BUILDING OUR POSITIVE SCHOOL CULTURE

Over the last 4 years, one of our school goals has been to build school connectedness and a positive school culture. Our community has valued the contributions of everyone and we have developed a shared understanding of what we want Nilma to look like, feel like and be like! It has taken the whole community to do this, including, parents, students and staff. This is the key to our success.

Recently parents and students have been providing feedback on school practices in classrooms and across the school. I have been very impressed with the students expressing opinions and ideas on various areas of the school. (But sorry kids we just can’t fit the swimming pool in!)

This relationship has allowed smooth communication when we do experience concerns or issue. (whether they be with students, staff or parents) Our saying “If you have a problem—best to deal with it and move on” What does this mean? This may look differently in different situations but generally there is a need to talk and explore what the situation is, look at options and problem solve together, listen to different view points, come to shared understanding of a situation, then set action plan and move forward.

We pride ourselves on being actively open to working with parents towards building confident, creative, capable and REAL students at Nilma. This takes ‘Trust’ and ‘Mutual Respect’ to build solid relationships within the community— so thank you parents for working with our staff to build such a great, and caring school. We are committed to providing a safe and supportive environment where respect and responsibility are foundations to this success.

We thank you for keep up the fantastic communication and conversations with the staff to continually provide feedback to grow. Our School Review will realign our school philosophy and focus over the next 4 years.

FOOTY COLOURS DAY!
Friday 5th September
Lunch Orders to be in by Tuesday 2nd September.

STAFF PD
Home-group teachers have attended the final day of the Evidence into Action professional development course today. This is a school project using student voice and feedback as well as evidence of student learning growth to review our school programs and work to provide a more enriched learning environment for the students of the 21st Century!

BOOK WEEK PARADE
Thanks to Mrs Krygger in the Art room for assisting students to make all the creative hats for our parade.

YEAR 6 TRANSITION DAY
Next Tuesday All year 6 students will begin the first Transition day at Warragul Regional College. Doesn’t matter what secondary school you will be attending—this is open for all students to experience life in a secondary setting.

STAFFING
Mrs Vagg will be on Long Service Leave for the final weeks of the term. Mrs Hodge and Mrs Salt will be working in the classroom during this time.

PREMIER’S READING CHALLENGE
Congratulations to the following students who have now completed the Premier’s Reading Challenge: Mitch Chesterfield, Holly Farmham, Shelby McGrath, Kirsty Wooster and Lachlan Brown. All the students in Year 1F and 3/2/1 Green have also now completed the challenge sharing 30 books in their home group.

LOST PROPERTY
Please check your child/ren’s jumpers as several children are missing labelled tops. Riley Kleeven has a size 10 jumper missing for several weeks. The jumper is named on the shoulder.
**R.E.A.L STUDENTS@NILMA**

**Student of the Week**

**Recognitions**

Homegroup 1/F Red

Shila Bundle
For your fantastic effort when reading this week. You listen well and this has helped you when learning new reading strategies and skills. Well done Shila!

Homegroup 3/2/1/ Green

Ty Ward
You have put a great effort into your work and are an excellent learner.

Homegroup 5/4/3 Blue

Brianna Burnett
For your cheerful approach to all aspects of your learning and willingness to challenge yourself and “Have a go”. Well done mate!

Homegroup 6/5 Yellow

Jack Chesterfield
Carrying out your leadership responsibilities with pride and enthusiasm. You’re an exceptional role model!

**L.A.U.G.H Program**

Learning Activities Under Guidance of Home

**NIGHTLY READING**

75 nights
Kirsty Wooster
Lane Ward
Mitch Chesterfield

100 nights
Clint Scott

**Happy Birthday**

Aiden Olsson
Jamie Garten
Mr Williams
Narratives

Red group is beginning (what we think is the most exciting writing genre) to write narratives! This week we talked about different stories and whether they were fiction or non fiction. We voted that we liked fiction stories better.

We read, ‘The Three Little Pigs’ and talked about the characters and what happened in the story.

I couldn’t believe what happened at school. I was playing football after lunch and Miss B told us to sit on the floor. That is when we got sucked into the floor. It was cool. There was a jungle. I was swinging from vines. There was a certain amount of time that we were under the floor.

We only had 10 minutes until we came up from the floor. Under the floor there were lots of different animals I could only talk too. After 10 minute we appeared back in the class.

The teacher was outside looking for us. When our teacher found us we told her what happened and she didn’t believe us. We got in huge trouble. THE END

BY DANIEL.

Hat Parade

It was Hat Parade! We had to make a hat in Art and it was fun. The Hat Parade was for F/1, 3/2/1, 4/3 and 6/5. By Kiara Perry

On Friday 18th August, Nilma PS had a ‘Hat Parade’. We had to make a hat in Art. I made a knight hat with Jamie. The hat parade was really fun. By Mitch Chesterfield

On Friday we had a hat parade and it was on the fake grass. It was fun because we walked around and went past other people and Jack McGrath’s hat looked awesome.

By Bailey-Jack Christoph

On Friday we had a hat parade. It was fun and we got lots of pictures. By Ella Perry

Narrative Writing began in Writing Groups this week...

The freezing cold wind shook the body of the almost glowing creamy coloured mare as she walked through the bush, through the darkness, through the cold.

The majestic jet black stallion stood at his cave entrance. He looked at all his mares then into the darkness. King heard hooves tapping on the rocky floor. He turned, facing Tianne, her black spots fading into the night and the white in her coat glowing with moonlight.

Tianne nodded to King and he left. Three days later King returned exhausted and empty handed. What ever he was looking for knew it was being followed... To be continued.

By Shakira Kimm.
GROWING WELL (CONTINUED)
I hope you have enjoyed our little series on “Growing Well”. So far we have talked about several ways to feel well both mentally and physically. These have included staying connected with friends, family and community, exploring ways to enhance our sense of satisfaction with life, and our well being. Last week we took a look at staying physically healthy and active. Our last point in this series is “Being Organised”. This is an area I continually need to grow in. I am not a naturally organised person, but I do know that life is much less stressful, and days go much better when I am organised. Being organised gives us more of a sense of control and helps keep stress at bay. It also helps to be more productive, and even creative, as being organised releases time in our day to pursue other things that bring pleasure, and also enjoy guilt free leisure time.

Some questions to ask for a quick personal survey:
- Am I organised in making and keeping appointments?
- Am I managing my money?
- Am I achieving what I want to achieve? Whether daily tasks or long term goals?
- Am I organised in my work place?
- Do I leave time for leisure activities, and looking after myself?
- Do I plan ahead?

I hope these suggestions have been helpful, and have given you something to think and talk about. Cheers for now, Glenda

PREMIER’S READING CHALLENGE
The Reading Challenge finishes on 12th September. Our target is to have all students complete the Premier’s Reading Challenge this year. Last week we attached a consent form to be signed by parents—who have not already sent one back to school. This consent form will allow your child to receive a Certificate of Achievement signed by the Premier and have their name published on the Premier’s Honour Roll. Could you please complete this and return it to the school promptly so we can complete registration for each student. Thanks for supporting your child’s reading!

HOOPTIME— YEAR 5 and 6
This competition will be held at the Warragul Leisure Centre Friday, 29th August (tomorrow). Parents are asked to drop students at the Leisure Centre at 9am and collect students by 2.30pm. Miss Matarczyk will be the supervising teacher. Parents are also invited to stay and support the teams. Good luck to all participants!
Year 6/5 Rookies Team; Tahlia, Holly, Shelby, Kirsty, Sine, Jamie, Max, Jack Mc, Jordan and Angus.
Year 6/5 Future Stars; Meg, Kylie, Ella, Shakira, Shelley, Harrison, Patrick, Jack C, Lachlan C, Lachlan A and Deakin.

FAMILY STATEMENTS
Statements for all families are attached to the newsletter today. School Fees and camp money are due by the end of August. Swimming payments can be paid in instalments or in one lump sum. The swimming program will begin in November. More details regarding the swimming program will be sent out at a later date. The cost for the swimming program is $60 per child.

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BIKE EDUCATION—YEAR 4-6

Bike Education for years 4-6 will commence Monday 8th September 2014. Students have a week to get their bikes ready for Bike Education. Parents please ensure bikes are safe—bikes can be bought to school and left for the 2 weeks. The teams will be chosen to compete at the Lardner Bike challenge in first week of Bike Education. Students in years F-3 will have an opportunity to have a mini Bike Education in term 4.

Tim McArdle BIKE EDUCATION CHALLENGE—LARDNER

The Bike Education Challenge will be on Thursday 18th September at Lardner Park. Schools across West Gippsland compete in teams, students ride through 10 obstacles and are scored on their ability. Team with highest score wins! The school will transport bikes to and from the venue. If any parent has a trailer—could they let Ms S know. We will be having 2 teams compete in the Bike Education Challenge. Teams consist of 8 students (3—year 6 student, 3—year 5 students and 2—year 4 students. 4 girls and 4 boys). Can any parent help with transport please.

NILMA BIKE EDUCATION CHALLENGE—Nilma

We will also be having the traditional Nilma Primary School Bike Education Challenge for all year 4, 5 and 6 students. All students will compete over the 10 areas of the school Bike Education Course, students will receive scores for successful completion of tasks. We will have 6 champions—year 4, 5 and 6 best boy and girl—This event will take place at school on Wednesday 18th September, in the afternoon. If any parent may like to be a steward for the afternoon—please let Ms Sutherland know.

All bikes can be taken home on Thursday 18th September—completion of the program.

COOKING

Hummus

Fresh from the garden: garlic, lemon, parsley
Recipe Source: Adapted from Stephanie Alexander’s Kitchen (Jordan Chapman (Penguin Random House))

The word for chickpeas in Arabic is hummus, and the creamy paste made from chickpeas is so well-loved that it has taken this name. What’s your favourite way of eating hummus— with bread, vegetable sticks, chopped over a fresh salad?

The chickpeas should have been soaked in water overnight so they cook well. They also take around 3 hours to cook, so they will have been prepared ahead of you to use in this recipe, and you may help to prepare some for the next day.

Ingredients:
- 200 g chickpeas, soaked overnight
- salt
- black pepper
- 2 teaspoons ground cumin
- 1 lemon
- 1 tablespoons paprika powder
- 1/4 cup olive oil

Equipment:
- metric measuring scales, spoons and cups
- blender
- spatula
- serving plates

What to do:
- Cook the chickpeas until very soft and add salt towards the end of the cooking time. Allow to cool a little in the water.
- Transfer the chickpeas to a blender and season with cumin and pepper
- Process, stopping every now and then to gradually add the rest of the ingredients (except the oil and parsley), until you get the taste you like—remember, though, that it should taste a little ‘shady’.
- Add a little cooking water and blend again to make a soft purée.
- Spoon onto your serving plates, and garnish each one with some torn parsley and a little drizzle of oil.

Wheat Tortillas

Recipe Source: Adapted from an original by Gether Nelson

Make these Mexican flat breads as thin as possible so they cook really quickly and get really crisp—you’ll be surprised at how they bubble up in the pan.

Ingredients:
- 450 g plain flour
- 1 teaspoon baking powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup warm water

Equipment:
- metric scales, cups and spoons
- large bowl
- heavy-based frying pan

What to do:
- Mix together the flour, baking powder and salt in large bowl. Rub in butter to resemble texture of polenta. Add water slowly, mixing with your hands to make a soft dough. You may not need all the water, but add a little of the dough seems too dry.
- Knead a few minutes on floured surface until smooth and elastic. Lubricate top with oil, put back in bowl and let rest, covered for 10 minutes.
- Divide into small balls the size of golf balls and proceed to roll out into a 10 cm circle, about 1 mm thick. (Ensure you make enough for all dinners to have at least half a tortilla.)
- Cook in dry heavy-frying pan until top is slightly puffy then turning over opposite side for a minute or two. Keep stacked and warm inside a clean tea towel.

SCHOOL HAPPENINGS
Dear Parent / Guardian,

Your child has been invited to attend Warragul Regional College on **Tuesday the 2nd September** for its annual Transition Day. This day is not exclusively for students who are attending our College for Year Seven – all current grade six students are welcome to attend.

Transition Day provides the students with a taste of secondary school life. They will participate in classes with College staff and have the opportunity to meet students from other schools. Students who are currently regular out of town bus travellers, on buses that transit through Warragul Regional College, may catch a bus to Warragul Regional College.

**On Transition Day -**
- Your child should be at the College by 8:50am
- Students who will be travelling to school by bus will be met at the bus loop by a representative from Warragul Regional College.
- Students are to assemble at the Tyson Plaza, situated beside the Canteen and behind the General Office.
- Students are required to wear their primary school uniform on Transition Day.
- Students will be able to buy their lunch at the Canteen on Transition Day, (please see attached Canteen order form).

Should you have any questions, please feel free to contact us at the College in 5623 9900

Yours Sincerely,

Jai Law
Year Seven Team Leader
Transition Coordinator
Nilma PS is looking at the way we deliver the newsletter to families. With the presence of technology now being an influence on the way people receive and view information, Nilma are looking at integrating electronic delivery of the newsletter into our school’s communication processes. Could families please indicate on the form below if they would like to receive their newsletter by email or by hard copy every Thursday.

_________________________________________________________________________________________________

NEWSLETTER DELIVERY

Family Name:__________________________________________________________

We would like to receive our newsletter by email or hardcopy. Please circle

Email address:__________________________________________________________

Signed by parent:______________________________________________________

Date:______________________________________________

FOOTY COLOURS DAY

The Year six student leaders are co-ordinating a Footy Colours Day on Friday 5th September. Students are asked to wear Footy Colours, and a sausage sizzle lunch will be provided. The price for a sausage is $1.50 and a hamburger is $1.50. Juice boxes are available for $1.00. For catering purposes, please fill out the form below with correct payment, and return to the classroom teacher by Tuesday 2nd September. Late orders cannot be accepted.

_________________________________________________________________________________________________

FOOTY COLOURS DAY/BBQ LUNCH

Forms to be returned by Tuesday 2nd September.

Please indicate preferences.

Name of student:_______________________________________________________

Sausage OR Hamburger @ $1.50 each   Juice Box Drink @ $1.00 each

Name of student:_______________________________________________________

Sausage OR Hamburger @ $1.50 each   Juice Box Drink @ $1.00 each

Name of student:_______________________________________________________

Sausage OR Hamburger @ $1.50 each   Juice Box Drink @ $1.00 each

Amount enclosed:______________________________
BOOK WEEK PHOTOS

COMMUNITY ANNOUNCEMENTS

Energy Drinks and Your Health

‘Energy’ drinks contain caffeine or taurine & guarana which are a natural from of caffeine. The companies who sell these drinks claim they increase your energy even though caffeine is not a source of energy.

‘Energy’ drinks are not recommended for children under the age of 18, a few of the many reasons for this are outlined below:

- Caffeine is a stimulant and excess intake can lead to restlessness, anxiety, sleeplessness, rapid heartbeat and even hospitalisation
- Caffeine can be addictive
- Excess caffeine can cause loss of calcium from the bones leading to weak and brittle bones
- ‘Energy’ drinks are not necessary in a healthy diet. They are full of sugar and do not offer any essential nutrients.
- Excess sugar intake can cause weight gain and tooth decay

For more information:


Lizzie O’Callaghan - Community Dietitian

WEST GIPPSLAND HEALTHCARE GROUP
The Stephanie Alexander Kitchen Garden Program is set to begin at Nilma PS on Thursday 14th August. Mrs Hodge and Ms McLennan have recently participated in a two day training course and are organising a Stephanie Alexander Kitchen Garden Program committee to meet on the 2nd Thursday of each month, beginning on Thursday August 14th at 3.30pm. The program will be run with Mr Williams class. Other classes will benefit with part of the program.

We also need donations for our kitchen. Which are:

- Stainless steel stock pot 15 Litre (1)
- Large round baking trays (2)
- Stainless steel pasta pot, 10 litres (1)
- Square cake tins (2)
- Stainless steel steamer insert for 10 litre pot (1)
- Heavy based frying pans, 24 cm (1)
- Stainless steel wire rack (2)
- Stainless steel saucepan 4 litre (1)
- Fluted tart tin, loose bottom, 22-24cm (1)
- Stainless steel saucepan 2 litres (1)
- Rectangular gratin dish 1.5 litre (2)
- Pressed steel wok for electric hotplate (1)
- Casserole dish with lid 1.5 litre (1)
- Salad spinner (1)
- Pasta machine
- Mortar and pestle, large
- Donated by the Turner Family
- Potato ricer (1)
- Stainless steel steamer insert for 10 litre pot (1)
- Non stick muffin trays (2)
- Heavy based frying pans, 24 cm (1)
- Stainless steel wire rack (2)
- Stainless steel saucepan 4 litre (1)
- Rolling pin
- Sugar dredger, fine holed (1)
- Donated by the Perry Family & Bundle family
- Donated by Santo family
- Pressed steel wok for electric hotplate (1)
- Casserole dish with lid 1.5 litre (1)
- Bamboo steamer and lid
- Donated by the Perry Family & Bundle family
- Stainless steel box grater (2)
- Square cake tins (2)
- Stainless steel strainer, course mesh (1)
- Donated by Santo family
- Stainless steel saucepan 2 litres (1)
- Mouli-style food mill with 3 discs (1)
- Donated by Santo Family
- Stainless steel box grater (2)
- Small containers with lids
- Pasta machine
- Stainless steel steamer insert for 10 litre pot (1)
- Rectangular gratin dish 1.5 litre (2)
- Flexible lifters for non-stick pans (2)
- Wok sang (1)
- Stainless slotted spoon (2)
- Donated by Santo family
- Metric measuring cups (2 sets)
- Metric measuring jugs, to one litre (4)
- Donated by Bundle Family
- Ladle 60 ml
- Donated by Bundle Family
- Pastry brush, nylon bristles (4)
- Food processor (1)
- Candy thermometer (1)
- Donated by Bundle Family
- Plates, cups, knives, forks
- Donated by the Majcherzak family
- K Santo
- Small aprons (10)
- Tea towels
- Serving platters and serving bowls, various sizes
- Donated by Santo family
- Bread baskets (5)
- Volunteers Needed!!

SAKG will begin on August 14th and we need volunteers to support groups of 4-5 students in the kitchen and in the garden. The program emphasises flavours and benefits of fresh seasonal food. We will grow, harvest and prepare the food and sit together to taste and share what we have made. Attached is a volunteer roster. **We need 3 volunteers to support Mrs Hodge and Ms McLennan for every class.**

### Volunteer Roster

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