



# 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

2<sup>nd</sup> June 2017

Dear Parents and Carers,

Congratulations to our 3/4 and 5/6 football teams who travelled to Coonamble yesterday. From all reports the students had a wonderful day, demonstrating tremendous sportsmanship.

We apologise for any inconvenience caused by the late cancellation of the netball participation at Coonamble. This was due to an error in the online nomination process. We are grateful that this was noticed prior to departure. I reiterate, this was not a school based error and has been experienced by other schools in the past. We will be aware of it in 2018 and will act accordingly to ensure that no further inconvenience is experienced. The netball teams will have the opportunity to participate in the same carnival in Dubbo on the 8<sup>th</sup> of June.

Thank you to people who have expressed an interest in running the canteen. I am hoping to have news to share in next week's newsletter.

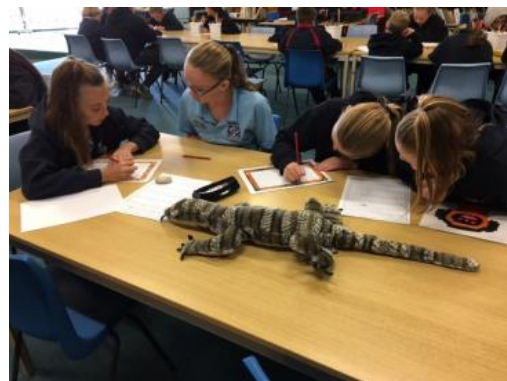
Casual staff – please phone Nyngan Public School 68 321 605 if you have an interest in assisting in classrooms as a School Learning Support Officer or in the Office. Whilst we would only be able to offer casual employment, we are in need of casual staff. I look forward to discussing the mandatory requirements with those who express an interest.

I would like to invite parents to visit Nyngan Public School at any time to share the beautiful playground and the fantastic learning opportunities available in the classrooms. I look forward to seeing many of you at assembly on Monday.

Kylee Pearce  
Principal

## Bango

Bango helped year 6 write Dreamtime stories during Reconciliation week.



## **Mindfulness for parents**

The best thing parents can do to help their children become more mindful is to commit to some regular mindfulness practises themselves! The more present and mindful you are with your children, the more happy, mindful and resilient they will be. Mindfulness training can assist parents to remain in the present moment and engage more fully when interacting with their children. Research shows that parents and carers who practice being mindful around their children contribute to improving their child's sense of self-worth and self-esteem.

- **Mindful play:** Dedicate a window of time each week to mindfully play with your child or children. Turn off all other distractions such as TV, and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.
- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinnertime:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.
- **Mindful teeth brushing:** Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

Safety

Respect

Cooperation



# At Nyngan Public School we have a 3 Step Strategy



to follow our school values



**No** I don't like that.

Tell them why.



**Go** somewhere else.

Remove yourself from the situation.



**Seek** help from a teacher.

Remember the difference between  
telling vs. tattling.

## **SRC Report**

Hello to all visitors, staff and students here today. We are members of the School Student Representative Committee.



In week 9, we are planning a fundraiser to support SIDS for kids through Red Nose Day.

Annually, 3,200 Australian families experience the sudden and unexpected death of a baby or child. This has to stop. Every day nine babies are lost due to unexpected and unexplained reasons. The mission of Red Nose Day is for a future where no child dies suddenly and unexpectedly during pregnancy, infancy or in childhood.

To help support the work of SIDS for kids we will be holding a Red Nose Day on Wednesday 21<sup>st</sup> June. Each child is asked to come dressed in red and bring \$2 on the day. This \$2 will cover a donation for being out of uniform, a red nose and a cupcake.

Extra cupcakes will be sold on the day for an extra cost of 50c each.

We need help supplying cupcakes on the day. If you or anyone you know, would like to support our cause and donate cupcakes on this day, the SRC would appreciate it so much. Red icing would be an added bonus.

We are still two weeks away from this event. So for now, please have a think about donating some cupcakes to be sold on the day and saving just \$2 for each child to participate in the day.

Thank you for listening. We hope to see a sea of children wearing red, eating red cupcakes and wearing red noses on the day.

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

### **Last week's draw winners were:**

*Attendance winner:* Halee Vane

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

- |            |                   |
|------------|-------------------|
| * Kinder   | - Kendall Forrest |
| * Year 1   | - Chevy Atkins    |
| * Year 2   | - Sam Smith       |
| * Year 3/4 | - Steven Whaley   |
| * Year 4/5 | - Renae Bailey    |
| * Year 6   | - Cruz Cook       |





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

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

*Attendance winner:* Jayden Williams

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

- |            |                    |
|------------|--------------------|
| * Kinder   | - Ruby Fitzpatrick |
| * Year 1   | - Sophie Johnson   |
| * Year 2   | - Eric Morgan      |
| * Year 3/4 | - Isabella Jackson |
| * Year 4/5 | - Fletcher Knight  |



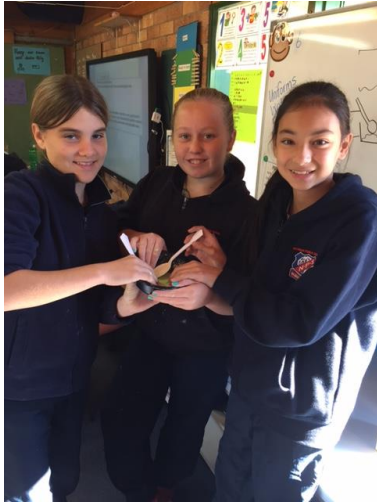
## **Kindergarten**

Last week Kinder went on an adventure to the town library for simultaneous story time “The Cow tripped over the moon”. They all enjoyed morning tea and a play in the park on the way home. They were lucky enough to have children from the Early Learning Centre and Preschool at the library as well. All children were very well behaved and all had a wonderful time. A big thankyou to Maria from the Library.



## Year 6

Year 6 have been studying solids, liquids and gases this term in Science. This week we experimented with corn flour and water to make slime to see whether the mixture was a solid or liquid. We learned that the mixture was a liquid when we were gentle with it but when we applied force it turned into a solid.



## Lexia

All students at Nyngan Public are using an online program called Lexia, during the literacy time. This program can be accessed online at home. Children in Years 1-6 received a letter earlier this year explaining how to use the program at home. All Kindergarten students are receiving their letters today.

If any parent/carer requires a copy of the letter or assistance please contact the school.

Louise Shone



## Football

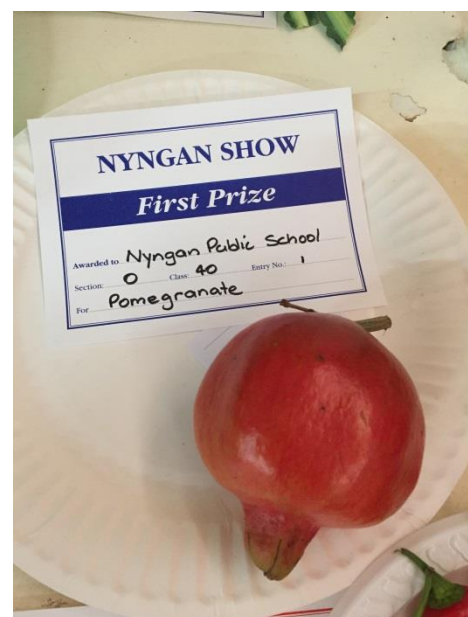
Boys in the Year 3-4 and Year 5-6 football teams had a wonderful day at Coonamble yesterday. Their behaviour and sportsmanship was commendable, congratulations boys. The school would like to thank Kyle and Peter for their help on the day. Thanks also to the staff that assisted at Coonamble.

Years 3-4 came away with 2 wins and a loss. The 5-6 team had a win, a draw and a loss.



## Show

The garden group had outstanding success at the Nyngan Show. Please call into the admin office to view our certificates and ribbons. Well done to all students who participate in weekly gardening with Mr Knight. A special thanks to Mr Knight, Ryan, Kate, Samuel and Roxy for coming to school early to select and harvest the vegetables that we entered in the Show. Well done to all involved.



**WANTED:** If anyone has any empty baby formula or large milo tins at home that are no longer needed, could you please drop them off to the office as we will be using them for music percussion.

### **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**

<b>5<sup>th</sup> June</b>	<b>Assembly 12.30pm Kinder performance</b>
<b>6<sup>th</sup> June</b>	<b>Bourke Outback Challenge Rugby League</b>
<b>8<sup>th</sup> June</b>	<b>Netball School Cup Carnival at Dubbo</b>
<b>14<sup>th</sup> June</b>	<b>Regional Cross Country at Geurie</b>
<b>15<sup>th</sup> June</b>	<b>PSSA Rugby League 3<sup>rd</sup> Round at Forbes</b>
<b>16<sup>th</sup> June</b>	<b>Middle School for Year 6</b>
<b>21<sup>st</sup> July</b>	<b>Athletics Carnival</b>
<b>4<sup>th</sup> August</b>	<b>Nyngbar Athletics Carnival at Cobar</b>