



Calendar

March

Saturday 30 March **Bunnings BBQ**
P&C Fundraiser - volunteers needed

April

Friday 5 April **Assembly - Year 5/6W item**
2.40pm in the hall

Wednesday 10 April **P&C Meeting**
7pm in the staff room

Thursday 11 April **ANZAC Service**
11am - all welcome

Friday 12 April **Term 1 ends**
Mufti Day - gold coil donation
11.45am Scripture Service
12.30pm Easter Hat Parade

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**

30 April - 6 May **Life Education Van Visit**
Permission notes due Monday 8 April

May

Tuesday 7 May **Come and Try Day**
9.30-11am - for children interested in
Kindergarten in 2020

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

Thursday 9 May **Mothers' Day stall**

Friday 10 May **School Cross-Country**

14-16 May **NAPLAN**
Years 3 and 5

Friday 17 May **Assembly - Year 4/5 item**
2.40pm in the hall

June

Monday 10 June **Queen's Birthday holiday**

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

Thursday 13 June **Lightning: So Frightening**
6.30pm-7.30pm - see advertisement on page 3

26-28 June **Great Aussie Bush Camp**
Excursion for Years 3 and 4 students
Final payments due 7 June

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

Visit to Lake Keepit

by Macie Thornton, Alice Murdoch, Max Sartori and Will Nilsson

Last Thursday, Years 5 and 6 went to Lake Keepit to get to know each other better.

Although there wasn't much water, we were lucky enough to go canoeing.

We enjoyed archery and competing against each other, and we learnt how to shoot a bow and arrow. We learnt monkey climbing, which was very challenging. We climbed up high trees, which put us out of our comfort zone.

We also learnt raft building. This was a team-building exercise which pushed everyone to their limits to get the rafts completed in the time given.

The accommodation was excellent. There were 14 beds in an air-conditioned cabin. The food was enjoyable and very tasty.

Overall Lake Keepit was great. Thank you to Ms Reid, Mrs Blanch, Mrs Webb and Mr Jackson for taking us.



See our photo gallery on the web site

Be proactive

Christopher Jackson, Principal

There is an old saying "If life gives you lemons, make lemonade." Sounds like good advice, and while it may seem easier to quietly resign ourselves to a life of lemons, I was heartened to see many of the students in Years 5 and 6 at Lake Keepit last week being proactive when faced with a problem-solving task.

One example was to build a raft from limited supplies to float a fellow student the length of the pool without them getting wet. While there were a few who were totally drenched by the time they reached the far end of the pool, the ethos of "never give up" was certainly present. I observed Stephen Covey's first habit "Be proactive" in many forms over these two days.

Taking action and being proactive are two of the most important ingredients to success in life. People who are action focused get better jobs, better grades, have more impact in the world and have better relationships.

There are millions of ways I've seen students at Nemingha Public School take positive actions throughout each day. I have seen them help a schoolmate who is being bullied, do something helpful for their teacher without them asking, come up with ideas to volunteer to help people less fortunate

than themselves and actively seek a solution to a problem. Seeing this in action gives me a feeling of satisfaction and encouragement that we are leaving our world in the good hands of our children.

"The proactive approach to a mistake is to acknowledge it instantly, correct and learn from it."

Stephen Covey

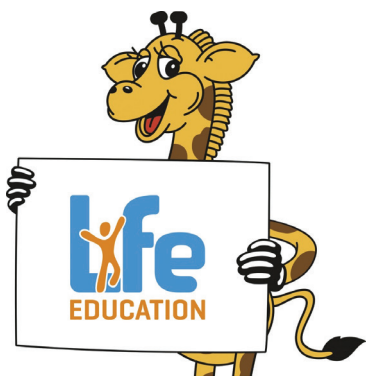
Over the last few weeks each of our classrooms has been focusing on being proactive in our Leader in Me sessions and the examples I mentioned at Lake Keepit aren't the

only examples to show that children have been proactive in their school life.

The good news is that even small actions can have a huge impact on our lives and the rest of the world. We need to instill in our children a "Don't wait" attitude! Tell them to start today and practise taking positive actions every day. Instead of just thinking about doing the right thing, do the right thing. By continuing to do good things they will soon become habits.

Life Education

The Life Education Van will be visiting the school between Tuesday 30 April and Monday 6 May, with lots of exciting activities for all our students.



Permission notes have been sent home for the Life Education Van. Each family should have received the list of topics each class will be studying plus a list of merchandise that children can purchase direct from the van.

If your child wishes to purchase merchandise, please do not send money to the school before the visit. The Life Education staff will be setting up their merchandise selling area in the playground during lunchtimes and all payments are to go direct to them.

Swimming carnival feedback

A questionnaire about the Swimming carnival will go home in next week's Newslink. Please fill this in and return so that information can be compiled to improve our swimming carnival for next year.

Easter Hat parade



This year the children will be having an Easter Hat parade on the last day of term (Friday 12 April) at 12.30pm.

Parents are invited to participate (yes you can wear an Easter hat too!)

It will be similar to the Book Parade in the Hall. Hats will be made at home. Come along and join in the fun.

Come and Try Day

Nemingha is having a Come and Try Day on Tuesday 7 May for siblings of current students and children living within our zone who are ready for Kindergarten next year.

If you know of anyone who fits in this category, could you please contact the school office and RSVP to our invitation to attend by Friday 3 May. It is essential that we know numbers attending in order to have enrolment information packages prepared.



The following notes have been sent home this week:

All students

Life Education Van visit, Tuesday 30 April to Monday 6 May

✍ **Notes due by Monday 8 April**

Class 3/4 students

Parent/teacher interviews, 8-12 April

✍ **Notes due by Friday 29 March**

Selected students

Touch football training for girls' and boys' teams and gala day 8 April.

Lightning: So Frightening

Thursday 13 June

6.30pm-7.30pm

Nemingha Public School

A highly visual and entertaining demonstration of the power of electricity presented by Dr Peter H Eastwell, Director of Science Time Education.

Cost:
12 per person

To book, please email the names of those in your group wishing to attend, as well as the name of your school, to nemingha@sciencetime.com.au, by 12 June. Payment will be by cash at the door. Booking is essential.

Alternative girls' uniform

As per Department of Education guidelines, the P&C are required to offer an alternative girls' uniform for those who would prefer not to wear the current dress option.

We have two options of shorts for summer and two options of pants for winter. We are asking for parent feedback to choose the final uniform.

You can view the samples and prices in the front foyer at school. We will also have some "models" wearing them at the next school assembly.

You can vote for the option of your choice either by collecting a ballot form at the front office or by using our online survey at <https://www.surveymonkey.com/r/6RQBL2X>



A Day of Mindfulness Practice

Sunday 7 April - Nemingha School hall

Too often worrying, rushing, procrastinating and never getting the end of that 'to-do' list? Wanting to learn strategies to reduce stress and emotional reactivity and feel more calm, clear and confident? Mindfulness can help.

It's impossible to control the weather or livestock and yield prices, the reliability of telecommunications or our children's life choices. What we can control is how we respond to these uncertainties. That's how mindfulness practice can help.

Give yourself the gift of a day to learn how you can live with the uncertainties of life, turn down radio non-stop thinking, enjoy the small everyday pleasures that life and approach the inevitable demands and challenges with calm, clarity and confidence. This day of mindfulness practice with Dr Sharn Rocco is an opportunity to step out of the busy-ness of life, relax, reboot, regain perspective and learn skills to sustain you through difficult times.

To find out more give Sharn a call on 0458 111 373 or visit her Facebook Page www.facebook.com/sharnmindfulworks/

SPORT REPORT

Soccer

Robert Murphy, Mia Gentle and Jade Brown, who were successful in the first round of trials for the PSSA North-West Zone team, attended the second trials on Tuesday 26 March.

Mia was successful in this round and will now attend the final round of trials next week for a place in the North-West Zone team to play in the State competition.

Cricket

Jordan Lewington, Robert Murphy, Harrison Hamilton and Henry Haling trialled for the North-West PSSA Zone cricket team last Friday.

Jordan, Harrison and Henry were successful in the first trials and will attend the second round of trials in Narrabri next week.

Touch

The touch gala day is fast approaching and the girls and boys are busy training during lunchtimes and after school.

Thank you to Mr Lucas Preston and Mrs Godden for kindly helping to train these teams. We wish both teams success on the day.

Northwest Tennis Academy School Holiday Camps



Join Jarrod Campbell and the team of highly experienced and qualified coaching professionals at the upcoming school holiday camps. Heaps of fun and great activities to keep the kids actively entertained in a fun, safe and educational environment

Camp 1 | 15/4/19 - 18/4/19 (4 Day Camp) \$90

Camp 2 | 22/4/19 - 23/4/19 (2 Day Camp) \$50

or \$25 Per Day! (Eftpos Available)

8.30 am - 11.30 am Daily

Tamworth Tennis Club

Family Discounts Available

Call Jarrod - 0421287004

4 - 16 Years Catered For

northwesttennisacademy@hotmail.com




INTERESTED?
Visit our website or contact the below for more info:
volunteer@ywca.org.au
02 9285 6235
www.ywca.org.au

WE NEED YOU....

BECOME A YOUTH MENTOR!

Volunteer as a Youth Frontiers mentor with YWCA Australia and you'll...

- Make a huge impact in the life of a young person (12-16yrs)
- Support your local community
- Meet like-minded adults
- Learn new skills
- Have fun!




proudly funded by:



a NSW Government youth mentoring program

PERFORM WITH POWER

TENNIS ACADEMY


SCHOOL HOLIDAY TENNIS CLINIC

15/4/19 to 18/4/19

8:30am to 11:30am each day.

COST \$88 OR \$25 single day.

THE GREATEST FUN FOR KIDS THESE SCHOOL HOLIDAYS!



Proudly run by
MITCH POWER
Tennis Australia Club Professional Coach

Contact Mitch on 0434211461
mitch.power.87@gmail.com
for more info.

performwithpowertennis.com.au