



# NEWSLETTER

## NORTH HAVEN PUBLIC SCHOOL

*"THE FUTURE IS OURS"*

20 October 2016  
Term 4 Week 2  
Issue No 33

### Uniform Shop

#### Hours:

Tuesday mornings

8.45 – 9.15 am

Wednesday afternoons

2.30 – 3.15 pm

### TERM DATES

Term 4 10 Oct – 16 Dec 2016

2017

Term 1 30 Jan – 7 April 2017

### STUDENT BANKING

Monday is the day for student school banking.

### CONTACT US

Phone 6559 9261

Fax 6559 6475

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

Website  
[northhaven-  
p.schools.nsw.edu.au](http://northhaven-p.schools.nsw.edu.au)

## PRINCIPAL'S MESSAGE

Dear parents, carers and community members,

### It's a Girl!

Congratulations to Mrs Egan and her family, who welcomed a beautiful healthy girl last week. We wish both mum and bub the best as they settle in at home.

### Year 5 Camp Point Wolstoncroft

Recent reports from Mrs Menzies and Mr Donovan are Year 5 are having a fantastic time and receiving compliments on their manners, participation and team spirit. After a wet start to the week, which included muddy BMX riding and slippery rock climbing, the sun finally came out. Year 5 have also taken part in activities including the Giant Swing, Wombat Hole, Volleyball, Archery, Kayaking, a ropes course and most important of all, eating camp food!

### Out of Uniform - Light it Red

Last Tuesday we raised awareness of Dyslexia by asking students to wear red and donate a gold coin. The students had a great day all dressed in red and managed to raise an impressive \$248! All monies raised will be directed towards purchasing reading resources for our school.

### P & C

Thank you to those who have already handed in their P&C survey regarding an agreeable day and time for P & C meetings. For those who still need to complete their survey, please return to the office as soon as possible.

### Kindergarten Orientation Day

Next Wednesday is an extremely important day, as our 2017 Kindergarten students will once again be visiting North Haven Public School. The day will begin with students meeting their Year 5 buddies, followed by lots of engaging activities in the classroom led by Mrs Bruggemann. While the students

are busy in the classroom, parents/carers will be in the library listening to an informative presentation followed by morning tea.

### Canteen

Have a look at some of the new tasty, delicious and healthy snacks now available at the school canteen.

**Cracker Snack Box** \$2.50

It's a cracker!



**Frozen Fruit Cup** \$1.50

Made with 100% fruit!



Kind regards,

*Paul Haste*

Assistant Principal

*VISION: North Haven Public School, in partnership with our community, promotes and provides a dynamic, future-focused learning environment fostering equity and excellence. Our school will deliver opportunities for every student to become a successful learner and a caring, confident, creative individual.*

## SCHOOL NEWS

### Primary Assembly

The next primary assembly will be held on Monday 31 October at 2.20 pm in the school hall. The Year 6 student council will co-ordinate the assembly and class 3M will present an item. All families are welcome to attend.

### GRANDPARENT DAY

**Friday 28 October**  
**9.30 – 11.30 am**

Grandparents support us and connect us to the values, stories and histories of our families and communities. We would like to promote this connection by inviting all grandparents and any other friends and family members to our Grandparents Day at North Haven Public School.

Concert at 9.30 am featuring -

- Junior & senior bands
- Singing
- Dancing
- Music groups

Morning tea at 11.00 am

To assist in planning for catering, please RSVP by Wednesday 26 October by returning the note supplied to your grandchild.



### FAMILY PORTRAIT FUNDRAISER CANCELLED

Unfortunately we do not have enough families registered for the day to go ahead, so the photographers have made the decision to cancel the event.

Thank you to the families who expressed interest in supporting this fundraiser. Money was returned yesterday to those who had already paid.

### SCHOLASTIC BOOK CLUB

Scholastic Book Club brochures are being sent home with students today.

If you wish to place an order please use the “LOOP” option when ordering **ONLINE** and this will ensure the school benefits from the rewards on offer. Details of the LOOP option are explained on the back of the brochure.

**There will be no orders taken at school**, so all orders must be done online.

## UPCOMING EVENTS AT SCHOOL

<b>Tues 25 Oct</b>	Junior Band 2017 Information Evening
<b>Wed 26 Oct</b>	Kindergarten Orientation Day (Kinder 2017)
<b>Fri 28 Oct</b>	Grandparents Day 9.30 am
<b>Mon 31 Oct</b>	Primary Assembly 3M
<b>Wed 2 Nov</b>	Letterland Fun Day
<b>Thur 3 Nov</b>	Out of Uniform Day Crazy Hair
<b>Fri 11 Nov</b>	Remembrance Day Ceremony

### Kindergarten Letterland Fun Day

On Wednesday, 2nd November Kindergarten will be participating in a Letterland Fun Day. Kinder children may come to school dressed as a Letterland character, eg Jumping Jim - jeans and a shirt, with some balls to juggle.



After a parade in the kindergarten rooms the children will be rotating through some fun activities. We would love parent / family helpers to join us from 9.20 am onwards.

## REMINDERS

### YEAR 6 SYDNEY

**6** school days until FINAL PAYMENT is due next Friday 28 October

### WALK-A-THON

Sponsorship money due back at school by Friday 28 October

### SPECIAL SWIMMING

\$30 deposit due by Friday 4 Nov

### Whooping Cough (pertussis)

We have had a reported case of whooping cough in a student at our school. Please refer to the following information for parents/carers.

#### *Time from Exposure to Illness*

7 to 20 days

#### *Symptoms*

Starts with a runny nose, followed by a persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air. Older children and adults may just have a cough that lasts for many weeks and may not have the whoop.

#### *If my child has Whooping Cough do I need to keep my child at home?*

Yes, until the first 5 days of a special antibiotic have been taken. If the child has not received any antibiotic treatment then the child should be kept away from school for 3 weeks from the onset of the "whoop".

#### *Controlling the spread of infection*

Immunisation at 2, 4, and 6 months and 4 years of age. A special antibiotic can be given for the patient and close contacts. Unimmunised contacts may be excluded from school or child care until the first 5 days of a special antibiotic has been taken.

*The above information provided by NSW Health*

### Selective High School for Year 7 in 2018

Selective high schools cater for highly achieving academically gifted students who may otherwise be without classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

If you would like to have your child considered for Year 7 selective high school entry in 2018, you need to do so soon. The Selective High school Placement Test will be held on Thursday 9 March 2017.

Detailed instructions on how to apply online will be available from 13 October in a printed application booklet and at [www.schools.nsw.edu.au/shsplacement](http://www.schools.nsw.edu.au/shsplacement). The application website opens is open between 11 October and closes on 14 November. No late applications will be accepted.

### NSW PSSA State Athletics

Bailey Geronimi and Ryan Moloney are currently competing in the NSW PSSA state athletics carnival in Sydney. Bailey is representing the North Coast in the 11 year boys long jump event and Ryan in the senior boys shot put and discus. We eagerly await their results on their return to school next week.

### NSW PSSA North Coast Girls Touch Football

NHPS's talented girls touch football team travelled to Coffs Harbour to play off to decide the North Coast champion girls touch team.

North Haven were drawn to play Sawtell Public School in game 1 and if successful were to play Yamba PS to decide the champion school. NHPS defeated Sawtell 6-1 after leading 1-0 at halftime. In a classy display, tries were scored by Bonnie (3), Charli, Sari, Zoe and Sophie.

North Haven took on a fresh Yamba team in the North Coast final. In one of the best girls touch football games ever played in the PSSA North Coast area, Yamba ran out winners 5-3, with the half time score being 1 all.

North Haven girls played "out of their skins!" to really put it to the very experienced Yamba team. Everyone in our team lifted to another level during this match and had the Yamba girls and their coach very nervous. Yamba scored two late tries to secure the match 5-3. Our three tries were scored by Sari (off a sensational pass from Maddi), Charli and Maddi.

At the conclusion of the match the Yamba coach praised our girls and said he had not seen a better game of touch football in his long coaching career, which included many state titles.

Our girls demonstrated commitment, determination, teamwork, great sportsmanship and a desire to do the very best for each other. Not one girl wanted to let their team mates down.

Our girls went over to the Yamba girls and thanked them for the match and wished them all the best at the state finals in Sydney this term.

The team is – Maddison Drewitt, Phoebe Bell, Sari McKenzie, Bonnie Hughes, Zoe Ferris, Piper Sargent, Sophie Cheers, Charli Hearne and Samantha Long. Every one of these girls made their parents, relatives and coaches very, very proud.

A big thank you to Kobi Knight and Mark Bell for your time, extra coaching and encouragement for the team.

Lauren Manning  
Coach

## A GUIDE FOR ONLINE SAFETY

The internet is an amazing tool that brings the world into our homes ... the good and the bad of what is out there. And with the internet connected to our phones, TV's, tablets, play stations and Xbox's as well as computer, children can access and be connected to information and others, as soon as they start using these devices.

Kids can have lots of fun using the internet, but they need to learn how to use it safely. Just like they can have lots of fun riding a bike, they need to wear a helmet and learn and follow the road rules.



When you take some practical internet safety precautions, you protect your child from risky or inappropriate content and activities. And your child gets to make the most of their online experience, with its potential for learning, exploring, being creative and connecting with others. You can help your children use the internet safely **by monitoring, protecting and teaching them**, and by learning about the internet yourself, if you're not familiar or comfortable with it.

### Internet safety worry 1: seeing inappropriate content

Children might be only one or two clicks away from violent, pornographic or offensive material (even accidentally), especially if there are no filters or monitoring software installed on your computer.

You can use a screening program or filter to block entry to certain websites.

**Parental control tools** are available for Apple's iOS and Android tablets; Playstation, Xbox and Wii have **parental controls**; YouTube and YouTube Kids have a **safety mode**; YouTube Red offers ad-free videos. Netflix and Stan offer **age-based settings**. Microsoft Windows and Apple's MAC OSX offer **family restrictions and monitoring**. **Safe search settings** are available for the internet browsers Google Safe Search, Google Chrome and Yahoo 7. Telstra Mobile Protect, Vodafone Guardian, Apple iOS and Android have **safety options** for mobile phones.

Buy and install a filtering program that will block emails or web pages containing unsuitable keywords. Many ISPs offer internet filters as part of their service. Telstra provides **parental control tools** and homework time blackouts; Optus and Vodafone provide guidance on tools.

Parental controls can keep kids safe on many screens

**THEY CAN**

- ✓ Block sexually explicit sites
- ✓ Set screen time limits
- ✓ Block in-app purchases
- ✓ Block numbers and SMS
- ✓ Allow or block websites
- ✓ Restrict chat features
- ✓ Allow parental monitoring



**REMEMBER**

No parental control is 100% fail safe.  
Keep children's trust by using these tools openly at home

[esafety.gov.au/iparent](https://esafety.gov.au/iparent)



**If your child finds inappropriate material**, discuss the material calmly. Let your child know how pleased you are that they are talking to you about it. Tell your child that if they come across material that scares them or makes them feel uncomfortable, they should tell you or a teacher.

### Internet safety worry 2: contact with strangers

Chat rooms, forums and in-game messaging are lots of fun and great ways to exchange ideas, but they can be risky. They let people interact anonymously, and age limits can't be enforced. Also, children might be invited to meet up in the real world with people they meet online, which could lead to very dangerous situations. Avoid the risk of stalking

or child abuse over the internet by telling your children never to give personal information to or communicate one on one with people they don't know.

### The significance of 13 years old

As part of their privacy policies, social networking sites such as Facebook, Twitter and YouTube specify that users must be at least 13 years old.



The minimum age is based on the requirements that website operators must gain verifiable parental consent from parents prior to collecting any personal information from a child younger than 13 years old. Some networking sites will block access if they discover an underage user.

### Internet safety worry 3: privacy leaks and breaches

This can happen when you provide personal details on websites or you share personal information with online strangers, or when you don't keep your privacy settings up to date on social networking accounts.

Tell your child that anything they enter on a website or online account, writes in an email or text message, or posts on a timeline can become public property. It's very important for your child to check with you or a teacher before giving out any personal details to anyone.

### Internet safety worry 4: too much time online

You might worry that your child spends too much time online.

If a child is already shy or uncomfortable in social situations, that child might spend a lot of time online, withdrawing from family and friends. If most or all of a child's interaction with friends is via computer – instant messaging, emails, chat rooms – this can affect the development of the child's social skills.

A healthy family lifestyle includes limits on daily screen time.

Australian guidelines say that children under two years should steer clear of screens altogether. Children aged 2-5 years should have no more than an hour of screen time a day. And children aged 5-18 years should have no more than two hours.

### Internet safety worry 5: breaking family internet rules

If you've agreed on internet rules and your child breaks them, you can block your child's access to the internet. You can remind your child that you've agreed on the rules and the consequences for breaking them.

Using the internet together, bookmarking websites that are favourites, utilising filtering and parental controls, and checking privacy settings every time a new app, or program is joined, and continued parental supervision, should ensure lots of fun, education and creativity.

For more information, check out these websites where this article has drawn its information:

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

[esafety.gov.au/iparent](http://esafety.gov.au/iparent)

[aifs.gov.au](http://aifs.gov.au)

### North Haven Public School P&C Association

*Please indicate your preferred day for daytime P&C meetings (please tick one)*

☐ Tuesday      ☐ Wednesday      ☐ Friday

Parent Name \_\_\_\_\_





# BAND NOTES



## IMPORTANT BAND DATES

<b>WEEKLY BAND &amp; TUTORIALS</b>	Friday sessions will be as usual all term, unless otherwise advised.
<b>TUES 25 OCT 6.30 pm</b>	2017 Junior Band Information Night in the library (for students Years 3-6 in 2017)
<b>FRI 28 OCT</b>	Grandparents Day Performance Junior & Senior Band
<b>TUES 1 NOV</b>	Year 6 Band Day
<b>TUES 8 NOV</b>	Forest High School Band visit (NHPS band not performing – audience only)
<b>FRI 11 NOV</b>	Remembrance Day ceremony Buglers
<b>FRI 18 NOV</b>	2017 Junior Band Expressions of Interest due
<b>THUR 1 DEC</b>	Gala Night Rehearsal (during school hours) Junior & Senior bands, choir  Gala Night performance 6.30 pm
<b>FRI 9 DEC</b>	Presentation Day Junior Band – Infants Assembly Senior Band – Primary Assembly
<b>SUN 11 DEC</b>	Bonny Hills Carols on the Deck Time to be confirmed
<b>WEEK 10</b>	Instrument cleaning day

## Junior Band 2017

**Information Night  
Tuesday 25 October  
6.30 pm in the Library**

Come along and find out why playing a musical instrument in a band is good for your child!

Mrs Skerritt and Mrs Bruggemann will be there to answer all your questions. See you there!

### Good Reasons Why Your Child Should Study Music

- Children who study music from an early age can do better at a range of subjects.
- Children who play music learn that there are rewards from hard work, practice and discipline.
- Playing a musical instrument helps develop kids' creative thinking and motor skills.
- Music helps kids become more active listeners, which is beneficial in a range of things from taking part in conversations to building more satisfying friendships.
- It can also enhance their health and wellbeing and increase their stamina.
- Children learn to embrace other cultures through their music.
- It develops teamwork and shared goals.
- The overall experience of listening to music is dramatically enhanced.
- Children can explore emotions through music, which may help them better understand who they are.
- It's fun!

Adapted from [www.schoolatoz.nsw.edu.au](http://www.schoolatoz.nsw.edu.au)

## CLASS PLANNING FOR 2017

To assist us with our planning of classes for next year, would any family whose children will not be returning to North Haven Public School in 2017 please complete the form below and return to school.

**PLEASE DO NOT RETURN THIS FORM  
FOR YEAR 6 STUDENTS MOVING ONTO HIGH SCHOOL**



### Class Planning for 2017

My children will not be returning to North Haven Public School in 2017.

Name : \_\_\_\_\_ Class : \_\_\_\_\_ Name : \_\_\_\_\_ Class : \_\_\_\_\_

Parent/Carer Signature : \_\_\_\_\_ Date : \_\_\_\_\_

# **P&C Fancy Dress HALLOWEEN DISCO**

**Saturday, 29 October 6 pm-8.30 pm  
Laurieton United Servicemen's Club**

\$5 per child or \$12 per family  
(family rate covers siblings, not cousins)

There will be lots of goodies for sale  
such as lollies, novelties, glow products!

All parents are asked to please remain on the club premises  
to assist with the supervision of their own children.

**NO HIGH SCHOOL STUDENTS  
THIS ACTIVITY IS ALCOHOL FREE**

*Organised by NHPS P&C Association*



## **North Haven Public School Student Absence Note**

My child \_\_\_\_\_ of class \_\_\_\_\_

was absent from school on the following date/s \_\_\_\_\_

for the following reason \_\_\_\_\_

Parent/Carer Signature : \_\_\_\_\_

Date: \_\_\_\_\_

# JUNIOR SPORTS FUNDRAISER

AT LAKE CATHIE BOWLING & REC CLUB

45 EVANS STREET LAKE CATHIE

**SUNDAY 30<sup>TH</sup> OCTOBER FROM 10AM**

## \$10pp Includes:

Game of Bowls

Nibbles

Sausage Sizzle

## ALSO ON THE DAY....

Music on the Greens

Raffles, Prizes & Giveaways

Games & Competitions

All Funds raised on the day will be held in a fund to help eligible Sporting groups & Individuals with financial support



port macquarie  
orthodontics

first national  
North Haven

Hastings Co-op

ULTRAFloor

## WAUCHOPE BONNY HILLS SLSC

The sun is shining our doors are opening, so we would like to welcome new and returning members to the 2016/2017 season.

Events: Ages 5-14 Years

Nippers Rego/Proficiency, Pool Swims - 8th Oct (Courtyard Pool)  
Open 12 noon

WBHSLSC "Open Day" - 16th October 2016

PLUS

Nippers Rego/Pool Swims - 9am-12 noon

Followed by a free sausage sizzle

First nippers club day - 23rd Oct

Any questions, please contact Leanne Goggin - 0439 648995

Register at: [www.bonnyhills.org.au](http://www.bonnyhills.org.au)

## Gingerbread House Workshop

Saturday 19 November 2016, 2pm



\$30 per kit - includes lolly bag and refreshments

Maximum 3 people per kit

Guest speaker

Tickets essential and available from church office

Camden Haven Anglican Church, 2 Mission Tce, Lakewood

6559 5036 // [info@havenanglican.com](mailto:info@havenanglican.com)

## Live Life Well @ School

In summer, packing a cold water bottle for Crunch & Sip is ideal for hydration on hot days and for keeping food cold in the lunchbox



NSW Health  
Mid North Coast  
Local Health District

For more information go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)



Nutrition Snippet

## The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:

**Oreo biscuit** – a "sticky sweet" food that

will fall in to all the grooves of the teeth;

**Carrot** – a firm textured, unprocessed food

that increases saliva flow and will remove the Oreo particles;

**Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.



So stick with "firm favourites" (e.g. fruit and veg) and "powerful protectors" (e.g. cheese, milk, water) and avoid "sticky sweet" foods (e.g. biscuits, cakes, muesli bars, lollies). "Sweet acidic" juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, "Healthy Tums Healthy Gums" program.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)

Eat It To  
Beat It