



Calendar

June

Friday 3 June	Hockey Program <i>Years 4, 5 and 6</i>
Monday 6 June	Zone Boys Softball
Tuesday 7 June	Zone Girls Softball
Tuesday 7 June- Thursday 9 June	State Rugby League <i>11 years</i>
Wednesday 8 June	P&C Meeting <i>7pm in the staff room</i>
Thursday 9 June	Dance Eisteddfod
Friday 10 June	Crazy Hair Day Soccer Gala Day Hockey Program <i>Kinder, Year 1, Year 2 and Year 3</i>
Monday 13 June	Queen's Birthday public holiday
Friday 17 June	North West Cross Country Hockey Program <i>Years 4, 5 and 6</i>
Thursday, 23 June	Tamworth Eisteddfod <i>Choral Speeches</i>
Friday, 24 June	Athletics Carnival
Tuesday, 28 June- Friday, 1 Jul	Dance Workshop <i>Oxley High School</i>

July

Friday, 1 July	Assembly <i>Year 4F item</i>
Friday, 1 July	Hockey Program <i>Kinder, Year 1, Year 2 and Year 3</i>
Friday, 1 July	NAIDOC Celebrations
Friday 1 July	Term 2 ends
Monday 18 July	Term 3 starts

Clothing Pool - open each Monday, 2.30-3.30pm
and on the first Friday of each month, 2.30-3.30pm
BY APPOINTMENT ONLY
Contact Renae on 0417 029 377



A wonderful legacy

Skye Davis, Principal

Last week we farewelled Mrs Nicolette Moss, who has been our School Administration

Manager at Nemingha Public School for nearly 20 years.

She had been involved with Nemingha PS for many years before that as a parent, volunteer and administration officer. Thank you, Mrs Moss, for your commitment and loyalty to the students, staff and community of Nemingha. We wish you and Allan every happiness as you move into your new home, hit the road in your caravan and enjoy many morning teas together.

We had many special guests attend the afternoon, which started with an assembly run by 5S, dedicated to Mrs Moss and mums, and ended with an afternoon tea. Some of our special guests included Mr Chris Jackson, Mrs Kerrel Haire, Mrs Susan Ryan, Mrs Jenelle Pearson, Mrs Katrina Coxhead, Mrs Ninna Douglas as well as P&C executive, staff and community members.



It was fitting that we took the opportunity for Mrs Moss to officially open the extracurricular room that was a vision she shared with former principal Mr Chris Jackson.

Mrs Moss spoke about the benefits of music education on the overall development of the child, such as increased brain growth, language skills, mathematical skills, coordination, memory, discipline and overall to foster a joy and love of music. She was thrilled to officially open the learning space that has been designed to hold music and singing lessons as well as meetings and professional learning. The students are currently voting on a name for the space.

Thank you, Mrs Moss and Mr Jackson, for your work in making this vision a reality. What a lovely legacy you have left for the students of Nemingha!





Super Science Circus Show

What a spectacular, educational, and stimulating show!

Our students watched the show filled with science, magic, circus, and comedy with grins on their faces.

Students were invited on stage to participate in some of the great tricks! We learnt about forces, gravity, H₂O, and sound.

The finale involved an LED light show with the performer's amazing hula hoops tricks!



Gold Awards

Congratulations to Isabella Rainbow, who will receive a Gold Award at our next assembly.

Service Awards

Congratulations to Ellen Holcombe, who will receive a Service Award.

Zone cross country

Last Friday 27 students competed at Nundle in the Tamworth Zone cross country.

All students tried their very best and showed impeccable sportsmanship.

Congratulations and best wishes to Zoe Gentle and Teo Starr, who will be representing Nemingha at the Regional cross country.

This day would not have been possible without the assistance and support of our Nemingha parents, and a special thank you goes to Kat and Josh Geddes for giving their time to be course officials for the day.

Elise Robinson



The following notes have been sent home this week:

Selected students

Soccer Gala Day

Zone Softball Boys and Girls

This term students in 2H have been learning some persuasive writing techniques to convince people of their opinions.

It has been wonderful working alongside Mrs Harris for our writing sessions this term.

This week we also listened to the book 'Hello and Welcome' by Gregg Dreise. 2H discussed the importance of Country to Aboriginal and Torres Strait Islander peoples. We created



Please enjoy a couple of pieces of persuasive writing from 2H:

Can I please get a monkey? I promise I will take good care of it. I will feed it bananas every day. Wouldn't you like cuddles from a monkey? The monkey and I can play together. We can watch the television. We can eat popcorn. We could swim together. It will be sooo fun! It will be the perfect pet.

From Sam



Please come back! We need you to glue our work into our books. What class did you go to? We are sorry we didn't know we were being cruel to you. For example, we won't wind you up as high as we were. I won't put pressure on you. Please come back to 2H!

From your best friend,
Abbey

SOUND OF THE WEEK

On a warm **mm** summer night I look at the **mm**oon and **sm**ell the **mm**arsh**mm**allows cooking. /m/ /mm/ /mb/

During Week 7 all of our Year 1 to Year 6 classes will be learning about the different ways the /m/ sound can be made. The sound box below shows the many ways the /m/ sound can be made.

ACTIVITIES AT HOME

All the students at Nemingha have access to online activities for each sound unit. You can access them at www.soundwaveskids.com.au using your child's class code.

Week 7 is Unit 16.



Ideas to Add More Vegetables



It can be tricky to think of new ways to add vegetables to the lunchbox. Here are some of our favourite tips.

- Pack raw vegetables with a dip or some cheese. Why not try tzatziki or tomato salsa?
- Cook extra vegetables the night before and store them in the fridge ready to be added to the lunchbox. Our favourites include [homemade sweet potato wedges](#).
- Use chickpeas, beans or lentils in your child's lunchbox. Why not try these [vegetarian koftas](#).



Good for Kids good for life

WINTER RECIPE: MINESTRONE SOUP

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 medium leek, finely chopped (optional)
- 2 celery stalks, finely chopped
- 2 medium carrot, finely chopped
- 400g canned tomatoes
- 1 litre reduced salt vegetable or chicken stock
- 2 cups green cabbage, finely sliced
- 1 tbsp fresh parsley, chopped
- 1 bay leaf
- 1 tbsp tomato paste
- ¼ cup frozen peas
- ½ cup dried wholemeal pasta (penne, spirals or shells work well)

Serves 4

Prep and cook time: 1 hour



Method:

1. Heat oil in large saucepan over medium heat.
2. Add onion, leek, celery, carrots and garlic. Stir well, cook for 10 minutes or until the vegetables have softened.
3. Add canned tomatoes, stock, cabbage, parsley, bay leaf and tomato paste. Bring to the boil, then reduce heat to low and simmer for 15 minutes.
4. Add frozen peas and pasta, continue to simmer for a further 15 minutes.

Recipe from SWAP IT - <http://goodforkids.nsw.gov.au/primary-schools/swap-it/recipes>



Health
Hunter New England
Local Health District

HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Nutrition Snippet

ALTERNATIVES TO HAM



Reduce your cancer risk by cutting down on eating processed meats.

Keep ham out of the lunch box using these simple sandwich fillings instead:

- BBQ chicken with skin removed
- Cheese
- Boiled eggs

For more ideas read our [Alternatives to Ham blog](#)

healthylunchbox.com.au

 **Cancer Council**
Healthy Lunch Box



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