at Farrer

A broad curriculum offering academic, practical and creative learning opportunities, taught by a cohesive, collaborative team

Established in 1939 we have a tradition of pride in our school with core values of respect, excellence and fairness

Vision Statement
"Proudly committed to producing thinking, well-educated, skilled, flexible and caring people capable of confident effective participation in society."



OVAFC REGISTRATION/ COME AND TRY DAY

📍 Viaduct Park ⌚ 9am - 1pm 📅 23 Feb

- ⚽ Coaches will be on hand to conduct drills and games for kids to try out the world game.
- ⚽ BBQ and drinks will be available on the day.



Registration Info - Season Kicks off 6 April

- ⚽ Registration for the 2019 Season opens on 1 February.
- ⚽ All registrations will be done online at www.playfootball.com.au.
- ⚽ Active Kids Vouchers are accepted and will need to be gained prior to registering.
- ⚽ Former players will be emailed links to the new registration portal.
- ⚽ Registrations fees will need to be paid prior to the player being placed in a side and eligible to play.

Registration Fees

5-7yrs - \$130
8-11yrs - \$160
12-18yrs - \$190
12-18 who also plays Seniors \$250
Local Seniors - \$300
PL Seniors - \$320

Additional season updates can be found on our Facebook Group "Oxley Vale Attunga Football Club" or on www.ovafc.com.

📞 For more information regarding registration please connect with our Club Registrar Fiona Diebold on 0431 069 622.