

ANZAC Commemoration

With COVID restrictions still enforced, the 2021 March was restricted to schools to send only a few participants. Aria B, Lydia A and Mrs Toberty represented Nashdale, laying a wreath and taking part in the commemorations.

A special assembly was held on the Friday prior to ANZAC day. Our Year 6 students led the service with reflections of respect to our service men and women past and present.



2022 Kindergarten/Transition Enrolments

We are in the process of compiling lists for both our 2022 Kindergarten and Transition cohorts. Expression of Interest forms will be mailed to those families who have indicated their interest for 2022 Kindergarten and Transition. Please contact the office if you are expecting one and it doesn't arrive by the end of Term 2.

If you know of a family who is interested and haven't advised the school, please have them call us as soon as possible. Also, if there are siblings of our current students and you wish to enrol, please confirm they are on the list.

NAPLAN

Week 4 will see students in Years 5 and 3 commence NAPLAN. Students are prepared for the online platform. Testing dates are as follows:

Tuesday - Writing

Wednesday - Reading and Language Conventions

Thursday - Numeracy

Friday - Catch up day

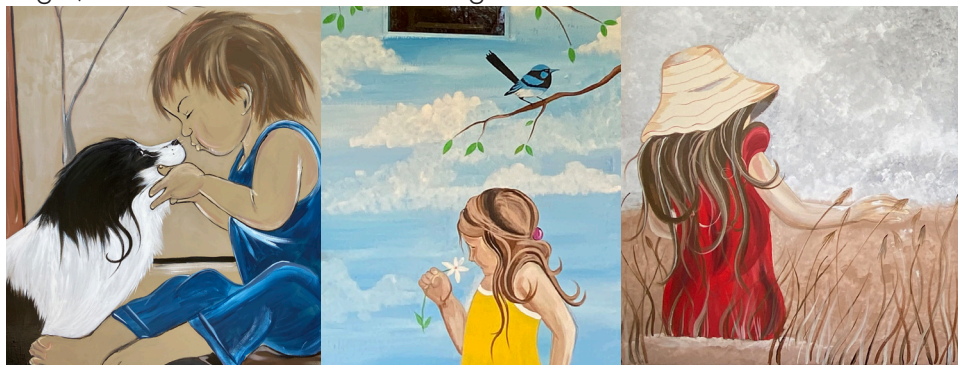
Any student who is away will sit their tests on the Friday. If your child is participating in NAPLAN please ensure they are not late to school during this week as testing is conducted first thing each morning. A good night's sleep is recommended.

All students must have a set of headphones/earphones. However, please ensure the headphones are able to be plugged into their computer, not bluetooth. They must also have a computer mouse.

School Beautification

The school is being transformed into an art gallery by the most wonderful talented artist, Bernie Novotny. We have many art works being painted onto the brickwork and outside walls of our classroom.

We have also had the tennis court re-marked with a new basketball board installed. Thermoplastic markings will also be laid during the term around the school. These will be heat melted onto the ground and consist of a variety of bright, colourful and educational designs.



TERM 2 - 2021

Week 4

Tuesday 11 May

NAPLAN Yr 5 & 3 Writing

Wednesday 12 May

NAPLAN Yr 5 & 3 Reading & Language Conventions

Thursday 13 May

NAPLAN Yr 5 & 3 Numeracy

Friday 14 May

Catch up tests for students away
CWA Foster Care Information Night
(see flyer in Community News/Events)

Week 5

Friday 21 May

Kids Lit Quiz

Week 6

Monday - Thursday 24 - 27 May

CWA Public Speaking (Orange & District) Yr 3-6

Week 7

Thursday 3 June

School photo day - full winter uniform
(includes tie)

Week 8

Monday 7 June

Steam train excursion Yrs K-3

Week 9

Monday 14 June

Public holiday - June long weekend

Week 10

Wednesday 23 June

OHS "In Concert" Show Yrs K-6

Friday 25 June

Last day of school
Reports home





RESPECT INTEGRITY



MERIT AWARDS

Kindy Dingo

Yrs 1/2 Koala

Yrs 2/3 Possum

Yr 4 Tassie Devil

Yr 5 Kangaroo

Yr 6 Emus

STAR badge



BRONZE

SILVER

GOLD

Resilience Project

Last week we launched The Resilience Project at Nashdale Public School. The week consisted of engaging staff, student and parent presentations with guest speaker Martin Heppell. This coincided with the introduction of lessons in all classes. Each student has their very own Resilience Project journal to complete tasks related to these lessons.

The Resilience Project is a whole school approach to teaching and embedding positive mental health strategies to help people become happier and more resilient. The holistic program works with teachers, students, parents and carers to support the wellbeing of young people and develop their future capacity to deal with adversity. The program focuses on three core principles: gratitude, empathy and mindfulness.

<p>Gratitude</p> <p>What is gratitude? It's about paying attention to the things and moments we have right now, and not worrying about what we don't have. We practise gratitude by noticing the positives that exist around us, and by being thankful for things, places and people in our lives.</p>	<p>Empathy</p> <p>What does empathy mean? Empathy and kindness are closely linked. So are empathy and compassion. To be empathetic is to put ourselves in the shoes of others to feel and see what they are. We practice this by being kind towards other people.</p>	<p>Mindfulness</p> <p>How to practise mindfulness? Mindfulness activities help us to be present in the moment and often create a feeling of calm. We practice this through slowing down and concentrating on one thing at a time. This includes meditation, colouring in and flow states.</p>
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If you missed the parent presentation and you would like to watch it, please click on the link below. Please note this link will expire on Wednesday 19 May.

<https://us02web.zoom.us/rec/share/4xlsox4qjbaZyIieIbbi59irFlaJJU2iC6zOAKFR-JQfjFA9iwqy-2fuV5v0DbXjM.hUTcOQt-wgaQFS50>

There is also a great link for families to access resources from The Resilience Project.

<https://theresilienceproject.com.au/at-home/>

School Uniform - Track pant changes & Uniform Committee

We have been advised by Kingfisher Uniform that they can no longer purchase the brown fleece to make the school tracksuit pant. Kingfisher Uniform only have very limited stock of the pant and we therefore must move on voting on a new option for the track pant.

This has been discussed at the P&C meeting held last night and a Uniform Committee has been formed. Thank you to Clair Whelan, Cassie Garlick, Bee Smith, Lisa Travis and Nicole McMiles who will research the options available. A survey will be sent to the school community via School Stream in the coming weeks. Please keep an eye out for the google form and respond as soon as you receive it, we will need to have a quick turn around in order to ensure we have track pants available for winter.

Green sports jumper

The brown sports jumpers is now phased out and will not be available through the clothing pool. Please do not send in any brown jumpers, you will need to dispose of them as you wish. Below is the link to Kingfisher uniform page that promotes the Nashdale uniform, although will not have up to date .

<https://www.kingfisherschoolgear.com/nashdale-winter>

Term 2 Winter Uniform

Please remember that all students are to be dressed in **full winter uniform** at the start of Term 2. Students are only permitted to wear shorts with their sports uniform. If the weather allows, students can wear a short sleeve top but, please no brown shorts for Term 2 and 3.



PRIDE ENGAGEMENT



Department of Education Policies

School Uniform

<https://policies.education.nsw.gov.au/policy-library/policies/school-uniform-policy>

School Excursions

<https://policies.education.nsw.gov.au/policy-library/policies/excursions-policy?refid=285847>

School Stream

ADDING AN EVENT TO YOUR PHONE CALENDAR

You can add an event from School Stream to your personal calendar on your device by following the steps below:

1. Tap on the event to open it
2. Tap 'add' at the bottom of the event in the app
3. This will launch your calendar on your device, tap "add" to your calendar

You can also view the calendar by day, month or year.

1. Tap on the menu icon (top left 3 horizontal lines on the home page)
2. Tap on calendar in the menu
3. Change the view to day, month or year by tapping on the top right hand side options.

Whitey's pie orders

It is wonderful to see so many families utilising Whitey's Pies. However, please ensure orders are in a **brown paper bag** and the correct money is included. Money could be in a zip lock bag if you are worried about the bag tearing, but the actual order needs to be written on the brown bag so the food can be returned.

P&C Mother's Day Stall

Thank you to Mrs Lisa Travis for liaising with Kate Greenwood for this years Mother's Day stall. We are so excited to be able to not only support a fabulous local designer but to add valuable funds back into the children's educational resources from the money raised at the stall. Students have chosen a special Mothers Day gift to give to their special person this Mother's Day.

School Infrastructure

Work is nearing completion on our new multi-purpose space classroom situated in the gym. A very big thank you to Mr Brian Dean and his co-workers for creating such a beautiful space. We envisage our students will be using the room by early June.



District Cross Country

Congratulations to the 18 students who represented OSSA Green in the recent District Cross Country event. It was a magnificent day to compete and all students ran beautifully. A very big congratulations to Charli G, Alli G and Archie B who have qualified to represent the Orange District team at the Western Region Cross Country trials at Geurie later in the term.

Netball

Last week, students from Nashdale and Canobolas PS trialled for the OSSA Green netball team at PCYC. There were nearly 20 students who attended the trials, all of who demonstrated a high level of sportsmanship and skills.

Congratulations to the following students who were selected in the OSSA Green team: Alli, Lyla, Lydia, Aria, Mackenzie, Edie, Greta, Ingrid and Macy.

The team will play Millthorpe Public School on Wednesday 26 May at PCYC. Six girls from Nashdale also attended selection trials for the Orange District PSSA team last week. There were just over 50 girls from Orange who trialled. Congratulations to Alli and Macy who were selected in the team. The girls traveled to Dubbo on Thursday 6 May. Good luck girls!

District Athletics Carnival

We had 31 students representing OSSA Green at the recent Orange District Athletics Carnival on Monday alongside students from Canobolas PS. Thank you to Calare Public School for putting on a wonderful event.

Due to the rain in the latter part of the day, the carnival will be completed on Monday 10 May and we will forward results as soon as they come to hand. This will include those students who will be representing the Orange District at the Western Carnival in Term 3.

Drop off and Pick up times

School supervision does NOT commence until 8.10am. Please be mindful that due to our duty of care, students can not be left unsupervised before 8.10am.

All students **MUST** be collected before 4.00pm. Our school is lucky to have extended supervision hours due to the generosity of our teachers who work outside their hours of duty. Please be considerate of these times.



R I P E



SchoolTV

is the ongoing resource that is now available to our parents.

Each edition will address a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more.

SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.

You can access the SchoolTV archives here:
<https://nashdale-p-schools.nsw.schooltv.me>

The link also appears on our website

In this edition of SchoolTV MINDFULNESS

Over the last decade, mindfulness has been slowly rising in popularity with many individuals practising it on a regular basis.

In this edition of SchoolTV, parents can learn the best way to introduce this mindfulness to their children, implementing into their daily lives to have an overall positive impact on family relationships

CLICK ON THE LINK BELOW TO READ THE MINDFULNESS EDITION

<https://nashdale-p-schools.nsw.schooltv.me/newsletter/mindfulness>

CWA Public Speaking

All students in Years 3-6 presented a 2-minute speech either at the end of Term 1 or on the first few weeks of Term 2. Each grade had three topics to choose from. After the students presented their speeches in class, 2-3 students from each grade were selected to present their speech to all the students from 3-6. At the end of these presentations, one student from each grade was selected to represent Nashdale at the Orange and District CWA Public Speaking Competition in Week 6. Congratulations to Isla A, Charli G, Macy G and Lucy C.



WEAR RED DAY

\$236.40
Raised for Ronald McDonald House

AMBER BUDD CUPCAKE DAY

\$223.80
Raised for Cancer Council





NASHDALE PUBLIC SCHOOL P&C ASSOCIATION



Next P&C Meeting & AGM

Thursday 6 May at 7pm
@ Nashdale School in the Kindergarten room

Be part of the discussions and make decisions that are based around a range of educational and community issues for Nashdale PS

Congratulations to the following people who have been elected to stand on the Nashdale Public School P&C Committee for 2021.

President - Ms Laura Egan
Vice President - Mrs Nicki Adams
Secretary - Mrs Nicola McNamara
Treasurer - Ms Angela Warrion
Clothing Pool Officer - Mrs Tina Ringland

The Nashdale P&C is a great way to contribute to what's happening at school and a platform to meet other parents.

Other reasons to join are:

Get the inside story on what's happening in the school.
School policy (want to change the uniform? lobby through the P&C)
Help prioritise the resource 'wish-list'.
Contribute to the school's resources through various fund raising projects.



To Jemima Woods (Anakin's Mum in Year 2)
for tidying up the clothing pool and putting it in order.
We are so appreciative of your time and effort.

President VACANT

Vice President Mrs Nicki Adams

Treasurer Ms Angela Warrion

Secretary Mrs Nicola McNamara

Clothing Pool Officer Mrs Tina Ringland

Account Details

Name: Nashdale P&C

BSB: 082 774

Acct: 154113411



COMMUNITY NEWS/EVENTS



Shade in NSW playgrounds

Tell us about shade in your local or school playground

Skin cancer is the most common cancer in Australia. Almost all skin cancers are caused by overexposure to the sun's UV radiation. Children are particularly at risk.

The Cancer Institute NSW has pledged to champion the role of trees and shade in preventing skin cancer. Quality shade in playgrounds can reduce UV exposure by 75%.

We are undertaking research to benchmark shade in NSW playgrounds. We want to hear from community members – how shady, sun safe and cool are the playgrounds near you?

Take the shade survey



Visit cancer.nsw.gov.au/benchmarking-shade-in-nsw-playgrounds



COURTESY: SHIPYAO STUDIO



Cancer Institute NSW

cancer.nsw.gov.au/benchmarking-shade-in-nsw-playgrounds



www.anglicare.com.au

FOSTER CARE INFORMATION SESSION



- Compassion
- Integrity
- Inclusiveness
- Dignity

FOSTER CARE INFORMATION NIGHT

Have you ever thought about becoming a foster carer?

Foster carers are everyday people who have a heart to help children and give them a future full of hope. By becoming an Anglicare foster carer you can help us make sure no child is without a loving home.

Find out about foster care opportunities in Orange and the surrounding regions at our upcoming foster care information night.

This event is kindly hosted by Nashdale CWA

7PM FRIDAY 14TH MAY 2021

at Nashdale Hall
Corner of Cargo Road & Nancarrow Lane
Nashdale NSW 2800

ALL WELCOME

For more information, contact:
P (02) 6369 9500
E fostering@anglicare.com.au



NASHDALE PUBLIC SCHOOL

NASHDALE CAPS FOR SALE

\$38 PER CAP

CALL OR MESSAGE US TO ORDER THE SCHOOL CAPS TO
<https://www.nashdale-p.schools.nsw.gov.au>

02 6365 3161

EMAIL nashdale-p.school@det.nsw.edu.au WEB <https://www.nashdale-p.schools.nsw.gov.au>

Healthy Lunch Box recipe

Fried rice muffins



Ingredients

- 1 cup jasmine rice, cooked and cooled
- 100g cooked chicken, shredded
- ¼ cup frozen peas
- ¼ cup frozen corn
- 1 small red capsicum, finely chopped
- 2 spring onions, thinly sliced
- 2 garlic cloves, crushed
- 2 eggs, lightly beaten
- 2 tbsp reduced-salt soy sauce
- ¼ cup wholemeal flour
- Olive oil spray

Method

Preheat oven to 200°C. Lightly spray a 12 cup muffin tray with olive oil.

Add chicken, peas, corn, capsicum, spring onion, garlic, egg, soy sauce and flour to the rice and stir to combine. Spoon mixture evenly into the muffin tray. Lightly press with the back of spoon and spray with a little more oil.

Bake for 20 to 25 minutes or until golden and just firm to touch. Stand for 10 minutes then carefully remove.

For more recipes visit:
healthy lunchbox.com.au



Cancer Council
Healthy Lunch Box