PRINCIPAL’S NEWS

Why is it that students, particularly those in the middle years, seem to experience exponential growth over the December/January vacation? Perhaps it is the fresh air, Christmas goodwill and Christmas food that does it, but every year when we resume Term 1 I am stunned by their growth! Hmmmm, maybe it’s the fact that they get to sleep in and not come to school! All students seem to have had a flying start to the new academic year. We have welcomed twelve new Kindy students who have started their school education journeys here at Nimbin Central.

NEXT TUESDAY AT 5:30pm THE STAFF ARE HOSTING A MEET-THE-TEACHER BBQ FOR ALL PARENTS/CARERS/FAMILIES OLD AND NEW. Come along, enjoy a sausage and meet your student’s new teachers and the executive staff. The barbie will be on in the afternoon with food and chats expected to go for an hour or an hour and a half or so, all parents/carers and students welcome.

As always, the message from me to you is to stay in close contact with your student’s teachers and school leaders. We can’t solve problems that we don’t know about and we can’t solve problems when they are old ones, the sooner we know about an issue the more likely we are to be able to happily resolve it for all those concerned. Don’t hesitate to contact us because you think a problem is too small for us to be concerned with, we are a small school and enjoy the close contact we have with students and their families, and get great satisfaction from knowing our kids are well, happy and engaged with their learning. Happy 2016!

A thought:
“If you think the problem is insignificant because of its size, try sleeping with a mosquito in the room”

Cheers
Mary-Jane
FROM THE DEPUTY MARSHALL

Welcome back to our new school year - it’s wonderful to see all our staff and students looking so refreshed and ready for a fresh start to their learning and life in the school community.

At this bright and optimistic time of year, I thought it would be a good time to share the results of a survey conducted last year, which I found both cheering and reaffirming about our young people and their values. Over 4,000 children and young people were surveyed by the NSW Advocate for Children and Young People to help set the directions of the first NSW Government Strategic Plan for Children and Young People to be implemented in 2016.

The results confirm all the good things we know about our young people and provide a great relief from all the bad things we constantly hear about young people in the media.

In the poll children and young people described the top five qualities of a good society as respect, equality, safety, a supportive environment and having a voice.

Polling also brought to light that more than one third (33%) of children and young people cite their parents or guardians as their heroes. (Interestingly only one in ten stated that celebrities were their heroes!)

It also showed that this generation of young people are motivated to bring a positive change to the world they live in and the top response to describe their hopes for the future was to “make the community a better place”.

I hope we all remember, as the school year gets busier and as we all get more tired, the wonderful positive energy our young people bring to the world and to THEIR future.

_Cath Marshall_

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EX STUDENT PROFILE— TULLY WARD

Current position and other relevant positions of employment:


Years attending Nimbin Central School:


Qualifications acquired:

Currently studying Bachelor of Arts/Business at Southern Cross University.

Memories of Nimbin Central School:

Enjoyed basketball every lunchtime.

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THANK YOU

A huge thank you to everyone who helped to make our Carols evening in December such a successful and enjoyable event.

Also congratulations and thanks to ‘Fridays Lunch’ who did a beautiful performance at Lismore Carols in front of an audience of approximately 3,000.

Well done everyone and thanks to the parents who supported them and made it possible to participate in a weekend event.

_Val_
K - 6 News

Welcome back! Yes that’s right. School’s back for summer and as per usual we can’t believe how much the students have grown. They look so happy, healthy and tall showing that sun shine, holidays and rest are very beneficial.

2016 Kindergarten Welcome
The year starts with a huge welcome to our 12 Kindergarten students who have settled in very well. We are grateful to have the professional expertise of Ms Pierce and Miss Challis who have gone to great lengths ensuring that our young ones feel safe and comfortable. Thank you to the senior primary students who buddied up with them and supported them in their transition.

Primary Assembly Invitation:
Assemblies are held on every Friday at 1:00pm in K-1 classroom. Students are congratulated for their excellent classwork and behaviour and are informed about what’s happening at school. On the last Friday of each month a special presentation will be held. A number of students will be awarded a Principal’s Commendation Certificate by Ms Pell. Our first special assembly is on Friday 26th February ’16. An invitation will be sent to parents of recipients the week before asking them to come to the assembly and be present for the award. We look forward to your visit. Parents are most welcome to attend our assemblies anytime.

REMEMBER Classes and organizational changes for 2016.

K/1 Ms Pierce
2/3 Ms Plesko
4/5/6 Ms Christensen
RFF Miss Challis
Literacy Support Mrs Mackney

One of the major changes this year is our academic timetable.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.10am</td>
<td>Session 1 Literacy Groups</td>
</tr>
<tr>
<td>11.15am</td>
<td>Session 1 is a long one and it has been structured that way in order to ensure continuity of learning. During this time students will be able to have a snack break and we ask that you have packed for them a healthy snack for them to eat during this time.</td>
</tr>
<tr>
<td>11.15am – 11.45am</td>
<td>RECESS</td>
</tr>
<tr>
<td>11.45am – 1.45pm</td>
<td>Session 2 Maths Groups</td>
</tr>
<tr>
<td>1.45pm – 2.15 pm</td>
<td>LUNCH</td>
</tr>
<tr>
<td>2.15pm - 3.10pm</td>
<td>Choir, Sport, Primarys CAPA, Other Key Learning Areas</td>
</tr>
</tbody>
</table>

Session 1 of the learning day is devoted to Literacy. With the addition of Mrs Mackney we are able to create smaller Literacy ability groups. It’s important for your child to be at school on time ready to learn for this important session.

Infants and Primary Choir will be held at 2:15pm to 3.10pm on Monday afternoons.

Sport is now on Tuesday afternoons from 2.15pm to 3.10pm. Please ensure your child is wearing appropriate footwear and clothing.

(continued next page)
K-6 NEWS (CONT.)

Daily Fitness
K-6 will participate in 15 -30 minute daily fitness lessons from Monday to Thursday. (in separate classes) These quite vigorous lessons develop improved gross motor skills, hand eye co-ordination, teamwork and all round fitness. Up to date research shows that children who exercise daily significantly improve in concentration, academic skills, health and overall fitness. However the best part is they have fun and are happy. Please make sure your child is wearing appropriate footwear.

Creative and Performing Arts Workshops will be held on Friday afternoons from 2:15pm to 3:00pm. Years 3 – 6 have had the opportunity to select an area of study from the following: Ukulele, Keyboard and Dance. Years K-2 will be learning percussion and drama.

Library Days:
Wednesday 2.15pm  Class 2/3, Friday 11.00am K-1 and Friday 11.45am Y4/5/6

Preparedness for school
Thank you for the enormous effort parents have made to equip their child for school. Impressively packed healthy lunches, well stocked pencil cases, new runners, uniforms and bags certainly establish a positive start to the year. Unfortunately, these great items tend to get lost and become non recoverable because they have no name. It's amazing when items are presented to students asking for the owner and no one apparently owns it. Please label all items and then we can ensure it is returned.

Sun Safe Behaviour
Well done to all students who remembered their hats and are wearing them during play. Students without hats are required to play in the shade. During this extremely hot weather students are directed to drink regularly and seek a cool place to play, ie the air conditioned library.

A lot to digest for the first newsletter of the year! Sounds like a sit down and have a cuppa moment. Once again we welcome all students back this year and look forward to a great academic year of learning.

Dian Plesko
Assistant Principal

Photos: Primary students enjoying lunch and their new giant chess/draughts set
PRIMARY FINAL ASSEMBLY 2015
SECONDARY FINAL ASSEMBLY 2015
P&C NEWS

The Nimbin Central School P&C extends a warm welcome to all new and returning students and parents/carers. We invite you to join us for our first meeting of 2016, Tuesday 9th February at 1.30pm in the Meeting Room (ask at reception for directions). The P&C meet the Tuesday of Week 3 and Week 7 each term.

The P&C is a great place to come with any ideas or concerns you have for the school. Some examples from last year’s meetings include a natural fibre uniform (in the works), sun safety, the robotics program, healthy canteen foods, head lice prevention, playground equipment, to name a few.

We hold a variety of fundraisers throughout the year and are always keen for extra hands, whether to bake or serve a yummy treat, or sell goods at the Mothers or Fathers day stalls. If meetings aren’t your style, you can add your name to our volunteer list to help out with the fundraisers.

You can contact us at ncspandc@gmail.com Hope to see you at the meeting!

Summerlanders Netball Club Incorporated will be holding their annual Sign-on day on Saturday (13th February) at the Marie Mackney Netball Courts - Upstairs Clubhouse, Ballina Street Lismore from 9am -12noon. Come down and sign on to be a part of Summerlanders 41st year as a club in the Lismore District! If you have any questions, please email: summerlandersnetball@gmail.com

The Great Host Family Hunt is on again!

World Education Program (WEP) Australia, a registered, non-profit student exchange organisation is looking for volunteer families who would like to host a 15 to 38-year-old girl or boy.

Our students come from countries such as Italy, France, Belgium, Finland and Chile and are arriving in July 2015. They are looking forward to living and learning about Australia and enjoying our famous Australian hospitality and lifestyle.

Without the generosity of families around the world, student exchange could not exist.

Experiencing a foreign language and culture in your own home is the next best thing to living overseas.

To request a free information pack for your family, contact us today!

1300 884 733 info@wep.org.au www.wep.org.au

World Education Program Australia Limited — WEP Australia ABN 82 058 266 857
A NON-PROFIT STUDENT EXCHANGE ORGANISATION REGISTERED/APPROVED BY THE EDUCATION DEPARTMENTS/REGULATORY AUTHORITIES IN NEW SOUTH WALES, QUEENSLAND AND VICTORIA.

Summer Hoops — Tennis, Basketball and Netball Term 1, 2016

By being involved with Aushoops - Our accredited coaches will encourage your children to participate in fun games, drill exercises, modified games and how fast whilst learning the basic skills required to play Basketball. For more information contact Tonya on 0405 777 673.

Dunkin Says JUMP INTO IT!

REGISTER NOW AT AUSSIEHOOPS.COM.AU

Tuesday’s 4.30 - 5.45pm
Lismore Basketball Stadium - 362 River Street
Term 1, 2016
LIBRARY NEWS

LIBRARY OPENING TIMES:

Primary students: 2nd break each day 1.45-2.15 and some mornings
Secondary students: every lunchtime and 2nd break 11.50-12.10 Mon-Thurs, closed Friday
Junior Primary students can borrow 2 Fiction and 2 non-Fiction books; Senior Primary 3 of each; Junior Highschool 4 of each and Yr 11/12 6 of each plus textbooks as needed. Please make sure books are returned after 2 weeks and let us know if they are missing or damaged.

BOOKCLUB catalogues are available in the Library with a wide range of exciting books and activity sets you can buy through the school. Issue 1 orders are due by 19/2/16 or you can order and pay online. This generates points we can use to purchase books for our Library. Thanks as always to Christina for her hard work in making this opportunity available to our kids.

Michelle Toft silk painting workshop scheduled for next Tuesday 9/2/16 has had to be cancelled. A refund by cheque will be sent home to relevant students.

Please encourage your student to bring their own headphones/earbuds and USB storage

The Premier’s Reading Challenge will be run again this year starting on March 7th and close August 19th. Students need to read 20 books on their own or may count those read out loud or together to total 25 books. Contact Mazz Webb in the Library or look on the website for more information https://www.artsunit.nsw.edu.au/reading-challenge

Mazz Webb

New School Year means New Opportunities

I am the Community Liaison Officer here at Nimbin Central School. I am here every Tuesday and my work is to build bridges with the school, parents, carers, the business community and local community organisations. African people paraphrase this well when they say "It takes a village to raise a child."

Last year as part of a team I contributed to:

- Our second fantastic Careers Market Day drawing on the knowledge of locals about working, building a career and being creative in their field of interest. This event will run again in 2017.
- The P&C becoming better established in the school. They are always welcoming of new members or people who will volunteer to work at one of their events. It is a great way to understand how the school runs, why things are the way they are and how you can help to make it even better.
- A variety of parent information sessions.
- Arranging for local guest speakers who visited the classroom to share their knowledge in particular subject areas.
- Phone calls to you to encourage attendance at Parent Teacher Night and other events.

I am looking forward to further developing those links this year. If anyone has any ideas on how to be more effective in this work then do not hesitate to share your ideas with me.

In this hot and humid weather, a school day can be exhausting for kids especially our younger ones. Keep them cool, well hydrated and rested. If they are really not coping then it is better to have a bit of time off in an afternoon, not the morning. Mornings are when we are freshest. Mornings are when the basics of literacy and numeracy are taught. Building a habit of Wake Up, Get Up and Get Going can be one of the most valuable things you can teach your child. After a big day then they can chill out.

Enjoy your time with your children; it goes so very quickly.

Anne Bowden
Community Liaison Officer
NSW SCHOOL VACCINATION PROGRAM 2016

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

- dTPa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child’s school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at:


To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the consent form, as this is required to record the student’s information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.
CREATING RESILIENT FAMILIES

FRIENDSHIP SKILLS MOST IMPORTANT

The ability to get along with others and to work as a team member may be more important in determining success than intelligence, school marks or level of schooling.

How Parents Can Help Children Develop Friendship Skills

Children who don’t seem to be able to make friends often rely on their parents to provide social contact and as a result they may develop “adult interests” that may alienate them from their peers. It is quite a dilemma for the parents of these young people, because spending more time comforting a child may make them even more reliant upon a parent but if they’re not taken out, they may feel trapped in the house looking miserable.

Ideally, involving children and teenagers in some form of club or sport is helpful, as is ensuring that they have a broad range of social contacts. This is especially useful if children are encouraged to participate in a wide variety of social groups while they are still at primary school. This will help to protect them against bullying and loneliness if they lose some friends during their early teen years.

SHOW THEM HOW

Mrs Lim of Hope Valley spoke of her revolution.

“I knew that it was expected that parents would become their children’s taxi driver, I even had one of those car stickers: “Warning - Bored Parent On Board.” I was so worried that my children wouldn’t make good friends and I spent so much time running them here and there, that I forget to show them that I can make friends too. They hadn’t seen me go out in years and the reason was simple – I hadn’t been out for years. So I invited my daughter to go out with me. She was so shocked she agreed. She wanted to know where. I said it’s a surprise. I took her to a play. I loved it. She hated it and told me how cagy my social interests were. “Get a life” was her basic sentiment, so I did.

“Occasionally I still invite my teenager along but I figure if they never see me have fun, how else are they going to learn to do so themselves?”

FRIENDSHIPS CONTRIBUTE TO RESILIENCE

In a survey of young people, getting along with peers was rated as an essential factor in young people’s wellbeing.

Research tells us that having at least one positive friend with meaning in their lives, having a broad sphere of social contacts, belonging to a group who do not equate risk-taking and delinquency with identity, and having friends who have a positive outlook on life and involve themselves in a range of activities are powerful protective factors for young people.

Loss of Friends

Girls often become more upset over disputes with friends, while boys may be more likely to angrily accuse the person they are arguing with. For both, however, the loss of relationships can be quite devastating.

CHECKLIST

• Do your children get to see you doing social activities with your friends?
• Do your children get to see you make up with friends if there has been a difference of point of view?
• Do your children see you mix with other adults who you do not know well?
NIMBIN CENTRAL SCHOOL

“Be Safe, Be Respectful and Be Responsible”

Family Support Network
Start Together Babies Group

Our Start Together Babies Group is for all families with babies between 0 and 12 months of age.

Each week we will be exploring a new area of child development, meeting milestones, playing with a wide range of fun and educational activities while sharing our experiences of parenthood.

All caregivers welcome.

(When) Tuesdays from 1pm – 3pm (during school term)
Where – Family Support Network – 143 Laurel Avenue
Free parking available behind our building in Shepherd Lane

Family Support Network
Ph: 02 6621 2489
F: 02 6621 5208
E: admin@fsn.org.au
Web: www.fsn.org.au

Young Writers Group

Do you love to write?
Need help with your writing for school projects, or just want to learn new skills?
Join local author Jesse Blackadder for an expedition into the writing world.

Thursday 3 March
Lismore Library meeting room (ground floor)
5.00pm – 6.30pm
For high school aged participants.
Light refreshments will be provided - please book your place.
Free!

For bookings talk to the staff at the library or phone us on 6621 2464.

CERES DELI & BULK FOODS

For a range of healthy un-packaged bulk foods, tasty cheeses, olives and continental deli delights.
Come and have a browse and see for yourself!
59 Bridge Street North Lismore (opp. 20,000 cows) Phone: 6622-8352

School Shirts
Primary Polo Shirt
Sizes 6-16
$23.10
Secondary Polo Shirt
Sizes 10-18
$22.65

Johnny Mc Recycling
Any Old Cars • Caravans • Any Old Metals • Batteries
Ph: 6689 7322 Mob: 042 99 44 571

Family Support Network

Richmond Tweed Regional Library
Corbet Drive Tweed

Refreshments provided
Bookings & enquiries
02 6621 2464

Web Address: www.nimbin-c.schools.nsw.edu.au
# Central Rox Café

**Nimbin Central School Canteen Price List**

**Term 1, 2016**

## Sandwiches

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite/Jam/Nutella</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese/tomato/ham/chicken/salami</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese &amp; cucumber or cheese &amp; tomato</td>
<td>$3.00</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.50</td>
</tr>
<tr>
<td>Egg &amp; lettuce</td>
<td>$3.20</td>
</tr>
<tr>
<td>Chicken, lettuce &amp; mayo/ham,cheese&amp;tom</td>
<td>$3.50</td>
</tr>
<tr>
<td>Ham/chicken/salami &amp; cheese &amp; salad</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

Sandwiches are made on wholemeal/brown bread. Many more sandwich variations are available.

## Hot Meat

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chilli Chicken Tenders</td>
<td>$1.80</td>
</tr>
<tr>
<td>Chicken Chippies</td>
<td>$1.20</td>
</tr>
<tr>
<td>Sausage rolls</td>
<td>$3.50</td>
</tr>
<tr>
<td>Potato Top Pies</td>
<td>$4.50</td>
</tr>
<tr>
<td>Crumbled Fish Pieces</td>
<td>$3.50</td>
</tr>
<tr>
<td>Party pies or Party sausage rolls</td>
<td>$1.00</td>
</tr>
<tr>
<td>Byron Gourmet Pies</td>
<td>$4.60</td>
</tr>
<tr>
<td>Thai Chicken, Chick Morrow, Satay Chicken, Chicken pesto, Steak, Pepper Steak, Bolognese, Steak Bacon &amp; Cheese, Mexi Beef</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

## Hot Vegetarian

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach &amp; ricotta rolls</td>
<td>$4.00</td>
</tr>
<tr>
<td>Hash Browns and Vego spring rolls</td>
<td>$1.00</td>
</tr>
<tr>
<td>Veggie Patties</td>
<td>$2.00</td>
</tr>
<tr>
<td>Noodle cups</td>
<td>$2.50</td>
</tr>
<tr>
<td>Byron Gourmet Pies</td>
<td>$4.60</td>
</tr>
<tr>
<td>Curry Veg, Spinach Pesto, Mexi Veg, Gado Gado, Cauliflower Broccoli Pie</td>
<td>$5.00</td>
</tr>
<tr>
<td>Gluten Free Pies</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

### Please include 20c extra for sauce

### Pies and noodles must be ordered if you want them at 2nd/3rd break

### If your child brings food from home to be cooked/reheated, this will cost them 50c

### Wednesday Special

- Nori Rolls $2 each
- Tofu pockets $2.50 each

### Thursday Special

- Bean Nachos $4.00 plain or $4.50 with extras

## Fruit

- Depending on season & availability
  - Mandarins, Apples, pears, oranges, bananas
  - From $1.00

## Drinks

- Cup of milk
  - Small plain $1.50
  - Large plain $1.50
  - Small flavoured $1.00
  - Medium flavoured $1.50
  - Ige flavoured $2.00
- Lipton Iced Tea $3.50
- Up n Go/Express, choc/van flavour $2.60
- Juice—Poppers 250ml $1.50
- Water 600ml $1.50
- 750ml $2.00
- 1 litre $2.50
- Quench mineral water drinks $2.00
- Wild brand juices, asstd flavours $2.50
- Small crazy lemon juice $1.60
- Juice cups $1.00

## Frozen Foods/Sweets/Misc

- Assorted cake
  - When available
  - From $1.50
- Packet of Chips $1.10
- Frozen Yoghurts
  - or Splice $2.20
- Paddlepops $1.50
- Golden Gaytimes $3.00
- Mini Calypso 90
- Sip/juicys 95% juice and Ice Mory $0.60
- Ice cream cups
  - When available $1.50

## To Place a Lunch Order:

- Write your order on a paper bag along with: Name, Class, & which meal break.
- Enclose payment. Hand to friendly canteen staff.
- Menus and paper bags are available from the canteen.

**To Assist the Canteen Staff in Providing you with your Food, Please be sure to order all Hot Foods Required at 2nd/3rd Breaks.**

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**Helpers Always Needed!!!** Phone Simone on 66891 355 or drop in at the canteen.