



# 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

Phone: 68 321 605

Fax: 68 321 836

Email: [nyngan-p.school@det.nsw.edu.au](mailto:nyngan-p.school@det.nsw.edu.au)

28th April 2017

Dear Parents and Carers,

What a cold start to term! With such a hot summer – we are all suffering the shivers a little. Congratulations to staff and students for a smooth transition back into school routine. Thank you to staff and students for their marching on ANZAC Day. Congratulations to Mr Knight and the SRC for coordinating our school ANZAC service on Wednesday.

Staff, parent representatives and student representatives attended our first Well Being meeting for Term 2 last Wednesday. It was decided that as part of our BANGO incentive, the class that was awarded BANGO would also be able to wear their hat of choice (including caps) for the following week. Congratulations to 4/5. It was a close race with Year 1 just 1 tally behind.

Years 5 and 6 will be heading off to Sydney in the last week of Term 3 for their annual excursion. Whilst we are still waiting for the costing confirmation, I can inform parents that the cost will be subsidised considerably. It is estimated that the cost to parents will be \$300 with the first instalment of \$50 being due on the 12<sup>th</sup> of May, 2017. Greater detail and a suggested payment plan will be made available to parents when it becomes available to school.

Years 3 and 4 are heading to Lightning Ridge for their annual excursion. This excursion will take place early Term 4. As with the 5/6 excursion, we are awaiting confirmation of costing. Greater detail and a suggested payment plan will be given out within the next 2 weeks. The cost to parents for this excursion is estimated to be \$150 with additional costs being subsidised.

I would like to remind parents who have students in Years 3 and 5 that NAPLAN will be taking place on the 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> of May. If planning medical appointments, please try to arrange them around these dates.

I look forward to seeing many of you at our first assembly for the term, on 15<sup>th</sup> May 2017.

Details will be shown on the electronic sign as of Monday.

Kylee Pearce  
Principal

# Kids Matter

Changing bad feelings to good

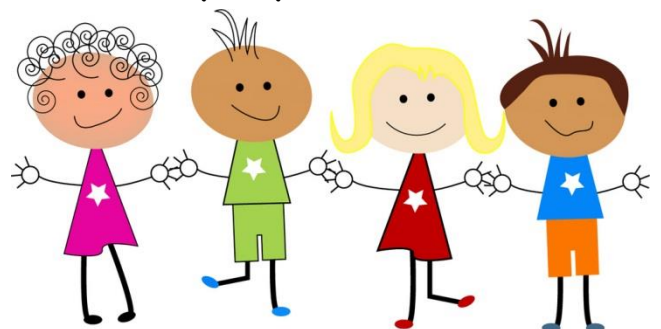
Being able to manage your emotions is important for having good mental health and being able to get along with others. Positive interactions with caring adults help children develop the ability to manage their own emotions and behaviour.

When a child's needs are repeatedly met by a caring adult they develop a **positive sense of self**. Children become secure in the relationship and return to the adult when they need emotional support. If adults help children to manage their emotions and develop a sense of calm when they are feeling overwhelmed, insecure or afraid, children gradually learn to manage their emotions on their own. When adults model appropriate expression of emotion and appropriate behaviour children gradually learn these things too. Gradually children become more independent in managing and expressing their own emotions. Turning to others for emotional support continues to be an important strategy for people of all ages when they are feeling stressed. Children who have warm, trusting relationships develop a sense of control, optimism and resilience.

Our "good" and "bad" feelings relate to levels of different hormones in our bodies. When we are anxious, scared or stressed we have higher levels of cortisol and adrenaline, preparing us for a fight or flight response. When we feel "good" we have lower levels of these hormones and higher levels of dopamine, serotonin and oxytocin which help us feel calm, safe, trusting and pleasant. These hormones help with memory, attention, and the development of empathy and social skills. Caring for children releases these hormones in adults too, helping them to continue to care for the child. Children produce more good hormones when they do things in their own way and time and more bad hormones when they are rushed, stressed and tired. This can result in tantrums, sleeping problems and poor behaviour and reduce the child's ability to concentrate, solve problems and try new experiences. Ongoing high levels of stress can lead to aggression, anxiety and social problems.

**When children have high levels of stress hormones they may:**

- Run away or be defensive when upset
- Be silly or hyperactive
- Appear sad, tired or "flat"
- Not focus well
- Seem difficult and hard to please
- Not sleep well



Our next 'Wellbeing' meeting will be held on Wednesday 10.5.17 in the school library at 3:20pm if anyone is interested in attending.

## **PBL NEWS**

Our Bango Bucks box is full!! This is a fantastic achievement by all students in our school!

In order to fill this box, the students in our school have been showing the school values of Safety, Respect and Cooperation while on our playground. The students are rewarded with Bango bucks. These are added to the Bango Bucks box each week until it is filled. Now that all the hard work has been done by our students, it's time to CELEBRATE!!

Next Friday, 5<sup>th</sup> May, will be our Bango Bucks rewards day. To celebrate we are having an out-of-uniform day where students are asked to come as their favourite sports star. This includes out-of-uniform caps which can be worn for this one special day.

In the afternoon, we will all head to the auditorium for a whole-school disco! We will be dancing, limboing, playing games and handing out some very special gifts to all students for the fantastic work they have been doing in our school.

We are all very proud of our students and can't wait to celebrate with them!!



## **SRC NEWS**

This term our major in-school fundraiser is approaching!! In week 3 we will be celebrating the important women in our lives with a Mother's Day of Celebrations.

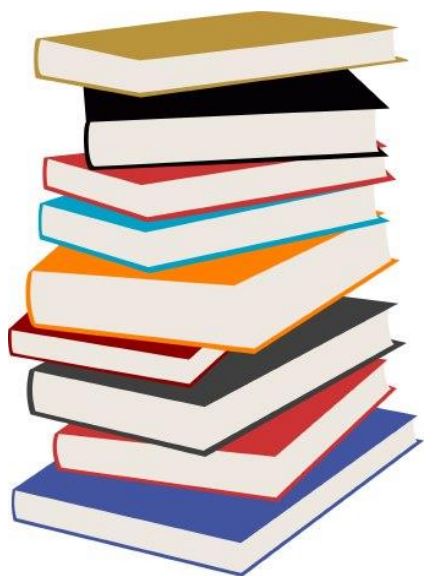


The morning will begin before school where students are encouraged to bring the important women in their lives to school with them to join them in the purchase of breakfast. This will be held in the school auditorium before school where families will have a choice of a bacon and roll or a plate of pancakes with a warm drink or a juice. This will be a fantastic celebration in our school where students get to celebrate the amazing women that they have in their lives.

During lunch on this day, the SRC will be holding our annual Mother's Day Stall. Students will be able to purchase a gift for the important women in their lives from a selection of gifts.

A note will be going home early next week with information about our fundraisers and how to purchase gifts and breakfast.

### Library News



Nyngan Public School will be holding a **Book Fair in Week Four** of this term! On Tuesday 16<sup>th</sup> May, Wednesday 17<sup>th</sup> May and Thursday 18<sup>th</sup> May students will be given the opportunity to bring in money to purchase a book from a large range of titles. Novelties will be available from as little as \$1 and books are as low as a few dollars. Students will have the chance to look through the selections before this time to bring home a wish list for families to have a look at.

This is a fantastic thing for our school and our town, where the purchase of great books usually mean a trip to Dubbo or delivery fees from online purchases. Parents and families are very welcome to come to the library during these days to purchase books. Every item sold gives our school points to be used in the purchase of resources for our school library.

**Library borrowing** days are the same as last term. This term Kindergarten have the opportunity to borrow a book from the school library! Students have the chance to borrow a book for a period of two weeks, however most students change their book weekly during their lessons with Mrs Scullion.

Library borrowing days are as follow:

Tuesday – year 6, 4/5 and 3/4

Wednesday – year 1 and year 2

Thursday – Kindergarten

Please encourage your children to utilise the books in the library. More borrowing means a greater chance to purchase books for our library.

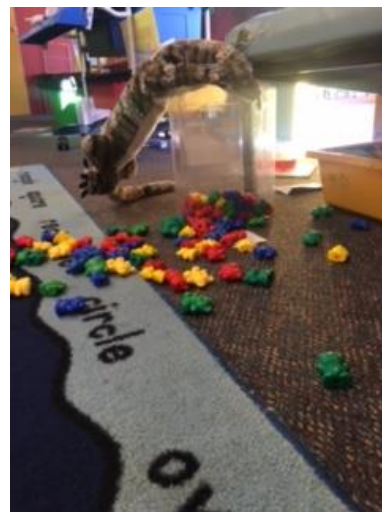
### **Wellbeing Lesson**

This fortnight's Nyngan Public School wellbeing focus is Friendly Actions on the Oval. During this focus, students will be looking at the expected behaviour of our students while on the oval during play time.

Our students will be sorting videos and pictures into the expected behaviours and working within their classes to understand why these behaviours are expected at our school. Extra Bango Bucks will also be given to those students modelling the expected behaviours during this fortnight.

## **BANGO**

This week Bango was lucky enough to visit Kindergarten and has enjoyed being part of their classroom.



## **Hear Our Heart Ear Bus**

After years of fundraising, the Hear Our Heart Ear Bus Project Committee of volunteers are proud to present to our community the long awaited 'Ear Bus'. Our Sainsbury Automotive bus was launched on 7th April by MP Troy Grant and is ready for use this term. We hope you like the travelling billboard of ear health and hearing loss messages, as shown in the photo with volunteer Co-Director Rachel Mills.



## ANZAC DAY

It was great to see our students represent our school at the ANZAC Day community march. Thankyou to the parents and visitors that joined us for our school service on Wednesday.



## **Positive Behaviour for Learning (PBL)**

### **This week's draw winners are:**

*Attendance winner:* Chevy Atkins

#### ***Bango winners:***

- |            |                    |
|------------|--------------------|
| * Kinder   | - Logan Pack       |
| * Year 1   | - Taya Cook        |
| * Year 2   | - Chelsey Fitzalan |
| * Year 3/4 | - Ella Morgan      |
| * Year 4/5 | - Lily Gonzalez    |
| * Year 6   | - Darcy Yeomans    |



**Nyngan Public School Newsletter** – the newsletter will only be sent home with the children that have returned the below slip. If you would like a paper copy please return to the office ASAP or ring Mandy on 68 321 605.

I would like my child \_\_\_\_\_ in Year \_\_\_\_\_ to bring home a paper copy of the newsletters.

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

## **FACEBOOK**

I give permission for my child's photo to be published on Facebook. This is for Facebook only and does not include the NPS Website, newsletter or APP.

Child/rens name: \_\_\_\_\_  
\_\_\_\_\_

Parent/Carer signature: \_\_\_\_\_

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## **Important Dates**

- |   |   |
|---|---|
| 15 <sup>th</sup> May                    | Netball Skills Day 3/4 - 12pm and 5/6 – 2pm         |
| 15 <sup>th</sup> May                    | AECG Meeting 4pm Nyngan High School                 |
| 15 <sup>th</sup> May                    | School Assembly 12.30pm in the auditorium           |
| 18 <sup>th</sup> May                    | NPS Cross Country                                   |
| 26 <sup>th</sup> – 29 <sup>th</sup> May | Term 2 Alternate Work Organisation (Mid Term Break) |

Nyngan Net Set Go Netball registration is on Thursday 4<sup>th</sup> May at the grass netball courts near the pool. Registration fee per child is \$65.00.