

# Narrogin Primary School



## Independent Public School

Term 4, Issue 34

Wednesday 8 November 2017

### In the Pursuit of Excellence

#### From the Principal

#### T20 CRICKET CARNIVAL

A reminder that the T20 Cricket Carnival is on tomorrow. It will be hot, so please make sure you have plenty of water. Thank you to Mr Blechynden, Mr Munns, Mr West and Mr Woodford who have kindly volunteered to coach a team. *Mr Moon*

#### SWIMMING LESSONS

Swimming lessons will be commencing for our Pre-Primary, Year 1 and Year 2 students from Monday 20 November to Friday 1 December. Permission notes went home with students last week. A reminder that these notes and the \$21.50 cost for swimming lessons needs to be back at school no later than Wednesday 15 November. If you did not receive a note home or have misplaced yours, please call into the front office to collect another form.

#### SUNSMART

Narrogin Primary School is a SunSmart School. Students are required to wear the sun-smart approved school uniform hat at recess and lunch time and for all outdoor activities whilst at school. Students not wearing the approved hat need to stay in the undercover area at recess and lunch breaks. All students are given the uniform hat on enrolment. Additional hats can be purchased from the canteen. We encourage children to apply sunscreen prior to coming to school. There is sunscreen available in classrooms for students throughout the day.

We encourage all of our school community to be SunSmart by:

- Slipping on sun-protective clothing
- Slapping on a hat
- Sliding on some sunglasses
- Slopping on SPF 30+ sunscreen
- Seeking shade



We also need to remember to take extra care between 10am and 3pm when UV radiation is most intense.

#### CLASS STRUCTURES 2018

When formulating our classes, the school considers many aspects to produce an even spread of academic, behavioural and social abilities. Our priority is to produce classes that are evenly balanced.

If you would like the administrative staff to consider your special request for student placement for 2018, please write your request and put it in a sealed envelope, addressed to, "The Principal", and hand it into the front office, by no later than 3.30pm Wednesday 15 November 2017.

All teachers at Narrogin Primary School are respected, professional educators and parents are asked to be mindful of not requesting a teacher just because they may be perceived to be "more popular or better than" another teacher. If parents are seeking advice on class placements for 2018 they should request an interview with their current class teacher.

Although parent requests will be taken into consideration when working out class placements, they will not be binding in our placement of students into their 2018 classes.

#### SAVE THE DATE

We are planning a special celebration on Wednesday 6 December involving the school and community, more information to come!

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Narrogin WA 6312  
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Principal: Mr David Harrison  
Deputy Principals: Mrs Jenny Carter  
Mrs Shannon Hardingham

Email: Narrogin.ps@education.wa.edu.au  
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#### Dates to Remember

**Thursday 9 November**

T20 Cricket Carnival

**Sunday 12 November**

P&C Triathlon

**Monday 20 November**

Crazy Hair Disco

**Friday 24 November**

School Development Day

(Students do not attend)



Narrogin Primary School  
Voluntary Contributions  
**Commonwealth Bank**  
**066 522 0090 0206**



### Chappy's Chat

Thank you again for your generosity of secondhand uniforms. Our stocks are now quite low in sizes 10 and 12. We really appreciate your generosity. Thank you also to Narrogin Pumps for another generous donation towards breakfast club. Please feel free to contact me as I am your support person to the school and families. Thought of the week: "A warm smile is the universal language of kindness".  
*Mrs Wilkie*

### Narrogin Primary School P&C News

#### SUNSMART NARROGIN TRIATHLON

Have you considered entering yourself or your kids in this year's Triathlon? You still have time!! Online entry closes this Friday night 10 November.

We would still love to hear from anyone that can help out at our Triathlon on Sunday 12 November, please email Sarah Corner, [sarah.corner@bigpond.com](mailto:sarah.corner@bigpond.com) and she will get back to you.

#### CRAZY HAIR DISCO

Get your do ready for Monday 20 November when we will be hosting Years 1-3 from 4pm to 5.30pm and Years 4-6 from 5.45pm to 7.15pm. Tickets just \$4.00. Prizes for best hairdos. Don't forget to send in your Meal Deal slips below!

*Mrs Filipa Shepherd*



#### CRAZY HAIR DISCO

##### Canteen Meal Deals



Please fill out the slip below and send in payment if you would like your child to have the following at the disco:-

Students Name/s and Class listed next to their name and what they would like to order from below:

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Sausage Roll and Drink and an Icy Pole \$5.00

Pizza and Drink and an Icy Pole \$5.00

### Canteen Roster

A huge thank you to the following volunteers;



Wednesday	8	Belinda Leeson
Thursday	9	Rebecca Miller
Friday	10	Sherri deGruchy
Monday	13	Gill Armstrong
Tuesday	14	

If you are not on our roster and you would like to be, please see Gloria at the canteen or call our canteen convener **Stacey Hobson on 0426 518 337.**

### Water Safety



In Australia, drowning is the number one cause of death for children under five. To keep your children safe around water:

- Always stay with your children and watch carefully when they are near water, even if they can swim.
- Teach your children about water safety and make sure they learn how to swim.
- Have the whole family learn first aid.
- If you have a pool have it fenced with self-closing gates.
- Never leave them alone in the bath.

The Education Department offers low-cost VacSwim programs for school aged children. For more information on swimming lessons during summer via VacSwim go to [www.det.wa.edu.au/curriculumsupport/swimming/detcms/portal/](http://www.det.wa.edu.au/curriculumsupport/swimming/detcms/portal/) and for water safety tips see [www.lifesavingwa.com.au](http://www.lifesavingwa.com.au).

#### Quick Tip

Bigger portions mean we consume more energy (kJ). This is an even bigger problem when we eat highly processed snack food, take away foods and sugary drinks.

Tips to eat healthy portion sizes:

- Use a smaller plate.
- Avoid going back for seconds and freeze leftovers straight away.
- Still hungry? Have a glass of water. If you're still hungry, try a healthy snack such as a piece of fruit.
- Eat at the table, not in front of the TV.

Aim to fill half your plate with veg, one quarter with meat and alternatives (e.g. chicken, fish, legumes or tofu) and the last quarter with cereals and grains (e.g. rice, pasta, bread).

#### Recipe Link

Thai Fish Cakes with Crunchy Salad:

<https://livelighter.com.au/Recipe/269/thai-fish-cakes-with-crunchy-salad>