



NARRE WARREN NORTH PRIMARY SCHOOL

Newsletter No. 17 – 27th October, 2016



DIARY DATES

Thursday, 27th October

Last day for Grades Prep to 3
Swimming Program

Friday, 28th October

Assembly – 9.00am

Monday, 31st October

No Student Banking this week

Tuesday, 1st November

Melbourne Cup Public Holiday

Friday, 4th November

Our school's Show Day
10.30am to 1.00pm

Talent Show

2.00 to 3.30 pm

Tuesday, 8th November

2017 Prep Transition Session
10.00 to 11.30 am

Thursday, 10th November

Coal Creek Excursion for
Grades 1 & 2

Friday, 11th November

Assembly – 9.00 a.m.

14th – 17th November

Swimming Program for
Grades Prep to 3

21st to 24th November

Swimming Program for
Grades Prep to 3

Thursday, 24th November

Last day for Prep – 2
Junior Sports Day payments

Friday, 2nd December

Junior Sports Day for Grades
Prep to 2

Wednesday, 7th December

Grade 6 Graduation

Tuesday, 20th December

Last day of school for 2016



Principal's Pen

Day before Cup Day

Thank you to all the parents that have returned the letter sent home through the students regarding Monday 31st October and whether you will be sending your children to school or not. On Monday the teachers will be participating in professional learning related to Action Research on Student Engagement.

World Teachers' Day

Tomorrow Australia celebrates World Teachers' Day. Its aim is to pay tribute to the significant contribution that teachers make to education and the development of our young people.

I am very proud of the teachers at Narre Warren North PS and would like to thank our wonderful teachers for the work they do in partnership with parents, students and support staff to ensure that our students develop educationally and socially with every opportunity for success.

Show Day and Talent Quest

Next Friday is Show Day. Due to our new Child Safety Policy, students are required to wear school uniform on Show Day.

The grades have been working hard to prepare for this year's Show Day. Thank you to the teachers, students and parents for your preparation for this annual event. Also thank you to all the families who have donated 'goods' to the different activities which students are involved in. Your support is very much appreciated.

In the afternoon the Show Day **Talent Quest** will be held in the Multi-Purpose Room beginning at 2.00pm. Thank you to Mr Brown for facilitating this process.

All families are welcome to attend.

I hope you all enjoy the long weekend and that your horse wins.

Connie vanderVoort, Principal

Remembrance Day Poppy Appeal

Our school is selling the following items for the Remembrance Day Poppy Appeal:

Poppies	\$1	\$2	\$5
Wrist Bands	\$3		

Show Day Request

Show Day – Silent Auction

The Grade 6 students will be once again running a Silent Auction on Show Day. We are seeking donations of any new items that could be auctioned. If you have anything you would like to donate, please take it to the Grade 6 classrooms by 4.00pm on Wednesday 2nd November.

Thanks,

Katherine Darbyshire & Jessica Robinson
Grade 6 teachers

Show Day Poem by Emre A – Grade 2A

*Hey, hey, it's that day,
We want to play,
because it's Show Day,
Oh yay we are crazy running
through the haunted house,
Okay it's a game and I made this up,
Wow, wow this is getting good.*

Parents' and Friends' Club

Show Day – Friday, 4th November

As part of our annual Show Day for the children of Narre Warren North Primary School, the Parents' and Friends' committee will be selling food at the canteen. If you would like to volunteer and have a current 'Working with Children Check' please let the office know. A notice was distributed earlier this week.

We will need some help cooking sausages on the BBQ and also cooking and selling food in the canteen.

Free Dress Day

On Tuesday, 13th December we will be having our last free dress day for the year. As part of this free dress day we are asking instead of a gold coin donation if you could bring a wrapped lucky dip prize which we will use for our School Fete (March 2017) please label the prize a 'boy', 'girl' or 'either' so we know which bucket to put it in. Thank you for your support!!

Shopping Tour

Thank you to everyone who supported our Shopping Tour fundraiser. It was a great day out!

Emma Donaldson, President

Divisional/Regional Athletics

On the 5th of October the Divisional Athletics was held at Casey Fields Athletics stadium.

The people who went to represent our school were Shalisa H, Nik S, Ryan B, Dominic M and James C. The events were: Dominic M in the 1500m and 800m, James C in the 800m and long jump, Ryan B in the discus and 200m, Shalisa H in the 1500m and Nik S in the hurdles.

We had Ryan B and James C get through to Regionals Athletics on the 13th of October. Ryan B was in the Discus and James C was in the 800m. Unfortunately neither of them made it to the next level which would have been state, but we are extremely proud of the people who went to the Divisional Athletics and the people who also made through to Regionals.

By James C

Earlier this year, the children participated in sessions that taught anti-bullying strategies. The following outlines some of the strategies they were taught. Using these strategies is encouraged across the school and the children are given opportunities to practise using them. You will see the posters in the classrooms too.

What can I do if someone is annoying me?

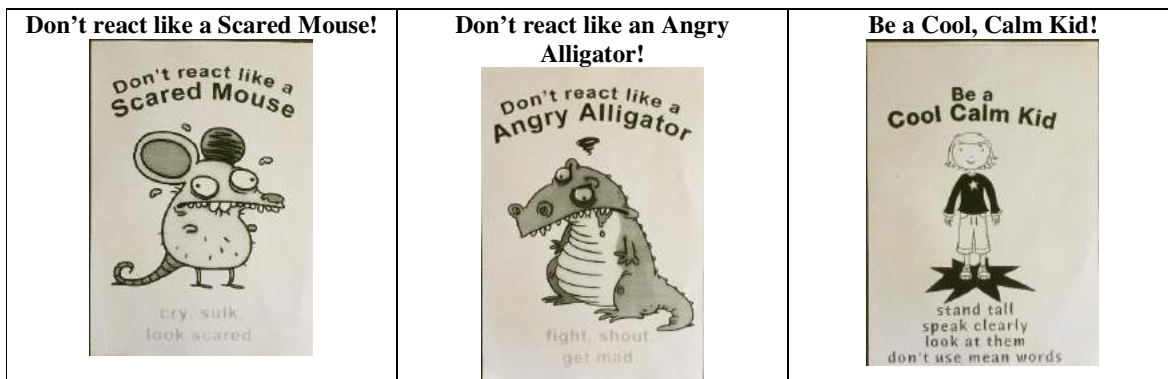
- Use the **Three Step Telling Rule**

Step 1: Stop it, I don't like it

Step 2: Stop it now or I'm telling the teacher

Step 3: I'm going now to tell the teacher

- **Think** carefully about how you react to the behaviour.



How mental health difficulties affect children

“There is no health without mental health”

Mental health – the way we think or feel about ourselves and what is going on around us, and how we cope with the stresses of life – affects our sense of wellbeing as well as our physical health.

Good mental health is **vital** for learning and life. Children who are mentally healthy are better equipped to meet life's challenges. They also **learn** better and get on better with others.

Having good mental health does not mean never having worries or feelings of distress. Everyone goes through ups and downs which can affect the way they feel and behave. Feeling worried, sad, frustrated or angry are all normal emotions.

Mentally healthy children are able to use positive coping skills appropriate to their age to manage feelings and deal with difficulties. They develop helpful coping skills as part of their normal development and are not held back by emotional or behavioural problems.

10 WAYS TO PROMOTE **GOOD MENTAL HEALTH & WELL-BEING IN KIDS**

- 1 MODEL GOOD **MENTAL HEALTH HABITS**
- 2 MAKE SURE THEY GET **ENOUGH SLEEP**
- 3 **ENCOURAGE** KIDS TO EXERCISE
- 4 GIVE THEM **CREATIVE** OUTLETS
- 5 PROVIDE A **SPACE** OF THEIR OWN
- 6 **TALK** ABOUT THEIR TROUBLES
- 7 HELP THEM TO **RELAX**
- 8 HAVE TWO **ROUTINES** -
WEEKDAY AND WEEKEND
- 9 FOSTER **VOLUNTEERING** AND
HELPFULNESS
- 10 BRING **FUN AND PLAYFULNESS**
INTO THEIR LIVES



For information from Michael Grose about raising exceptional kids...



1. Subscribe to Happy Kids newsletter on parentingideas.com.au and receive lots of parenting ideas and information.



2. Visit parentingideas.com.au to find ready to go resources and books.



3. For the best parenting ideas and great advice join the Michael Grose Parenting community at facebook.com/michaelgroseparenting

phone. 1800 004 484

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Creative HQ is the place to be at NWNPS! During lunchtime students have the opportunity to come and spend part of their break utilising the range of different technologies, games and activities on offer.

Some of the things which capture the imaginations of the students' break times include:

Samsung Tablets- Minecraft

Minecraft is a game about placing blocks and going on adventures. Students can explore randomly generated worlds and build amazing things from simple homes to impressive castles. Students can collaborate and enter other people's worlds.



Lego-

A huge feature of Creative HQ is the Lego Wall. Not only does it draw students right to it by its sheer size but they can leave their creations up and others can add to them.

Snap Circuits-

Snap Circuits are a cool way that students can create fun and easy electrical circuits. Students follow manuals and build a range of exciting projects and work either individually or with other students to create circuits that use AA batteries to work.



Origami-

Origami is the art of paper folding, which is often associated with Japanese culture. In Creative HQ students have access to origami paper and have the opportunity to transform a flat sheet square of paper into a finished sculpture through folding and sculpting techniques.

NWNPS is having a fundraiser where YOU don't have to spend a cent!

That's right! In fact, you will probably SAVE money!
And who doesn't want to save money?

Viridian/Click Energy are giving our school **\$10** for every customer than joins by the 2nd of December.

They offer environmentally responsible energy to consumers at an affordable price.
No longer do you have to pay extra to 'go green'.

Viridian offsets a minimum of 50% of your usage to support renewable energy and other sustainability initiatives.

With **no connection fees, no contracts and no exit fees**, there's nothing to lose.

To see how good the rates are compare these with your last bill
(for postcode 3804 and surrounding areas):

Electricity usage – 21.44c/kWh Supply charge – 91.3c/day
Gas usage – 1.848c/mJ (first 3000mJ) Supply charge – 55.86c/day



To register go to www.viridianenergy.com.au/dusty and click on Become a Customer, then Switch to Click Now. Follow the prompts (takes about 3 minutes) and Viridian/Click will make the switch behind the scenes for you with no interruption to your energy supply.

To get an itemised quote, click on Get a Quick Quote, enter your postcode, then click Enter your Exact Usage. Alternatively call our local Viridian associate, Dusty Macgraw, on 0403 171 575 and he can guide you through the process.

We aim to raise **\$500** for the school.
Let's get on board now and support us!

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