PBS Focus: Playground Procedures

- Stay in the right areas
- Play fairly
- Keep playground tidy
- Use equipment correctly
- Hat on, play on
- Ask for help and tell a teacher

NAPLAN

Here are some tips to help children do their best in any test.

- Get a good night's sleep
- Have a healthy breakfast
- Try to answer every question
- Don’t stress

Hats

I would like to remind parents and carers that it is the policy of the Department of Education and Communities (DEC) that all children should wear hats when playing outside at school. Having been out in the playground on many occasions lately it is very evident that many children have not brought hats to school. Could you please check to ensure that your child has a hat with their name inside to bring to school.

For DEC guidelines and information on sun safety in schools go to:

Limits and boundaries to teach appropriate behaviour by Michael Grose

Children like limits and boundaries. They provide them with a structure and teach them how they should behave. In fact, many studies indicate that families who have very few clearly stated rules or standards are less likely to have children who misbehave.

Children also like to push parental boundaries so parents need to resist pressure that children can exert upon them. This is a normal but irritating expression of a child’s push for independence and autonomy.

Effective limits and boundaries:

- Are given using clear, direct, concrete, specific terms – “Be home by six o’clock” rather than “Don’t be late.”
- Explain reasons if appropriate.
- Involves choices when appropriate

Have a great week.

Peter Collins
Principal
Welcome to term 2!!! We have had a wonderful response to our new products on our “WINTER MENU” but would like to take this opportunity to remind you of what yummy food we have to offer…

Soup of the week is different every week, a list of what soup, what week is listed on your menu, caesar salad and noodle salad is now available and a great fresh alternative to the normal pie or sausage roll.

We now also have honey and banana 500ml milks, new Orchy juices in four delish flavours and new 99.9% mineral fruit juice cans which are running out the door.

THIS FRIDAY is FOOD RESOLUTION DAY, which encourages kids to participate in cooking at home, items such as fruit kebabs and yogurt dippers are a great start in getting kids helping at home! These items will be available Friday along with a few other “easy to make at home” items. If your child purchase’s one of these items on Friday they will receive a FREE cook at home menu guide to take home.

Lastly, I would like to remind you about providing lunch bags for your child from home when ordering their lunch. We seem to be writing anywhere up to 50 lunch orders for your children PER MORNING, to which is extremely time consuming!!! If you are placing an order for your child for lunch, please be prepared and provide a filled out lunch bag order with correct change, this will help us out immensely and free up time to make your child lunch.

Thankyou...Ricki and Patricia

ACTIVE AFTER SCHOOL
Nowra East is starting afternoon activities tomorrow from 3.00pm-4.30pm. The Active After School Program is a fun way for children to become active in sport. Each week the program will be delivered by an exciting sports trainer engaging the students in high energy games and activities. The children receive a healthy afternoon snack straight after school and are supervised by a teacher. Please fill out the form below if you are interested in your child participating in this program. Mrs Theobald will then give your child a permission note and medical form which will need to be filled out and sent back so they can join these activities.

COMMUNITY NEWS

Welcome to term 2!!! We have had a wonderful response to our new products on our “WINTER MENU” but would like to take this opportunity to remind you of what yummy food we have to offer...

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