

**Congratulations
to the NPS Sports
House Captains for 2018!**

CONGRATULATIONS!

(See article on page 5)



Principal's Report

Farewell Esther

It is with sadness that we are farewelling our school's Pastoral Care Worker, Esther Hey, from the school at the end of this term. Esther has been at Nailsworth PS for 3 years and is leaving us for a great opportunity of full time employment at another school. I know that she will be missed, particularly by those students who make contact with her regularly. She leaves with our very best wishes for her future years.

We are in the process of appointing a replacement Pastoral Care Worker for the start of Term 2.



Parent Teacher Interviews – Please Book a Time

Parent Teacher Interviews are scheduled for Week 8 of this term, Monday 19th March to Friday 23rd March.

This is a great opportunity for parents and teachers to share information so that 2018 can be a great year of learning for a child.

Teachers will have worked with your child for 7 weeks when interviews arrive. They are starting to develop a sense of your child as a learner, including identifying their strengths and areas for further development. This is also a great opportunity for parents to share with teachers their perspective. We hope that you make the time to come and talk to your child's teacher.

Please note:

- You are able to book an interview with your child's teacher and a specialist teacher if you wish.
- For parents of children in either Mr Crampas' class (Room 9) or Mrs Amodeo / Mr Koulianos' class (Room 8) it is best to book a time with both your child's Maths and English teacher as they may be different. Your child's Maths teacher will be either Mr Crampas or Mr Koulianos and their English teacher will be either Mr Crampas or Mrs Amodeo.

- If you are unable to access the app below, please come into the school's Front Office where we will have a booking computer and someone will be able to provide assistance.
- All interviews will be held in the individual teacher's classroom.

How to book an interview time:

- Go to www.schoolinterviews.com.au
- This app will be open for bookings from Friday 9th March until **12 noon Friday 16th March**.
- Click on **Make a Booking**
- Enter the event code **nhr2x**
- You will need to supply an **email address**. Your booking confirmation will be sent to this address.
- You will be asked for your **full name** and the **name of your child/ren**. (you can book multiply children through one log in)
- Click **Go**
- Select the teacher/s** you would like to see for your child/ren.
You will be able to see the available times for the teachers you have selected so you can easily coordinate your bookings.
- We recommend you leave a 15 minute slot between bookings to enable you to move from one teacher to another.
- You are able to view, change or cancel bookings by clicking on the link in the confirmation email or by going back into the school interview app.
- If you do not book an interview by 12 noon 16th March you will be required to contact the relevant teacher directly.

Sharron Ward, NPS Principal
Sharron.Ward616@schools.sa.edu.au

Diary Dates



Friday 9th March
School Photo Day

Monday 12th March
Adelaide Cup Day
Public Holiday

Tuesday 13th March
Pupil Free Day

Wednesday 14th March
Governing Council
nominations close at 4pm

Thursday 15th March
Crows 'Growing with
Gratitude' presentation &
football clinic

Friday 16th March
Assembly host Room 7
Soccer registrations of
interest forms close at 3pm

**Week 8 - Monday 19th
March - Friday 23rd March**
Parent/Teacher Interviews

Monday 19th March
Governing Council AGM,
7:30pm in NPS staff room

Wednesday 21st March
Harmony Day

Friday 30th March
Good Friday Public Holiday

Monday 2nd April
Easter Monday Public Holiday

Friday 13th April
Last day of Term 1

Upcoming Pupil Free dates:
Tuesday 13th March (PF)

Nailsworth Primary School Governing Council

WANTED- Parent Reps on the School's Governing Council

At the upcoming AGM membership of the parent representatives will be determined. There are 14 positions for parent reps with 7 currently filled by parents with one year remaining on their tenure.



Call for Nominations

An election is to be conducted for parent members of the Nailsworth Primary School Governing Council Inc.

Nomination forms may be obtained from the school's Front Office or school website (our school/governing council) and must be lodged or emailed with the Returning Officer (Principal, Sharron Ward) by **4.00pm on Wednesday 14th March, 2018**.

Following the closing of nominations a list of the nominations received will be posted on the school noticeboard by the school's Front Office.

There are currently 7 vacancies for elected parents and also a parent nominated by the Aboriginal Community. The term of office is for a two year period.

If the number of nominations is **less than the number of vacancies**, further nominations will be called for from the floor at the 2018 Governing Council AGM, which will be held on Monday 19th March 7:30pm in the School Staffroom.

If there are **more nominations** than positions, then a secret ballot will be conducted at the AGM.

Any additional information or questions in relation to this process should be directed to the Principal as the Returning Officer: sharron.ward616@schools.sa.edu.au

All successful applicants will be required to complete an Appointment Form and all new councillors are required to undergo a DCSI criminal history screening.

OPEN

The Uniform Shop
is open 8:30-9:30am
Monday to Friday

Someone will be able to assist you
with your uniform purchases
every day.



Community Notices

The school's two notice boards are located on the Front Office verandah and under the shelter by the volleyball court. This week the following notices are displayed:

- **Prospect Skate Park Competition, 17th March at 56 Churchill Road, Prospect. Details on www.skateparkleagues.com**
- **Urrbrae Agricultural High School Open Day on 20th March Details on www.urrbraehs.sa.edu.au**
- **OLSH Open Days on 18th & 19th March. Phone 8269 8800 for details**
- **Underage Club Experience 'BLISS' on 13th April for 10 – 13 year olds at the Prospect Town Hall. Phone 8269 5355 for details.**
- **NPS's Pastoral Care Worker position is currently being advertised for 9 hours a week, commencing in Term 2, 2018. Closing date is 26th March. Phone SMG 8378 6800 for details.**
- **Yoga2u4u – family yoga sessions at 74 Drayton Street, Bowden. Phone 0403 376 987 for details.**

Adelaide Botanic High School

To find out about the new school's extensive programs and well-equipped facilities attend the **Meet the Principal – Information Evenings** on Monday 19th March and Tuesday 20th March from 7- 8pm.

The school's website has been launched: www.abhs.sa.edu.au

To find out more about the Information Evenings or transition please contact -

Eden McEwen, Middle Years Coordinator at Eden.McEwen721@schools.sa.edu.au

School Policy Update

Bullying, Cyberbullying, Harassment, and Violence Policy

Recent media reports have once again drawn our attention to the serious consequences of bullying, cyberbullying, harassment and violence in our community and schools.

We all want our children to grow and learn in a place where these negative behaviours are minimised.

Increasingly, bullying and harassment is occurring outside of school in the online world. It is often occurring inside your own home when you think your child is safe through vehicles like Facebook, Snapchat and Instagram.

To this end I would encourage parents to monitor their child's activity when using devices.

In an unmonitored setting, parents are often shocked at the content, inappropriate language and intent that their child may be exposed to or engaging with.

To find out more please find the updated school policy on the school website that was approved by the Governing Council at the February meeting.

I would particularly encourage parents to read the Parent Guide to Online Safety. These documents are under school information / school policies on the NPS website.

DID YOU KNOW? That school consequences for cyberbullying can be applied even if the event occurred outside of school?

DID YOU KNOW? That some cyberbullying activity is illegal and the police will be called if reported at school.



Social Media Safety and Etiquette

Social networking is a large part of the social identity of young people. They are avid users of a range of social networking services including Facebook, YouTube, Snapchat, Instagram and Twitter. Many kids also network through playing online games like Club Penguin, Moshi Monsters and World of Warcraft.

All of these services provide fun and engaging ways to:

- stay connected and interact with friends and family
- post information and updates about themselves and their activities
- share photos and videos
- chat and play games
- comment on other people's photos, posts and profiles.

Once something has been shared it's impossible to know for sure where it will end up so it's really important that when we use social media sites, we do so respectfully and safely to avoid finding ourselves in unwanted situations. It's also important to remember that there are laws around our online behaviour, and that those laws apply to children as well as adults.

Keeping your children safe online

Your children's online world is as much a part of their life as offline, so it is crucial that you are as involved in supporting their online wellbeing as you are their physical health. Your skills in rule setting, support, guidance and respect are just as important to helping ensure your kids enjoy positive digital experiences and to help them gain confidence in asking for advice and support. Here are a few things you can do:

Staying involved

Establish your own account on the sites they use and learn about the privacy settings. Don't be intimidated by new technologies – understanding how these sites work may help you feel more comfortable with your kids exploring these spaces.

Checking 'terms of use'

Terms of use for each social media service covers the rules for using the site, the type of content that can be posted and any age requirements. Read these to your child to make sure they understand what is expected of them.

Being aware of age guidelines

It is useful to consider whether you are comfortable with the content and the potential for contact with others including teens and adults on each site. Consider whether your child is socially ready to manage contacts and look out for the age ratings set by app stores to help identify age suitable content.

Setting rules

Make sure your child knows what information they can share or post and encourage them to tell you before they join new networks and before they post any personal information, including their full name, address or school.

Establishing safe personal profiles

Ensure they don't put too much personal information online. Help them create user names or IDs that do not communicate gender, age, name or location and are not sexually provocative.

Establishing privacy

Ensure your child's account is set to the strongest privacy setting so only their circle of friends can view their information, tag them in a photograph or share posts. Many sites have privacy protection information and safety tips.

Encouraging thinking first

Encourage your kids to think before they put anything online, even among trusted friends and remind them that once shared, information and photos can be difficult or impossible to remove and may have a long-term impact on their digital reputation.

Promoting respectful communication

Advise your child to stay respectful and be nice online and to avoid responding to any negative messages, and report any they receive to you or another trusted adult.



What precautions can my kids take on these sites?

There are number of precautions that you should educate and remind your kids about when it comes to social networking.

These include:

Being careful in making online friends

Remind your kids to be careful when making new friends online as people may not be who they say they are.

Not meeting strangers

Alert your child to the dangers of meeting in person someone they've been talking to online. Advise them to never arrange to meet an online friend unless a trusted adult is with them and it is during the day and in a public space.

Not revealing their location online

Location-based services enable social networking users to report their physical location to other users by 'checking in' and reporting their friends' locations. Many have location-based functions turned on by default. Help your child review their settings and block or limit location-based information as it can be highly risky. Also encourage them to avoid taking photos of themselves or others where their school logo can be seen.

Reporting cyberbullying

If your child is the target of cyberbullying behaviour or inappropriate content, help them to report it to the social networking site. If the social media service fails to remove serious cyberbullying material, make a complaint to the Office of the Children's eSafety Commissioner.

Who can I talk to?

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Call triple zero (000) for serious or life threatening incidents

Kids Helpline

If you are aged 5–25, Kids Helpline provides free and confidential online (kidshelpline.com.au/get-help/webchat-counselling) and phone counselling (1800 55 1800) 24 hours a day, seven days a week.

Headspace

Headspace provides free support online (eheadspace.org.au) or on the phone (1800 650 890)

Report cyberbullying to a social media service

Visit the social media service's safety centre. Find the list here: esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/social-media-services-safety-centres

Report offensive or illegal content

Reports of offensive or illegal content can be made anonymously here: esafety.gov.au/complaints-and-reporting/offensive-and-illegal-content-complaints/report-offensive-or-illegal-content

More information

This website is an excellent source of information and advice for parents and children: <https://www.esafety.gov.au/education-resources/iparent>

Ryan Westell, STEM Assistant Principal
Ryan.Westell246@schools.sa.edu.au

Yoga, Mindfulness and Relaxation at NPS

We are fortunate to have a trained Yoga Instructor in Kerryn Kuchel as a member of our school staff.

In keeping with the 2018 NPS focus on student's Social and Emotional Learning, we have asked Kerryn to bring her skills into the classroom in 2018. Therefore, classes in Year 3 and 4 have scheduled lessons every 3 weeks.



The emphasis in these lessons is to support their wellbeing through Yoga, Mindfulness and Relaxation. The benefits for children are:

- * Improved self-confidence and positive feelings about themselves and others,
- * Ease of stress, anxiety, depression and tension,
- * Ability to resolve conflicts with more ease thus improving relationships,
- * Reduced physical discomfort, headaches, sleep problems and allergies and
- * Strengthening balance, coordination, concentration and body awareness.

Here is a little about Kerryn's experiences in this field:

Kerryn completed Diplomas in DruYoga (350 hours) and Meditation (250 hours) in Sydney from 2006-2012. For the past three decades she has been practicing Yoga & Meditation and following her passion for self-development, through being involved in teaching and transformational study and practice. She has journeyed through more than 15 years of ongoing professional study and training and has worked with thousands of people, teaching in schools since the late eighties in a great variety of roles from Classroom to Leadership.

Since 2008 she has instructed Yoga and Meditation, both within Australia and Internationally. When teaching she draws on her life experiences and loves working with a diverse range of groups, including children and teenagers, corporate, private and community groups, including beach yoga. Her classes are tailored to the requirements of the group/individual with an emphasis on empowering and supporting participants' growth and awareness, through their own practice. To find out more visit: www.kerrynkuchel.com

OSHC News



Assistant Director

Due to a number of reasons Cameron Trautwein has stepped down from the Assistant Director's role. As a result, Mitch and Josh now have a shared role of Assistant Director with Eleni assisting me with administration. If you have any changes to your bookings or payments please see Mitch, Josh or myself.

Pupil Free Day – Tuesday 13th March

Please let a staff member know if you require care for this day. We will be having a Wheels Day, where students bring along their bike or scooter for a fun filled day at OSHC!

Sign In/Out of OSHC

Please note: you are required to sign your child/ren in and out of OSHC and also put the time. If you fail to do so it could possibly affect your Child Care Benefit if our service was to be audited.

Michelle Haywood, OSHC Acting Director at Nailsworth Primary School

Michelle.Haywood499@schools.sa.edu.au

Music and Drama News



Choirs

All students interested in being part of the Junior or Senior Choirs should have now received a registration form and hopefully returned it. I am not currently accepting any further Junior Choir registration forms as I am now well over the maximum number of 50. I will finalise Junior Choir numbers by Week 8 Term 1 and send out a confirmation to all parents. If your child has brought in a registration form but **you have not received an email from me** it is probably because I got the email address wrong. If so, please send me an email at Judy.Hanel823@schools.sa.edu.au and then I will have your correct details.

Bands

Thank you to all of those students (and to their parents) who came along to Junior and Senior Band last week. It was a great turnout and I am really looking forward to working with you all this year. You should have received an email from me if you submitted a registration form. If not, then please send me an email at Judy.Hanel823@schools.sa.edu.au. Junior Band is on Wednesdays from 8:15am to 8:45am and Senior Band is on Thursdays from 8:15am to 9:00am.

Festival of Music 2018 Performing Opportunities

In addition to being part of the Senior Choir, there are several other ways that students can become involved with the Festival of Music.

Script Writer – Attend a script writing workshop on Thursday March 15 (full day workshop)

Host – If your child loves to be centre stage and is confident reading and speaking in front of an audience then they would love hosting one of the Festival performances where they get to introduce the items and engage with the audience in partnership with a co-host.

Dance Troupe – If your child loves dance and drama then this is a great opportunity to get involved and perform on stage at the Festival Theatre.

Assisting Artist – If your child has a special skill or talent and they would love to perform on stage in front of a big audience then this is their chance! Singing (solo or with a group), dancing, playing a musical instrument are examples of items that are performed in between the choir songs at the Festival.

If your child is considering any of these please have them speak to me or visit the Festival website at www.festivalofmusic.org.au and click on the **Performing Opportunities** link on the left hand side.

Please visit our Nailsworth Arts website: www.nailswortharts.weebly.com to find see photos and videos from last year's Performing Arts Showcase as well as to find out about the Music and Drama curriculum.

Judy Hanel, Music and Drama Teacher

Judy.Hanel823@schools.sa.edu.au

Sports House Captain Elections

Last Tuesday 27th February, the Year 3-7 students had the opportunity to vote for their house captains in 2018. It was fantastic to see so many Year 7s applying for the house captain role and in the process developing their leadership skills. All the applicants did an excellent job with their election speech to their fellow house members. The following students will be presented with their badge at the next even and odd assemblies.

Results:

Balfour

- C Sam S
- C Alexis B
- VC Kristian P
- VC Essa C



Horrocks

- C Marco G
- C Tehya W
- VC Ryan G
- VC Athene H



Thomas

- C Liam B
- C Hannah M
- VC Henry T
- VC Isabella S



Emily

- C Hetul S
- C Aika D
- VC Will K
- VC Anna T



PE News Term 1

At the start of the term, the Year 6/7 students had the opportunity to nominate their expression of interest in a variety of SAPSASA sports on offer. The sports that have enough participants to enter a team are: netball, soccer (boys and girls), cricket, lacrosse, football (girls) and basketball (boys).

We also have students that have nominated to participate in the individual sports of swimming and cross-country.

Touch Footy: The Year 4-7 classes are receiving touch football sessions from Touch Football Australia. The program runs for four weeks and each class receives four skill based sessions. The Sporting Schools Grant is funding this program.

Swimming: We only had two students, Salvador B and Hamish M, who participated in the North Adelaide Swimming Day on Thursday 1st March, at the Norwood Swimming Centre, due to the Clipsal 500 excursion on the same day.

SAPSASA Knockout Cricket: The boys have started training on Wednesdays after school, in preparation for their first knockout game against St Francis of Assisi. Mr Ballard is in charge of the team. Also, we will be sending two teams to participate in the T20 Blast School Cup Competition on 22nd March at Prospect Oval.

Growing with Gratitude: The Adelaide Football Club will be visiting our school on Thursday 15th March to present their Growing with Gratitude Program to our F-7 students. The program is to help children develop emotional and physical wellbeing, build resilience and promote positive thoughts. Following the presentation the F-1 classes will participate in a footy coaching clinic.

Lacrosse Carnival: Lacrosse SA will be holding a carnival at East Torrens Payneham Lacrosse Club on Friday 6th April. In previous carnivals Nailsworth teams have performed extremely well winning many trophies. This year we will again be entering Yr 4/5 and Yr 6/7 teams (boys and girls). Morning training sessions will commence in Week 6. Also lacrosse coaching clinics will be held in Week 8 and 9 for the Yr 4-7 classes.

Hockey: The F-3 classes will be participating in hockey clinics run by the Adelaide Uni Club in Weeks 8 and 9.

Sports Day: The date is Friday 2nd November, Term 4 Week 3 at Nailsworth Primary. Tri-Skills will again be involved in our sports day activities.

George Koulianos, Sports Coordinator

George.Koulianos332@schools.sa.edu.au

Junior Primary Science

This term Foundation, Year 1 and Year 2 classes are learning about Living Things.

In our Year 2 classes (Rooms 1, 17 and 18) the students are learning about the life cycles of animals, humans and plants. In each of these rooms the students have been observing caterpillars that will change and become Monarch Butterflies.

In Room 17 one of the chrysalis (pupa) has broken and a beautiful butterfly has emerged. The students were lucky enough to see it set free and fly around the volleyball courts.

Hopefully the other two classes will also be able to see this happen soon.

Jan Hallifax, Science Teacher

Jan.Hallifax723@schools.sa.edu.au

