

Term 4, Week 7 2017



# NORTH WAGGA PUBLIC SCHOOL



*Building a Culture of Excellence*

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## K-MART WISHING TREE PERFORMERS!



### What's on at NWPS...

<input type="checkbox"/> Tuesday	5 <sup>th</sup> December	WWHS Orientation Day for Year 7
<input type="checkbox"/> Wednesday	6 <sup>th</sup> December	Presentation Night – 6pm @ WWHS in Jock Currie Hall
<input type="checkbox"/> Thursday	7 <sup>th</sup> December	P&C Meeting & P&C Xmas Party Night – Palm & Pawn
<input type="checkbox"/> Wednesday	13 <sup>th</sup> December	Year 6 Farewell
<input type="checkbox"/> Thursday	14 <sup>th</sup> December	School Reports
<input type="checkbox"/> Friday	15 <sup>th</sup> December	LAST DAY of Term 4
<input type="checkbox"/> Tuesday	30 <sup>th</sup> January	FIRST DAY of Term 1 – K to Year 6 Commence
<input type="checkbox"/> Thursday	1 <sup>st</sup> February	Swimming Carnival

## PRINCIPAL'S REPORT

We have just farewelled our **School Spec Dancers** off as they make their way to Sydney. We trust they will have a great week, accompanied by Mrs Hilton and Mrs Standley. The efforts to get our dancers to Sydney have been huge. To have our whole-school community throw their weight behind this (even families who don't have dancers in the group) has been testament to what sort of school community we have.

I have asked teachers to work really closely with families around pursuing **explanations for student absences**. This is why you may receive a pre-printed note asking you to justify why your child was away. Please note that explaining absences within seven days is not just a "North Wagga PS thing", it is actually a policy all public schools must follow. By default, our roll marking is set to "Unjustified Absence" when your child is away. After an explanation is received (and that can be a verbal phone message through the office, a handwritten note, using our app or filling in a pre-printed note from the school) teachers alter the code to reflect the reason for the absence. Without an explanation, the code remains unchanged. If you receive one of these notes, please don't be offended, this is just us tightening our school processes now that we have gone over to electronic roll marking. The most helpful thing that families can do is ensure that we receive an explanation as soon as your child returns to school after an absence. For your convenience, I have provided a page of "blank notes" for you to attach to your fridge at home and use as appropriate.

Have a great week,

Mrs Crocker  
Principal

### What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

## CANTEEN ROSTER

Wednesday 22 <sup>nd</sup> November	Jen Fewson
Friday 24 <sup>th</sup> November	Kirsty Barby, Marissa McMahon
Monday 27 <sup>th</sup> November	Emma Lowing

\*\*\*\*Please call Jane Chobdzynski if you can help in the canteen on 0409 926 836\*\*\*\*

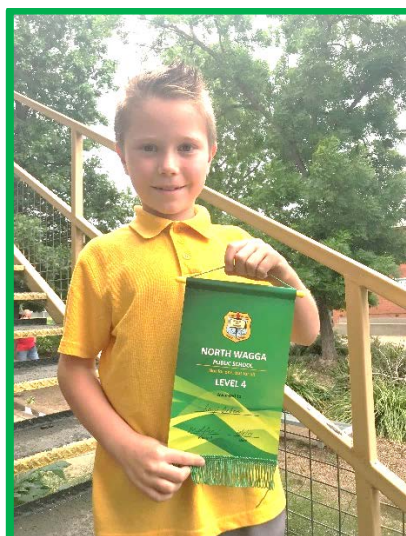


## ASSEMBLY

The next awards assembly will be Thursday 7<sup>th</sup> December at 2.30pm in the hall and will be hosted by 5/6D. This will be the last assembly for the year. All welcome!

## CONGRATULATIONS

Congratulations to our major award winners from the last assembly. We had trophies, banners, lots of certificates and CWA Awards! Many thanks to Mrs Chobdzynski for her CWA talk to the whole school.







# Christmas Party

## P & C MEETING AND XMAS PARTY NIGHT AT THE PALM & PAWN

**THURSDAY 7<sup>th</sup> December**

There will be a short meeting at 6pm followed by dinner at 6.30pm.

HOPE TO SEE YOU ALL THERE!

### SCIENCE IN ACTION!

Last week Mrs Havrlant and 5/6D invited Kindergarten to their classroom to help with their science experiment! 5/6D is currently learning about Force and demonstrated this to their buddies using match sticks. All the students thoroughly enjoyed this shared learning experience.

### TRAC STUDENTS VISIT

On Friday last week, Year 9 students from The Riverina Anglican College came to coordinate PE activities with our Kindergarten students. The senior students were very well organised and had all our kindies engaged in numerous activities for the most part of the morning session. They all had a wonderful time and one of the TRAC students said he was surprised at how well the kinders listened and participated in the organised activities. A big thank you to Mr Nathan Reynolds for organising this visit, the kids loved it!



### VINNIES CHRISTMAS APPEAL

Our school presentation night is scheduled for Wednesday 6<sup>th</sup> December.

That is the day we traditionally ask all students to wear casual clothes and bring in a non-perishable food item that we can donate to the Vinnies Christmas Appeal. We would like to do the same again this year as it means we are assisting the neediest people in our community, and that the students' uniforms are clean and fresh for our awards night. We will have additional details in next week's newsletter.

### COMMUNITY NEWS





Lutheran Primary School Student Luke Guiton is raising funds for his mate Mater Dei Student 12yr old Jack Keane who is fighting cancer. Luke is hoping to walk all the way but has also enlisted his class mate Joe Stone to help out as well just incase. Along with other mates Kapooka Public Jack Schneider and The Rocks Central Hannah Somerville.

Back in March Jack was found to have a rare tumour in his face, Jack has gone through 48 weeks of treatment involving weekly chemotherapy and block radiation. In June doctors decided it was worth Jack having surgery to try and remove some of the tumour, this was with an awesome result and his recovery from the surgery was remarkable. Jack now continues weekly chemotherapy till the new year.

Jack has a wish list that he would like to fore fill and Luke is helping him out with it by walking 25km on a treadmill on the 18th of November at the Wagga Wagga Market Place.

Every Dollar puts you in the draw. Tickets are \$5.00 each.

PLEASE HAND YOUR DONATION INTO YOUR SCHOOL OFFICE FOR COLLECTION.

			<b>EVERY DOLLAR DONATED PUTS YOU IN THE DRAW.</b>	
<b>1ST PRIZE</b> \$5000 CAESAR STONE KITCHEN BENCHTOP			<b>2ND PRIZE</b> 2 NIGHT STAY IN BATEMANS BAY FOR TWO	
<b>3RD PRIZE</b> DIESEL WATCH AND MANY MORE PRIZES			<b>NAME:</b> _____	
<b>DO NOT HAVE TO BE PRESENT TO WIN / TICKETS - \$5.00</b>			<b>PHONE:</b> _____	
			<b>AMOUNT \$</b> _____	
			<b>PLEASE HAND TICKETS TO YOUR SCHOOL OFFICE FOR COLLECTION.</b>	
				



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# 3 Top Tips to Overcome Fussy Eaters



In lunch box studies, parents site their children being fussy eaters as one of the main barriers to packing healthy lunch boxes. This week we look at 3 Top Tips To Overcome Fussy Eaters when packing lunch boxes.

## 1. TRY EVERYTHING AT HOME, 7-12 TIMES

Most people don't like change and we tend to eat with our eyes first. Including something new in a lunchbox without trying it at home is likely to get a fussy eater response. It will come home uneaten. At home, if it's new, it's a change and it may go uneaten too. But the first reaction doesn't always mean they won't eat it. Research shows it takes 7-12 times of trying a food in close succession before they really work out if they don't like it. Don't stop at one, two or 3 tries. Keep trying.

## 2. GIVE THEM FAMILIARITY

The best way to do this is to turn your evening meals into lunches. We tend to make more of an effort with our evening meals and include more vegetables. Turning your dinner into a lunch will mean they get more vegetables. For more ideas at <http://rootcau.se/O>

## 3. ADD-IN & CROWD-OUT

This is a great way of transitioning your family to healthier food choices. Give them a little of what they want, but add-in healthier choices. Overtime, crowd-out the less healthy choices. This is not a quick option but allows fussy eaters to transition to healthier options without the power struggle. eg. If you include chips everyday, do this but Add-In some crunchy carrots everyday. Then Crowd-out the chips by including them every second day. Keep reducing the regularity until you don't add them in anymore.



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FOR FREE WEEKLY RECIPES, LUNCH BOX INSPIRATION, AND A FREE EBOOK, SIGN UP VIA EMAIL AT [THEROOTCAUSE.COM.AU](http://therootcause.com.au).

