Apologies for taking so long to get a newsletter out this term. Every time I sat down to do it there was something more urgent for me to attend to! So this is a bumper issue with lots to report.

We have been soaking up this beautiful weather (which I fear is about to run out on us!) and enjoying some great activities: Learning about bush tucker with Cassie, footy clinics, Yoga and a whole lot more!

Some reminders...

With cold and Flu season about to hit please remember that the best place for a sick child is at home. Illnesses spread quickly in our small school and can be serious for Trinity so please help us keep school a healthy place for everyone.

There is some helpful information attached to this newsletter.

Eucalyptus, Lavender, Tea-tree, Patchouli:

Remember, Audrey Stephenson who does our before and after school care, is highly allergic to these substances so please avoid bringing even traces of them to school.
Luke
May 15th

Some sad news

Our thoughts are with Geof Bassett and his family at the moment as they help Geof's wife Bianca recover from a very serious illness. Geof is our technician at school, looking after our computer systems etc and goes above and beyond to service our needs at Nungurner. We wish Bianca, Geof and family all the best.

Emma May 21st

Music program

The children have really been enjoying their music program with Donrita but unfortunately next week will be their last session with her. Donrita has accepted a position in Melbourne and is no longer able to continue teaching music in East Gippsland. The Crashendo Youth Orchestra who has provided us with Donrita’s time have appointed Monique Calabro to take Donrita’s place. Monique will take over before the end of the term and I look forward to introducing her to everyone.

Reconciliation Week

The theme for this years’ Reconciliation Week is

‘Our History Our Story Our Future’

Reconciliation Week is being celebrated from May 27th to June 3rd.

We will be attending a reconciliation celebration and activity day at St Brendan’s PS in Lakes Entrance on Friday June 3rd.

Reconciliation celebrations help us all to create a positive future together!! Everyone is invited to attend
We finished term 1 by decorating pirate cupcakes and creating shaving cream ‘paintings’. Very messy but lots of fun! We read ‘What a mess’ and ‘What a mess the good’ which are about a dog who, no matter how noble his intentions, always creates chaos. We had a great start to term 2, with the students always enthusiastic and willing to have a go. They have painted old boots which will become flower pots, made a ‘selfie’ with positive words about themselves, drawn fantastic pictures on cloth for our garden shed banner and finished decorating our art shed sign. In gardening we’re growing mixed seeds on cotton wool and preparing the garden beds for planting.

What have we been learning?

Grade 2/4/5
Students in Emma’s grade have been writing persuasive texts about whether it is better to live in the city or the country. They have produced some very persuasive arguments, using strong words to convince and giving reasons for their stand. (see Blair’s piece). They have now moved on to narrative writing.

The grade 4/5s have been working on multiplication and have just begun to explore division. Grade 2s are honing their addition skills and all are working on using their knowledge to solve problems.

Weekly spelling focuses have included:
- Vowel sounds, long & short
- Different letter patterns that make vowel sounds (ay/ ai etc)
- Why we have some spelling rules such as changing y to ies for making plurals (baby- babies etc)

Emma has just started reading Roald Dahl’s ‘Matilda’ and even though some students have read it everyone is enjoying it.

Grade P/1
In the grade P/1 we have been enjoying some new big books, ‘Oh Bother’, ‘The Greedy Grey Octopus’ and ‘The Old Man’s Mittens’. By reading these big books together we have learned about talking marks, had fun taking the part of different characters and are recognising some of our high frequency words. We have also read some non-fiction texts about seasons, particularly Autumn and have found out why leaves change colour and fall off the trees.

In maths we have been learning to tell the time on a clockface (preps ‘oclock times and gde 1s 1/2 past times) and are learning to recognise the days of the week and their sequence, as well as understanding ‘yesterday’, ‘today’ and ‘tomorrow’.

As well as reading our take home books we have also been practising our words... and lots of us are learning them quickly! We are enjoying a story about a boy who becomes invisible called ‘Invisible Stanley’, the same one who used to be flat! (Oldies but goodies!)
Some of you may have heard of our plan to create a Bush Tucker Trail through our patch of bush. This began when Darryl Andy, Koorie Educator at Lakes Entrance Secondary College, first came to Nunburner last year and pointed out some bush tucker plants.

We are now working with Cassie Leatham, Koorie artist and Bush Tucker enthusiast, and a group of Year 7 & 8 students from LESC to turn this idea into reality. Our first session involved a walk through the bush with Cassie showing us some of the existing bush tucker plants and talking about their uses. We then did some cooking with Cassie using wattle seed and lemon myrtle and she showed us lots of her native herbs and spices. Intriguing!!

We hope that the next phase will involve creating the trail, planting some more bush tucker plants and learning more about how they are used in Indigenous culture and doing some art work to be used as signs on the trail. Stay tuned!!

Schools, Kindergartens and Early Childhood Centres in the Lakes Entrance district are working together to ensure the best possible outcomes for the children we serve. This network is called the Lakes Entrance Early Years network and representatives meet twice per term; the last meeting was held at Nunburner.

One of the things the group is working on is to make transition from Kindergarten to school as smooth as possible for families. To this end we have produced a brochure advertising the first transition event of this year for all local services so that parents know when these events are happening.

We will have an open morning for anyone who is interested to visit our school and see what we do on Thursday June 16th from 9-11am.
The cross country was a fun day for everyone!! We were very pleased to see all the Nungurner kids participate with enthusiasm, even if some were a little nervous. A great result for everyone!!
I heard Paul Kennedy, the author of this article talk on the ABC news breakfast program one day last week and I thought his comments made a lot of sense. I'm sure many adults would relate to this and can remember times when sport became competitive and no longer fun.
Worth a read.
Bron

Want to keep kids in sport? Then make it fun!

There's a real problem in Australia of kids dropping out of sport. To fix it we should look at why children like to play games in the first place. My son's soccer team seems to have worked it out, writes Paul Kennedy.

The dropout rates in junior sport in Australia are a big worry.

These days, more and more adolescents are saying to their parents and coaches, "I don’t wanna play anymore!"

It’s a trend that mirrors what’s happening in other countries with similarly over-the-top attitudes to youth competitions.

For example, an initiative called the "Changing The Game Project" reckons 70 per cent of sporty kids in the US quit by the time they are teenagers.

In order to better understand the issue, the Australian Sports Commission is this year measuring our own national participation decline. According to ASC research boss Paul Fairweather:

"There is quite a drop off in those teenage years into organised sport.

We’ve actually just started our own survey of adults and kids. We certainly know there’s much more pressure on people’s time and their wallet and there’s a lot more options available to kids and adults now than (there was) 20 years ago."

Concerned leaders of major codes are being tempted to take over management at all levels and tweak rules.

Some of the modifications, like not officially scoring in the youngest competitions, are sensible.

But the AFL’s recent enforcement of strict age guidelines for beginners to prevent injuries and burn out misses the mark.

Instead, it would be better to examine inconsistencies in the way we coach our youngsters.

For an example of the best type of leader, let me introduce you to my son’s under-8 soccer manager - call him Fun Coach - whose quality would embarrass many professionals.

Fun Coach is a father of three who never played the sport he teaches. But he is resourceful enough to seek help and, as a result, runs thoughtful practices once a week, during which no child is left queuing for a kick.

At these training sessions he organises games that improve skills and introduce small disciplines. He always encourages, never criticises.

On weekends - match day! - Fun Coach is as competitive as anyone but rejects urges to focus on winning; he gives all his players equal time, in all positions, no matter the score.

Fun Coach sets an example for all parents when he loudly applauds the efforts of opposition players. After the final whistle is blown, he gives awards for effort.

In short, he understands children play sport for fun and to be with their friends, and treats them with the respect they deserve.
Luckily, both of my active eight- and 10-year-old sons have more than one Fun Coach; their Australian rules and basketball mentors are experienced ex-players - passionate, caring and organised.

One of them is also school principal by the name of Steve Capp.

Steve knows that focussing on participation causes children to develop impressive qualities of leadership and empathy through collaboration. He explains:

There is nothing more heart warming than one kid trying to show another kid how to kick. I see this all the time at the skateboard park. Groups of kids, often strangers, just helping each other out ... no wrong or right way.

My boys are playing in this sporting sweet spot, which doesn't last long.

Games are often coached differently from ages 11-15 - the drop out zone - due to the emergence of Blinkered Coach, who dreams of winning premierships or developing champions, forgetting the merits of participation.

Blinkered Coach errs in copying the so-called sporting elite and taking it all too seriously.

Under pressure from a minority of overbearing parents, Blinkered Coach trains athletes harder and longer, intent on superior fitness and complicated tactics.

A few stand-out players are increasingly favoured and given dominant field positions that they will own for the entire season.

Mums and dads of the "best kids" are pleased with Blinkered Coach but the other families feel more and more jaded. Most parents don't know what to say to their unhappy, under-developed children so they offer unwanted performance critiques in the car on the way home.

Eventually, their sons and daughters just don't want to do it anymore. Why would they? Where's the fun in it?

Blinkered Coach is usually passionate and well meaning and so cannot understand why many of the players don't come back every year.

Simply, it is because the children are being treated with unequal respect.

There is no use blaming only the coaches or even the most obsessed parents. Everyone is responsible. Clubs should monitor their volunteers more closely and give them consistent big-picture advice.

Junior leagues need to do more than talk about fairness; they should demand the Fun Coach approach be compulsory for all.

It takes courage to stand against the winning-is-everything myth but, fortunately, a better participation rate is not the only selling point.

It is true that coaches who create a fun, challenging, honest and kind environment will see their relaxed teams improve beyond anything Blinkered Coach can manage.

Smiling comes before the prize.

Paul Kennedy is the national sports presenter on ABC News Breakfast and presents sports news through the morning on ABC News 24.
AFL Footy Clinic:
Everybody participated well in this week’s Footy clinic at Swan Reach. PS. The P-2s developed football skills learning how to pass and kick the ball correctly. (We still have a way to go here, but it’s fun learning!)
The grade 4-5s had a game of AFL 9s. The Nungurner kids were impressive to watch. They showed great team work and skills and participated without hesitation. We are looking forward to another session with everyone next Monday and then the 4-5s have another session on June 6th.

Thanks to Jacqui Walker and Jo Van Dam for helping out with transport.

Future sports sessions
Emma is currently working on organising some specialist coaching sessions for Physical Education in the near future. These include:
- Netball
- Gymnastics
- Dance
- Tennis

Thanks to Rachel Bell for running Yoga sessions for us on a Friday morning. I can really see improvement in the kids participation and flexibility!

Keep the date!!
Nungurner PS has a raffle booked at the Metung pub for Friday June 24th, which is the last day of this term. School Council has suggested that we make this a family social night where everyone can come along, have a meal and a chat and help to sell some raffle tickets for our school. Hope you can make it!!
INTRODUCING HEALTHY LUNCHES –
GETTING WARM IN WINTER

Our weekly cooking and gardening sessions have been running smoothly and the children have been developing their skills in the kitchen and the garden. Thank you to everyone that has donated supplies to our kitchen. If anybody has a couple of jars of tomato sugo / passata we would love an additional donation.

As an alternative to hot food Fridays we would like to introduce a weekly healthy hot food lunch. The kids will make a healthy lunch during cooking and we will serve it to students who have ordered it the next day. Some suggestions we are planning are:

- Vegetable and Noodle Soup
- Vegetable stir-fry
- Pumpkin Soup w/ bread roll
- Corn Fritters
- Frittata
- Vegetable Lasagne
- Mini quiches
- Savoury Muffins
- Mini Pizzas
- Vegetable Pasties

If you have any great ‘kid-friendly’ recipes please pass them on! If you would like to come in and help out please see Emma. She would love some extra assistance. If you have some extra veggies in the vegetable garden we’d also love some donations.

We will hand out lunch order slips a week ahead to let families know what we will be cooking the next week. If parents could return the slip by Friday we will be able to ensure that we cater for everyone. We have asked for a gold coin donation per order so that we can purchase fresh food supplies when needed.

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HEALTHY FOOD LUNCH ORDER FOR 25th May, 2016
PUMPKIN SOUP w/ bread roll

Name/s: ______________________________________

THANKYOU FOR YOUR DONATION – IT’S KEEPING OUR KITCHEN THRIVING

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HEALTHY FOOD LUNCH ORDER FOR 25th May, 2016
PUMPKIN SOUP w/ bread roll

Name/s: ______________________________________

THANKYOU FOR YOUR DONATION – IT’S KEEPING OUR KITCHEN THRIVING
ANZ NetsetGO is a Netball program aimed for children between the ages of 5-10yrs old and aims to provide children with an introduction into junior Netball. Incorporating fun games, skill activities, music, dance and modified matches this is a great experience for all participants.

Parent helpers are required to help keep this program running.
For all enquiries and any parents wanting to help out please contact Kirsty Atkinson on 0409182268 or at candk6@bigpond.com
Tambo Upper Dance Classes

Tuesdays
- Grade 3-Grade 6
- 4:45-5pm Classical Ballet
- 4:30-5pm Contemporary
- 5:30-6pm Jazz

Thursdays
- Prep-Grade 2
- 3:30-4pm Classical Ballet
- 4:45-5pm Jazz

I have been running dance classes at Tambo Upper Primary School since the start of the year and would like to invite other students in the area to attend. It is $5 per lesson, which is paid on the day. I am aiming to do an end-of-year performance sometime in early December. Boys are encouraged to attend any of the classes.

For more information please visit the ‘About’ section of our Facebook page www.facebook.com/tamboupperdancedclasses or email me lucyleeming_101@hotmail.com

We need your support!

We are interested in connecting with families in a unique community-based research project – The Strengthening Families and Communities through Volunteering Research Study. This study aims to assess the effectiveness of a volunteer home visiting program (Volunteer Family Connect run by Good Beginnings) in supporting families with young children. The Volunteer Family Connect program is designed to fit within the wider service response to supporting families.

We are wanting to talk with families who are interested in being part of the research project.

If you can help us, please contact Rachel Bell or Kaylene O’Doherty, Macquarie University.

Rachel Bell or Kaylene O’Doherty
P: (03) 5153 7500
E: rachel.bell@ms.edu.au

Do you:
- Have young children aged 0-5 years?
- Feel like you need more support as a parent?
- Feel isolated at times?
- Have difficulty connecting with services in your local community?
- Need additional support than what’s offered?
- Live in the East Gippsland area?

Supporting Organisations:
- WISH towers
- MACQUARIE University
- Benevolent
Phillip Gwynne Author Talk

Award winning and prolific author Phillip Gwynne will visit Bairnsdale Library

The Debt is Phillip Gwynne’s first series for upper-primary school readers and combines both his substantial literary skills and his ability to tell a good story.

His first novel Deadly Unna? was the literary hit of 1998 winning Children’s Book of the Year and selling over 200,000 copies.

Phone 5152 4225 or book in person at the library for this FREE event.

Tuesday 24 May
Bairnsdale Library
4.30 pm – 5.30 pm