PRINCIPAL’S NEWS

Rehearsals are underway for Café Central and we are all looking forward to another set of fine performances from our young people. This year food will be lasagne and curries both meat and veg served with rice or salad for a very reasonable price of $6. The P&C will be providing coffee, cake and desserts after the interval and would be very grateful for any donations.

As we head into the weekend we are expecting an east coast low so please ensure you keep yourselves safe and warm over this time. Keep a look out on Nimbin Hook Ups on Monday morning and we will let you know if the school is functioning as normal.

Have a good weekend.                        Mary-Jane Pell

P&C Meeting Tuesday 7th June at 2.00 pm in the Meeting Room.

IMPORTANT DATES:

Tuesday 7th June
Legal Studies Lismore Courthouse Visit

Thursday 9th June
Café Central

Friday 10th June
PASH (Years 9 and 10)

Monday 13th June
Queen’s Birthday Public Holiday

Tuesday 14th June
Wellbeing Day
Safe on Social Information Session 5.00 pm—6.00 pm

Wednesday 15 June
Qld Art Gallery Years 7-12

Thursday 16th June
AIME students SCU

Friday 17th June
Lantern making (Primary)
FROM THE DEPUTY MARSHALL

I was fortunate enough last week to attend a Generation Next Conference in Brisbane with a team of teachers from Nimbin Central School. This is an annual conference that brings together a range of speakers and presenters with the most up to the minute research and information on issues that effect our young people. This year they included speakers on Child Sexual Abuse, Self-Harm, Suicide Postvention, The Potential of Pro-Social Media, The Power of Play and Humour and Radicalisation of Vulnerable Youth, amongst others. Quite an exhausting but worthwhile experience!

While not everyone can get to these conferences, a range of these speakers and others, are freely available to watch on Generation Next You Tube (simply Google this) and I cannot recommend this to all parents, teachers and anyone who has contact with young people enough.

There’s a lot going on out there for our young ones and lots that we can help and support them with if we have the knowledge and understanding that resources like this can give us.

Cath Marshall

P&C NEWS

Hi all,

Our next meeting will be next Tuesday, 7th June, at 2pm in the Meeting Room.

Cafe Central is next week, Thursday 9th June. We are looking for volunteers to help with cooking desserts and setting up and serving on the night, please contact Jess on 0459433432 or Christine on 0407841805 if you can help out.

This week is your last chance to have a say about the uniform by filling in a survey, if you didn't get one yet, you can pick one up at the office.

Have a great week!

Elowyn
P&C Secretary

CONGRATULATIONS
BRONWYN!!!

Bronwyn Renshaw who is a SLSO (School Learning Support Officer) at our school has received a 2016 Award of Excellence from North Coast TAFE for outstanding achievements in her Early Childhood and Education Studies.

“Safe on Social”
Social Media Safety Information Session
Nimbin Central School MPU
June 14th 5.00pm – 6.00pm
Presenter: Kirra Pendergast
K - 6 News

Short newsletter this week just detailing a couple of things happening in the next couple of weeks.

Café Central this Thursday for Years 3 – 6. Food served at 5.30pm with the performances starting at 6.30pm.

Wellbeing Day, Tuesday 14th June 2016. For all Primary.

Lantern Making Workshop. Change of date
The lantern making workshop date has been changed to Friday 17th June 2016. What is the Lantern Making Workshop about? On Friday, a team of craft makers will be conducting lantern making workshops at school with a hope that students will be able to participate in the Lismore Lantern Parade. This is a very rewarding workshop as students develop a sense of pride with their completed lantern and get to take home a quality piece of work. They are beautiful. Notes detailing cost and lantern shapes will be sent out next week. Cost is $7.00.

Parent Assembly
A big thank you to the parents who were able to make it to the Special Assembly. It’s always a lovely opportunity for Ms Pell to congratulate the students for their achievements and great behaviour during this term. Mr Everingham also presented awards to students who have excelled themselves in sportsmanship during the high jump selections and congratulated students who attended the ANZAC Day march. Thank you to Class 4/5/6 for your great Space Art appreciation item. It is wonderful to have the positive conversations with parents afterwards and we appreciate your feedback.

Enjoy the chilly change in weather and the warmth of the winter sun. Just a reminder, could parents ensure their children have something to eat for fruit break every day as their stomachs tend to growl around about 10.30 am.

Regards

Dian Plesko
Assistant Principal
LIBRARY NEWS

Byron Bay Writers Festival
On week 3 of next term so encourage your students to get their money and notes in as soon as possible. Primary students go on Tuesday 2/8/16 to Lismore City Hall for $8. Secondary students go to Byron Bay on Thursday 4/8/16 for $15 to hear a range of exciting writers. An adjunct of the festival are free creative writing workshops called Storyboard to be offered at our school to our junior students on 21/6/16 and Stage 5 students on 25/7/16. Notes will be given out in the next few weeks.

Book Fair and Book Parade
Week one next term our annual fundraising bookshop will set up in the Library from Friday 22/7/16 for ten days. On Tuesday 26/7/16 our Primary students will be encouraged to dress up on the theme of Australia: Story Country to enjoy a range of themed activities. Parents and relatives are welcome to join us to cheer on our Book Parade.

PRC Challenge Achievers
Congratulations to our champion readers who have already read the twenty books required: Sara, Daniel, Yuzuki, Ruby, Jasmia and Tilly. These keen book fiends are reading on for prizes as the best readers in their year group (the Olympics of reading).

Mazz Webb

Zone Cross Country

Congratulations to Kai, Jed and Connor for their efforts at the recent Zone Cross Country event in Lismore. The competitive environment brought out the best of each of our runners, with Kai improving on his school time by 1:30mins, Connor shaving 1:10mins off his school time, while Jed put in a very consistent effort running the exact same time as at our school event. A special congratulations and good luck to Connor who was selected to progress to the next level of competition in the coming weeks.

Brad Clarke
MUSIC NEWS

Café Central

Next Thursday is time for a warm hearty meal and some heart-warming music from our talented youngsters (and not so young) at Café Central 2016. Please make sure your students return the note that indicates they will be coming so we can make sure that all bands have enough players/singers. Thank you in advance to the teachers who step in to play drums, bass or guitar if a student is sick or away. Spread the word about our Café so that friends, neighbours and relatives come to share the fun.

Mazz Webb
School Captain’s Visit to Sydney

Our School Captains Tayla and Nathan were invited to visit Parliament and Government houses in Sydney this week. They were taken on guided tours, and were honoured to sit in on the emotional Condolence Motion for the late Greens Member Dr John Kaye in the Legislative Council. Tayla and Nathan also had the opportunity to meet with his Excellency General The Honourable David Hurley, Governor of New South Wales. This was a fantastic opportunity for our school leaders to mix with inspirational leaders from other schools from various regions of NSW.

Brad Clarke
FROM THE COMMUNITY LIAISON OFFICER

No need to be cold this winter
The lost property bin in the hall is full to overflowing. There are jumpers of all shapes and sizes. I am sure the jumpers at the bottom of the bin have not seen light of day for quite some time. Check them out or send your child to check them out. There could well be a warm jumper of your child's waiting.

Short days and getting up in the morning
Well this was a long summer. I was looking forward to some cooler weather and here it is. That makes staying home and sleeping in mighty attractive. I remember quite a few years ago when my kids complained about being cold I made them go for a run till they warmed up. I am not sure if it warmed them up or not but it did teach them to not complain.
School still starts at the same time so we have to get up at the same time and get the bus at the same time. Let's make sure we do what we need to do to get to school on time. Set an alarm? Make lunches the night before? Bag already packed? Clothes all ready? Enjoy the great things about winter, the cooler nights, the crisp days, working outside all day and not sweating!

Getting organised
Kids leave as much as they can till the last minute and can end up running late. Here are a few tips that may help them be better prepared for school.

- There are times when so much is going on in young people’s lives that they require structure and routine to help them get organised. Gentle reminders to pack lunches, take notices to school and even to dress appropriately can assist children.
- Make use of a checklist when it all seems too much. Place a list of routine morning activities by a child’s bed (or on the refrigerator) and insist that it is checked before he/she goes to school.
- Less is better. Encourage young children to bring home only the books that he/she needs to work on each night. Some children become overwhelmed when they have a bagful of books and they have difficulty knowing where to start.
- Use a diary to plan ahead. Encourage your child to place homework, social and school events in a diary.

Enjoy your kids
We have so much to learn from them.

Anne Bowden
17th March, 2016

Dear Parent/Carer

Research project: Improving wellbeing through student participation at school

Your child has been invited to participate in an exciting research project that will identify whether and how student participation at school helps their wellbeing.

Who is conducting the research?
The project is being led by the Centre for Children and Young People (CCYP) at Southern Cross University (Lismore campus). Please see http://ccyp.scu.edu.au/index.php for other partners involved.

What will involvement in the study mean for your child?
If you provide permission, your child will be invited to take part in an online survey during class time. Your child’s teacher will administer the survey. The online survey is located on a secure website and will take about 20 minutes for your child to complete. The survey questions will ask your child about their understanding and experiences of participating at school and their own wellbeing.

How will the information be used by the researchers?
Involvement in the research is confidential and voluntary and you and your child can withdraw participation in the survey at any time without any consequences. All information is confidential and no child or their school will be identified in any reports from the research. Further, all data will be stored securely at the university. The findings will also be summarised into a report (which will be made available to all participants), academic journal articles and conference presentations. Your child’s school will be provided with a summary of what we learned from the survey mid-2016.

Does this research have ethics approval?
The ethical aspects and evaluation of this study have been approved by the Southern Cross University Human Research Ethics Committee (approval number: ECN-15-017) as well as by SERAP (approval number: 2015147). If you have any concerns about the ethical conduct of this research or the researchers, you should write to:

Ethics Complaints Officer, Southern Cross University, PO Box 157, Lismore, NSW, 2480. All information is confidential and will be handled as soon as possible.

If you agree for your child to participate in the online survey, please do not do anything. If you do not want your child to participate in the survey, please sign and return the attached ‘opt-out form’, which indicates that you do not want them to be involved, to your child’s school.

If you have any further questions about this invitation please feel free to contact me. My details are below.
Alternatively, you can email Catharine Simmons at email: catharine.simmons@scu.edu.au

Yours sincerely,

Professor Anne Graham
Director, Centre for Children & Young People
Tel: 02 6620 3613 Email: anne.graham@scu.edu

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**Parent/Guardian – ‘Opt out’ form**

Centre for Children and Young People
Southern Cross University PO Box 157 Lismore NSW 2480
Phone: (02) 6620 3605 Fax: (02) 6620 3243 Email: ccyp@scu.edu.au
www.ccyp.scu.edu.au

* * *

1. I, ___________________________ have read and understood the attached information. I decline for my child, ___________________________ to take part in this research project.

Your signature: ___________________________

Date: ___________________________

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* * *

Southern Cross UNIVERSITY
A new way to think
Lismore Lantern Parade 2016 is finally here our theme this year is Australian Flora and Fauna.

Come and join the celebration on Saturday June 25th for a full day of fun, food and music, lots of kids’ activities and of course the Viking Village too. And on Sunday, more Vikings and grab a taste of Italy with the Friendship Festival’s Piazza in the Park, Spinks Park, from 10am 26 June.

If you have not had a lantern workshop and are not participating in the parade with your school community, here are some ways to get the best out of this wonderful event!!

Oaks Oval - Tickets are on sale now! Don’t miss out on all the excitement gates open at 4pm. Come & grab the best seats in the house to see the Lantern Parade show off in the arena followed by the Fiery Finale. Wrap up warm BYO blankets, camp chairs and smiles. There will be more Winter Warmers hot food for sale here as fundraisers for local community groups.

EARLYBIRD TICKETS are on sale until 31st May – available online at www.lantemparade.com Or the Lismore Visitors Center 1300 369 795

If you don’t go to the Finale please give generously to our wonderful Donation Bucketeers, thank you to staff from Summerland Credit Union

Want to be involved? We are still looking for community members to carry lanterns in the parade. It is not only a lot of fun but you will receive free tickets for the Fiery Finale at Oaks Oval!
Please call (02) 6622 6333 or email festival@lantemparade.com for more information.
# CENTRAL ROX CAFÉ

**NIMBIN CENTRAL SCHOOL CANTEEN**  
**Price list**  
**TERM 2 2016**

## SANDWICHES
- Vegemite/Jam/Nutella ........................................ $2.00
- Cheese/tomato/ham/chicken/salami ....................... $2.50
- Cheese & cucumber or cheese & tomato ............... $3.00
- Salad ..................................................................... $3.50
- Egg & lettuce ....................................................... $3.20
- Chicken, lettuce & mayo/ham, cheese & tomato .......... $3.50
- Ham/chicken/salami & cheese & salad ................ $4.00

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

## HOT MEAT
- Chilli Chicken Tenders ....................................... $1.80
- Chicken Chippies .............................................. 3 for $1.20
- Sausage rolls ....................................................... $3.50
- Potato Top Pies ................................................ $4.50
- Crumbed Fish Pieces ................................--------- from $3.50
- Party pies or Party sausage rolls ....................... $1.00
- Byron Gourmet Pies ......................................... all one price $4.60
- Thai Chicken, Chick Moray, Satay Chicken, Chicken pesto, Steak, Pepper Steak, Bolognese, Steak Bacon & Cheese, Mexi Beef

## HOT VEGETARIAN
- Spinach & ricotta rolls ....................................... $4.00
- Hash Browns and Vego spring rolls ................ $1.00
- Veggie Patties ....................................................... $2.00
- Noodle cups ............................................................. $2.50
- Byron Gourmet Pies ......................................... $4.60
- Curry Veg, Spinach Pesto, Mexi Veg, Gado Gado, Cauliflower Broccoli Pie

Gluten Free Pies ..................................................... $5.00

• 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 80 ......................... $1.15
- 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 6aytimes ................................................... $3.00
- Mini Calypso .......................................................... $0.90
- Sip/juicys 95% juice and Ice Mony ................... $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.

**HELPERS ALWAYS NEEDED!!!!!! Phone Simone on 66891 355 or drop in at the canteen**