



NORTH WAGGA PUBLIC SCHOOL



Building a Culture of Excellence

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What's on at NWPS...

<input type="checkbox"/> Wednesday	1 st November	Kindergarten Orientation Day 3 11am - 1pm
<input type="checkbox"/> Wednesday	1 st November	P&C Meeting – 6.30pm in Staffroom
<input type="checkbox"/> Wednesday	8 th November	Kindergarten Orientation Last Day 11am - 1pm
<input type="checkbox"/> Wednesday	15 th November	K-mart Wishing Tree Performance – Kindergarten Only
<input type="checkbox"/> Friday	17 th November	Captain election speeches – 11.35am in Hall – all welcome
<input type="checkbox"/> Wednesday	6 th December	Presentation Night
<input type="checkbox"/> Thursday	7 th December	P&C Meeting & P&C Xmas Party Night
<input type="checkbox"/> Wednesday	13 th December	Year 6 Farewell
<input type="checkbox"/> Thursday	14 th December	School Reports
<input type="checkbox"/> Friday	15 th December	LAST DAY of Term 4

PRINCIPAL'S REPORT

It has certainly been an amazing day at North Wagga Public School! It's not every day that we have the honour of hosting the NSW Premier, Ms Berejiklian! The Premier had a lovely time meeting our school leaders and hearing about some of the history of our school, before visiting Kindergarten and a Stage 2 classroom. The students were able to show their writing work, as well as discuss some of their ideas around how they would like to see our state developed. It truly was a remarkable visit, one we are very grateful for, and one that will be remembered for many years by all the students who were able to engage with Ms Berejiklian.



Speaking of being grateful, once again our P&C Canteen Sub Committee put on a wonderful catering experience to support our movie night last night. Many thanks to the families who, in spite of a crazy afternoon downpour, were able to send their children along for our Halloween Movie. Many students (and teachers) took the opportunity to dress up which added extra fun to the evening, please look out for photos in next week's newsletter.

Lastly, many thanks to our School Leaders who last week participated in the annual Town and Gown ceremony. Town and Gown is held each year to celebrate the strong ties between Charles Sturt University, local schools and the Wagga Wagga City Council. Ms Woodside, Mrs Standley and I were also required to wear our graduation gowns, so that was very special, and was certainly a trip down memory lane for us!

I hope you all have a great week. Hoping to see you at P & C tomorrow night.

Mrs Crocker
Principal

INTO YEAR 7 & SELECTIVE HIGH SCHOOL APPLICATIONS, 2019

What are selective high schools?

Selective high schools cater for the specific needs of high achieving gifted students who may otherwise be without sufficient classmates at their own academic and social level.

Applications for entry into a selective high school for Year 7, 2019 are open now and will remain so until 13 November, 2017.

If your child is looking to apply for this it means your child is currently in Year 5.

All applications occur online and there is a detailed process around this which also includes an entrance assessment.

Information, including the online application form, can be found at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

You must apply before 10pm on 13 November 2017. Late applications will not be considered.

CANTEEN ROSTER

Wednesday 1st November

HELP NEEDED!

Friday 3rd November

Carol Mulley, Marissa McMahon, **HELP NEEDED (12-2pm)**

Monday 6th November

Emma Lowing



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

NOTES TO BE RETURNED

- **Kmart Wishing Tree Notes – Due Wednesday 8th November**
- **Dance Spectacular Notes – Due Friday 10th November**

EMERGENCY CONTACT NUMBERS

Just a reminder if you have recently changed any contact details for home, mobile or emergency numbers please forward the details to the school office so that we can update your records.

CANTEEN HELP?

Have you seen our latest canteen summer menu? It is sensational! Our students are already enjoying the variety of "summer foods" on offer. Many thanks to Bistro 73 who has been wonderful in assisting us with some of the more specialised lines such as sushi. These yummy creations are very popular with our students and staff!



We are always on the lookout for families to assist in the canteen on Monday, Wednesday and Fridays, but did you know there are other days you can help too? The canteen roster above is for the days our canteen is operational, but around that, there are opportunities for families to assist in food preparation.

If you do find yourself having some spare time on the occasional Tuesday or Thursday, our P & C Canteen Committee tries to have 1 or 2 days a month where they catch up and try and get some menu items prepared that then go into the freezer. If you think you can be involved in this, please don't hesitate to give Trish a call on 0427 205 721.

P&C FUNDRAISING – TEA TOWEL AND APRON ORDERS



There is still time to place your order. We have until Friday 3rd November to finalise our orders. Please bring them back to the office and remember to pay cash or by direct deposit into the P&C account not via POP Payment.

Another lucky hundred square raffle has been drawn up and the numbers have been sold. It will be drawn tomorrow. The winner gets to choose from the remaining prizes in prize pool which includes a coffee machine, iPad Mini and a whipper snipper. Stay tuned for the winner announcement in next weeks newsletter.

MAD FOOD SCIENCE PROGRAM

Wow! It was such a great visit by 'The Root Cause' family in their big green bus. I was very impressed with our students as they tasted the green smoothie with "their tongue and not their eyes", even if it was just a little finger dip. Most of them discovered that it was actually pretty delicious! A very big thank you to Trish, Amy and Mickey who prepared the tasters for our parent event and for those who were able to come along on the night. Our winners for the most parents were our Kinder students and they will be receiving their special prize very soon. Watch this space for some great lunch box tips coming from Bel and the Mad Food Science team. Helen Frogley – Coordinator Mad Food Program



Mad for Mad Food!

Check out our website for the Green Smoothie recipe.

ASSEMBLY

The next awards assembly will be this Thursday 2nd November at 2.30pm in the hall hosted by 1R. All welcome!

NUT ALLERGY AWARENESS

As we have several students who have been diagnosed with an allergy to nuts, we are asking parents not to send any food products containing nuts to school (this includes peanut butter sandwiches). It is important to understand that even trace amounts of food can cause a severe life threatening anaphylactic reaction so we are asking everyone to be aware of how serious this allergy can be.



25K FOR JACK

Sat 18th November

WAGGA MARKET PLACE

By old Luke Station is raising funds for his mate 12yr old Jack (name who is fighting cancer). Jack has a wish list that he would like to see fill and Luke is helping him out with it by walking 25km for a reason!!

To Sponsor Luke please see sponsor details or purchase a Ticket in the Raffle












ERIN EARTH RELAUNCH. Saturday 4th November – 9.30am-1pm
@ 1 Kildare St, Wagga Wagga.



KEEPING KIDS CALM: A free interactive workshop.
Where: Parish Centre 7 Johnston St, Wagga Wagga
When: Friday 24th November **Time:** 10am-2.30pm **Cost:** FREE Bookings Essential **Ph:** 1300 619 379

1-2-3 MAGIC AND EMOTION COACHING - Learn to manage difficult behaviour in children 2-12 years old
This 3 session course offers parents and carers the opportunity to: Learn how to discipline without arguing, yelling or smacking. Learn how to sort behaviours **Where:** Centacare, 201 Tarcutta St, Wagga Wagga **When:** Tuesday 14th, 21st & 28th November **Time:** 12.00-2.30pm **Cost:** Standard \$30, Concession \$15

Please support the 25K for Jack. Jack is a friend of Mrs Schneider. See Mrs Schneider in 3/4W for raffle tickets - \$5 each.



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North Wagga Wagga

Phone 6921 3968



The Anglican Parish of Wagga Wagga
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Mad Food Science: Green Smoothie



From Yuk to Yum! This is the recipe I use in The Mad Food Science Program to get children to taste with their tongue not their eyes. Once you overcome the objection to greens with this smoothie, start adding more greens to their lunchbox and dinner plate too.

Green Smoothies are nutritious and a great way to get more greens into your family's diet. They are an excellent source of non-dairy calcium, magnesium and also vitamin C. Adding greens to a smoothie introduces Chlorophyll into your system quickly. Chlorophyll is known as "plant blood" and is very closely aligned with human blood. Chlorophyll acts as a blood cleanser and detoxifier. It helps: fight infection, improves skin, improves energy levels and is anti-inflammatory.

INGREDIENTS (FOR 1 LITRE)

- 3 frozen bananas
- 4-5 strawberries (fresh or frozen)
- 1 handful of baby spinach
- 800 ml filtered water

DIRECTIONS

- Throw everything into a blender for about 1 minute. Should be smooth and creamy.

HELPFUL TIPS

- If your blender isn't strong, you may want to blend just the banana's first
- If this recipe tastes too green for you, add more frozen berries to the mix.
- As your family's tastes change, experiment by changing /adding the type and amount of greens. Be patient - add them one at a time and adjust for your taste.
- Buy organic produce if you can. If not, wash your greens properly, especially because spinach as it's one of the most sprayed plants.



THIS MAD FOOD SCIENCE™ HEALTH TIP COPYRIGHT © BEL SMITH 2017. BEL SMITH - A REGULAR ON CH 7 SUNRISE - IS A HEALTH COACH, A JAMIE OLIVER FOOD REVOLUTION AMBASSADOR, AND A MUM ON A MISSION TO TRANSFORM CHILDREN'S HEALTH IN AUSTRALIA.

FOR FREE WEEKLY RECIPES, LUNCH BOX INSPIRATION, AND A FREE EBOOK, SIGN UP VIA EMAIL AT THEROOTCAUSE.COM.AU.

**The
Root
Cause**