

Nathalia Primary School

Newsletter—May 9th, 2017



Learning For Life

Canberra Camp

Last week the students in grades 4—6 from our school completed an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

I should also add that the children represented our school with distinction and their conduct was first class.

Mothers' Day High Tea

Nathalia Primary School students and Parents' Club invite all mothers, grandmothers and special friends to enjoy the Mothers' Day High Tea

Where: Nathalia Primary School

When: Friday 12th May

Time: 10.30 am

As the raffle will be drawn at the High Tea could all raffle

tickets be returned to the school by Wednesday 10th May. Raffle tickets will also be sold on the day.

1st Prize—\$100 voucher from Blizzards Jewellers.

2nd Prize—Stephen Jewellers bracelet

3rd Prize - \$30 Bag City voucher

4th Prize—\$20 voucher SPC Ardmona

5th Price—15 vouchers from Collins Booksellers

6th Prize—Scented Candle from Casual Step

Junior School Council will have a photo booth available for families to have a photo taken. These photos will be sent home with students.

Parents' Club will hold a gift stall on the day where students can purchase a gift for mum—these gifts range in price from \$2 to \$5. Parents' Club are asking families who are able, to bring a plate to share on the day. If you are not a baker we could use your help setting up. If you are able to help with either could you please contact Amy 0418393403 or Lisa-Ann 0407551585 prior to the day.

Sports Awards

Rylan Lynch and Taylah Hutchins



Students of the Week

"Voice"

Molly Caldwell, Kymani Stone-Talty, Lucy Daniel,
Amber Watson and Jack Hutchins



Dates to Remember:

May 12—Mothers' Day High Tea -
10.30am

May 16—School Council 7.00 pm

May 19—Winter Sport V St Josephs (A)

May 31 —School Photos

Weekend School Footy

Round 3 - Under 10's—Nathalia 7-9-51 def Mooroopna Red 5-3-33

An awesome day for footy saw us back at Mooroopna. The boys tackling and focus was again on show as they made it over the line for a win. The game saw a few boys kick their first goal. A good win for the Knights.

Best on - Tom Walker, Ned Frostick, Declan Begley, Clinton Stone-Talty, Marcus Burns, Josh Dohnt

Goal Kickers - Ned Frostick 2, Marcus Burns 1, Josh Burns 1, Dylan Dohnt 1, Nate Summerville 1, Tom Walker 1

Round 3 - under 12's—Nathalia 7-5-47 def Mooroopna Red 3-8-26

Super start to the game where we kicked 3 goals in the first few minutes. Mooroopna, to their credit, came back in the 2nd quarter and the team had a great contest for the rest of the game. The result was a hard fought win.

Best on - Max Frostick, Charlie Sheehan, Ned Bramwell, Kai Lundberg, Tom Dohnt, Clancy Baker

Goal Kickers - Darcy Conroy 2, Charlie Sheehan 2, Billy Liddell 1, Kai Lundberg 1, Jack Hutchins 1

Welfare Officer

Here we are in May 2017 and winter is fast approaching us as we experience chilly mornings and evenings. Coming into winter I am always aware that not only is the weather changing but so can our *'mood'*. Some people experience what is known as seasonal depression and is brought on by the shorter, cold and darker days of the winter months. For many of us it is the hustle and bustle as usual however the limited daylight hours and cold moist weather takes its toll on us all including our kids.

How does this impact our children you ask? What might you see?

- Children respond to their environment so if we are feeling stressed trying to get things done in the shorter days they will feel this and often act out.
- Reduced exposure to the sun. We all need direct sun light to provide us with Vitamin D which is known to regulate and improve our mood. So our kids can become sad and withdrawn or they may be more disruptive than usual.
- Tend to watch more TV or use electronic devices.
- Some children have no changes what so ever.

What is important to remember is that we are all different and this includes our children.

I encourage parents to consider the following:

- Be aware of your own mood and what your child(ren) are seeing. Try keep it upbeat and happy as this will impact how your child feels and behaves.
- If your child begins to appear sad for no apparent reason then ask them how they are feeling. You might need to provide options such as happy, sad, confused, angry, frustrated as they don't always have the words.
- If a child becomes quiet, withdrawn and sad for more than a few days – 1 week seek advice. You may talk to their teacher, welfare officer to see how they are at school.
- Keep screen time to a minimum and encourage your child(ren) outside to play when the weather is good.
- Plenty of activity, playing a sport and if not into footy or netball find a physical activity that they like. This might be shooting hoops, riding a bike, having a friend over to play anything that involves activity.
- One of the main things is maintain a routine and regular bed time age appropriate to your child(ren).
- The last and also very important is to look after *'yourself'*, be aware if you are impacted by the weather and time of year. If you do find that you are effected by the winter months by role modelling healthy activities to improve mood will teach your child(ren) how to do this also.

Rosie Batty visiting Kyabram

Please see the flyer for Rosie Batty who will be at Kyabram on the 2nd June 2017. I will be going so if anyone would like to attend and would like a lift I have room for 4 people. Let Ruth know and I will contact you. The afternoon is free and you can book on line, see the link on the flyer.

Take care for now

Alison Harris
Welfare Officer

Afternoon Tea with Rosie Batty

2015 Australian of the Year

Friday, June 2, 2017
1pm – 4pm • Kyabram Club

Afternoon tea • Tickets: trybooking.com/POME

Inquiries to kclc@kclc.com.au

Raising awareness of domestic violence issues within
our local community and advocating for change.
An opportunity to meet Rosie and purchase one
of her signed books.



“My belief is a
tragedy gives you
an opportunity to
make a difference.
I've always
admired people
who do that.”

– Rosie Batty



Kyabram

Kyabram Free Press

NEVER ALONE
rosie batty foundation



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