Learning & fun is well underway at Narrabri West!

We are up to Week 5 already and have enjoyed a tremendous start to the new school year, with happy students and teachers being a feature.

There is always something very special about starting a new year. Students are buzzing and teachers are working very hard to ensure a positive year ahead. Quality education and exceptional learning opportunities are well and truly underway.

Subsequently, there is a lot happening already at Narrabri West, which is as always, a very busy place. We are looking forward to the year ahead and all of the excitement, successes, achievements and challenges it will bring.

Our first weeks of school are always filled with an air of excitement, nerves and expectations, especially by our new Kindergarten students who are experiencing their first taste of school and forming their new friendship groups. They are already impressing teachers with their positive attitude, confidence and independence.

Best Start Kindergarten assessments have been completed and parents will receive the parent feedback reports from Best Start very soon.

If we can offer our parents (especially our new Kindergarten parents) some advice, it would be to encourage you to make the most of your child’s primary school years. Become involved as much as possible (both mums and dads), because in a blink of an eye they will be in high school and as most of us know, once at high school, having mum and dad around at this time is not very cool! Form strong relationships with your child’s teacher, ask the questions and take the time to come up to our school events.

I hope you will have all noted the exciting learning environments created by the teachers in their classrooms. This takes considerable time and many of our teaching staff gave up lots of time in their holidays to create such bright and welcoming rooms for your children.

All in all, it has been a really enjoyable start the year. There are a lot of smiles and it is really satisfying to see students enjoying their learning and school.
Feature Article

Author Jackie French says Raise a Reader and give your child a learning foundation for life

This article recently appeared in The Daily Telegraph. We thought it was worth including as it talks about something very important in your child’s education – reading! It was written by well-known Australian children’s author Jackie French.

Have you ever wanted a potion that will make your children more intelligent? It’s called ‘a book’. Books create new neurons in a young person’s brain. Reading is muscle building for the mind.

Ever wanted to give your children the confidence to tackle life’s hard bits? Give them books on history, to show them that humanity has faced challenges and survived.

Want your children to have the imagination to mine the asteroids? Give them books to build their minds.

But how do you get children reading? In the last two years I have asked about 120,000 young people: “Who thinks books are boring?”

About 80 per cent put up their hands. I’ve made a bet with every one of those kids that if their teacher, librarian or, as a last resort, I, can’t find them a book they love so much they can’t stop reading it, I’ll send them $5.

In two years, not one single child has asked for the money. Because books ARE fascinating – as long as you find the right ones.

We are losing our kids as readers when they are between six and eight years old. That’s when we stop reading them bedtime stories. But these are children who are watching complex movies on television. They are not going to be satisfied with ‘Spot’s Big Adventure.’

Parents are their children’s enablers. Who buys the TV and computer games that you worry about your kids watching? Children can’t find books they love by themselves – they need adults to help them.

Let your children become feral book hunters. Find a library or book shop with a good coffee shop and show your kids where the books are. And if they come back with a book on bees, don’t say: “That looks boring”. No, they probably won’t be interested in bees in a fortnight, but that’s what they want to read now.

Read your children the complex books they don’t feel they can tackle on their own. Read them a chapter and a half, stop at the most exciting part, then say, “We’ll read some more tomorrow”. And do – but I bet they’ve read at least a chapter on their own in the meantime.

Read to your children every day at least until they tell you it’s embarrassing.

Most importantly, if a book is boring, put it down and get another one. Books aren’t like broccoli. You don’t have to eat everything on your plate.

Let children browse the good stuff. If your child is bored with books, they just haven’t met the right one. Or, very possibly, they may not be a fluent reader.

About 40 per cent of Australian children don’t meet international literacy benchmarks. Too few have access to reading programs that are effective and peer reviewed – independently proved to be successful.

In any case – keep reading to your children. Keep helping them find LOTS of books, and let them read as much or as little of each one as they like. Don’t worry about watermelon stains or dog-eared pages. It’s only paper. But a book builds a child’s future.

Jackie French

School expectations

Narrabri West does not have specific school rules, but rather school expectations. These expectations apply in our playground, classroom and on excursions. Our classes have similar classroom consequences, so the care of all of our students is consistent, no matter which teacher and which class they are in.

The key expectation of students, staff and parents is respect - respect for themselves, for others and for property. These expectations are made explicit to all students.

We all want the best for our children and students. The structures and processes we create, the plans we make, the strategies we adopt and the teaching, learning and student wellbeing practices we use are all designed to support our students in achieving their potential. You can assist by:

- Supporting the teachers and the standards and classroom practices they put into place;
- Reinforcing the value of learning and school and achieving to the best of one’s ability; and
- Helping your child to build resilience – sometimes the tasks they are asked to complete will be challenging, but learning to deal with that and striving to do well is very much part of building self-confidence and resilience.

2016 Student Council Elected!

Classes have elected their representatives for the 2016 Student Council. Our student council plays an important role in our school and we are sure the students elected will once again be terrific representatives. They will represent their class for Semester 1 (Terms 1 and 2) and new representatives will be elected at the end of Term 2 to represent their class for Semester 2 (Terms 3 and 4). Kindergarten will elect their first representatives in Term 3.

Student Councillors will be presented with their badges at our assembly this Friday 26th February, commencing at 1:00pm. They will be joined on the student council by our school captains.
and prefects, representing Year 6. Congratulations to:

1K - Imogen McKenzie, Edward Bennett
1S - Maya Watson, Cameron Winter
1/2B - Charleigh Bennett, Lucas Griffiths
2D - Holly Olding, Archie Simmonds
2/3C - Yasmin Finnigan, Liandro Browning
3T - Tayla Nott, Charlie Bennett
3/4F - Georgia Dafter, Noah Gordon
4K - Bridie Russell, George Bennett
5/6C - Remee Bennett
5/6P - Kaylyn Chater, Riley Dickinson
5/6S - Pippa Smith

Classes and Stage Teams 2016

In our last newsletter we explained our classes and how we are setting them up this year. The following information will explain this organisation in a little more detail.

We have again employed additional classroom teachers, so that in daily English and Maths sessions, we can utilise all classroom teachers, support teaching staff, teacher aides and these additional teachers, therefore significantly reducing teacher-student ratios and allowing us to focus on areas of specific learning needs. This will allow:

- English and Maths groups to be formed according to school assessments. Students will receive support or extension, as well as providing opportunities for teachers to team teach and work together.
- In each afternoon session the additional teacher in each stage will teach a class in their stage for RFF, which will be a 2 hour session for each teacher from 1:00pm – 3:25pm (afternoon recess included). This will ensure continuity and minimise disruptions. It will allow uninterrupted learning times from 9:30am – 1:00pm daily, with all school teaching staff involved in English and Maths sessions. It means each class will have their classroom teacher working with them in these key learning times.
- This learning model will be implemented each Monday to Thursday. Each Friday classroom teachers will use the morning session for class based learning, whilst assembly, sport and other school based activities will comprise the after lunch sessions.

The additional staffing will allow all three Assistant Principals (Mrs Sampson, Mrs Nichols and Mr Cornish) to be released each Friday for their own RFF, as well as to plan together to target the professional learning of staff and ensure effective teaching and learning programs are occurring across the school.

Please Note - RFF (Release from face to face teaching time): Every teacher is entitled to 2 hours per week RFF to be used for class planning, assessments etc.

Who to See

Each of our Assistant Principals has direct responsibility for supporting and supervising our classes and student learning achievement. Mrs Nichols will supervise Kindergarten and Stage 1, Mrs Sampson Pre School and Stage 2 and Mr Cornish will be responsible for Stage 3.

If you need to discuss issues concerning your child, please speak with your child's class teacher in the first instance and then to the Assistant Principals if necessary.

Reporting to Parents Schedule

Learner Led Conferences (teacher, parent and student attending, with students leading the learning conversation) will be held at the end of Term 1. This will allow teachers to meet with parents to discuss each child’s progress and achievements. Our full reporting to parents schedule is as follows:

Term 1:
- Learner Led Conferences (K-6)
- Best Start Assessment (Kinder)

Term 2:
- NAPLAN (Years 3 & 5)
- School Report (K-6)
- Parent Interviews (Pre School)

Term 4:
- School Report (P-6)

All parents are reminded that you can make an appointment with your child's teacher at any time during the year to discuss their progress, as they are always willing to discuss any concerns you have. Please arrange a mutually convenient time and give the teacher some idea of your concern so they can have the best information available for the interview.

Parent Helpers in the Classroom

We value and appreciate parent helpers in the classroom – it does make a difference! If you would like to help, talk to your child’s teacher to arrange this. Please do not just turn up and offer or ask to help on the spot. The teacher will not be expecting you and therefore will not be fully prepared. It is more beneficial for everyone if offers of help can be arranged beforehand.

It is also not appropriate to just walk uninvited into a classroom at any time during the day. Please respect the rights of teachers and students.

Mathematics Textbooks - Years 1-6

This year we are again using text books as part of our Mathematics program for Year 1 to Year 6 students. We will be continuing our focus on improving mathematics outcomes for students through a broad range of initiatives, including:

- 1.5 hours of Mathematics each day;
- The use of text books, on-line and computer resources;
- Extensive mathematics resources for students to use in each class;
- Daily mental arithmetic, times tables and problem solving activities; and
- The implementation of the ‘Counting On’ and ‘Count Me in Too’ programs.

Each child will receive the book best suited to their individual learning needs. Children learn best when they have success. Mathematic groupings, similar to ‘reading group’ arrangements in classes, are considered best practice when assisting children to improve their learning and achieve the basic skills in mathematics. Consequently, most
children will be working at a book level similar to their class level, although a very small number of children will be achieving at a lower level. Additionally, children who are consistently achieving at a higher level will be provided with extension or higher level activities in class.

Remember, if you have any concerns over your child's learning in mathematics, or in any subject area, please make an appointment with your child's teacher.

Parent Workshops
During Term 1 we will be presenting a parent workshop about our use of Learning Goals and how we use these in our classrooms, as well as on our use of the smartphone app ‘SeeSaw.’ These will prove to be very valuable and will hopefully answer any questions you may have, as well as giving you a greater insight into your child's education. The timetable for these workshops is:

Wednesday 2nd March 9:30am
• Learning Goals
Friday 18th March 9:30am
• SeeSaw

If you have any suggestions for future topics that we could cover in some parent workshops, please let us know.

The Tell Them From Me student feedback survey
This term, our school, like many others in the state, will again (as we did in 2015) participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at:

The survey is an opportunity for our students in Years 4, 5 and 6 to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

The survey is confidential and school staff will not be able to identify individual students from their responses. It is conducted online and will usually take less than 30 minutes to complete. It will be administered during school hours between 14 March and 8 April. Participating in the survey is entirely voluntary.

A consent form about the survey is being sent home with students. If you do not want your child or children to participate, please return the consent form to school by Friday 4 March. The FAQs and copies of the consent form, are also available from the website above.

School Fees
These are now due. Please contribute so that the school can purchase much needed additional resources for our students.

In 2016 ALL SCHOOL FEES WILL BE USED TO PURCHASE MORE LAPTOPS for students to use in the classroom. If all fees are paid we will raise approximately $9000 for our school, which will allow us to purchase (utilising government bulk order discounts) at least 20 laptops.

We will be placing this order at the beginning of Term 3. What a great asset these would be for our school.

The cost of contributions remains unchanged again this year at:
• $30 for the first child;
• $25 for the second child; and
• all other children in the family pay $20.

Foyer Displays
Each fortnight in our main office foyer we have a display from a class of one aspect of what they are learning. Make sure you have a look at the exciting learning happening in our classrooms next time you are in the office.

Currently on display is some of 3/4F’s high quality work.

Storage Issues Solved!
For a long time we have had a lack of storage at the school. We have solved this with the arrival of a container which we can use to store our excess furniture and other items. Thanks to Simon Shepherdson from Narrabri Tilt Tray Service for helping us out with the delivery – it was much appreciated.

Kindergarten 2016
What a fantastic start to the year our Kindergarten students have made! They have settled in very well to the first of their seven years at primary
Vision Screening

We have been offered a wonderful opportunity by local optometrist Tim Duffy to conduct free vision screening for all students in Years 1, 2 and 3.

The screening looks at basic visual abilities, such as clarity of vision, the ability to coordinate both eyes as a team and eye movement proficiency. The screening will follow a protocol developed by the Optometrists Association of Australia. However, please note that the screening is not a full eye examination.

If an apparent problem is identified, it will be recommended that you seek further assessment from your local optometrist or ophthalmologist.

Screening will be available at the school on Friday, March 11 and Friday, March 18, 2016 and is provided at no cost to parents or the school.

Over 80% of what children learn is processed through their eyes. Untreated eye conditions may affect learning ability, self-esteem and athletic performance. Treatment of vision problems identified in screening tests may save children from experiencing frustrating and damaging effects that may accompany a vision disorder.

Children in Years 1-3 will receive a note tomorrow regarding this. If you would like your child to participate in this vision screening program, please return the permission slip in the letter no later than Monday February 29, 2016.

Best wishes

Stephen Maher
Principal

Five Cent Fridays

Our SRC is again organising Five Cent Fridays this year. Students are asked to bring in any five cent pieces that you are willing to donate and place them in a special money box in their class – they can do this anytime during the week.

Each Friday the class totals will be tallied and we will have a running tally on display on the noticeboard near the canteen. At the end of Term 2, the SRC representatives will decide on something that they would like to buy for the school using the proceeds. Last year they purchased sports equipment.

There will be a special surprise for the class that has raised the most money after Term 2.

Finally ... a useful way to get rid of those annoying five cent pieces that weigh down your purse or wallet and put them to good use!

We are presenting a series of workshops designed to assist parents in understanding various aspects of the curriculum and how we teach it, as well as how you can assist your child at home. Our next workshop is ...

Learning Goals & Success Criteria

(Recommended especially for Kindergarten parents – and parents of Years 1-6 who may have missed last years session, or who would like a refresher)

Wednesday 2nd March
Narrabri West Public School Hall
9:30am to 10:15am

The workshop will showcase how we use learning goals and success criteria in the classroom and our teaching to enhance student learning. It will be presented by school staff and Narrabri West educational consultant, Mrs. Kerrie Betts, (formerly Principal of Parry High School Tamworth and New England Education Region School Development Officer).

Reminders

Please Note: Afternoon Pickups from the Car Park
All parents collecting their children at the end of the school day from the main car park are requested to come...
into the school and your children will be waiting for you supervised by teachers in the grassed area near the uniform room. We simply have too many children in our school now to allow them to walk into the car park unsupervised.

Please assist us with this as we ensure that your children are safe each afternoon. There is now simply too much traffic due to the growing size of our school. No children will be allowed to leave this area unless accompanied by an adult collecting them.

Whilst the car park is congested, we are also very lucky to have a car park the size we do, especially considering that other schools in town (some of which are much bigger than ours) have no car park at all, only street parking.

PLEASE NOTE: On Thursday and Friday this week we are having (predicted very hot weather permitting), the concrete path near the uniform room extended, so children will have to enter and leave the school through the gate near the hall. We will take them there at the end of each of these two days and ask that you collect them from that gate instead. The new concreting will improve our entry area in wet weather – hopefully no more puddles!

SRC Badge Presentations

Students elected to be Semester One SRC representatives will receive their badges at our assembly this Friday, 26th February at 1:00pm.

Newsletter via Email?

Please complete the form later in this newsletter if you would like to receive our fortnightly school newsletter via email. The newsletter is sent as a PDF file.

Your child will not receive a newsletter at school if you receive it via email. The newsletter is also available on our website, phone app and through our Facebook page.

Benefits of receiving the newsletter via email:

• Reduces the amount of paper used for newsletters;
• You receive the newsletter on time each fortnight; and
• You receive the newsletter without having to find it among uneaten lunches!

Supervision begins at 9:00am

As you can appreciate, supervision of our students remains crucial to our planning to ensure that all students are safe at all times. Sending your children to school before 9:00am has the potential to place them in an unsafe situation. Teachers, as part of their work agreement, do not start duty until 9:00am in the mornings – if your child is here earlier, they will be unsupervised and potentially unsafe.

We ask if they are here earlier than 9:00am – hopefully not – that they sit on the seats outside the Kindergarten, Year 1 or Year 2 classrooms, no matter what class they are in, until the bell goes. Please ensure your children get to school at 9:00am or afterwards.

Blue Cards

Blue information cards were sent home recently. If you have not already done so, please complete the card and return to your child’s teacher as soon as possible. These cards are kept in the front office for quick reference when parents need to be contacted. Please ensure that all contact numbers are up to date and that we are notified of any change throughout the year.

Canteen Accounts

All parents are reminded that we are NOT permitted to have canteen accounts or to ‘book things up.’ No students will be provided with items from the canteen without money. The canteen by necessity has to operate as a business and in order for it to remain viable in our school we cannot offer credit in any form.

Sick Bay

Throughout the day students may need to be sent to the sick bay for various reasons. Mrs Galvin is a trained First Aid officer and she assesses their condition and then carries out the appropriate treatment. They might have a band aid applied to a cut or graze, an ice pack to a bruise or they simply lie down and rest. Each child who visits the sick bay receives a note outlining the incident, the treatment administered and the length of time spent in Sick Bay.

If Mrs Galvin is concerned about the child she will ring you or your emergency contact person. In an emergency, the school will ring the ambulance and then you. Please make sure your contact details are up to date for this reason.

Mobile Phones

It is not appropriate that students have mobile phones at school. If for emergency reasons students need to bring a mobile phone to school, it is to be left with the front office staff who will maintain its security. Emergency calls for students should be directed through the school office.

If a student is found to have a mobile phone at school, it will be placed in the front office for security. If there is a problem with these arrangements, we will make a decision based on the immediate safety needs of the student.

The school does not accept responsibility for lost, stolen or damaged mobile phones at any time. It is a criminal offence to use a mobile phone to menace, harass or offend another person. We are required to involve the police should such an action occur.

Scripture Lessons

Our scripture lessons commence this week for Kindergarten to Year 6 students. Classes will have a half hour scripture lesson each week. Lessons are non-denominational, except for Catholic, with scripture teachers from a number of local churches.

If you do not want your child participating in these lessons, please put your request in writing.

Crunch & Sip

Our school is committed to improving children’s health through education and by supporting the Department of Health’s Crunch&Sip initiative.

Crunch&Sip is a set break for students to eat fruit or salad vegetables and drink water in the classroom.

We invite you to support your child to participate in Crunch&Sip by providing a clean water bottle to sit on the desk.
and a piece of fruit or vegetable each day for Crunch&Sip.

Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

Please remember to send suitable fruit or vegetables and a water bottle.

There is an information brochure for further information as part of this newsletter. You may also like to visit the Crunch&Sip website at:

www.crunchandsip.com.au

Our first P&C meeting will take place Monday 7th March commencing at 6:30pm in the staffroom. This is a wonderful way to be involved in the educational journey of our students and to see what goes on ‘behind the scenes’ at Narrabri West.

We invite all of our new parents to come along and join a group of dedicated and enthusiastic members. Meetings generally conclude by 7:30pm, so it is not a late night.

Please consider becoming involved as our parent groups perform an important and welcome role in our school. Your involvement will assist your child’s education.

P&CG News

PSSA Swimming - off to Armidale!
Congratulations Callum Nott who was selected to represent Narrabri PSSA at the North West Swimming Trials in Armidale on Monday 7th March, following his strong performance at the Narrabri PSSA Swimming Trials held last Friday.

PSSA Tennis Trials
Good luck to Emma Richardson, Jake Seton and George Bennett who will be attempting to win selection in the Narrabri Zone PSSA team to attend North West PSSA Tennis trials later this term.

Kindergarten – KC, KG & KL
It is great to see how quickly all the children have settled in to school. Our routines are in place and learning has begun. In English we have begun to learn the sounds that letters make and to read sight words. In Maths we have been creating repeating patterns and learning to count and identify numbers. Our PE and Sport lessons have focused around basic skills including catching, skipping, running and jumping. Students have also been learning games to play with their friends. In our creative arts lessons we have been painting and colouring-in within an outline and cutting around an outline with some quality finished products! In Health lessons our focus this term is on social skills and learning to listen, play together, cooperate and not interrupt! Children have enjoyed going to the library each week - a big thank you to the Narrabri Lioness Club for providing each child with a library bag and a book and puppet for them to keep.

We would like to thank all the parents who attended our information session. We appreciate you giving up your time and showing an interest in your child’s education.

Homework has begun this week, please take the time to read with your child and complete some of the activities suggested. Home readers need to be returned each Friday in your child’s homework folder so that we can exchange them for a new reader.

Kindergarten will begin Friday Journals later in the year when they become more independent writers. Parents are encouraged to discuss their child’s learning at school.

Thank you to those parents who promptly returned their blue cards and general permission notes. If you haven’t done so please return these straight away.

We look forward to a fun year of learning with our newest Westies!!
Welcome again and thank you to all who started the new school year with us at Narrabri West Pre School. All our students are settling in beautifully, learning the routines and procedures with ease. We have been making new friends and getting to know one another by learning about our families and homes.

We have an enthusiastic group of children who have enjoyed investigating their new school.

Some of the activities we have enjoyed are playing and climbing on the outside equipment, water painting, chalk tracing our bodies, riding bikes and wheelies, and pretend play in the cubby house with the cooking materials.

Inside we have painted pictures of our families, which are on display in the classroom. The children have enjoyed doing puzzles and craft as well as engaging in the numerous manipulative games we have out.

Buildings with blocks and imaginative play in our home corner have also been popular these first few weeks.

We are excited to develop and expand the children’s likes and interests by encouraging different activities to improve their skills in a variety of areas.

There are still many vacancies for our parent help roster. We will have the final copy on display this week. Please let us know if there are any changes you’d like to make to the days you’ve signed up for. We are flexible in accommodating volunteers, but ask for a bit of notice if possible.

We are still collecting recyclable items for our craft trolley for the children to use. Any old cereal boxes or the like can be brought in at any time.

One last reminder to our parents to please exit out the back door of the Pre School, after collecting your child at the end of the day. It helps with keeping the entrance from becoming overcrowded. If we can put this into practice at the start, then it can become a normal routine for you and your child.

Thank you again for a beautiful start. We have enjoyed meeting all the new bright shining faces and look forward to learning more about each other as we continue on!

Jacki Ward and Trish Lawty

Award Winners

**KC**
Amelia Lennox, Khan Watson, Hope Stoltenberg, Chelsie Priest, James Coles & Brayden Williams

**KG**
Lachie Nott, Emma Penny, Charlie Butler, Brody Smith, Isla Fielding & Lennon Simmonds

**KL**
Mavrick Croaker, Sienna Christian, Emily Beale, Reece Kelly, Charlie Kebby & Imogen Lubke-Wood

**1S**
Hope Stanford, Jack Jolliffe, Rya Knox, Cameron Winter, Alexie Fitzgerald & Maya Watson

**1/2B**
Callum Nott, Domenic Browning, Sienna Earle, Adison Hartog-Smith & Stella Laws

**2D**
Corey O’Neill, Holly Olding, Bree Charlton, Elizabeth Silver, Anna Stuart & Layla Murphy

**2/3C**
Liandro Browning, Chelsea Dean, Nate Wilkins, Layla Boehm, Bailey Cooke & Taylor Kay

**3T**
Callum Wales, Tayla Nott, Joel Baxter, Cooper Butler, Imogen Conomos & Jasper Bruce

**3/4F**
Shayla Williams, Grace Gaynor, Liam Stanford, Oliver Boehm, Grace Westman & Marlee Many

**4K**
Zane Cuell, Noah Dickinson, Chloe Mason, Bridie Russell, Baylee Kelly & Damon Russell-Tuhura

**5/6C**
Alex Dean, Juwan Tovehi, Hope Westman, Montana Olding, Luke Longworth & Rhys Butler

**5/6P**
Lily Kelly, Zara Bennett, Jake Farr, Kobe Gosper, Montana Winter & Jemma Harvey

**5/6S**
Rachel Jones, Don Watkins, Madlyn Phillips, Eva Hanslow, Shannon Thomas & James Balmforth

**CITIZENSHIP AWARDS & STARS OF THE WEEK**

**SALLY WHITBURN**

**ISLA HOLMAN**

**MACKENZIE FENWICK**

**LEVI BROWNING**

**ASHLEY JOHNSTON**

**JASMINE THOMPSON**

**TIM SHIELDS**

**JYE CUELL**

**K-2 SUPER WESTY**

**DESTANI VERNON**

**3-6 SUPER WESTY**

**LIAM STANFORD**
**Roster**

**Week 5**

**Wed 24th**  
A Kneale, K Mason

**Thu 25th**  
B George, B Finn

**Fri 26th**  
C Browning, J Cameron, J Wilson

**Week 6**

**Mon 19th**  
J Geal

**Tue 1st March**  
K Smith

**Wed 2nd**  
F Kerr, J Howe

**Thu 3rd**  
M Griffiths

**Fri 4th**  
M Cameron, E Lennox, J Hill

**Week 7**

**Mon 7th**  
K Butler, S Johnson

**Tue 8th**  
B Gordon

**Wed 9th**  
C Hennessy

**Thu 10th**  
G Westman

**Fri 11th**  
J Hill, N Hill, S Burley

**Community News**

**Tennis Coaching** available Monday to Friday morning/afternoon and Saturday mornings.

Private or Semi Private Lessons – 30 minutes, 45 minutes or 1 hour sessions available!

Group Lessons available catering for every age and standard!

Hot Shots Red – Ages 4-8 - 5pm Monday, 5pm Wednesday, 9am and 930am Saturday

Hot Shots Orange – Ages 8+ - 5pm Monday, 430pm Tuesday, 530pm Wednesday, 930am Saturday

Hot Shots Green – Ages 9+ - 430pm Tuesday, 930am Saturday

Yellow Ball Group – Ages 10-16 4pm Wednesday

Build your own Hot Shots group – minimum 3 people – Timeslots available Monday to Friday 330pm to 5pm.

Friday Afternoon Junior Comp – open to everyone – 5pm to 630pm.

Adult Coaching – private, semi private or group lessons available!!

For further information contact Shane Murphy 0405451935, Facebook Narrabri Tennis or drop over to the Dangar Park Tennis Centre!!

**CONTACT DETAILS**

**NARRABRI WEST PUBLIC SCHOOL**  
6 COOMA RD  
P.O BOX 3121 NARRABRI NSW 2390  
Phone: 02 67922377  Fax: 02 67924395  
Email: narrabri-p.school@det.nsw.edu.au  
Web: www.narrabri-p.schools.nsw.edu.au  
Facebook: www.facebook.com/NarrabriWestPS
## Narrabri West Public School

### CLASS REQUIREMENTS FOR 2016 Term 1 & 2

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<td>Biro - Red **</td>
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</table>

** NO FELT TIP PENS **

For Years 3-6, please provide the necessary items in a clearly labeled pencil case.

Thank you for providing the items listed for your child’s class.

PLEASE LABEL ALL ITEMS SENT TO SCHOOL - CLOTHING AS WELL

** BOOK COVERS ** – Please see the following advertisement for plastic slip-on book covers you can purchase for exercise books the school supplies. These can be purchased online for $1.40 each. If you choose Narrabri West from the drop down list when you order and enter the code EZ15, our school will receive 15c per cover purchased. Books supplied for each year are as follows – use these sizes when ordering the book covers.

- Kindergarten: 3 x Scrapbook, 1 x NSW Wide Size, 1 x A4
- Year 1: 1 x Scrapbook, 1 x NSW Wide Size, 1 x A4
- Year 2: 1 x Scrapbook, 5 x NSW Tall Size, 1 x NSW Wide Size, 1 x A4
- Years 3 & 4: 5 x A4
- Years 5 & 6: 4 x A4
EZ COVER
make it lemon squeezy!

Now with 35+ cool designs for your exercise books

Feathers  Aztec  Song & Dance  Zebra  Stripes
Matrix  Boom! Bang!  Paint Splatters  Geometrica  Space

ABOUT EZ COVER
At EZ Cover we have created an easier and cheaper way to cover school exercise books.
Our unique covers are proudly made in New Zealand in a range of sizes that fit all school books.

ECO FRIENDLY
We love the three R's: Reusable, Recyclable & Really EZ to put onto your school exercise books!
Our covers are non-toxic, PVC free and can be used over and over again, reducing waste.

SUPPORTING SCHOOLS
We're giving back to your school!
Choose your school from the drop down list at the online checkout and use the code EZ15 to increase our donation from 5 cents to 15 cents for every cover purchased.

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Narrabri West Public School
**What to pack**

A bottle of plain water
When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

A whole piece of fruit or veg
Choose an easy to eat fruit or vegetable that isn’t messy, such as a carrot, apple, mandarin or banana.

Several whole, smaller fruit or veg
Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

Chopped fruit or veg
Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

Veggie sticks
Cucumber, capsicum, celery and carrot are great options.

Canned fruit
Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

Dried fruit
For example, apple, mango, apricots or sultanas, a maximum of once a week.

**Helpful tips for Crunch&Sip**

1. Only fruit and vegetables are suitable for Crunch&Sip. The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or strips; potato or veggie chips; olives; fruit canned in syrup; popcorn.

2. Crunch&Sip is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.

3. Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or preparing can be done at school. Include a fork or spoon when needed.

4. Prepare Crunch&Sip snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip at one time. Or, simply cut extra vegetables when preparing dinner the night before.

5. Crunch&Sip is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip.

6. Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swap water around their mouth after eating dried fruit to help prevent tooth decay.

**6 tips to increase fruit and vegetables at home**

1. Be a role model!
Let your kids see you enjoying fruit, vegetables and water.

2. Get the kids involved!
Grow, shop and cook with your kids. They’re more likely to eat something they’ve helped prepare.

3. Make it accessible!
At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready-chopped veggie sticks or fruit at kids’ eye level in the fridge.

4. Try Crunch&Sip at home!
Make time on weekends or during school holidays for a quick snack of fruit or veggies.

5. Keep trying!
Kids might need to be offered new foods up to ten times before they start to like them, so don’t give up if a new food is rejected first time.

6. Include it in every meal!
Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.

**Information for parents**

**What is Crunch&Sip?**

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

**Why it matters?**

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to ‘refuel’ and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

**What you need to do:**

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.
### February

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>26</td>
<td>SRC Badge Presentations – K-6 Assembly 1:00pm; 5 Cent Friday; Narrabri Zone PSSA Tennis Trials</td>
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### March

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2</td>
<td>Parent Workshop ‘Learning Goals’ – Hall 9:30am – 10:15am</td>
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<tr>
<td>4</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
</tr>
<tr>
<td>7</td>
<td>North West Swimming – Armidale; P&amp;C Meeting 6:30pm</td>
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<tr>
<td>11</td>
<td>Vision Screening Years 1-3; K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<tr>
<td>16</td>
<td>‘Drumbeat’ Performance 2:10pm P-6</td>
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<tr>
<td>18</td>
<td>Parent Workshop ‘SeeSaw’ – Hall 9:30am – 10:15am; K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<tr>
<td>23</td>
<td>School Photos</td>
</tr>
<tr>
<td>24</td>
<td>Family &amp; Friends Day; Easter Tabloids</td>
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<tr>
<td>29</td>
<td>Learner Led Conferences (Three Way Interviews) commence</td>
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### April

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>1</td>
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<tr>
<td>4</td>
<td>P&amp;C Meeting 6:30pm</td>
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<tr>
<td>6-7</td>
<td>NSW PSSA Swimming</td>
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<tr>
<td>8</td>
<td>Last day of Term 1; Bronze Assembly 12:30pm</td>
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<tr>
<td>11-22</td>
<td>Autumn holidays</td>
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<tr>
<td>25</td>
<td>ANZAC Day</td>
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<tr>
<td>26</td>
<td>School Development Day</td>
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<tr>
<td>27</td>
<td>Term 2 commences</td>
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<tr>
<td>29</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday; Cross Country practise</td>
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### May

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<thead>
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<tbody>
<tr>
<td>2</td>
<td>Leadership Course – Tamworth – School Captains &amp; Prefects; Fete Meeting 6:00pm; P&amp;C AGM 6:30pm</td>
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<tr>
<td>6</td>
<td>CPR Training Years 5 &amp; 6 9:30am; Cross Country 10:30am; K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<tr>
<td>10-12</td>
<td>NAPLAN (Years 3 &amp; 5)</td>
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<tr>
<td>13</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<tr>
<td>20</td>
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### June

<table>
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<tbody>
<tr>
<td>3</td>
<td>K-6 Assembly 1:00pm; 5 Cent Friday; Narrabri PSSA Cross Country – Fairfax</td>
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<tr>
<td>6</td>
<td>Fete Meeting 6:00pm; P&amp;C Meeting 6:30pm</td>
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<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<td>17</td>
<td>North West PSSA Cross Country; K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<td>K-6 Assembly 1:00pm; 5 Cent Friday</td>
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<td>27</td>
<td>Semester One Reports</td>
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### July

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<td>1</td>
<td>Silver Badge Assembly 12:30pm; Sausage Sizzle 11:30am; Last day of Term 2; 5 Cent Friday</td>
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<td>4-15</td>
<td>Winter holidays</td>
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<td>Term 3 commences</td>
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<td>22</td>
<td>NSW PSSA Cross Country; K-6 Assembly 1:00pm</td>
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