



# Newling News

Quality Education in a Caring Environment

Term 4 Week 6

14th November 2022

## Class Stars of the Week



Year 3/4



Year 5/6



Year 1/2



Kindergarten

02 6772 1488

 Newling Public School

 80 Chapel Street Armidale NSW 2350

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

 [www.newling-p.schools@nsw.gov.au](http://www.newling-p.schools@nsw.gov.au)

# PRINCIPAL'S MESSAGE

## Awards Gathering

This Friday we will be hosting our Awards Gathering. This is another great way to celebrate the hard work and enthusiasm that students put in every day at our school both in the classroom and playground. It is a time to make sure that these students are recognised for these constant efforts.

## Early Stage 1 Gathering

Early Stage 1 hosted Gathering last Friday and what a great job they all did! They sang a wonderful song and then demonstrated the fantastic journey they have had this year. Congratulations to the whole Early Stage 1 team for their efforts and it was great to see the large numbers of parents who came along.

## Weekends

Just a reminder that the school is a **No Go Zone** after school and on weekends. We ask that you do not send your children to play at the school. The school has **CCTV** and we will be able to identify those that are continually doing this. Unfortunately, a number of these groups are damaging our facility. We will be helping the Police with any enquiries in regards to damaged property and they will receive our CCTV footage.

## Thalgarrah

On Thursday, Years 1 and 2 will be travelling to Thalgarrah to learn about "What's Going On In The Environment". This will include animal and nature play and is guaranteed to be an exciting learning experience for the students.

Please ensure payment and permission notes are returned to the office before Thursday 17th November or your child will not be able to attend.

## Year 6 Excursion

Year 6 students will be leaving for their mini-camp on Wednesday 23rd November.

All online registrations should now be complete. Payment and both permission notes are now overdue and need to be returned to the office as soon as possible.

The bus will leave Newling School at 9:00am on Wednesday 23rd November and will return on Friday 25th November by **approximately 3pm**. Updates or delays on return trip will be sent via text message on Friday .

## Year 6 Transition Visit to ASC

On Wednesday 16th November, the Year 6 students will have their final transition visit to ASC.

ASC will collect students from Newling at 9:00am and return them to school at 2:30pm.

**Please note if you have not returned your child's enrolment form to ASC before this date, they will not be able to attend this important transition day.**

## Basketball Court COLA

The students are super excited that the basketball court COLA is finally completed and they can enjoy some undercover play!

This is a fantastic asset to have at our school and will provide outdoor play options in both the wet and the hot weather.



## End of Year Dates

Please put these dates in your diaries!

- Friday 9th December—Transition Graduation
- Tuesday 13th December—Year 6 Dinner (Invitations will be sent out to Year 6 soon)
- Wednesday 14th December—Year 6 Big Day Out
- Wednesday 14th December—Student reports will be sent home
- Thursday 15th December—Presentation Day
- Thursday 15th December—P&C end of year celebration
- Friday 16th December—Last day of Term 4 2022
- Tuesday 31st January—Students first day of Term 1 2023

Relieving Principal  
Andrew Watson

## Happy Birthday

### November

Cyril—14th  
Syenna—14th



## Important Dates

- Thursday 17th November– Year 1/2 excursion to Thalgarrah
- Wednesday 23rd—Friday 25th November– Year 6 Mini Camp
- Friday 9th December- Transition Graduation Assembly
- Tuesday 13th December– Year 6 Dinner
- Wednesday 14th December- Year 6 Big Day Out
- Wednesday 14th December- Student reports will be sent home
- Thursday 15th December- Presentation Day Assembly
- Thursday 15th December- P&C end of year celebration
- Friday 16th December- Last day of Term 4 2022
- Tuesday 31st January- Students first day of Term 1 2023

## ★ ★ ★ ★ ★ Star Awards ★ ★ ★ ★ ★

“You’re a Star” certificates were presented this week to students who have been using the ‘You Can Do It’ keys to success.

Congratulations to our recipients: Archer and Tajian

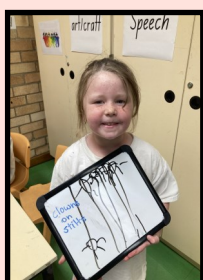
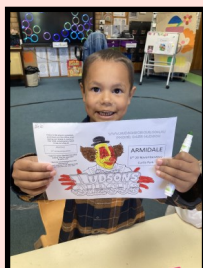
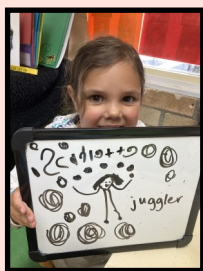
These ‘keys’ are instant rewards given daily to encourage the use of the ‘5 keys to success’: Persistence, Resilience, Organisation, Getting Along and Confidence.

Earning a Star Award gives you access to the Star Room at lunchtime for one week. You are allowed to invite one friend to come with you and enjoy all the wonderful activities the Star Room has to offer.

## Transition News

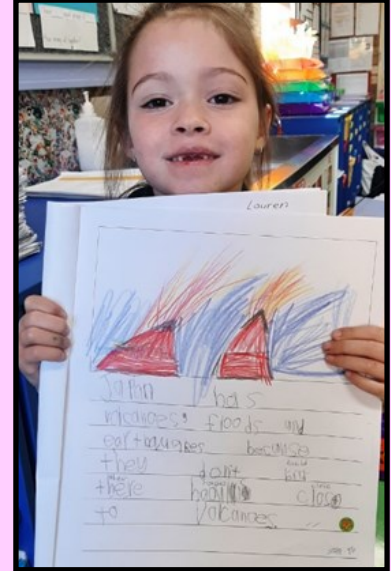
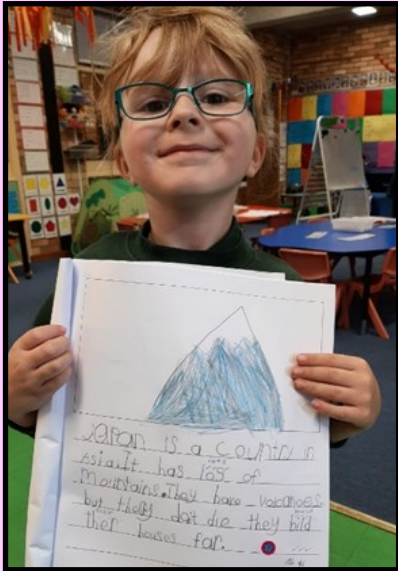
### Learning about the CIRCUS

Transition are enjoying learning all about the circus this week. Some of the students are very excited to be going to watch the Circus while they are in town.



## Kindy News

Last week, the Kindergarten class learned some facts about Japan. They learned about where it is, what the land and houses are like and what it may be like to live there. The students were amazed to learn that earthquakes occur so often that the children in Japan have lessons at school to teach them what to do if an earthquake happens. The students wrote some incredible information reports about Japan and some fantastic artworks were also completed after learning about the famous artist Monet.



## 1/2 News

Last week Year 1 and 2 enjoyed having Gary from the planetarium visit. A huge inflatable dome was set up in the hall and the students took off their shoes, went inside and looked at the night sky. We listened to a dreamtime story about the sun and moon and went on a trip out of space and visited the moon. All the students and teachers really enjoyed this experience.

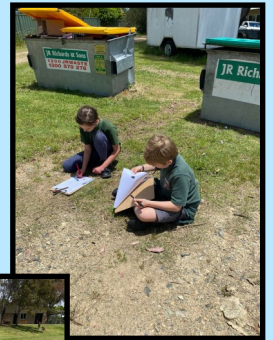
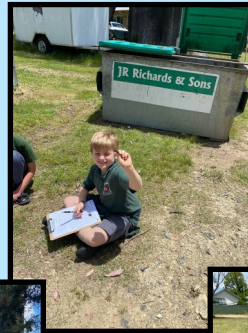
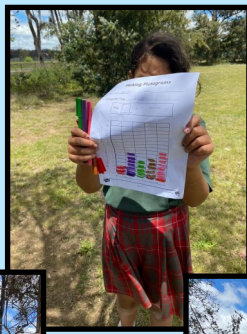
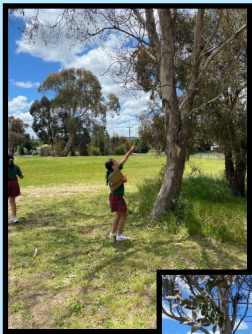
On Thursday this week we will be going out to **Thalgarrah** and learning about 'What's going on in the environment. I'm sure we will have lots of photos and stories to share afterwards. If you haven't sent your note and money in, please send them in.

Year 1 and 2 have also been busy practicing a musical item for gathering in a few weeks and we can't wait to perform it for everyone to see.



## 3/4 News

In 3/4 this week, we have been learning all about the mathematical topic 'data'. Data has been such a fun and exciting topic for our students as they have learnt why it is important to collect it and were even allowed to head outside and collect some data of their own. Some students decided to count the different coloured cars that drove past our school, some collected different coloured rocks, some collected different coloured leaves and one group wanted to see what coloured spiders we had at Newling.



## 5/6 News

We have now passed the half way point in the term which is both shocking and exciting. Stage 3 got to enjoy the Planetarium visit this week in which we learned all about solar and lunar eclipses through a fantastically immersive video. We reflected on its similarities to one of our main texts at the moment called 'Alone' by Scott Stuart which is a beautiful story of how the Moon came to be. Make sure you also catch Stage 3's Awards Gathering this week which our students have worked very hard for. Let's aim to finish the year with a spring in our step and a smile on our faces!



**Definition:**  
excellent;  
very good

WORD OF THE WEEK:

**SPLENDID**

**USE IT:**  
THERE WAS  
A SPLendid  
FLOWER IN  
THE  
GARDEN.



**Synonyms:**  
magnificent, grand,  
superb

**Antonyms:**  
ordinary, plain



## **Are your children struggling to wake up and get ready for school in the mornings?**

As every parent knows, a child that's short on sleep can swing between being grumpy and hyperactive, with effects that can mimic ADHD. Sleepiness can also affect your child's ability to pay attention, with ramifications for their performance in school. Even minimal sleep restrictions can have effects on your child's day-to-day life.

In adolescents, inadequate sleep can have long-term effects on academic performance and mental health. The Australian Medical Association and the Australian Department of Health consider chronic sleep loss in adolescents to be a public health problem.

Screen time is a term used to describe the amount of time spent looking at screens such as computers, TV's smartphones, tablets, and video consoles. Screen time can have a massive impact on a child's ability to sleep. The light emitted from screens have been shown to prevent onset of sleep in children when used in the evening or just before bedtime. This can reduce the amount of quality sleep a child can get.

Reduced sleep in children is linked to weight gain, mood and behaviour problems. The Australian guidelines recommend children sleep between 8 and 12 hours each night.

### **Tips for quality sleep:**

- Ensure that screen time is limited less than 2 hours per day and not before bedtime
- Ensure that your child has a regular evening routine
- Have a strict bedtime for your child
- Provide a calm activity for your child before bed (read books, play a board game)

If your child is struggling to attend school and you need further assistance, please call TFSS on 1800073388 or visit [www.tfss.com.au](http://www.tfss.com.au)



# Attendance Matters



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight  
 M ~~X~~ W T F  
 M T W T F

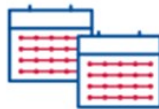
= **4** weeks



= Over **1** year missed

**1** day per week  
 M ~~X~~ W T F  
 M T W ~~X~~ F

= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au

### ABSENTEE NOTE

(To be returned to school first day back after absence)

Student's name-\_\_\_\_\_ Class-\_\_\_\_\_

Date of Absences-\_\_\_\_\_

Reason for Absence-\_\_\_\_\_

Signature of Parent/Caregiver-\_\_\_\_\_ Date-\_\_\_\_\_

