**NEWSLETTER WEEK 5 TERM 3**

**10 August 2015**

**PBS Focus: Before School Procedures**

- Arrive at school at 8.45am
- Use the crossings when crossing the road
- Walk you bike, scooter, skateboard to the bike rack or into the classroom
- Sit quietly at the top
- After the bell walk to the bottom playground or to Breakfast Club
- Wet weather – Go to your classroom or to Breakfast Club

**Athletics**

Congratulations to Jarrah McLeod, Crystal Walder, Chase Mumberson and Luke Kirwin who have all qualified for the regional athletics carnival to be held in Canberra on Friday 21 August. Good luck kids and well done!

**School Bell Times**

School commences each day at 9.10am and concludes at 3.00pm. If your child is late for any reason they MUST enter the school via the front office to be signed in and receive a late slip that is passed on to the class teacher. I must warn parents and carers that frequent lateness has a very detrimental effect on student learning as they miss critical information for the learning planned for the rest of the day.

Also, parents/carers who require their children to leave before 3.00pm must sign the students out at the front office. This can only be done for medical appointments or for extenuating family circumstances. Again, leaving early regularly may have a detrimental effect on student achievement.

**Staffing**

Following two series of merit selection, I’m pleased to announce that Miss Zoe Bryce has won the position as classroom teacher on Platypus class. Miss Bryce has been a regular casual teacher at Nowra East and has taught in Platypus class on many occasions. Miss Bryce knows the children well and will continue to provide them with an excellent education.

The vacant assistant principal role, created as a result of Mrs Goldthorp leaving, has been won by Miss Opalnuik who will now take on Mrs Goldthorps executive duties.

**COMING EVENTS FOR TERM 3**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>19 August</td>
<td>Whole School Assembly</td>
</tr>
<tr>
<td>7</td>
<td>24 – 26 Aug</td>
<td>Book Week – book fair</td>
</tr>
<tr>
<td></td>
<td>24 August</td>
<td>P&amp;C meeting 9:30am staffroom</td>
</tr>
<tr>
<td>8</td>
<td>31 August</td>
<td>Garden Workshop</td>
</tr>
<tr>
<td></td>
<td>2 September</td>
<td>Shoalhaven Choral Festival rehearsal</td>
</tr>
<tr>
<td></td>
<td>3 September</td>
<td>Shoalhaven Choral Festival performance</td>
</tr>
<tr>
<td>9</td>
<td>9 September</td>
<td>School Photo Day</td>
</tr>
<tr>
<td></td>
<td>11 September</td>
<td>Stage 3 Parliament House $42</td>
</tr>
</tbody>
</table>

**DISTRICT ATHLETICS**

Last Monday, 22 students travelled to Croome Rd, Albion Park to attend the Shoalhaven district athletics carnival. The day started early as we left at 7am and the weather was freezing. We had a great day cheering each other on as we competed in our events. Everyone that attended did their best on the day, and the competition that we faced was very tough.

Some of our competitors proved to be tough competition themselves, and made it into the finals. Five NEPS students qualified for the next Regional carnival which is to be held in Canberra on the 21st of August. Congratulations to:

- Chase Mumberson (8 years boys 100m)
- Luke Kirwin (10 years boys 100m)
- Crystal Walda (junior girls shot put)
- Emily Timbery-McLeod (11 years girls shot put)
- Jarrah McLeod (11 years boys shot put)
I would like to thank everyone who made the trip to Albion Park to cheer on our NEPS students on the day.
Mr Stevenson

CANTEEN NEWS
Weekly specials:
Steak Sandwich with grilled onion and BBQ sauce $4.00
Cooibah zucchini and bacon slice with garden Salad $5.00
NEXT WEEK is Healthy Bones Week and to coincide we will be have specials in the canteen all week. Smoothies, cheese and biscuits and lots of yummy dairy snacks will be available.
Here are a few facts why it’s so important to keep our children’s Calcium levels up.
Calcium is the main mineral that strengthens bones. Getting enough calcium is important for everyone, but for children and teens, it is critical. These are the years that bones are growing fast and calcium is being stored in the bone to make them strong. Most of the stored calcium for bone strength is laid down by age 17. Helping children get into the daily habit of eating enough calcium-rich foods decreases their risk for weak bones later in life.
The bones act like a calcium bank, storing & releasing it into the bloodstream when needed. If there are more withdrawals than deposits there is a risk that you will lose bone strength.
Stay happy and healthy everyone!
Ricki
Canteen Supervisor

GIRLS AUSKICK IN NOWRA
Great turnout for the “Girls Only” AFL auskick, so we have extended an extra week.
There are still some spots available for girls 4 to 12 years in this fun, skills and fitness program.
West St Oval, Thursday arvo at 4.30 to 5.30pm, fun time assured!
Cost is $45.00 including Girls Football Pack.
Call Greg for further information 0478 225 352

Woolworths EARN & LEARN
We are excited about once again collecting the Earn & Learn stickers from Woolworths. NEPS has a collection box at Woolworths, Nowra as well as at school. This is an excellent way for our school to boost supplies for classrooms, library, music rooms or sporting equipment.
START COLLECTING NOW

School A to Z practical help for parents
This is a wonderful website for parents wanting to find out information on school.