Welcome to Week 4. Congratulations to all those students who competed on Friday at the Orara Valley Swimming Carnival. A special mention goes to our three boy champions: Jack D, Cooper L and Jake W. Well done and good luck to all our kids at the next level.

Thank you to all the parents who have already paid for our upcoming Science Program called “Scope IT”. All children from year 1 to 6 will participate in this 10 week program and costs every student $10. This is a highly valued opportunity for our students so the school has supplied significant subsidy towards the program. No separate note has been sent home for this project. Money is to be sent to the office in an envelope marked with your child’s name.

Year 5/6, have also been asked to express their interest in the upcoming GRIP Leadership Conference and notes should have been returned by last Friday. We have extended this until tomorrow.

Please note our P&C AGM is tomorrow night. Please came and join our team. Our P&C work very hard and many hands make light work. In the past two weeks our P&C and Canteen have already organised and ran two major fundraising BBQ’s. Thank you to everyone involved, from our organisers; Nicole Fielding and Jaimee Woodlock, to all parents who baked goods, donated eggs and helped cook on the two days. A job well done!

Please note the message below from the DET and the local Police.

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**Joint Anti-truancy Sweep**

Attention parents and students

Please be aware truancy officers from the Department of Education in a joint operation with police will be working within this community in the coming weeks. Any young people found unsupervised, on the streets, may be approached by officers and questioned. Young people found to be truanting will have their names recorded and will be directed to return to school. This operation will be ongoing.

**Keeping them safe.**

Don’t forget to ask your child, “what went well today?”

D.Nicholls
**Class Award Recipients- Term 1 Week 3**

<table>
<thead>
<tr>
<th>K</th>
<th>1/2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max A</td>
<td>Using his great manners.</td>
</tr>
<tr>
<td>Akira A</td>
<td>Working very well in all class tasks.</td>
</tr>
<tr>
<td>Alfie T</td>
<td>Being a helpful student.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2/3</th>
<th>4/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dylan C</td>
<td>Fantastic work during maths.</td>
</tr>
<tr>
<td>Rose T</td>
<td>Great work during literacy activities.</td>
</tr>
<tr>
<td>Harvey S</td>
<td>Being a super classroom helper.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5/6</th>
<th>RFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ollie D</td>
<td>Always remembering his jobs and taking pride in them.</td>
</tr>
<tr>
<td>Luke A</td>
<td>A great start to the year with his writing.</td>
</tr>
<tr>
<td>Remi M</td>
<td>Beautiful bookwork.</td>
</tr>
</tbody>
</table>

**Principal Awards**

Keira B Being a kind student who completes all tasks to the best of her ability.

**PBL**

As the first part of our move to becoming a PBL (Positive Behaviour for Learning) School, the team will visit our school on Wednesday the 16th March. They interview teachers and a random sample of students about their experience and knowledge of their school. If you do not wish for your child to be a possible participant, please let Mrs Nicholls know this week in writing.

**What went well in 4/5**

Class 4/5 have been enjoying learning all about Australia. Students have labelled maps showing states, capital cities, seas and oceans. During modelled reading we have been looking at a fantastic book called “Are We There Yet?” By Alison Lester which is about a family and their adventures around Australia. Students wrote some amazing descriptive paragraphs of their own about places in Australia they have visited. We have also started reading a great novel called Surviving Sydney Cove by Goldie Alexander. We are excited to begin our history unit ‘first contacts’ about the British colonisation of Australia.
School Fees
School Fees for this year are **$45 per child** and capped at **$105 for families of 3** children or more. We would appreciate if these fees could be sent to school as soon as convenient. Thank you to the many parents who have already paid their school fees for the year.

Newsletters
The Newsletter will go home Tuesdays this term for a trial to see if this is more effective. To attempt to cut costs of our newsletters, we are asking if parents could have these emailed rather than receiving a hard copy. If you are willing for this to happen could you please contact the office ladies in writing. An email to the school email is a good option. Thank you to those parents who have already contacted us.

ICAS NSW Assessments – Years 4/5/6
Once again we are offering the ICAS Assessments for students from Year 4 to 6. This is not compulsory however it is a very useful opportunity for your child to be placed in exam conditions and test their knowledge. You will receive results that inform you of your child’s ability level compared to all students across NSW who have completed the test. **We have extended this until tomorrow, 17th February.**

School Bags
Nana Glen Public School, School Bags are available at the office while supplies last, for **$45.**

GRIP Leadership Conference – Year 5/6
In the past two years we have taken all of year 5 and 6 to the GRIP Leadership Conference in Coffs Harbour. In discussions with students, they have all expressed a desire to attend again this year. We value this conference highly and have budgeted to cover the cost of the bus to this conference and subsidise every child $10. The total cost per student will be $25 for the full day conference. If you are interested for your child to attend, **please complete the expression of interest note and pay a no-refundable deposit of $10 to secure your child’s ticket.** We are required to buy the exact number of tickets for students to attend, so a deposit is essential. Notes and money are due by 7th March 2016.

Scope IT – Years 1 to 6
The total cost to the school is **$5 per student number** in our school each week for the 10 week program with a total cost of **$50 per student.** We are asking that parents pay **$1 per week** so the **total cost for parents, per child is $10 for the complete program.** The total amount is required and **no refund will be able to be given** for absences as this cost is still incurred each week. The program will begin in week 5 of this term. The program will go into Term 2, and finish in Week 6, Term 2. We are asking that total payment be sent to the office as soon as you are able. **Full $10 Payment is due by Friday 19th February.**

School Sunnies
Our Sunnies have arrived and the kids look great. If you would like your child to have a pair of school sunnies, **they are $10 and can be purchased at the office.** The office ladies will write your child’s name on their sunnies straight away. The school takes no responsibility for student’s sunnies. Please also be aware that other sunnies are not permitted at school.
Nutrition Snippet

The simplest way...
to encourage healthy eating.

If you’ve got a fussy eater in the family, a behaviour reward chart can be a great way to get them eating and enjoying new foods and more fruit and veg.

Praise from parents or the offer of small rewards is a good motivator for many children.

A behaviour reward chart can work wonders too. Remember to decide on rewards and goals in advance and keep them realistic and motivating.

Want more great tips and strategies to overcome fussy eating? Register for a Fruit & Veg Sense workshop online: eatittobeatit.com.au

Find this chart and others online too.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
WEEK 3 COMMUNITY NEWS

Judo
Coffs Harbour PCYC

Learn how to defend yourself and fall safely while having fun in both recreational and competitive judo. Judo is a martial art and Olympic sport, ideal for males and females. Meaning ‘the gentle way’ in Japanese, judo has a strong emphasis on safety.

PCYC
Coffs Harbour

Join PCYC first 2 lessons FREE

Woopi Netball
REGO FOR 5 YEARS TO SENIORS

SENIORS: Tuesday 16th Feb, 5.30-7.30pm.
Comp starts Tuesday 23rd Feb.
NETSETGO! 5-8 YRS, JUNIORS & INTERMEDIATES 9-17 YRS (age splits TBA):
Saturdays 27th February and 5th March 9.30-11.30am
Enquiries: Sandra 6554 2743
Come and join our Woopi Netball “Family”

HOCKEY FUN
Come & Try a New SPORT

Equipment Supplied
Date: Saturday 13th February
Venue: Hockey Fields Stadium Drive
9.30am - 12pm Ages 6-8 yrs & 9-12 yrs
Cost: $2.00

Sausage Sizzle & Drink Provided
BYO: Joggers, Hat, Drink Bottle, Sunscreen
Shin pads only if you have them...

North’s Hockey Club
Melors 0429645542

Orana Hockey Club
Sue 0429363869
Family Relationship Skills Program

FREE Workshops for parents

Tantrum Toolbox
One Day Workshop

Thursday 25\textsuperscript{th} February
9.30am–12:30pm
Room A1.10 Maclean TAFE
Woombah St, Maclean

Parents are provided with information about the causes of tantrums from toddler to pre-teens as well as tips and strategies on how to manage them.

Who’s in Charge?
4 Day Workshop

Thursdays 3\textsuperscript{rd}, 10\textsuperscript{th}, 17\textsuperscript{th} & 24\textsuperscript{th} March
9.30am–12:30pm
Room A1.10 Maclean TAFE
Woombah St, Maclean

A four day group program for parents of teens and pre-teens who are abusive towards them or beyond their control? Parents are provided information on a range of topics including changes in the teenage brain, hormones, anxiety and peer pressure. Parents get to meet and share their experience with other parents in a similar situation and discuss with the group strategies for dealing with conflict and managing stress.

FREE CHILDCARE AVAILABLE – Bookings Essential

To register for the workshops call CRANES on 6642 7257 or email admin@cranews.org.au
Full course calendar available at www.cranes.org.au
**1-2-3 Magic**

Encouraging good behaviour, independence and self esteem – a simple discipline program that really works!

One session per week for 3 weeks:

**WHEN:** Thursdays 3, 10 & 17 March

**TIME:** 10am - 1pm

**WHERE:** Burnside Family Centre 7 McLean Street COFFS HARBOUR

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**Dads — Bringing Up Great Kids**

This session in the Bringing Up Great Kids program focuses on how children develop and change over time, how the way we communicate with them impacts on their developmental progress and how to respond to the ongoing challenges of parenting.

One evening session for 3 hours:

**WHEN:** Thursday Evening 31 March

**TIME:** 6pm - 9pm

**WHERE:** Burnside Family Centre 7 McLean Street COFFS HARBOUR

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**Brain Development**

Practical ideas to help us learn how children’s brains grow and develop.

Will also focus on positive bonding/attachment and how this impacts on the children’s brain development.

One session for 3 hours:

**WHEN:** Friday 11 March

**TIME:** 10am - 1pm

**WHERE:** Burnside Family Centre 7 McLean Street COFFS HARBOUR

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**ALL COURSES ARE FREE OF CHARGE**

To enrol in any of the above courses, please ring Uniting Burnside on 6659 2800

Places are limited, so please book early!
OVFC Registration days for the 2016 Season

OVFC Junior FUN DAY
Nana Glen pool
This Saturday 20th Feb 2015    10am to 1pm
(free entry for swimming, gold coin donation sausage sandwich)

OR

Sign up for the Dingoes online
www.myfootballclub.com.au
and visit the OVFC website for payment details

For future communications from OVFC, join our mobile app:

- Go to App Store OR Google Play Store, then search: Orara Valley Football Club – then download
- Allow all push notifications to receive important news from the Club.
- Register your details (takes about 1 minute) and link yourself to relevant team, coach or committee. Tick “remember your password” and then just press the OVFC icon on your phone & you are in. Under the “more” tab you will have direct links to fixtures, results & wet weather info like field closures etc.

If any registration questions please call Jodie Thornber on 0429330245
FEBRUARY ARTICLE

Handwriting Tips

Students who struggle with handwriting may know the content, but have trouble putting their knowledge/thoughts onto paper. Creating messy, illegible writing after so much effort is frustrating and demoralising, and will lead to more learning issues as the student falls further behind.

General Tips
✓ Find a pencil grip that works and invest in a few.
✓ Write letters in multiple contexts, eg. sand, shaving foam, foggy mirror, concrete using chalk, etc.
✓ Warm up hands before starting to write.
✓ Encourage correct body posture, eg. sit at the desk, not laying on the floor, etc.

Tips for Home
✓ Encourage your child to learn keyboard skills.
✓ Put the alphabet in plain view when working on writing.
✓ Help your child with written homework, eg. let them dictate to you.
✓ Use cutlery to encourage fine motor skills.
✓ Play games with small pieces, eg. Lego, jenga, marbles, etc.
✓ Write letters on your child’s back and vice versa.
✓ Encourage the writing experience eg. add items to the shopping list, write down a dinner choice, write notes to each other, etc.

Tips for School
✓ Allow students to print if cursive is too hard.
✓ Provide a photocopy of instructions rather than expecting the student to copy everything.
✓ Allow the use of a computer if needed.
✓ Have the alphabet stuck on the desk for quick reference.
✓ Break tasks up, eg. 1. Complete writing task, 2. Add punctuation, 3. Check spelling, etc.
✓ Give less work to be complete by hand, eg. five sums instead of ten.
✓ Allow more time to complete work.


Have you read this article...
Have you seen this book...
Have you googled this website...
A great range of fact sheets relating to pencil grip, hand strength, low muscle tone, etc.

This information herein is provided on the understanding that the Learning Difficulties Coalition Helpline is NOT providing professional advice and services. The information herein provided is NOT to be used as a substitute for professional medical, or clinical advice.