



# Nyngan Public School

Nyngan Public School provides – quality education for all children  
through dedicated teaching in a secure, caring country environment.

Safety, Respectful, Cooperative Learners

27<sup>th</sup> October 2017

Dear Parents/Carers,

This week has been a busy week with T20 MILO BLAST cricket visiting to coach years 3, 4, 5 and 6. Students who chose to take part in this activity had the opportunity to fine tune their bowling skills. KinderStart children had their second day at 'big school', spending some time in the gardens. Today Kindergarten took part in a Teddy Bear Picnic in the park. On all occasions students have had a lovely time whilst demonstrating our PBL values of Safety, Respect and Cooperation.



The SRC are busy preparing for the disco which will be held on Tuesday 4.30-6.00pm. We are having an early start to allow families who wish to trick or treat the time to do so. The P&C meeting will also be on Tuesday, 5.45pm – 7.00pm. I am hoping to see many parents in the Library to discuss the funding available to Nyngan Public School in 2018 and share suggestions on expenditure.

Years 3 and 4 are starting the count down to the Lightning Ridge excursion in Week 6. I would like to remind families that final payments are now due.

I would like to encourage all families to complete the mid-term break return at the end of the newsletter. Please note – we only require 1 return per family. If you have not yet done so, please do so by Tuesday the 31<sup>st</sup> of October, 2017.

Kylee Pearce  
Principal

# Kids Matter

Children need to build resilience skills to be able to both enjoy good times and deal with hard times. Helping children learn how to manage life's ups and downs and build their coping skills supports their mental health and wellbeing now and into the future. Feeling good protects mental health and wellbeing.

Skills and qualities that help children cope with life's ups and downs:

- **Trust** - that the world is safe and that there are caring people to help them.
- **Belief** - in their ability to do things for themselves and achieve their goals.
- **Feeling good** - about themselves and feeling valued for who they are by their parents and carers.
- **Optimism** - that things generally turn out well.
- **Regulation** - ability to manage their feelings, thoughts and behaviours.

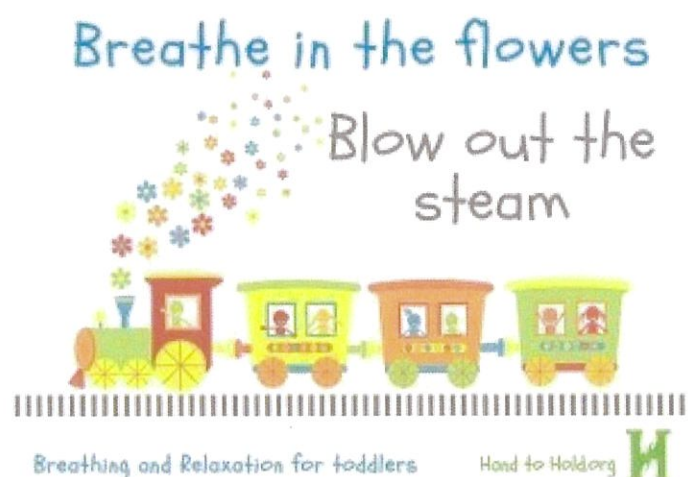
Children develop these skills and qualities and learn to keep a balance over time, initially through their experiences in coping with small stresses with help from supportive adults. When bigger stresses come along, even though at first they might feel quite distressed, children can draw on what they have learned about helping themselves to cope and feel better. Looking to others for support continues to be an effective way of coping.

How are your child's resilience skills developing?

Resilience is the ability to cope with life's ups and downs. Children's resilience is enhanced when they:

- are loved by someone unconditionally
- are praised for doing things on their own and striving to achieve
- can count on their family being there when needed
- know someone they want to be like
- believe things will turn out all right
- are willing to try new things
- feel that what they do makes a difference in how things turn out
- like themselves
- can focus on a task and stay with it
- have a sense of humour
- make goals and plans, both short and longer term.

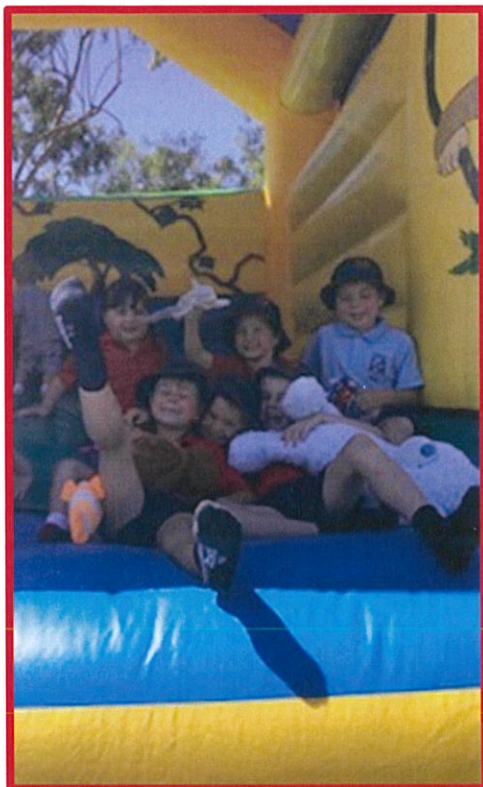
Feeling optimistic and hopeful are key parts of mental health and wellbeing.





## Kindergarten

Kindergarten had a great time today celebrating National Children's week at the Teddy Bears Picnic held at O'Reilly Park. Thankyou to all the sponsors for organising this wonderful activity for the children.



## Positive Behaviour for Learning (PBL)

### This week's draw winners are:

*Line Legends:* 4/5

*Attendance Winner:* Siarra Chatfield

#### *Bango winners:*

- |            |   |                     |
|------------|---|---------------------|
| * Kinder   | - | Jakeel Heenan-Adams |
| * Year 1   | - | Taya Cook           |
| * Year 2   | - | Tully Quinton       |
| * Year 3/4 | - | Ty Pittman          |
| * Year 4/5 | - | Maddisyn McCarthy   |
| * Year 6   | - | Jamie Galvin        |



### Important Dates

- |   |  |
|---|--|
| 31 <sup>st</sup> October                    | Halloween Disco 4.30 – 6.00pm                |
| 31 <sup>st</sup> October                    | P & C Meeting 5.45pm in the library          |
| 1 <sup>st</sup> November                    | Kinderstart                                  |
| 6 <sup>th</sup> – 9 <sup>th</sup> November  | Book Fair                                    |
| 7 <sup>th</sup> November                    | Bogan Bush Mobile at the school 1pm – 3pm    |
| 8 <sup>th</sup> November                    | Wellbeing Meeting 3.15pm in the library      |
| 10 <sup>th</sup> & 13 <sup>th</sup> Nov     | Alternate Work Organisation (Mid Term Break) |
| 15 <sup>th</sup> Nov – 17 <sup>th</sup> Nov | 3/4 Excursion to Lightning Ridge             |

### Alternate Work Organisation for 2018

I, \_\_\_\_\_, support the Alternate Work Organisation previously known as the Mid Term Break.

Yes

No

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# Nyngan Public School

## CELEBRATES 10 Years

### Speech, Language and Hearing

A dinner will be held at the Nyngan RSL Club to celebrate the success of the Speech, Language and Hearing Program that has now been implemented at Nyngan Public School for 10 years.

When: Wednesday the 8<sup>th</sup> of November, 2017

Time: 6.30pm

Hot and Cold Smorgasbord, 2 course meal

\$30 per head

RSVP and Payment to the Nyngan Public School Office by Friday 3<sup>rd</sup> November, 2017

This is an alcohol free event.

**GET YOUR KIDS  
INTO THE FUN OF**



**FUN, SAFE & ACTIVE  
IT'S CRICKET & IT'S A BLAST!**

**PLAY MILO T20 BLAST IN NYNGAN  
STARTING WEDNESDAY EVENINGS IN TERM 4  
5:00PM – 6:30PM  
FRANK SMITH OVAL NYNGAN**

**VISIT [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU) TO FIND OUT MORE**





# WHY KIDS & PARENTS LOVE



**MILO T20 Blast gives girls and boys the opportunity to play fun games of cricket in an active and social setting.**

- ▶ For kids aged 7-12
- ▶ Fun and safe environment
- ▶ For kids who have basic cricket skills
- ▶ All games last up to 90 minutes
- ▶ All equipment supplied, including a soft ball
- ▶ Facilitated by accredited coaches
- ▶ 8 week program
- ▶ Exciting atmosphere complete with music and dancing just like the KFC T20 Big Bash League
- ▶ Everyone gets a chance to bat, bowl and field
- ▶ Games are played at one venue
- ▶ Girls only teams, as well as mixed teams are available
- ▶ Inclusive of children with a disability

VISIT **PLAYCRICKET.COM.AU** TO FIND OUT MORE

