Although the first few weeks of this term have been extremely hectic, it’s great to see all students making the most of the many opportunities offered to them at Narrabri West. Things are about to get even busier, with lots of PSSA sporting events, NAPLAN this week and the Narrabri Eisteddfod in full swing next week. Thank you for your cooperation and assistance in ensuring that all children will be well prepared for these major events.

A new term always presents an opportunity for students to reset their learning goals and start afresh in what should be a quest for achieving personal bests in everything they do, from their personal choices to their relationships with others.

Parents can best support the wellbeing and safety of students and the quality of learning by engaging in a strong partnership between home and school. This could include:

- Good communication - ensuring we share important information in a timely manner and that reading and where necessary responding to newsletters and notes, are part of that communication process;
- Supporting the work of teachers by reinforcing appropriate expectations of behaviour and engagement in learning;
- Three-Way interviews shouldn't be the only time you connect with your child’s teacher. Ensure you have regular contact, even if it's just to say hello. Remember after their parents, your child’s teacher is the person who spends the most time with your child; and
- Learning doesn't stop at 3:25! You can help our teachers to do a better job by encouraging your children to talk about or show you something they are working on at school. Every time they get a chance to show off what they know, it builds confidence … and it will make you proud of them!!

Sporting Updates
There is certainly lots of sport happening at Narrabri West at the moment.

Westy Bears Adventures
Guess where Westy has been!
Did you know that breakfast literally means breaking the fast from overnight? Hungry minds need to eat breakfast. For school aged children, breakfast is an important way to start the day. Why? Research shows children who eat breakfast are more likely to be focused than those who skip breakfast. So that’s why it’s important to send them off to school with breakfast.

Breakfast can affect everything from memory to creativity in the classroom. Children who go hungry are more inclined to become distracted from learning at school, or give up more easily when faced with challenges. Healthy, well-rounded breakfasts are best for a child’s maximum performance level.

Attentiveness in the classroom can be a key indicator that a child has had breakfast, according to the results of a recent survey of 3,000 Australian primary and secondary school teachers. In contrast, tiredness and lack of concentration are tell-tale signs that a child has skipped breakfast.

The nationwide survey was commissioned to determine whether what teachers are seeing in the classroom is consistent with the current research linking breakfast eaters with better concentration at school. If the experience of Australian teachers is anything to go by, the research is right on the mark.

The findings revealed:

- 96 percent of teachers say students who eat breakfast pay more attention.
- 88 percent of teachers say that students who eat breakfast perform better at school.
- 79 percent of teachers say that students who eat breakfast are more interested in learning than those who don’t.
- When asked to nominate their choice of the best breakfast options for students, teachers nominated breakfast cereals as the most popular option.

Breakfast has always been linked to better performance in the classroom. Eating breakfast also helps control appetite, keeping children focused on learning throughout the day. It is also believed their smaller stature causes them to be more susceptible to the effects of overnight fasting - including decreases in mental awareness - and they may even be in greater need of breakfast than adults.

Eating a healthy breakfast in the morning has beneficial effects on short-term memory and attention, allowing children to more quickly and accurately retrieve and retain information. Eating breakfast also positively affects endurance and creativity in the classroom.

Breakfast also affects more than direct learning; it also impacts behaviors surrounding learning in the classroom environment. Consistent breakfast consumption is linked to better attendance and better classroom behaviour and concentration, which facilitates learning. Children may give up more easily in school if they’re feeling the negative effects of skipping breakfast. Children are more susceptible to these effects than adolescents.

A well-rounded breakfast

What children eat in the morning also makes a difference. Experiments have been conducted to determine how a variety of breakfast foods affected children’s performance at school. While children who had no breakfast at all performed worse on a series of tests, children who had whole grains with milk outperformed those who had low-fibre, high glycemic cereal, like many of the popular child focused cereals, in tests across the board. Nutrition experts point to the importance of the mixture of protein, fibre and complex carbohydrates in the morning. Breakfast cereals that are high in fibre and made with whole grains provide key nutrients. High fibre diets can also help children feel full between meals, so they can focus on learning and are less inclined to fill up on junk food.

Who could concentrate on reading and maths when their tummy is rumbling? Fibre expands in the stomach, which helps children feel fuller for longer. This means they can focus on learning, instead of their hunger pains!

Simple ways to encourage your child to eat breakfast

Not all children wake up and feel ready to eat a healthy breakfast, but simple household routines can help your child such as:

- making time for breakfast – turn off the TV!
- eating together and talking about the day ahead.
- making plenty of fresh fruit available.

Here are links to some healthy breakfast suggestions:

Class Movies - maybe an Oscar for Narrabri West?

Supporting and enhancing teacher capacity is very important to us at Narrabri West. To show other schools what we do, we were asked in 2014 to produce a short movie showcasing how we help our teachers become even better at what they do, as well as our use of Learning Goals and Success Criteria in Kindergarten and Year 1.

The resulting movie showcases the innovation and creativity taking place at Narrabri West. We are very proud of the end result. Please take the time to check out our great teachers in action and maybe a behind the scenes look at how teachers support teachers here at Narrabri West. You can watch our movie at:

www.classmoviestv.com/decnsw?movid=59068-05-52977-001

There is also a link from our Facebook page, Skoolbag app and our website.

Congratulations Sturt - 2015 Cross Country Champions!

Our annual Cross Country Championships were held yesterday, following the washout on our original date. Sturt was the winning house in another very close result.

Good luck to all of our athletes who will now be preparing for the Narrabri Zone PSSA Trials at Bellata on Friday 22nd May. The full team and our Cross Country report are listed in ‘Sports News.’

NAPLAN 2015

The National Testing program (NAPLAN) started today, when students completed tests in Language Conventions and Writing. On Wednesday they will complete a test on Reading and on Thursday one on Mathematics. There is also a catch up day on Friday.

The test assesses your child’s ability to handle mostly basic tasks. There will be questions within the test that will be harder in nature than others, but certainly it is a situation which no student should be stressing about. Make sure that life at home continues as normal, that they have a good night’s sleep and a good breakfast in the morning.

We have every confidence that the students will do well and we will, of course, minimise disruptions during these tests. If you have any concerns, please don’t hesitate to contact any of their teachers.

Variety Out of Uniform Day & BBQ - thanks Woolworths

We have had a lovely BBQ lunch courtesy of Woolworths which we really enjoyed. Our out of uniform day raised $260 for Variety - thanks everyone, but especially Woolworths and their staff!

GRIP Leadership Conference

Last week our school leaders (Jordan, Rhys, Dylan, Maddie, Alexandra, Elsie and Alex) attended the GRIP Student Leadership Conference in Tamworth. This course trains students for their role as school leaders and helps them focus on what they can do for their school. They all enjoyed their day and have assured us they are now even better leaders! You can read their report later in this newsletter.

Narrabri Eisteddfod

Many of our classes and students are competing in the eisteddfod over the next couple of weeks. This is a great opportunity for every student to experience performing in front of an audience and on stage. Every class has entered an item and our band, recorders, choirs, guitars, singing and drama groups will also be performing. Many of our students will also be performing in individual categories and we wish everyone the best of luck. A full wrapup will be in an upcoming newsletter.

ANZ Citizenship Award

Congratulations to Karl Harvey, from 2B, who is our latest very deserving winner of this award. Karl is a genuine quiet achiever and we love having him in our school. Well done Karl!

Westy’s on Facebook!

Westy Bear now has his very own Facebook page. If you search for Westy Bear or follow the link below, you can send him a ‘Friend’ request and Westy will ‘friend’ you so you can follow his many adventures. If you are a student and lucky enough for Westy to choose you to visit for a weekend or holiday, you will be able to post photos to his page and let all of his many friends know what he is up to.

www.facebook.com/profile.php?id=100009346553957&pnref=story

Last Friday night Westy, decked out in his supporters gear, cheered the Roosters on at Allianz Stadium with Lochie Michell. What a well-travelled bear he is!
Mothers’ Day Stall – best wishes to all Mums!
We hope all Mums had a great day on Mothers’ Day. Thank you to our captains and prefects for organising the Mothers’ Day stall at school which proved very successful once again. We hope all Mums enjoyed their presents and (hopefully) being well and truly looked after.

Best wishes
Stephen Maher
Principal

Leadership Conference 2015
On Monday 4th May the Captains and Prefects went to a leadership conference at Tamworth War Memorial Town Hall. They learnt about how to be a great leader. Some of the activities were getting to know people from other schools, learning the priorities a great school leader should have, working out who was the leader in little movie snippets and acting on stage.

Everyone’s favourite group members were the ‘loud noise boys.’ The loud noise boys were Karl and Andy. They did activities on stage based around loud noises (that’s why they were called the loud noise boys). Everyone enjoyed them.

There were many other fun activities through the day.

Everyone went home with a different perspective of being a leader and many ideas on how to make our school a better place.

By Alexandra Bennett and Jordan Baxter

Nationally Consistent Collection of Data on School Students with Disability
From 2015, all Government and non-Government schools across Australia are required to participate annually in the Nationally Consistent Collection of Data on School Students with Disability (NCCD).

All Australian schools will collect data on their students who are receiving adjustments to meet additional learning and support needs in accordance with their obligations under the Disability Discrimination Act 1992 and Disability Standards for Education 2005. This data will be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The data provided to the Australian Government by the NSW Department of Education and Communities is provided in such a way that it cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the Commonwealth Australian Education Regulation 2013, data collected by the NSW Department of Education and Communities for the NCCD must be provided to the Australian Government Department of Education and Training. This includes the number of students at each level of education, the number in each category of disability and the number at each level of adjustment. The information is provided to the Commonwealth as a series of number sets that cannot be used to identify any individual student or school.

The Australian Government Department of Education and Training follows the requirements of the Commonwealth Privacy Act 1988 when handling any data provided by NSW Department of Education and Communities in connection with the national data collection. A privacy notice has been developed by the Australian Government to provide students, parents and carers with important privacy information in relation to the data collection. This notice is available on the department’s website at:


If you have any questions about the data collection, please contact the school.

Narrabri Eisteddfod
The students have been very busy preparing items for the Narrabri Eisteddfod. We all sound and look spectacular and are looking forward...
to presenting our items. Please refer to the timetable sent home with permission notes last week for performance details. A summary of the larger groups performance times (for parents wishing to watch the performances) are as follows:

- **Monday 18th May - 2D and 2B** group speech (winter uniform) - session starts at 10.30am
- **Tuesday 19th May - 4/5K** group speech (winter uniform) - session starts at 10.30am
- **Friday 22nd May - KS, KL and KG** dance item (costumes) - session starts at 10.00am
- **Tuesday 22nd May - 1S and 1K** musical entertainment (costume), Miss Baldwins **K-2 choir** (costume) and the **Year 2 recorder** group (winter uniform) - session starts at 10.00am
- **Wednesday 23rd May - 5/6S and 5/6P** choir item (winter uniform), Miss Baldwins **3-6 choir** and guitar group (winter uniform) - session starts at 10.00am.

If you have not already returned your child’s permission note and $2 for the bus, please do so by the end of the week. If you require any additional information, please see your child’s classroom teacher or myself.

Thank you to those parents that have assisted in preparing and providing costumes for their children. Thank you also to all of the teachers and Mrs. Rosemary Smith, who have been very busy preparing items.

Sarah Smith – Coordinator

**ICAS Competitions**

![Image](image)

It is that time of year again, with our first University of New South Wales ICAS (International Competition and Assessment for Schools) competition just around the corner!

The dates for the ICAS competitions this year are as follows:

- **Digital Technologies** – Tuesday 19th May
- **Science** – Wednesday 3rd June
- **Spelling** – Tuesday 16th June
- **English** – Tuesday 28th July
- **Mathematics** – Tuesday 11th August

Good luck to all the students who have entered!

Miss Cush - Coordinator

**FETE NEWS**

Our first fete meeting was held last Monday. The fete is our biggest fundraiser of the year, so it is very important for our school. If you would like to become involved, please come along to our next meeting (Monday 1st June), immediately before our next P&C meeting. Our fete will be held on **Friday 11th September**.

Thank you to everyone who came to the P&C AGM and especially those parents who committed themselves to accepting committee positions. The 2015 P&C executive is as follows:

- **President** - Kylie Seccombe
- **Vice President** - Paul Douglas
- **Secretary** - Sarah Bennett
- **Treasurer** - Natasha Nott

**Supervision at School**

Playground supervision commences at 9:00am. Teachers at school before 9.00am are here for lesson preparation and meetings etc. and as part of their work agreement, do not start duty until 9:00am in the mornings. They are not able to provide supervision prior to that.

Parents are reminded you remain legally responsible for your children prior to 9.00am when supervision begins. Please try to avoid having your children arrive at school before 9:00am.

**Cross Country**

The annual Cross Country Championships were held yesterday. Congratulations to all students who participated. It was great to see parents at the school to encourage, not only their children, but all who ran.

The students who placed in the top 10 of their age group contributed to the overall house points. Sturt was the overall winner this year – congratulations Sturt.

The top 6 placegetters now advance as a team to Bellata on Friday May 22nd. They are listed below in finishing order for each age group.

**8/9 Years Girls**

Amalie Gosper (1st), Holly Ford, Piper Williams, Davina Leabon, Clare Jensen, Laura Flower

It is essential to establish a regular routine each morning and arriving at school on time is an important part of this because:

- It sets up good habits for future use and helps students learn the importance of punctuality and routine;
- It provides social benefits, including good play time and chat among friends;
- There is plenty of time for ordering lunches if needed;
- The school day usually begins with the teacher giving out information to students, such as any changes to routines, coming events etc;
- It is an opportunity for important teacher and student interaction before lessons begin;
- Ensures that students do not miss out on important learning activities scheduled early in the day; and
- Reduces classroom disruption.
8/9 Years Boys
Brock Gordon (1st), Noah Dickinson, Daniel Smith, Clayton Laws, Noah Ghassan, Riley Bruce

10 Years Girls
Charlotte Smith (1st), Chiara Leabon, Ebonie Bruce, Eva Hanslow, Sarah Stiller, Grace Hardy

10 Years Boys
Rileigh Kelly (1st), Shannon Thomas, Tim Shields, Alex Dean, Tyrone Russell-Tuhura, Braxten Fish

11 Years Girls
Kaylyn Chater (1st), Emma Richardson, Zara Foley, Ella Charlton, Erin Flower, Damiann Jeffries

11 Years Boys
Dylan Hazlett (1st), Riley Dickinson, Leo Hall, Riley Longworth, Bradley Miller, Jim Dent

12/13 Years Girls
Alexandra Bennett (1st), Jemma Hedley, Amelia Beer, Elsie Ford, Alex Hall, Maddie Richardson

12/13 Years Boys
Mackenzie Kerr (1st), Karl Schlack, Jordan Baxter, Jay Ham, Eden Westman, Daly Guest

Touch Football
Thursday 7th May Alex Hall, Maddie Richardson, Elsie Ford, Amelia Beer, Zara Foley, Jemma Hedley, Leo Hall, Dylan Hazlett, Alex Dean, Jay Ham and Mackenzie Kerr went to number 2 oval to trial for zone touch football. Girls and boys from Narrabri, Wee Waa and Bellata came to try out as well. To start off the day we split into boy and girl groups, then we both did some drills with the football like passing, first three and many more. In the end we had a few games against the other schools which we all played very well. The selector chose the teams for Possibles and Probables. At the end of the day everyone played really well, but sadly not all our westies got in. The girls who got in were Alex Hall, Elsie Ford, Amelia Beer, Zara Foley and Jemma Hedley. The boys were Dylan Hazlett, Alex Dean, Jay Ham and Mackenzie Kerr. Great job guys!!!

By Maddie Richardson and Elsie Ford

North West PSSA Cricket Representative
Congratulations to Daly Guest who has been selected in the North West PSSA Cricket team, which will play in the NSW Carnival at Barooga in Term 4. This is Daly’s second North West selection this year, having also made the North West Rugby League team. Well done Daly.

PSSA Representatives
Congratulations to the following students who have been selected to represent Narrabri Zone PSSA at North West PSSA Trials.

Netball: Elsie Ford, Alex Hall, Klowie Rose

Rugby Union: Daly Guest, Riley Dickinson, Dylan Hazlett

North West PSSA Cricket Team

POSTPONEMENT
Narrabri West Public School
Horse Sports Day

CHANGE OF DATE
New Date
Friday 30th October 2015
Saturday 31st October
Narrabri Pony Club Combined Training & Show Jumping Day.
Programs will be emailed to schools in September.
Enquiries: Megan Hartog-Smith 0428567752

Sporting Snapshots!

Stage 3 Rugby League Gala Day

4/5K
We have a very exciting and busy term ahead of us. The countdown to the Narrabri eisteddfod is on and the children are looking forward to performing their poems. This term we also have had a touch football day for Years 5 and 6 as well as cross country, which was great fun. Just a quick reminder that the equipment list sent home at the start of the year will probably need to be restocked each term - some of the essential items children need every day include: blue and red pens, lead pencil, eraser and sharpener.

Spelling – this term we will be learning about spelling patterns, plurals, ways to pronounce words with the same sounds, prefixes and suffixes. All of these strategies will help us to broaden our spelling knowledge and our bank of words.

Reading groups – we will focus on comprehending what we read and finding the main idea of our texts. We will read aloud to each other making sure we are clear, fluent and that we can keep the listener entertained.

English – during English sessions we will be reading and analysing a variety of texts including ‘Tomorrow When the War Began’ by John Marsden, ‘Australians All’ by Nadia Wheatley and a range of factual and fictional texts on the Australian Gold Rush. We have already begun to write persuasive texts and are developing some very strong arguments for why
people should adopt pets instead of buying them from pet shops.

Science – This term we will be learning about how plants and animals adapt to desert environments. We will conduct experiments and learn about the deserts of Australia.

Michelle Kelaher

Early Stage 1

This term Kindergarten have continued their first year of school with learning in the classroom, socialising on the playground and having fun along the way.

The children were asked what they have enjoyed learning and what they are looking forward to this term.

KL have enjoyed learning to read new words in books, learning about and writing letters, practising cutting and “gluing stuff”, learning to count, measuring the length of things with pegs and being a super improver. Miss Scilley is impressed with all the “super improvers”. We also like to use the computers and build things.

KG has enjoyed having Miss Brown teaching with Mrs Gett. We have been learning about 2D and 3D shapes, learning to read books and sight words and we like writing our name and a sentence. We have been learning about letter names and sounds and typing on the computer. We have been making lots of craft things. We like using playdough, maths groups and reading groups. We are learning about healthy choices.

KS have enjoyed playing with our friends on the equipment and going to the canteen. We enjoy learning new things with Miss Swansbra and reading books with Mrs Davis. We like doing science and using the computers. We also like to play with the toys and go to Maths groups.

As well as looking forward to learning to read and write more words, counting and measuring and playing with friends, the children are all looking forward to dressing up as robots to dance at the Crossing Theatre. Fortunately they don't have much longer to wait as their Eistedffod performance is on Friday 22nd May. The costumes are looking great thanks to Mrs Wales. We do need more headbands, so if anyone has any that they no longer want, we would really appreciate them.

Thank you to all the parents for continuing to support us in the education of your child.

Angela Gett, Lenore Scilley & Kate Swansbra

Our term continues to be an interesting and challenging one for the children as we seek to encourage them to follow and extend their interests. This means that a number of investigations are occurring at any one time. We have been learning about animals which lay eggs and the children have been surprised to learn that insects, crocodiles, snakes, spiders, fish and sharks are included.

We have begun the BBC program, which the children participate in each morning. It has been a great way to start our day. Clear noses, means clear ears! Nose blowing is quite difficult, so please encourage your child to do this, which will help them develop the skill more quickly.

The children have been interested in learning Japanese words and have learnt greetings and counting to 5. We are working on singing ‘Twinkle, Twinkle’ in Japanese too. We are keen for the children to cook ‘sushi’, so if we have any ‘expert’ sushi makers in our midst, please see us.

The children we have been working on colour mixing next week through bubble painting. The printed paper will be made into ‘koi noboriso’, a Japanese kite which is traditionally displayed on ‘children’s day’ in Japan.

We would like to thank the Fielding family for their generous help in the holidays, when they kindly donated sand for our sandpit and topped it up for us. The children have really been enjoying it, with hole and tunnel making a favourite activity. Emily and Mia rose to the challenge to dig to the bottom. We measured the hole and it was 46cms deep! Sand play provides many learning opportunities for the children. It’s a wonderful sensory experience, while it develops and strengthens muscles and social skills as the children interact with each other and share space and equipment.

A special thank you also to Tracey Mor and her children who made an interesting outdoor hanging from recyclable materials. It adds colour and interest to our yard.

Since introducing our chickens in the last newsletter, they have grown a further 7cms and are starting to colour up. We are still working on naming them!

Did you see our prize winning scarecrow at the Narrabri Show? It is now back at Pre School and we are going to place it near our vegetable garden. Our garden is looking great. Go down and see it with your child soon. We will harvest silverbeet, lettuce and beetroot soon!

Some Reminders:


Please bring your child dressed up as a book character. Stay for morning tea and see the books we have and have a fun time with us!

Worm Juice for sale: $2 a bottle
Rest time: Please send in a small pillow only.

Have a great fortnight.

Louise Stewart & Tricia Lawty

Award Winners

KG
Maya Watson, Haylie McKnight, Lily Todd, Hayley Gordon, Kaleb Bremner & Liam Nott

KL
Kushi Ghimire, Koby Hennessy, Allira Tibbett, Lily Hennessy, Douglas Parker & Xanthe Kirk

KS
Aiden McKenzie, Haylo Hill-Davis, Imogen McKenzie, Ben Bland, Edward Bennett & Jason O'Neill

1K
Stella Laws, Chelsea Dean, Adriann Phillips, Jessie Simpson, Sienna Earle & Riley Firth

1S
Taliyah Earle, Joseph Ojo, Corey O'Neill, Larnie Hennessy, Elijah Hedley & Riley Seccombe

2B
Millie Collins, Joel Baxter, Karl Harvey, Summer Fernance, Lincoln Browning & Lillie-Mae Carter

2D
Rocco Ryan, Shayla Williams, Imogen Conomos, Logan Shields, Charlie Bennett & Jacky Ham

2/3C
Madison Kay, Georgia Dafter, Matthew Todd, Max Stoltenberg, Natasha O'Neill & Lacey Bourke

3/4F
George Bennett, Chiara Leabon, Mikayla Smetanin, Kobe Gosper, Ryan Thomas & Brock Gordon

3/4W
Chloe Mason, Neeve Mor, Jordan Kay, Zara Watson, Larnie Durkin & Davina Leabon

4/5K
Montana Olding, Brinley Davis, Paige Russell, Marlin Ryan, Audrey Atkinson & Hope Westman

5/6P
Jay Ham, Riley Longworth, Aimee Fladrick, Bailee Hughes, Alexandra Bennett & Leo Hall

5/6S
Amelia Beer, Harry Legg, Liam Douglas, Caitlin Mealing, Dylan Hazlett & Josh Penny

CITIZENSHIP AWARDS & STARS OF THE WEEK

HUNTER SMITH
KG
EHREN
McFARLAND KS

Samantha
WESTMAN
2B
Madison Kay
2/3C

HOLLY FORD
3/4W
HOLLY OLDING
1S

RHYS BUTLER
4/5K
EDEN MOR
5/6P

K-2 SUPER WESTY
ISABELLA KEYS
HAYLO HILL-DAVIS

3-6 SUPER WESTY
HANNAH STRICKLAND
GEORGE BENNETT

Roster

Week 4

Wed 6th  C Hennessy
Thu 7th    S Browning
Fri 8th    K Dhu, M Simpson

Week 5

Mon 18th  T Todd
Tue 19th  V Collins
Wed 20th  C Hill
Thu 21st  J Davison
Fri 22nd  G Westman, K Allen, T Shields

Week 6

Mon 25th  C Browning
Tue 26th  G Leech
Wed 27th  K Seymour
Thu 28th  J Cooke
Fri 29th  K Smith, N Nott

Thank you to those parents and grandparents who volunteer at the canteen. Your help is greatly appreciated.

One of the busiest times in the canteen is from 8:45 - 9:15am when children are ordering their lunches. Please make sure that you are at the canteen at this time to be of greatest assistance to Faye and the children.

Community News

Come and Try Girls Hockey
Hockey NSW development officers will be coming for four afternoons.

IT'S FREE

When: Thursday 14th, 21st, 28th May and Thursday 4th June

Age Group: Stage 1, Stage 2 and Stage 3

Time: 3:45 - 4:45pm

Where: Gately Field, Narrabri

Equipment: Mouth Guard and Shin Pads, Water

All other equipment including sticks is provided.

Registration: Please ring Linda Croker 0428552234 or text your name so I have an idea of numbers, or just turn up on the day.

Narrabri Tennis Coaching Options

Learn how to play tennis with two Tennis Australia qualified coaches!!

Private, semi-private lessons Mon - Fri (morning/afternoon) & Saturday mornings.

Group lessons using the Tennis Australia Hot Shots Program Mon, Tues, Wed afternoons and Sat morning.

Build your own group option also exists, grab a group of friends (minimum 3 people) and we'll endeavour to find a timeslot that suits Monday to Friday 330pm to 5pm.

These coaching options cater for children from 4 years of age and be tackled by anyone!

Adult coaching also available!

For further information contact Narrabri Tennis on Facebook, simply drop into the Dangar Park Tennis Centre or contact Shane Murphy.
Fussy eating in children

Fussy eating is normal; one day your child will be ravenous, the next day they will be picky. Children’s appetites are affected by their growth cycles, which is all part of their development. Here are some simple tips to manage fussy eaters:

Get into good habits
- Ensure children get regular meals and snacks throughout the day
- Set time limits for meals
- Limit talk about your child’s food fussiness in front of them

Create a pleasant atmosphere at meal times
- Turn off the TV
- Give everyone an opportunity to talk

Allow some choice
- Allowing limited choice in what they eat e.g. would you like grapes or a pear

Introducing new foods
- Start with small serves of the new food
- It may take 10-15 times of offering before a child will take a liking to the new food
- Eating with other children can help exposure to new foods
- Always try to eat the same food as your children and talk about how yummy it is or isn’t this flavour nice etc.

For more information on fussy eating go to:
http://raisingchildren.net.au/articles/fussy_eating.html
### May

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<th>Date</th>
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<tr>
<td>12-14</td>
<td>NAPLAN (Years 3 &amp; 5)</td>
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<tr>
<td>15</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday; Soccer Knockout v Narrabri PS 9:30am</td>
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<tr>
<td>18-20</td>
<td>Narrabri Eisteddfod (Speech &amp; Drama)</td>
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<td>22</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday; Narrabri PSSA Cross Country – Bellata; Narrabri Eisteddfod (Dance)</td>
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<td>25-27</td>
<td>Narrabri Eisteddfod (Music)</td>
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<td>28</td>
<td>Softball Knockout v Narrabri &amp; PSSA Trials</td>
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<tr>
<td>29</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
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### June

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<th>Date</th>
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<td>1</td>
<td>Fete Meeting 6:00pm; P&amp;C Meeting 6:30pm</td>
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<tr>
<td>5</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday; Crazy Hair Day</td>
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<td>8</td>
<td>Long Weekend</td>
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<td>12</td>
<td>North West PSSA Cross Country; K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<tr>
<td>19</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<td>22</td>
<td>Semester One Reports</td>
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<tr>
<td>26</td>
<td>Silver Badge Assembly 12:30pm; Sausage Sizzle 11:30am; Last day of Term 2; 5 Cent Friday</td>
</tr>
<tr>
<td>29-30</td>
<td>Winter holidays</td>
</tr>
</tbody>
</table>

### July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-10</td>
<td>Winter holidays</td>
</tr>
<tr>
<td>13</td>
<td>School Development Day</td>
</tr>
<tr>
<td>14</td>
<td><strong>Term 3 commences</strong></td>
</tr>
<tr>
<td>17</td>
<td>NSW PSSA Cross Country; K-6 Assembly 1:00pm; 5 Cent Friday</td>
</tr>
<tr>
<td>21</td>
<td>Year 7 2016 Parent Information Session – Narrabri HS – Common Room 4:30-6:00pm</td>
</tr>
<tr>
<td>23</td>
<td>Athletics Carnival (Field Events)</td>
</tr>
<tr>
<td>24</td>
<td>Athletics Carnival (Track Events)</td>
</tr>
<tr>
<td>27</td>
<td>Education &amp; NAIDOC Week</td>
</tr>
<tr>
<td>28</td>
<td>100 Days of School and Education Week Assembly; Year 7 2016 Parent Information Session – Narrabri HS – Common Room 7:00-8:30pm</td>
</tr>
<tr>
<td>31</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday; Jeans for Genes Day</td>
</tr>
</tbody>
</table>

### August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>3</td>
<td>P&amp;C Meeting 6:30pm</td>
</tr>
<tr>
<td>7</td>
<td>PSSA Athletics – Wee Waa; K-6 Assembly 1:00pm; 5 Cent Friday</td>
</tr>
<tr>
<td>14</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
</tr>
<tr>
<td>15</td>
<td>VP/Long Tan Day – Narrabri RSL 11:00am</td>
</tr>
<tr>
<td>18</td>
<td>Back to School Night – Narrabri HS – for parents of Year 7 2016 - 6:00pm</td>
</tr>
<tr>
<td>19</td>
<td>‘Ready, Set, Kinder!’ – 2:10pm</td>
</tr>
<tr>
<td>21</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
</tr>
<tr>
<td>26</td>
<td>‘Ready, Set, Kinder!’ – 2:10pm</td>
</tr>
<tr>
<td>28</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday; North West PSSA Athletics – Tamworth</td>
</tr>
<tr>
<td>31</td>
<td>Stage 3 Canberra Excursion</td>
</tr>
</tbody>
</table>

### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>Stage 3 Canberra Excursion</td>
</tr>
<tr>
<td>2</td>
<td>‘Ready, Set, Kinder!’ – 2:10pm</td>
</tr>
<tr>
<td>4</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
</tr>
</tbody>
</table>