



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

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22nd October 2021

Dear Parents and Carers,

Where have the weeks gone? Next week is our 4th week back at school. I look forward to catching up with many at our AECG Meeting on Monday out at the river.

The date, location and time for our next P&C Meeting will be advised in next weeks newsletter.

Many students are successfully climbing the Attendance Ladder. The next round of incentives will be shared once children have reached their 20th day of attendance for this term. For many this will be Monday the 1st of November!! Students in Years K-2 will be given a NPS pencil, sharpener and rubber to add to their NPS pencil case. Students in Years 3-6 will be given a NPS pen and ruler to add to their pencil case.

This initiative will continue into 2022 with students rewarded regularly for attendance. The first 2022 attendance prize is a NPS school bag! After 30 days of attendance in 2022 students will be awarded a school bag. Throughout 2022 students will have the opportunity to earn items such as a lunch box and water bottle to add to their school bag.

Please phone 68 321 605 and share suggestions for other items that students would find useful in their school bag.

The mozzies seemed to have eased a little at school. Students are welcome to bring non-aerosol repellent to school for recess and lunch. Please note students are not permitted to share repellent.

With the weather heating up students are reminded to wear their school hat. Hats are available for purchase at the office for \$10.

Kylee Pearce
Principal

Term 4

AECG Meeting

Monday 25th October
4pm
Rotary Park
Please bring a chair

Mid Term Break

Friday 5th November
Monday 8th November

Year 6 Transition to Nyngan High School

Friday 29th October
Friday 12th November
Friday 26th November

NAIDOC Week

Week 7
15th – 19th November

Presentation Event

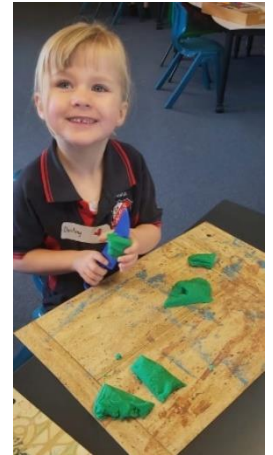
7th December
Information TBA



Information as of 7 October 2021



KinderStart FUN!



 **KINDER
START**

WEDNESDAY

27TH OCTOBER
3RD NOVEMBER
10TH NOVEMBER
9AM



Kinder Reward afternoon



YEAR 6 TRANSITION TO NYNGAN HIGH SCHOOL



TELL THEM FROM ME SURVEY

Due

Tuesday 9th November



The Partners in Learning parent survey is part of the Tell Them From Me suite of surveys on student engagement. The parent survey helps to clarify and strengthen the important relationship between parent and school.

The URL to complete the survey is:

<http://nsw.tellthemfromme.com/4qhhx>

Parents can access the survey:-

- Schools will provide parents with a unique URL to log into the survey
- Parents will not need usernames or passwords to access it. Just follow the URL above
- Parents can now easily complete the survey via mobile devices and choose from multiple language options



**Year 6 had a fun visit
with Charli's pet lamb
today**



POSITIVE BEHAVIOUR FOR LEARNING

THIS WEEK'S DRAW WINNERS ARE:

Attendance Winner: Bella-Destiny Wardman

Line Legends: Year 5/6

Bango winners:

Kinder : Murphy Connelly

Year 1 : Jernathian Dixon

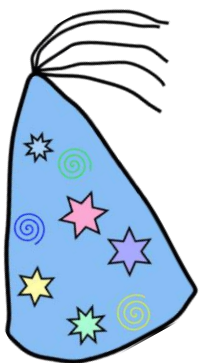
Year 2 : Hunter Norman

Year 3 : Jacob Bartlett

Year 4 : Violet Martin

Year 5 : Kalee Heenan

Year 6 : Dakodah Booty



October

Ms King - 24th

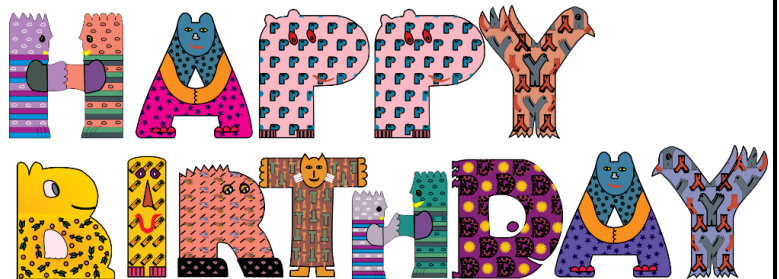
Makayla - 26th

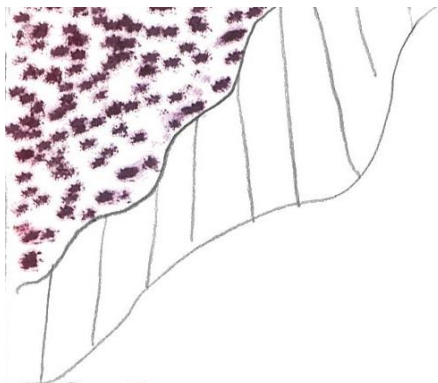
Georgia - 26th

Hunter - 28th

Kailan - 29th

Mrs Bartley - 29th

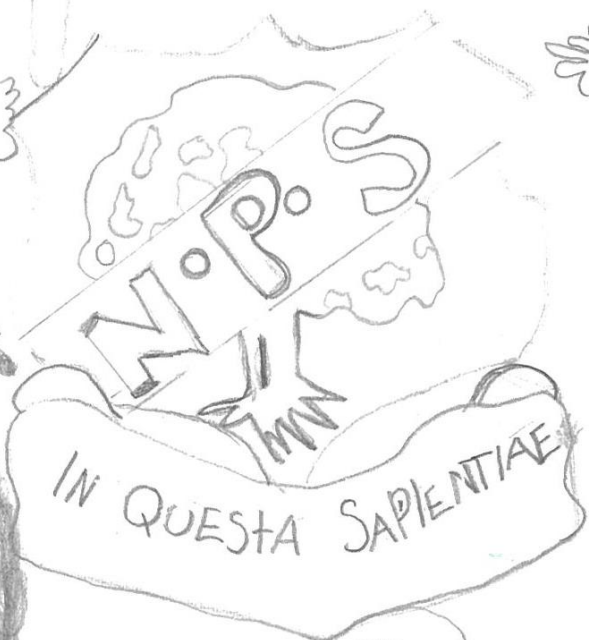




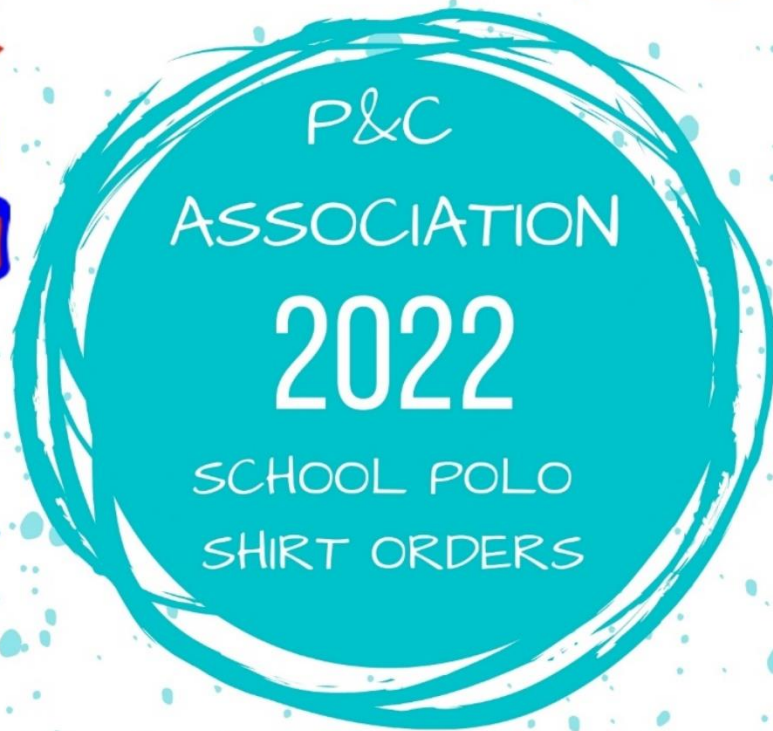
Safe

RESPECTFUL

Cooperative



2021



Order forms for next school polo shirt order have gone home. Please ensure forms are returned by 5th November.

World Teachers' Day



Let's celebrate our fabulous Teachers next week in the lead up to World Teachers Day on Friday 29th October.

Make sure you tell your teacher how fabulous they are

29 October 2021

Got It!



Returning to school – tips for caregivers

Worried about your child returning to school?

Back to school facts:

- Face-to-face learning with a trained educator is important for child health and wellbeing.
- Children learn better when physically at school with their peers.
- Daily connection to peers and your school community fosters your child's social and emotional development.
- School staff are there to keep your children healthy and will model safe behaviour.



Masks:

- School staff are required to wear face masks and it's strongly recommended that primary school students wear face masks when indoors.
- Teachers will be utilising frequent opportunities to ensure that children wearing masks feel comfortable and are supported by their peers.
- If your child is feeling worried about the reactions of others for not wearing a mask, validate their emotions and let them know that they can talk to you or their teachers.
- Some people will be able to wear masks easily and others may have a more difficult time. Let your child know that the reasons for this are not always visible or obvious. Encourage empathy and kindness.

Adult worries vs child worries:

- Feelings of stress, anxiety or uncertainty about school return are normal. Acknowledge your own worries and focus on what is within your control.
- Avoid introducing your own worries to your child where possible. Instead discuss your concerns with your adult support network (e.g. partners or spouses, teachers etc.) out of your child's presence.
- Remain calm and let your child know that the big problems will be managed between adults, they can focus on learning and fun.



Hydration for active kids



The amount of sweat produced by the body increases as the temperature, humidity and intensity of activity increases. The more we sweat, the more fluid we need to replace. Not drinking enough fluid to replace sweat loss can lead to dehydration and impact performance, behaviour and concentration. **TIP: If your active kids aren't asking for toilet breaks, they may not be drinking enough.**

Kids regulate their body temperature by sweating. Drinking water to replace these lost fluids is essential for children to stay cool and remain hydrated.

WATER FIRST
Although there are an increasing number of drinks marketed for sports hydration, plain water is the drink of choice. However, when voluntary intake is not meeting fluid requirements, a sports drink can play a role in hydrating active kids. Some contain ingredients that improve water absorption and replace electrolytes lost due to sweating.

Sports drinks

These contain carbohydrates for fuel and sodium to drive the sensation of thirst. They optimise fluid absorption and retention and contain potassium to prevent muscle contraction. In addition to flavor for taste, they may contain other ingredients such as proteins, vitamins, minerals and herbs. A true sports drink contains 6-8% carbohydrate and 230mg-575mg/Litre.



Cordial/soft drink/fruit juice

Higher in carbohydrates and energy (kilojoules), these types of drinks are lower in electrolytes when compared to sports drinks. Carbonated drinks decrease voluntary fluid intake and can cause bloating. The additional energy (kilojoules) can lead to weight gain if it's not required. Water is healthier choice.



Sports water

Sports waters contain lower carbohydrate and electrolyte content than sports drinks. They are a better choice for lower intensity activities or moderate intensity exercise that lasts less than 60mins. These are a good option for those who need flavoured fluids to encourage fluid intake, but not the excess energy (kilojoules) of a sports drink.



Energy drinks

Energy drinks contain carbohydrate levels that are generally too high to add any benefit to performance. They also contain other ingredients such as caffeine, guarana and taurine. It is best for children to avoid these ingredients due to the limited amount of knowledge around safe doses and effects.



Protect the teeth!

Sports drinks, fruit juice and carbonated drinks are all examples of acidic drinks that can erode tooth enamel. **TIP: minimise contact of drink with teeth by encouraging the use of a straw or using squirtable water bottles. Rinse the mouth with plain water after drinking to neutralise the acidity.**

Keep kids hydrated by:

- Offering water breaks throughout the day.
- Keeping water close by and allowing kids to drink when they choose.
- Add mint or ginger to flavour water and make it more appealing.
- Fill water dispensers with ice to keep it cold as the day goes on.
- Ask kids to bring their own water bottles so they can refill them throughout the day.
- Offer foods that are high in water content such as fruit and veg as mid-morning or mid-afternoon snack.

COMMUNITY NEWS



Date: Monday 25th October 2021

Time: 4.00pm

Venue: Rotary Park, on Bogan River

Please bring your own Chair

If you require transport, please let us know

Parents/ Carers of Aboriginal children are encouraged to attend

Please note: Nyngan Local AECG & Schooling Staff are not responsible to any children during this time, please be safe on the river

If you would like an item on the agenda please email Veneta at nynganlalc@bigpond.com by 22.10.2021 at 12.00pm

Hope to see you there 😊

2021/2022 SWIMMING SEASON

NYNGAN AMATEUR SWIMMING CLUB

Register With Swim Central
<https://swimcentral.swimming.org.au/>
Full swimmer \$140 (including Club shirt & Cap)
or Dry/Supporter \$34

Apply for your Active Kids Voucher valued at \$100 for each student enrolled in school which can be used towards the cost of membership fees

Apply <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

REGISTRATIONS ARE NOW OPEN!

Club Nights every Friday 6pm
Children aged 4 & over

For assistance with registrations email:
nynganswimmingclub@gmail.com

Find us on facebook



LANGLEY'S

Position in Nyngan

Immediate Start

School bus driver every morning and afternoon.

Monday to Friday during school terms.

Minimum 4 hours per day

Must have:

Driver Authority

Working With Children's Check

Minimum MR Licence

Please contact Langley's Coaches on **6882 8977** or forward your resume to **contact@langleyscoaches.com.au**

We are also looking for casual drivers with MR-HR Licences, please feel free to send us your resume also.

Flower Show

Saturday 23rd October 2021

Nyngan Town Hall

Entries (free) accepted between 10 am to 12 noon

Afternoon tea available 2 pm to 4 pm

Market Stalls from 2pm

Exhibition open to the public from 2 pm

Admission \$10 (includes Afternoon Tea)

Presentation of Prizes 3.30 pm

Connect locally, learn globally ...

Join the virtual school for rural and remote students

Aurora College is NSW's virtual school for high potential and gifted students in rural and remote government schools.

Our school provides innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally.

The 'bright lights' of Aurora learn with their classmates from across the state in timetabled lessons using cutting-edge technologies in a virtual learning environment.

Aurora teachers are highly qualified and experienced subject experts with specialised training in delivering best practice learning and teaching to high potential and gifted students.

Applications for placement in **Year 7** in 2023:

- open Tuesday 19 October 2021
- close Wednesday 17 November 2021

For further information, visit www.aurora.nsw.edu.au or phone 1300 287 629.



For enrolment information, please visit:
<https://aurora.nsw.edu.au/our-school/enrolment-information/>

