Dear Parents and Caregivers,

Information Sessions
By now most of you will have been to or are about to go to the Information sessions held by your child’s class teacher. I hope you found them informative and a way to feel a part of your child’s class. Emails will begin in the near future. If you were unable to make these sessions let your child’s teacher know and some information can be sent home.

Newsletter
Just a reminder that this newsletter is now only sent out by email and posted to the website. If you hear of anyone who has not received it please tell them to contact the office. We will have some newsletters available in the foyer.

Parallel Parking
Just a warning re parking behind the school. This is parallel parking only and needs to be 3 feet from the fence line. Rangers do patrol right around the school on a regular basis. Quite a number of both staff and parents have been booked and had to pay a large fine. Please be careful and also take it easy driving near the school.

Rewards
This year we have revamped the awards system a little to make it easier for the children and parents to remember what it is they need to collect to achieve the levels. Students need to collect three of each, i.e. 3 class achievement awards to gain a school award; 3 school awards to gain a Principal’s award and 3 Principal’s awards to gain a medallion. If your child is new to Nulkaba and didn’t begin their schooling in Kindergarten there is a pro rata system in place to support them.

Swimming
It was wonderful to see so many of our students competing for their house at the swimming carnival last week. We used all the time to complete the races which was awesome. Congratulations to all the children for their participation and a special congratulations to the House Captains. They did a great job. Congratulations to all houses and especially the overall winners Macquarie and also to the age champions. Best of luck to our Zone team who compete on 28th.

P&C
It was wonderful to see new faces at the P&C meeting last week. Everyone is working very hard to make our School Fair a great success. Next month is the AGM - please come along. You don’t have to put your name forward for a position but you can if you would like to.

Narelle Hunt
Principal
Nulkaba Public School
**WHAT'S ON THE CALENDAR?**

**2014 Term 1 – Week 5**
- Wed 26 Feb: Stage 3 Boys PSSA Cricket - 8:30am
- Thu 27 Feb: Sunnies for Sight Day
- Fri 28 Feb: Cessnock Zone Swimming Carnival

**2014 Term 1 – Week 6**
- Tue 4 Mar: Stage 3 Debating Workshop
- Thu 6 Mar: Hunter Region Swimming Carnival

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**Reminder**

**Final Date for Payments**

*Stage 3 Four Day Excursion to Sydney*

$50 deposit, $435 in total

**Deposit Due: 21/02/2014**

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**P&C Meeting**

Tuesday 11th March 2014 at 6.30 PM
In the School Staff Room
All welcome, have your say be involved in your child’s education
Parents new to the school especially welcome

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**School Banking**

*STAY COOL AT SCHOOL THIS SUMMER*

Win a CommBank Marquee for our school and $50 for a student just by depositing to your CommBank School Banking account in Term 1.

The school with the highest percentage of active students at the end of Term 1 will win a marquee. There are 4 marquess to be won in the Newcastle area. Every student who completes a minimum of 3 school banking deposits in Term 1 will also be in the running to win one of two $50 credits to their School Banking account.

**Competition opens 28/01/2014 and closes 11/04/2014.**

For full terms and conditions

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**NULKABA NIBBLES**

**CANTEEN ROSTER**

**Week A**

Monday 17 February to Friday 21 February 2014

<table>
<thead>
<tr>
<th>Day</th>
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<tr>
<td>Thursday</td>
<td>20 February</td>
<td>2 Helpers Required</td>
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<td>Friday</td>
<td>21 February</td>
<td>W. Saywell, J. Slatter</td>
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**Week B**

Monday 24 February to Friday 28 February 2014

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<tr>
<td>Monday</td>
<td>24 February</td>
<td>S. Parker, R. Stirrat, P. Twentyman</td>
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<tr>
<td>Tuesday</td>
<td>25 February</td>
<td>K. Watson, V. Williams, S. Zilic</td>
</tr>
<tr>
<td>Wednesday</td>
<td>26 February</td>
<td>R. Meyers, L. Robinson</td>
</tr>
<tr>
<td>Thursday</td>
<td>27 February</td>
<td>A. Burke, K. Saunders, A. Trowbridge</td>
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<tr>
<td>Friday</td>
<td>28 February</td>
<td>R. Cororan, L. Hirst</td>
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**Week C**

Monday 3 March to Friday 7 March 2014

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<tr>
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<td>3 March</td>
<td>J Hope, H. McGregor</td>
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<td>Tuesday</td>
<td>4 March</td>
<td>K. Laybutt, A. Smith</td>
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<td>Wednesday</td>
<td>5 March</td>
<td>S. Clark, R. Proctor</td>
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<tr>
<td>Thursday</td>
<td>6 March</td>
<td>W. Jenness, K. Vickers</td>
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<tr>
<td>Friday</td>
<td>7 March</td>
<td>J. Borghero, M. Wills</td>
</tr>
</tbody>
</table>

_IF YOU CAN HELP TO FILL OUR CURRENT VACANCIES PLEASE CONTACT_

**LINDA ON**

**0457 514 786**

Support your school by volunteering in the canteen once per month
**Sport News**

**Swimming Carnival**

Congratulations to all of our students who attended and participated in our annual school swimming carnival. The weather was perfect and the determination of our students outstanding. There were many special efforts throughout the day with our house leaders swimming in many events and inspiring their teams. A special mention to our Year 2 and Year 3 competitors who completed some amazing swims. Our future in the pool continues to look bright. Mr Somerville and Mr Carpenter have a lot of work to do if they are to make a serious challenge at the swimming carnival next year.

I would like to particularly thank our volunteers who ensured the day went well. Your support is always valued by staff and we appreciate your expertise. A final thankyou to staff as they too ensured the day went smoothly without any breaks due to the program.

Congratulations to Macquarie house for taking out the 2014 swimming carnival. Overall, around 1300 points were allocated in terms of participation and place points. This information tells us that many of our students went into the pool and ‘played the game’.

Well done to the following age champions for 2014:

- **Junior Girl:** Julia B
- **Junior Boy:** Henry M
- **11 Years Girl:** Molly B
- **11 Years Boy:** Michael R
- **Senior Girl:** Mackenzie S
- **Senior Boy:** Charlie M

The zone swimming carnival will be held at Cessnock Pool on Friday 28th February. Permission notes and student events have gone out on Wednesday.

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**Sport thought:**

"I touched the wall and all my dreams, hopes and ambitions basically coalesced into one moment."

Duncan Armstrong on winning Olympic gold.

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**Sport Report by Phillip House Leaders**

**Swimming carnival**

At the swimming carnival, a great day was had by all. Everybody gave their best shot and tried their hardest. 36 people made it to zone.

**Basketball**

Mrs Zoneff is trialling rep basketball this week for girls and boys.

**Cricket**

Mrs Paige and Mr Carpenter have selected the boys cricket team. Their first game is next week against Kitchener PS.

We pictured some of our peers being active in the playground.

Phillip house leaders are: Ashley W, Molly B and Jack S
Kindergarten Finishing Time

As of Monday 24th February Kindergarten will be finishing school at 3.10pm. Please advise your class teacher if your child will be catching the Bus or After School Care Bus to ensure that students are shown where to line up under the COLA.

Scripture

Early Stage 1 and Stage 1

We are very lucky to have Miss Catherine come and teach Scripture to Kindergarten, Year 1 and Year 2 again this year. Scripture begins this Thursday 20th February and will continue each week. If you do not want your child to participate in Scripture a note must be given to your child’s class teacher and alternative arrangements will be made at this time.

Supples for Sight Day!

On Thursday, 27th February (week 5) we are having a ‘sunnies for sight day’.

Wear a crazy pair of glasses and bring a gold coin donation.

All money raised will be donated to the Royal Institute for Deaf and Blind Children, to help support a range of educational services for students with vision and/or hearing impairments.

Music Lesson News

At Nulkaba PS we offer tuition in Guitar, Drums and Piano through our association with the Upper Hunter Conservatorium of Music. This year we are also able to offer positions in Voice (singing) and Drama. If your children are interested in any of the above, please see Miss O’Hearn for enrolment forms and further information. (Please note that there may be a waiting list for some lessons.)

Thanking you

Miss O’Hearn

CESSNOCK CITY WOMENS SOCCER

Do you like soccer?
Are you female?
Are you 11 and over?
Would you like to play in an all-women’s soccer competition?

If you have answered yes to the above questions then contact us. We are looking for new players to join our teams.

CONTACT: Robyn Larsen 0411560351
          Ken Gallen 0422195345

Note: This is a Sunday competition. New players welcome from 11 years.

Copy of Birth Certificate is required for new players.
Parasitic insects which live on the scalp and hair of humans:
- Approximately 2-3mm long and 1mm wide
- Have legs and claw like nippers
- Can colour camouflage themselves by being light or dark depending on the hosts hair colour
- Feeds on human blood and lays eggs
- Cannot survive more than 45 hours away from the host scalp but have a life cycle of approximately 3 weeks
- Moves very quickly when combing hair
- Do not live on animals, cannot jump
- Can live in chlorine water for up to 5 hours
- Are transferred by human contact or items shared such as hoists, brushes, helmets, hair ties, pillow cases etc.
- Like clean and shiny hair
- Do not carry diseases

What to look for:
- Itchy head and constant scratching
- Black gritty like dots on bed linen
- Whitish or creamy like sand granules that do not come off, a small lump is felt when you run your fingers over them
- Hatch between 5 and 10 days after being laid and begin laying eggs as adults. This is the reason why breaking the egg laying cycle will have a greater benefit.
- Brownish coloured eggs are ones that have hatched or are dead.

NIT BUSTERS HOME USE PRODUCTS ARE AN EXCLUSIVE FORMULATION. THIS FORMULA KILLS THE HEADLICE AND THE EGGS PRIOR TO HATCHING. WE RECOMMEND THAT YOU TREAT THE INSECT PROBLEM EVERY 2ND TO 3RD DAY FOR 1 WEEK AFTER INITIAL TREATMENT TO ENSURE THAT YOU HAVE KILLED ALL POSSIBLE EGGS AND LIVE LICE.

For external use only. DO NOT SWALLOW. Avoid contact to eyes. Do not use on colour, sensitive or infected skin.
People who have plant allergies do not use. If medical advice is needed contact professionals information.

Hairytales
Ph: 49964569

Nit Busters specialises in the treatment and removal of head lice and nits. We are able to cut, treat and style hair infested with lice.

Nit Busters Treatment kills both lice and their eggs. Nit Busters Products can be purchased online.

Wholesale & Franchise 0431 265 587

Stage 1 Solution will kill both head lice and nit eggs. We do not suggest that just one treatment will be necessary. Please ensure that you repeat this procedure to ENSURE that you DO NOT miss ANY EGGS. We highly recommend that when you think all head lice and eggs are dead that you repeat he procedure 3 days later and then again a further 5 days later just to be sure. Remember that just 1 egg left in the hair will start the re-infestation all over again.

Spray Stage 1 solution in a hole like circle starting at the hair line rubbing solution in as you go making smaller circles as you near the top of the head. Then parting the hair in sections spray solution through the hair to ensure all eggs are sprayed with the solution. Leave to soak for 20 minutes and begin sectioning hair and combing with a fine tooth comb from the scalp to the ends. With each comb thoroughly rinse comb in a bowl of water. This will reveal the extent of infestation. Hatched eggs and nymph lice will float on top. Adult egg layers will sink to the bottom. Continue until all hair is covered. Rinse and cleanse with stage 2 shampoo.

Apply directly onto towel dried hair after rinsing off shampoo. Spray thoroughly throughout hair and comb through. This is a good time to remove eggs if possible. Pinch fingers together and run fingers through hair between them and eggs will slide off. Egg removal may be difficult on the first treatment subsequent use will soften the glue which attaches the egg and allow easier removal.

Spray Lice Spray into dry hair daily ensuring that all hair is sprayed during peak season as cut breaks down and eggs are a problem. Do not spray directly onto the scalp or eyes. This will assist in preventing re-infestation for all family members. This product should not be used to kill or treat head lice on its own. It should be used in conjunction with all other Nit Buster products.

Today you have had your first treatment in our Nit Buster Salon. To ensure you prevent re-infestation please ensure you follow these instructions.

Make sure you soak all combs, brushes, headbands, bobby pins, clips etc with Nit Busters Stage 1 solution. Flea bomb your house to ensure you eliminate head lice and nits from carpet and lounges. Spray and vacuum car seats.

Remove all bed linen and wash with 40ml of Nit Busters Stage 2 solution in your washing machine with hot water. Place mattress in the sun and spray with surface spray then head to air.

Spray Stage 1 solution all over clothes, hats, sweat bands etc that have been worn and wash in hot water. Spray car seats and floor with surface spray to ensure you eliminate head lice and eggs.

DO NOT ALLOW YOUR CHILD TO USE OTHER PEOPLE'S COMBS, BRUSHES, HATS, HEAD BANDS OR SLEEP IN BED LINEN THAT HAS BEEN CONTAMINATED WITH HEAD LICE.

Please remember that re-infestation is not always from being near someone who has them. It is more likely that elimination was not completed fully in the first place. Once a week treatments are NEVER enough to remove lice completely, it must be done every 2nd to 3rd day to break the egg laying cycle. In between your salon treatments please ensure you use the shampoo and conditioner purchased with your first treatment.

Once hair is treated with Stage 1 solution and lice are removed by combing with a fine tooth nit comb rinse and apply a small amount of Stage 2 shampoo. Message into hair and scalp ensuring maximum coverage. Rinse off and apply Stage 3 conditioner which is to lean in. Follow up with Stage 4 solution each morning as a preventative. All family members can use Stage 4 solution every day to prevent further infestation.
Crunch&Sip

Please ensure your child has a water bottle filled with water and a piece of fruit or vegetable every day. For more information visit: http://www.crunchandsip.com.au

Nutrition Snippet

The simplest way
to increase your vegies

Eat vegetables throughout the day
It’s hard to get all your vegies at dinner. Try vegie sticks with low-fat dip like guacamole or salsa, or vegie pancakes - mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.

Decrease the meat in your meals and add more vegetables
For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with lots of extra veg.
*Hint: chickpeas, lentils and beans are rich in protein and will help curb big appetites!*

Add vegetables to all your meals
Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
Welcome from the Nulkaba P&C

Our P&C meetings are held on the second Tuesday of each month at 6:30pm in the Staff Room – come and see how you can be involved in shaping the school for your children.

If you would like to join the P&C please complete the form below and return with your $1 membership fee (per person).

Even if you can’t attend our meetings, we still encourage parents to join the P&C. Annual membership only costs $1 per person –

If you intend to do any volunteer work with the school, you should join the P&C so that you have insurance cover.

Please complete the form below and return with your $1 to a P&C rep or the office (Joining the P&C does not mean you have to attend meetings – although you are very welcome to!)

Nulkaba Public School P&C Membership Form

Why join the P & C?
Joining the P&C is one of the best ways to show your children how much you value their education and how interested you are in what they do.

A lot can and has been achieved through the P & C and school working together towards common goals. To do this the P & C needs people from all walks of life and with a range of talents who are committed to delivering great outcomes for our children and school.

If you intend to do any volunteer work with the school you should join the P&C so that you have insurance cover. Annual membership to Nulkaba School P & C costs $1.

How you can help?
- Just by joining your P & C you add your voice to what’s happening in the school;
- Canteen volunteer;
- Classroom helper, eg reading, groups etc;
- Assisting with fundraising activities, eg stalls, School Fair etc;
- Working bee volunteer;
- Attend P&C meetings.

Please complete the form below and hand it in today with your $1 to join up for 2014.

For more than one person please put all names and include $1 each.

Name: ___________________________________ ___________________________________

Home Phone: ___________________________ Mobile: ___________________________ 

Email Address: _________________________ Child’s Class: ________________________

Newsletter by Email

Our school newsletter the “Nulkaba News” will only be available by email from Week 4 of Term 1. To receive our newsletters by email please complete the required details below. Please note; do not reply or send to our distribution email account (nulkabaps.distribution@gmail.com) as it is not monitored for incoming emails. Email correspondence with the school is through our school email account (nulkaba-p.school@det.nsw.edu.au).

Student Name/s: __________________________________________________________

Email Address/es: _________________________________________________________