

Narrogin Primary School

Independent Public School



Term 4, Issue 35

Wednesday 12 November 2014

In the Pursuit of Excellence

FROM THE PRINCIPAL'S DESK

Assembly Awards

Congratulations to the following students who each receive 5 NPS dollars.

STARR students

Jasmine PPA Oliver Woodford Stephanie Yarran
Graeme Mille Carter Wilson Dean Tidswell

Voluntary Contributions and Charges - Conner Jacob's family received 30 NPS Dollars. Don't forget, by paying your Voluntary Contributions you go in the draw to win 30 NPS Dollars drawn at each Assembly.

Parent Survey

To better serve our school community, it is important for us to continually seek to improve. During the next few weeks, we will distribute 3 surveys; one for parents, one for staff and one for students. Responses to the questions outlined in these surveys will assist us to make decisions on how we can better serve our school community. We will consider the data collected from all three surveys and investigate those areas that are in need of improvement. In order to access the survey please use the following web address and code; <http://www.schoolsurvey.edu.au/s/ZTbpSbEX> Code: MCXdwkye

Thank you for taking the time to complete this survey.

Congratulations

We would like to congratulate a former Head Girl from our school, Renee Sieber who has recently been selected for the Premiers ANZAC tour next year in Turkey. She is one of 32 students selected from WA for this honour from 1000 applicants across the state.

Behaviour Expectations - Week 5 - Responsibility ★

This week the school expectation is to "Tell the truth". To tell the truth is to be honest. When people are honest, they can be relied on **not** to lie, cheat or steal. It is admitting mistakes even when you know someone might be angry or disappointed.

School Development Day

Friday 28 November is a School Development Day, parents need to ensure that they keep students home on this day.

PPA & P/1S Swimming Lessons

A reminder to parents of Pre-Primary and P/1S that your child/ren will be doing swimming lessons from Monday 24 November to Friday 5 December. Please ensure your child brings their bathers and towels and a plastic bag to store their wet bathers.

Faction Friday

A reminder to parents that your child is able to wear their Faction Polo shirts on Friday's this term. If you would like to purchase one of our new shirts, they are available from the Uniform Shop, which will be open on Friday 14 November from 8.30 - 10.30am.

School Board Vacancies

Nominations are called for from suitably qualified persons to fill vacancies that have occurred on the School Board. Nominations can be forwarded in an envelope, marked "Private and Confidential", to David Harrison, C/- the school office.

Nominations must be received no later than, 28 November 2014. Where the number of nominees is greater than the vacancies available, we will conduct elections.

Please contact the school office, for more information regarding the functions of the School Board.

Williams Road PO Box 107

Narrogin WA 6312

Phone: (08) 9881 1200

Mobile: 0409 379 121

Fax: (08) 9881 3482

Principal: Mr David Harrison

Deputy Principal: Miss Amber Ness

Email:

Narrogin.ps@education.wa.edu.au

Website:

narroginprimaryschool.wa.edu.au

Dates to Remember

Term 4

Remembrance Day	Tuesday 11 November
P&C Meeting 7.30pm in Staffroom	Tuesday 11 November
School Disco	Thursday 13 November
P&C Market Day	Saturday 15 November
Year 6 Transition to NSHS - PM only	Tuesday 18 November
Year 7 Transition to NSHS - PM only	Thursday 20 November
Assembly 1A	Friday 21 November
PPA & P/1S Swimming Lessons	Monday 24 November to Friday 5 December
School Development Day - Pupil Free	Friday 28 November
Kindy & Pre- Primary P&C Mtg	Monday 1 December
Assembly 1/2B	Friday 5 December



HEALTHY FOOD IDEAS FOR LUNCH

Looking for something healthy for your child's lunch box? Below is a nutritious idea. More ideas are featured on the Canteen Association Website.

<http://www.waschoolcanteens.org.au/nutritional-guidelines/favourite-recipes/>

Turkey, Cranberry & Avocado Sandwiches

Ingredients

- ☐ 6 slices of roast turkey
- ☐ 1 avocado
- ☐ ¼ cup cranberry sauce
- ☐ 1 tsp lemon juice
- ☐ 12 slices high fibre white bread

Method

1. Peel and mash the avocado with the lemon juice
2. Spread half of a round of bread with cranberry sauce and the other with avocado mix
3. Fill with sliced turkey
4. Cut off crusts and cut into thirds to make 18 fingers.

Tips

- ☐ *Don't add too much avocado or fingers will be difficult to cut*
- ☐ *Sprinkle avocado with extra sharp parmesan cheese and a very small amount of*

coarse black pepper for contrasting taste.

Traffic Light Category - **GREEN**

Makes 18 portions



What's in a treat?

What does a 'treat' mean to you? We often give our children treats as a reward, to show them that we love them, or manage their behavior in other ways. You may find that these foods are becoming a daily snack – a normal item in your child's diet, not a treat food anymore.

Treats are often explained as 'unhealthy foods that shouldn't be eaten all the time'. Treats are commonly high in salt, sugar or fat. They are high in energy (kilojoules), but are not very nutritious.

When treats replace nutritious foods, our kids miss out on important nutrients to help them grow, develop and learn. Children need nutritious snacks so food related treats should not be offered more than once a month.

Can you treat your children in other ways? Treats that are non-food related can reward children without impacting their health. Some ideas to try with your family to replace unhealthy food treats:

- A balloon, sticker or small toy
- A lunchbox note with a joke or a sweet message
- A trip to the park, the town library, or other family outing
- Some healthy snacks (frozen berries, grapes, strawberries)

If you have examples of how your family uses non-food 'treats' please email them to wheatbelt.phu@health.wa.gov.au . It is always great to have more ideas to share with families.

CANTEEN NEWS

Volunteers are needed for the Canteen. If you are able to spare 4 hours to help in the Canteen and would like to place your name on our Canteen Roster please contact the School on 98811200. Remember canteen volunteers receive 50 NPS passport points for their help .

Thank you to our helpers from last week.

Next weeks Roster'

Tuesday	18	Kylie Bradford
Wednesday	19	Help needed
Thursday	20	Janine Dewing
Friday	21	Mel Browne

If you are unable to do your roster, can you please try to swap with someone else. If you are unsure of who else is on the roster, please contact the Canteen .

P&C NEWS

Narrogin Triathlon

We are seeking volunteers to help with jobs on the day at the Triathlon, which is to be held on 30 November at the Narrogin Leisure Centre. If you have a couple of hours to spare and are able to assist can you please email Sarah Wiese on wiese@activ8.net.au or ring her on 0407 474 587 with your name and contact details. Helpers will be needed from 8am. Mrs Heil's class will be helping with the serving of the food on the day from 9am to 11am and a letter has gone home with those parents today.

Remember to grab an entry form off the school website or at the front office at the Primary School and High School. Maps and competitor briefing notes will be on the website.

Rev Heads - Saturday 15 November

The P&C are chasing two male volunteers to man the BBQ on Friday Night and two for Saturday Night, at Rev Heads from 5.30pm - 10pm. If you are available please contact Jane Pratt on 9881 3732.

P&C DISCO

P & C Disco - Thursday 13 November

The P&C will be holding a disco this Thursday in the under-cover area. The times will be as follows;

Entry Cost \$4.00

Yrs 1-3 4.30pm - 5.45pm

Yrs 4-7 6.00pm - 7.30pm

Thank you to Mrs McDougall's class and Miss Carroll's class for assisting with this event.

Don't forget to pre-order your 'Disco Dinner Deal' and mark on your bag clearly DISCO with your child's name and which time they will be attending.

DISCO DINNER DEAL	
Pizza Slice or Hot Dog, Juice or Water, Paddle Pop.	\$ 6.50

Pizza Slice	\$ 3.00
Hot Dog	\$ 3.00
Apple Juice	\$ 2.00
Apple & Black Current Juice	\$ 2.00
Orange Juice	\$ 2.00
Water	\$ 1.00
Paddle Pop Triple	\$ 1.50
Banana Paddle Pop	\$ 1.50

Please note, at the end of each disco, parents are expected to collect their own children. If your child is being collected by **someone else**, please complete the cut off slip and hand it to the desk at the start of the disco. Only students from Narrogin Primary School may attend. Students are not to bring mobile phones, cameras or glow sticks. Positive behaviour prior to the disco will be an expectation for attendance.

Disco – Student Collection by someone else

Student Name: _____ Year _____ Rm _____

Will be collected by: _____

Student Name: _____ Year _____ Rm _____

Will be collected by: _____

Parent Name: _____

Parent Signature: _____

P&C SUNDOWNER

Save the date of Tuesday 9 December. The P&C will be holding a Sundowner, to thank our volunteers for this year. If you have not had a chance to volunteer, there are still a few opportunities left with Rev Heads (this weekend) and the Triathlon. Contact Jane Pratt on 98813732

COMMUNITY NEWS

Parenting WA (Wheatbelt) Courses

Parenting WA provide the following FREE courses which are run on a regular basis in the Wheatbelt Region. Bookings are essential and participants must attend all sessions. Phone Parenting WA on (08) 9622 0000 to register or inquire further

- 1-2-3 Magic & Emotional Coaching: for parents of children aged 2-12
- Engaging Adolescents: for parents of children aged 10+
- Circle of Security: Circle of Security Parenting based on attachment and the relationship with your child
- Triple-P (Group) a toolbox of solutions for parents of primary and teen aged children
- Triple-P Seminar Series
- Tuning in to Kids
- Tuning in to Teens

A flyer is available with some information at the school office.

Narrogin Tennis Club - Junior Tennis Tournament

Saturday 6 December

Novice Event 10 years and under

Boys and Girls Singles and Doubles Round Robin Events

10 years and under

12 years and under

15 years and under mixed

**If insufficient numbers, an event may not proceed or ages may be combined and/or become a mixed event.*

Age group as at 31/12/2014

\$8.00 per player per event or \$12.00 for more than one event

Assistance by adults will be required for umpiring

Nominations must be received prior to Wednesday

3 December

Enquires and Nominations to Jane Dyke Tel: 98 812277

Email mjldyke@westnet.com.au

Morning Tea and afternoon tea provided.

Carols by Candlelight 2014

Sunday 7 December

Mackie Park

Sausage sizzle & drinks 5.30pm

Carols 6.30pm - 7.30pm



Finishing with a surprise. Bring a warm blanket & chair

- * Narrogin Senior High School Band
- * Primary Schools
- * Mayor Leigh Ballard - Official turning on of Christmas lights
- * Mazz's "The Third Friday Uke Group"
- * Special Items
- * Combined Churches Band and more

For more info ring Kita Stringer on 0428 761 312