

Mewling News

Quality Education in a Caring Environment

Term 2 Week 4

MIAISHAPPEN

- NSW SES Appreciation Day- Wednesday 22nd May
- .Gathering hosted by Kindy Koalas- Friday 24th May
- .Stage 3 Get Hooked Excursion- Thursday 30th May and Friday 31st May
- Stage 2 and 3 Eisteddfod— Wednesday 5th June
- •Gathering hosted by 1T- Friday 7th June
- Dental Clinic Visit-Tuesday 11th and Wednesday 12th June
- .Gathering hosted by 3/4H- Friday 21st June

CONTACT US

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PRINCIPAL'S REPORT

Dear Parents and Carers

This week, Miss Williams, Mrs Watts, Mrs French & Miss Winsor attended a Foodladder summit in Sydney. The school had been nominated for an award for **Outstanding Integration Across the School for Maximum Student Impact.** Our Foodladder program continues to evolve and I've no doubt there will be some exciting ideas on how we can encourage healthy eating habits amongst our students upon their return.

Our Student Leaders have come up with some great ideas over the past 2 weeks. They have listened to their school mates and have discussed issues as a group. They recently met with me to raise their ideas that we're then going to put into place. Some of the ideas include collecting poppa's for return and earn, a pizza day, a fundraiser for the State Emergency Service and an abundance of ideas to promote student and staff crew.

There are a number of sporting opportunities coming up in the next few weeks. These include touch football, football (soccer) and netball activities as part of our sporting schools grant. We can't wait to see the children become valuable team members and show off their great sportsmanship.

A welcome new addition to our playground has arrived in the form of a cubby house. This cubby house will provide a variety of creative play opportunities for our younger students. This came as a result of joint fundraising activities from the Year 6 class of 2023 and the school. A big thanks to Jon and John who put it together and Mr Jenkins who volunteered his time to help lay the foundations for the cubby to be installed.

Mrs P is hosting parents on Wednesday mornings for coffee and a chat. The coffee is barista made, super delicious and absolutely free. We will be serving from 8:30-9:30 out of our school hall. Feel free to stop by when you drop off the kids and enjoy a much deserved warm drink! Tea and hot chocolate will also be available. The machine and coffee have been graciously donated by Young Life. We are very grateful for their generosity.

Stephen Gadd Principal

1T Class News

1T have had a great start to Term 2, getting straight back into some wonderful learning. The students are consistently showing what hard-working and persistent learners they are!

In English, the class have been reading The March of the Ants and have been comparing the features of an 'imagined' ant to a 'real-world' ant. They have also been looking at how authors use dialogue in texts.

In maths 1T have been learning about equivalence. They have been using the number balances to help make some great connections between numbers.

The class have been experimenting with the Marimbas in music with Mrs Spillane. They are looking forward to exploring more instruments this term!



2W Class News

We have been looking at number combinations and equivalent number sentences. We have enjoyed playing different games and love using dominoes and dice to challenge our number sense.



We are looking at the storybook "The Chinese New Year Dragon - Nian". We have been actively creating our own dragon. We even had a go building a dragon out of playdough during our brain break.









SCHOOL NOTICES

School Uniforms

Our school uniform is important to us. Not only does it identify students as being from Newling Public School, it also emphasises that we are part of a team or CREW. Just as students would be expected to wear their appropriate sports colours to weekend sport, we expect students to wear uniform at school. Our uniform is accessible, affordable and looks really smart when worn with pride. Please help your child to be organised to wear their school uniform. If you need assistance, please contact the school.

With the colder weather arriving, please make sure your child is coming to school with warm clothes. We have already had jumpers and jackets go missing, so please ensure all items are labelled with their name. We have markers at the front office if you need to use them.

Our clothing pool is very low on second hand items. If you have any old uniforms that you no longer need, it would be greatly appreciated if you could donate them to the school.

We currently have the following new items available for sale-

Green polo shirts-\$6

Sport shirts-\$20

Grey shorts/pants (limited numbers)- \$12

Jackets-\$50

Hats- \$10

Beanies-\$10

Scarues-\$5

Gloves-\$3

May Birthdays

Tamilyka Jeremiah

Jay-ziah

Kalani Talarah

Jocelyn Savanna

Austin Jezekiah

Zaliah Adelaide

Lauren Rupert

Isabella S Phoebe O



Attendance Awards

Each Monday we will be having a draw for any students' who had 100% attendance in the previous week. Two students will be randomly selected from our spinning wheel, and they will get to choose a book prize to keep.



Congratulations to our week 3 winners Xavier C and Zara P. Congratulations to our week 4 winners Bailey B and Shane.

We are encouraging students to aim high-they need to be in it to win it!



Please ensure your child brings a labelled water bottle to school each day.

A piece of fruit or veg is also needed each day for 'Crunch'n'Sip'.



Newling Public School

50 Year Anniversary Celebrations

Please scan the QR code and follow the prompts to be added to the mailing list to be updated on all activities related to this event.



COMMUNITY NOTICES



O'CONNOR CATHOLIC COLLEGE

YEAR 6 STEP DAY

STAGE THREE ENRICHMENT **PROGRAM**

THURSDAY 13TH JUNE 2024 10AM - 2PM MORNING TEA AND LUNCH PROVIDED CONTACT THE COLLEGE FOR MORE INFORMATION OR TO REGISTER

P: 6772 1666 E: OCCADMIN@ARM.CATHOLIC.EDU.AU



Armidale Basketball Association Minibasketball

Term 2 2024

INTERSPORT ARMIDALE





Minibasketball games for Primary School children

GAMES

4pm Mondays for Years 3 & 4 5pm Mondays for Years 5 & 6

Back at The Den!! Armidale Secondary College (Butler Street South)

- · Sessions will commence on Monday 6 May 1 July (8 weeks, no ball on June long weekend)
- Contact <u>Armball@bigpond.com</u> to get put on the email list for more information.
- Players can register and pay term fees through the ABA website armidale.basketball.net.au
- Look for the Registration button with our Lion logo.
- No team required, just register and pay game fees online and turn up ready to play
- Uniforms supplied
- Training sessions for rookies at 10-11am Sundays
- For new players who wish to access the personalised kit which includes a ball, singlet and term fees for \$100, you can do your initial one-off term registration through Aussiehoops.basketball. It is open to all primary school aged players. This site is run by Basketball Australia and is different to the NSW Basketball registration procedure which is run through the ABA website.

Annual Registration \$50 (8-11yrs) or \$65 (12-17yrs) **Plus Term** game fees are \$55 Active Kids Vouchers can be used to offset online payments. Need info on Active Kids Vouchers?? Check it out HERE

Please note: Players can redeem their AKV for basketball and Aussie Hoops.

Judy Monaghan armball@bigpond.com Minibasketball Coordinator 0417622859



Armidale Basketball Association

2024 Term 2 Ford Aussie Hoop

Want to learn great ball skills?

Register online and turn up to the Ford Aussie Hoops session for rookie players 5 -10 years

10–11am Sundays from 5 May to 30 June (8 weeks as no game on June long weekend)

Returning to 'The Den' at Armidale Secondary College via gate 3 (Butler Street South)

Both new and returning players should register online at https://aussiehoops.basketball/ At the home page, click on 'Find your state'; enter 2350 in the postcode Search box, then click on the location 'Armidale Secondary College'. This takes you to the registration page. The cost for new players is \$100 for the 8-week term (includes a basketball kit with singlet, ball and term fees) while returning players will pay \$65 (no kit). Other merchandise is available for purchase, but they cannot be paid for by AKVs

Aussie Hoops is Basketball Australia's official junior game development program for children in primary school. They learn basketball in a structured, inclusive and fun environment, developing fitness, skills and an understanding of the sport. The Aussie Hoops program aims to give children the basic skills they need to progress to and enjoy playing actual games.

Armidale Basketball is an Active Kids Provider so you can use the Active Kids Vouchers to help pay for the activity. Carefully follow the directions when registering your child (don't forget to press the Validate button after you put in the voucher number). Returning players can hand in their AKV to the office as payment (if preferred). If you have any concerns, contact Judy. Forgot your email? Contact Judy. Don't know about Active Kids Vouchers?? Check out the link: ACTIVE KIDS VOUCHERS NSW

Interested in lending a hand for Aussie Hoops in coaching or administration? We need many hands to help spread the load. We are looking for a person to coordinate Aussie Hoops and the program so Mark can coach. Anyone can learn to do specific job with some great training available. We are also encouraging parents and older siblings to learn how to coach via free online coaching course provided by Basketball Australia. Go to the Aussiehoops.basketball website and search through the 'Parent' section of the website to get to the coaching course.

Judy Monaghan 0417622859 armball@bigpond.com Aussie Hoops Coordinator



FREE

Toolkit for Dads

A 3 hour session for men



DATES AVAILABLE in 2024

Wednesday 15th May 2024, 10am - 1pm Wednesday 26th June 2024, 10am - 1pm Wednesday 31st July 2024, 10am - 1pm WHERE: 150 Rusden Street, ARMIDALE For more information ring Facilitator on 6738 7200 or to book, please call

1800 372 826 FREE CALL

Join us to learn about:

- What gets in the way
- What to do if you lose it
- What children need
- Smarter ways to parent
- Neuroscience and kids
- Helping children thrive
- New ways to discipline
- Self-care for dads



Centacare NENW acknowledges the traditional custodians of this land and pays respect to the elders past and present.





Why is being active important?

Did you know that less than 1 in 4 primary school aged children meet the recommended 60 minutes of physical activity every day?

It's important for physical activity to be a regular part of family life. Limiting sedentary behaviour is central to a child's health, development and wellbeing.

Regular physical activity is essential for:

- Brain development
- Bone strength
- Muscle control
- Balance & coordination
- Maintaining healthy weight
- Positive sleep patterns
- Mental health
- Concentration
- Self esteem



Source: Australian Institute of Health and Welfare (www.aihw.gov.au)



@ HNELHD-GoodForKids@health.nsw.gov.au



Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.

Nutrition Snippet

NO-BAKE WEETBIX SLICE

Makes: 12 slices Prep time: 15 mins + chilling time



Ingredients

140g dried dates, pitted, roughly chopped

7 wheat biscuits, broken into pieces

% cup desiccated coconut % cup cocoa powder 2 tbsp honey

Method

Step 1: Put the dates and 100ml boiling water in a heat-proof bowl. Set aside and soak for 10 minutes or until soft. Meanwhile, line a slice tin with baking paper.

Step 2: Process the date mixture, wheat biscuits, ¼ cup coconut, cocoa and honey in a food processor until mixture comes together.

Step 3: Spoon the mixture into the prepared slice tin. Using a spatula, press the mixture evenly into the base of the tin.

Step 4: Sprinkle the remaining coconut over the top and gently press into the mixture.

Step 5: Cover and refrigerate for 1 hour or until set. Slice into 12 slices and serve.

For this recipe and more visit: healthylunchbox.com.au



PERFECTION 96%+ VERY GOOD At this level, you give yoursel

At this level, you give yourself the best chance of achieving your potential.

96% equals 7.5 days absence in a year.

93% - 95.9% COULD BE BETTER

95% means a half-day missed every 2 weeks. In a year, that's 43 lessons to catch up on.

90.1% - 92.9% IMPROVEMENT REQUIRED

92% equals 3 weeks of lost learning every year. Between Y7 and Y11, this means 15 weeks lost in total.

90% and below PERSISTENTLY ABSENT

At 90%, you have missed almost 100 lessons in a year.

Attendance at 90% each year means that by Y11, you will have missed out on 6 months learning.

