



## Calendar

### November

Friday 20 November	Year 6 excursion <i>Tamworth Laser Tag</i>
Saturday 21 November	Bunnings BBQ <i>P&amp;C Fundraiser - volunteers welcome</i>
Monday 30 November	School Captain speeches and voting
30 Nov-2 December	Life Education Van visit

### December

Friday 4 December	Presentation Day
Thursday 10 December	Year 6 Farewell
Wednesday 16 Dec	Term 4 ends
17/18 December	School Development Day
Friday 25 December	Christmas Day
Monday 28 December	Additional day holiday

## 2021

### January

27/28 January	Staff Development Days
Friday 29 January	Term 1 commences <i>for students in Years 1-6</i>

### February

Monday 1 February	Term 1 commences <i>for Kindergarten students</i>
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## Courtesy in the carpark

When using the visitors' carpark, please open car doors carefully so that you do not damage adjacent vehicles.



The following notes have been sent home this week:

### Year 6 students

Year 6 Farewell baby photo request

## Entertaining assembly

Last Friday the audience at the assembly was entertained by the students of KH and K/1. The students exhibited some of the activities that they engage in during their days at school.

The audience enjoyed watching the fundamental movement skills of side gallop, throwing and catching, vertical jump, dodge and balance.



This was followed by a display of art and craft related to the English units of A Garden Awaits and Australia.

Some stories were read, two of which were letters trying to persuade Mrs Blanch to allow a scarecrow to be placed in Nemingarden. Mrs Blanch was easily convinced and she helped the students make a scarecrow, which

was shown at the assembly.

The students then demonstrated the correct handwashing procedure as they are experts at this.



The final exhibition was a dance that was choreographed by Miss Shumack.

From the applause the students received, it can be concluded that it was a well received performance.



# Asthma can't be taken lightly

Christopher Jackson, Principal

**With the change of seasons and the fact Asthma Week was recent, I thought it appropriate that this week's message be about asthma.**

There are about two million Australians who have asthma and that comprises of about one out of every eight or nine children in Australia who have asthma.

One of my children had serious asthma when he was a little boy so that meant many trips to the emergency department and unplanned hospital stays. As a young adult he still takes his asthma medication regularly, even though he hasn't had a serious bout for years. Asthma is not something that can be taken lightly.

Most people think of asthma as the episodes of breathlessness, wheezing and coughing that some children experience from time to time. These symptoms are like the 'tip of the iceberg'; asthma is really a long-term lung condition that is always there, even when it seems invisible because the child has no obvious symptoms.

Most children with asthma have symptoms only occasionally – isolated episodes lasting a few days, with no symptoms for about two months or more between episodes.

Asthma symptoms in these children are usually triggered by a respiratory infection (such as a cold), or by breathing air that contains something the child is allergic to (such as pollens or cat fur).

**Cathy Freeman**

Some children have asthma symptoms more often, and a small group have symptoms on most days. For most children, asthma will improve with age.

If your child has Asthma please provide the school with an up to date Asthma Plan so we know that they have an inhaler. A copy of each plan is held in the office, sick bay, staffroom and playground First Aid kit. Front office staff are trained to administer inhalers when necessary.

For further information contact <http://www.kidswithasthma.com.au/>

## What works best

**Our school is committed to ensuring that how we teach your child is based on what we know makes the biggest difference to their learning. In our school, we have a focus on using the 'What works best' eight practices for effective teaching.**

These practices include:

- ✓ Having high expectations of your child. In our school we do this by detailed programming addressing individual student needs
- ✓ Using explicit teaching in the classroom. In our school we do this with our Visible learning approach to teaching in each classroom.
- ✓ Giving effective feedback to your child on their learning. This is done regularly within our class routines led by each teacher.
- ✓ Using data to inform how we teach your child. In our school we do this by analysing data from NAPLAN, PAT and informal class assessments.
- ✓ Using regular and effective assessments so we know how your child's learning is going.
- ✓ Supporting the wellbeing of your child by looking out for their mental, physical and emotional health. In our school we do this with the support of our Learning and Support team and school counsellor.
- ✓ Managing the classrooms well so they are safe, positive and stimulating environments for learning. In our school we do this with assistance from our experienced executive team support staff and Instructional leader.

- ✓ Making sure our teachers collaborate with each other, and experts outside the school, so teaching practice continuously improves. In our school we do this at the end of each term with collaborative planning days setting a focus for the following term.

In addition, research shows that greater levels of support and engagement from parents and carers are associated with better student academic and wellbeing outcomes.

We also know that students learn more effectively when the home and school environments form complementary and supportive roles for learning. It is for this reason that we are focused on continuing to foster the partnership between our school and parents.

The Department of Education has now released a 'What works best' resource for parents and carers, which provides tips for having conversations with your child about their learning.

You can visit the department's Parent Hub where you'll find other tailored resources for parents and carers. A message from the NSW Minister for Education, the Hon. Sarah Mitchell MLC, can be found on SkoolBag.

<https://education.nsw.gov.au/parents-and-carers/learning/what-works-best-2020-update>



# Our 2021 Kindergarten stars

2021 Kindergarten students enjoyed a full day at school on Friday 13 November.

They had the opportunity to experience some literacy, numeracy and outside games.

Our classroom was filled with excitement with children having a turn at coding the Blue Bots. They enjoyed watching the Blue Bot follow their instructions and draw some crazy shapes as they moved!

The Year 5 buddies did an outstanding job of ensuring the children had fun playing at break times.

To top it all off, our 2021 Kindergarten students were presented with an orientation certificate at our school assembly in the afternoon.

It was a busy and fun day for us all.



## Gold and Service awards

At our Monday assembly on 23 November, we will be presenting Gold and Service awards to students who have handed in silvers and golds since our last assembly.

Because our next Friday assembly will not be held until early February, we would like to make sure that these deserving recipients receive the awards before Presentation Day.

Congratulations to:

### GOLDS:

- |                 |                    |
|-----------------|--------------------|
| ● Hayley Wall   | ● Harley Lye       |
| ● Andrea Stuart | ● Nicholas Crocker |
| ● Ailie Gibson  | ● Matilda Gibson   |
| ● Koby Clarke   | ● Samuel Stuart    |
| ● Beau Rossiter | ● Zahlia Norman    |

### SERVICE AWARDS:

- |                       |                         |
|-----------------------|-------------------------|
| ● Henry Haling – 2nd  | ● Sophie Cleal – 1st    |
| ● Lewis Lesslie – 2nd | ● Samantha Barton – 1st |
| ● Isaac Kelly – 1st   | ● Jack Broomham – 3rd   |
| ● Olivia Blanch – 1st |                         |

## Nutrition Snippet

# SUMMER FRUIT AND VEGETABLES



### Try these summer sizzlers:

- [Lamb and veg meatballs](#)
- [Coleslaw](#)
- [Frozen fruit puree](#)

Check out our [blog](#) to find out more about what's in season.

# Rugby League Gala Day

Last Thursday students in Years 5/6 participated in a Rugby League Gala day against local schools at Jack Woolaston Oval.

Our two boys teams played rugby league and our girls team played league tag.



The students enjoyed the day and were glad to be able to get back into sport. When they were not on the field they were cheering each other on from the sideline.

They represented Nemingha with pride and are to be congratulated for their sportsmanship.

A massive thank you to Mr Chris Murphy for giving up his Mondays for training sessions after school and for helping out at the Gala Day.

**Kristine Sharkey**

## SCHOOL TRAVEL FOR 2021



**2021 school travel applications are now open**

Applications for student travel in 2021 opened from Monday 12 October 2020.

Students who require a School Opal card or travel pass for 2021 can now [apply](#) online. A new application should be submitted if a student is applying for a school travel pass for the first time or requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).

Students who have changed school/campus, changed address, repeated a year or received an expiry notification from Transport for NSW for their school travel entitlement should [re-apply or update their details](#).

\*Applications must be completed by the student's parent or legal guardian if the student is aged under 16 years. Students 16 years and over must complete the application themselves.

Where there is a change of distance eligibility based on a student's grade, the system will automatically update a student's entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

If a student needs to update their information or re-apply, they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted 31 December 2020 to ensure that current student entitlements are updated and their current entitlement/card remains valid. If their application is submitted after 31 December 2020, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for an SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2021.

## Good for Kids good for life

### BUSH TUCKER FRUIT AND VEG

There are lots of Aboriginal bush tucker ingredients becoming more readily accessible and available. Here are a couple of examples to mix things up and get your daily fruit and veg.



#### LILLY PILLY

Lilly pillies are a popular garden and street tree. They grow in many conditions and can be found all over Australia. The berries have a tart, cranberry-like flavour. Try eating them:

- Fresh and whole - just watch out for the pip inside!
- Chopped and added to salads.
- Chopped and added in to muffins, the same way you would blueberries.



#### WARRIGAL GREENS

Warrigal greens are a herb with arrow-shaped leaves, common in coastal regions. They are a great substitute for spinach, silverbeet or bok choy in recipes. Try adding to:

- Soups
- Stews
- Stirfries
- Omelettes.