Calendar - 2015

July

Friday 17 July  Athletics Carnival - postponed
Friday 24 July  Assembly
2.30pm - Year 3 item
Clothing Pool
Open from 1.30-2.30pm
28 July  Education Week celebration
11.30am scripture service followed by lunch
Afternoon open classrooms
Parents, grandparents and friends welcome

August

Wednesday 12 August  School Council and P&C meetings
School Council at 6pm, P&C at 7pm
Friday 14 August  Zone Athletics Carnival
Tamworth Athletics Complex
17-21 August  Science Week
Friday 21 August  Assembly
2.30pm - Year 1J item
Clothing Pool
Open from 1.30-2.30pm
24-28 August  Book Week
Tuesday 25 August  School Photos
Wednesday 26 August  Book Parade

September

Friday 11 September  Assembly
2.30pm - Year 1K item
Clothing Pool
Open from 1.30-2.30pm

October

Tuesday 13 October  Kinder Orientation
9.20am-12.30pm
Wednesday 21 October  Kinder Orientation
9.20am-12.30pm
Friday 30 October  Kinder Orientation
9.20am-3.20pm
Assembly
2.30pm - Kindergarten item

November

6 and 7 November  CAPERS 2015
Tamworth Regional Entertainment and Conference Centre (TRECC)

December

Friday 4 December  Presentation Day
9.45am in the School Hall
Guests and all our volunteers are invited to morning tea following the ceremony.

Rugby league state selection

Congratulations to Mitchell Henderson, who has been selected in the NSW PSSA Rugby League team to compete at the National Championships in Darwin in early August.

During the holidays Mitchell went to Sydney with the PSSA squad of 34 students. At the conclusion of the camp the NSW team was selected and Mitchell was successful.

This is an outstanding effort from Mitchell to be picked in this team and a credit to the hard work he has put into his rugby league.

We wish Mitchell all the best in Darwin and hope he can help the NSW team to victory.

David Lewis, Assistant Principal
Welcome back for Term 3. Another busy term is already upon us with lots of exciting events scheduled for the next ten weeks.

Welcome to our new families
I would like to take this opportunity to welcome four new families to the Nemingha school community. The Drury, Taylor, Cocking and MacDonald families have started with us this week in years 2, 3, 4, 5 and 6.
I would also like to wish Jakayla Siemsen and Ryan and Emma Kross all the best at their new schools.

Relieving Principal at Bendemeer
Mrs Kylie Lacey has been appointed as the relieving principal at Bendemeer Public School for the remainder of the year.

Staff development day
The staff returned to school on a brisk Monday morning for the term 3 staff development day.

Our team was joined by the staff of Bendemeer Public School and Kerrel Haire. During the day we completed cultural awareness training with Stella Lamb and then looked at the use of effective feedback to students.

By the end of the day all teachers walked away with a number of practical ideas to use when planning teaching and learning activities for their classes.

Athletics carnival postponed
Unfortunately, due to the wet weather, the athletics carnival scheduled for tomorrow has been postponed.
We’re hoping that the new date will be during the first week of August, but this will be confirmed.

Education Week
Week three of this term is Education Week. As previously advertised we are focussing our celebrations on Tuesday 28 July.

We will begin the day with a scripture service in the hall at 11.30am. All parents, grandparents and friends are able to bring a picnic lunch to share with their children, in the playground, from 12.30-1.20pm.

Open classrooms will then take place for the remainder of the afternoon. A variety of science and engineering experiments will be demonstrated during this time. I am sure the children and staff may be looking for eager volunteers to assist with these challenges.

At 2.30pm Mrs Diss will be conducting a reading workshop in the library for anyone who would like to attend. Pip will be delivering a multitude of practical ideas to help your child with their reading, as well as tips for parents to use at home.

Have a lovely weekend and stay warm,
Leanne Kemp, Relieving Principal

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Nutrition Snippet

The simplest way
...to make a healthy curry

Chickpea & Veggie curry
1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve

Method
Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes -- Add the rest of the ingredients and simmer with lid off for 15-20 minutes -- Serve with rice
Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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VOLUNTEERS ...

WORKING WITH CHILDREN CHECK
Anyone volunteering or considering volunteering to help with any of our school activities now needs to complete a Working with Children Check.
This involves an online application through
www.newcheck.kids.nsw.gov.au

When you complete and submit the online application you will receive an application number which you must present to the Roads and Maritime Services (formerly the RTA). There is no cost for volunteers.

If you have provided an email address, the Working with Children Check number should be sent to you within a few days. You then need to provide this number to the school for their validation.
Ten cybersafety tips every parent should know

Keeping your children safe online is easy with a few simple precautions.

1. Nothing replaces parental supervision and education for children about cybersafety.
2. Set a technology curfew.
3. Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
4. If your child posts photos online, use privacy settings to limit access to people they know well.
5. Remind your child that people don’t always tell the truth online, and they can’t take anything at face value.
6. Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
7. If they get a message or email that’s threatening or rude, they should ‘STOP, BLOCK, TELL’. First step is to tell your child to stop responding to the abuse and then block those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should tell a trusted adult.
8. Never click on any links that are contained in emails from people they don’t know. As well as sexual content, they could contain a computer virus.
9. If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call Crime Stoppers 24-hour line 1800 333 000 to make a formal complaint.
10. Your child will be using computers and the technology for the rest of their lives – you’re in the great position of being able to get them off to a safe, positive start.

Clothing Pool

Welcome back for Term 3 and Winter!

Warm up with our warm and cosy parkas, currently $32. New stock will be $34.

Due to price rises, a new price list will be available and take effect from 1 August, so get in and make the most of existing prices while stock lasts!

Please note that we can only accept cash or cheques for the clothing pool, not direct debit or EFTPOS.

Thanks
Karen Darling,
Clothing Pool Coordinator

Education Week Open Day

Tuesday 28 July

Come along and share a school day with your children or your grandchildren. All parents, grandparents and friends are invited.

11.30am Scripture Service in the hall

12.30-1.20pm Picnic Lunch
Bring a picnic lunch to share with children in the playground

1.20-3.00pm Open Classrooms
Science and engineering challenges
Volunteers are invited to get involved!

2.30pm Reading workshop in the Library
A reading strategies workshop presented by Pip Diss

Hear lots of practical tips that will help your child with their reading
Enjoy afternoon tea after the presentation
Sports News

North West netball
Brianna Elliott is at North West netball next week. The state titles will be held in Tamworth and we wish Brianna all the best and hope she can help North West do very well. Mitchell Henderson is also representing North West next week in Coffs Harbour at the state Touch Football titles.

North West cross country
Best of luck to our North West Cross Country runners who leave today to compete tomorrow at Eastern Creek in Sydney. Robert Murphy, Sophie Corbett and Tyhla Condrick will do our school and our region proud at the state titles.

Athletics carnival postponed
Unfortunately the athletics carnival has been postponed due to the wet weather. We’re hoping that the new date will be during the first week of August.

David Lewis, Assistant Principal

School Banking
School banking commences next Monday, 20 July.

Students participating in school banking will need to have opened an account at the Commonwealth Bank and received the deposit wallet.

Wallets should be handed in to the canteen before school.

Thanks
School Banking Co-ordinators

PLEASE LABEL SCHOOL CLOTHING

Please make sure that all school clothing is clearly labelled with your child’s name.

Lost property not claimed and unlabelled will be returned to the clothing pool for re-sale.

What’s cooking in the Canteen

Winter warmers
New winter warmers for Term 3 only are: Fried Rice, Potato Bake, Beef Lasagne and Macaroni Cheese. All are $4 each.

Hamburgers are available while stocks last. These include a yummy beef patty, cheese and either tomato or BBQ sauce for $3.50.

Corn fritters were trialled on Tuesday. Some loved them, some not so. With this in mind, we may have Friday Fritters from time to time at recess for 50 cents each.

Have you thought about our $5 combo lunches?
✓ 5 chicken nuggets and a choc milk
✓ Chicken burger and an apple juice
✓ Fried Rice and a bottle of water

All only $5. Great value!

Because the athletics carnival has been postponed, the canteen will open as normal at school.

Volunteers
Mon 20/7    Mandy Hartin
Fri 24/7     Cath Norvill

Thank you,
Marion Woods, Canteen Manager
0414 766 131

The simplest way...to be SunSmart!

Did you know that we need some sun exposure to make vitamin D for healthy bones and muscles?

UV levels are at their lowest in winter – meaning you should brave the cold and get some sun on your arms!

In June and July, most people need 20-25 minutes of sun exposure during mid-morning or mid-afternoon, or if you’re in Southern NSW 30-40 minutes in the middle of the day.

Don’t risk damaging your skin. UV levels can change from day to day. When UV levels are 3 and above, use sun protection.

Check UV levels for your local area on our free SunSmart App for smart phones, download from the App store or Google Play.

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartnsw.com.au