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Week 11
Term 1



TERM 1, 2022 - FROM THE PRINCIPAL

What another massive term it has been for our school, and wider community.

Although none of us could have predicted the scale of the first flood event or that it would be so closely followed by a second major flood, the strong, united community response to these incidents was no surprise. If there is one thing our community can be relied upon for, it is its ability to show amazing resilience and support for each other and these events again illustrated this. We are immensely proud to be part of this strong community and want to extend whatever support we can to our affected families. Please do not hesitate to let us know if there is anything we can do to help.

We appreciate your support and understanding with our decisions regarding operational status during this time. The safety and wellbeing of our students, staff and community guide all our decisions and we apologise that these could not always be communicated as quickly as we would have liked to, due to internet, power and phone outages. We know good communication is the basis of all good relationships and will continue to strengthen this.

We are looking forward to Term 2 seeing a return to more regular school operations and a focus on teaching and learning. We are also hoping to run more excursions and school activities, mindful that our students have missed out on a lot over the past few years. I know all our students are also looking forward to this from their school.

We are also looking forward to having our parents, carers and community back in the school more regularly and are planning another community breakfast, parent forums, meetings and other events that can bring us all together again.

Have a wonderful break filled with happy times and, I hope, sunshine.

Cath Marshall



Term 2, 2022—Return to School Dates

MONDAY - 25 APRIL '22 - PUBLIC HOLIDAY

TUESDAY 26 APRIL '22 - STAFF DEVELOPMENT DAY —NO STUDENTS

STUDENTS RETURN WEDNESDAY 27 APRIL 2022

Lismore District School Psychology Team 2022**Supporting Your Child or Teenager Through the Floods:**
A letter from The Lismore School Psychology and Counselling Service

Dear Parents and Carers,

As we navigate the ongoing challenges in our community, you may be wondering how best to support your children and young people with their wellbeing. It's important to remember that following a natural disaster, any reaction can be normal and that most children and young people will return to their usual selves over time. However, there are things we can do to help children and young people regain a sense of safety, calm and hopefulness:

- Check-in with your child or young person, listen to their concerns and reassure them they are safe.
- Return to regular routines and activities as much as possible, including eating, sleep and exercise.
- Encourage fun and enjoyable activities, such as socialising and connecting with friends.
- Be mindful that children and young people may feel overwhelmed if they overhear adult discussions or ongoing news coverage.
- Take care of yourself as you are the most important person in your children and young people's recovery.

Following a natural disaster, some children and young people may need extra support in order to make sense of what has happened or to explore some ways to cope. If their distress is not improving or is interfering with day-to-day life, you can discuss it with your doctor, Headspace or the Helplines listed below.

Our School Psychology service is also available for appointments. You can refer your child or young person by contacting the Nimbin Central School Office. Young people/teenagers can also refer themselves by dropping into the School Counsellor Office, or asking a trusted teacher for an appointment.



Phone 1300 1300 52 or send a message to info@parentline.org.au



Phone 1800 551800 or web chat and resources at www.kidshelp.com.au



Phone 13 11 14 or web chat and resources at www.lifeline.org.au



www.headspace.org.au, Lismore 66250200 enquiries@headspace-lismore.org.au



Phone 1800 011 511, operates 24 hours a day, 7 days a week.

Kind Regards

Julia Tobin,

School Psychologist

NIMBIN CENTRAL SCHOOL IS NOW ON FACEBOOK. PLEASE FIND US AND LIKE US:
www.facebook.com/nimbincentralschool



From the Deputy 's Desk - Simon Graham

What a Term!

Who would have thought two massive floods and a global pandemic could be so disruptive!

There is not much to report school-wise this term. It has been an extremely challenging ten weeks and we are all looking forward to putting it behind us and getting back into learning next term.

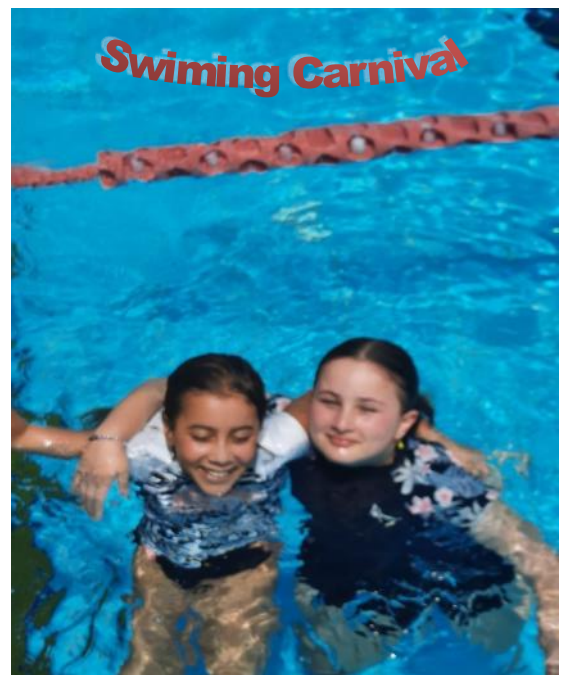
I am immensely proud of how the school and community has supported each other during these catastrophic disasters.

On top of the floods and pandemic we are facing a teacher shortage in NSW, so I ask that you make this an important election issue for you in this coming Federal Election for the sake of public education.

I am a passionate believer in public education and would hate to see public education underfunded. This will build a greater divide in our society. I want my tax money going to those that need it.

We will be starting Term 2 with a bang, with great energy and enthusiasm with the hope of having a great term of learning and educational experiences that deepen the knowledge and skills for our students.

I wish you a great holiday filled with sunshine and happiness.....and lots of chocolate of course!



NEWS FROM THE KINDY ROOM

***Our youngest Jarjum Mirr has had a tumultuous start to their schooling.
They have demonstrated that they are a resilient class that will continue to be successful.***

These young individuals have generated a sense of belonging through the climate at school and the relationships with their peers and teachers which have created feelings of being valuable members of the school community.

When students feel that they are a part of a school community, they are more likely to perform better academically and are more motivated to learn.

In school, a sense of belonging gives students feelings of security, identity, and community, which, in turn, support academic, psychological, and social development (Jethwani-Keyser, 2008).



Val Scarrabelotti & the team

NIMBIN CENTRAL SCHOOL HATS

AVAILABLE AT THE OFFICE

100% COTTON
\$15.65



NCS Newsletter Team

Design & Editing:

Sue Willis

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Laura Rich



Term 1 in 3 / 4 Wonderful!

What an interesting start to 2022 for everyone. This term we focused on developing our ability to be problem-solvers and learning that when we work together we are stronger and can solve and create some awesome things.

Solving mind-busting maths problems, designing and making bridges from paper and towers out of marshmallows and toothpicks. We worked hard to understand and remember that **EVERYONE** brings their own ideas and opinions to our learning.

We named our check-in turtle 'Tiny Timmy' and we make sure that at the start of every day we check in with how we are feeling and why. Tiny Timmy helps remind each of us to be present and listen to the person speaking.



Problem Solving - Estimating and proving our thinking in mathematics

We learnt:

- ESTIMATING isn't just making a random guess. You need to think
- That 10 is a significant number in our counting system
- You need to organize your count in a way that you can quickly check

Design, Make and Test

Toothpick and marshmallow challenge



We worked as teams to design, make and test who could build the tallest, free-standing tower.

Our towers fell over (a lot). This was our first attempt at working as teams, we learnt a lot about how each other think.



Paper Bridge Challenge

We are looking forward to a fantastic TERM 2!

Tiffany Whitelaw

YEAR 7 NEWS FROM MR OSTERHAGE (Year 7 Advisor)

A very warm welcome to all our new Year 7 students and families!

2022 has already been a big year for many reasons, but for our new Year 7 students it has marked a significant new chapter in their lives as they have transitioned from being primary school students to beginning high school.

Below is a collection of some thoughts and observations about their experiences in high school at Nimbin Central School, in their own words:

"I like high school because there are a lot more opportunities and things to do.

My friends and I spend some breaks in the Music Room. It is fun!"

ANON

"High School at Nimbin has been amazing. My most liked subjects are Science and Food Tech, but I do like Music.

Science is just fun and nice, Food Tech helps me to cook more food ideas at home,

And Music is very fun but can be confusing"

Remika

"I have to say, High school is fun"

Yuta

"I think high school has been very fun so far.....

Meeting new people has been fun but scary.

I will always miss my Primary School, but I love High School.

My favourite classes are Music, Science & Humanities.

I love changing classrooms and teachers"

Bayley

"I like high school better than primary because there are lots of different teachers and lots of fun subjects"

River

"I have been enjoying high school and I love the work and the teachers are all nice! This is the best school I have been to.

The kids are nice and it is a great school!"

Sampson

Resilience Arts Program 2022

Three lucky senior students from Nimbin Central School were selected, along with 160 other students from across the State, together with fourteen supervising teachers, to attend an immersive arts experience, culminating in viewing HAMILTON at the Sydney Lyric Theatre on Wednesday 23 February 2022.



The three-day program was packed with activities that revolved around drama and art workshops and experiences. After a very long bus trip we arrived in Sydney and settled into our rooms at the Sydney YHA.

After a brief rest we were escorted to dinner at the iconic Southern Hotel near China Town.

From there we were taken to The Rocks for an informative and engaging Welcome to Country by Auntie Margret from The Rocks Aboriginal Dreamtime Southern X Tour. The tour concluded at The Sydney Opera House and students rushed to the buses through torrential rain.



The next day students had the choice of five workshops presented by people from NIDA or the Museum of Contemporary Art. These workshops were designed to propel the students' ability into a higher level than they are normally used to. Following this, students were walked to the Lyric Theatre where they watched the highly acclaimed and multiple award-winning production of Hamilton.



The three hour musical explores the history of American founding father Alexander Hamilton. The mind-blowing production had students cheering and applauding after each song. Students also had the opportunity to talk to the performers which gave them an insight into how actors, singers and supporting crew work on such a large scale and dynamic production.



Straight after the performance students were bused to the Art Gallery of NSW for an afterhours viewing of ARTEXPRESS and Matisse. Students were given private tours which provided them with valuable insight into the creators of the works.



After the exhausting but exciting day students were bused to their accommodation and prepared for the long trip back the following morning.



Overall, this was the best excursion that I have ever been on, and it was made possible by the Minister of Education, Sarah Mitchell who initially watched Hamilton and wanted as many students as possible to be able to experience it.

Sonja Mitchell

Food Technology

News from the NCS Kitchen

Stage 6 students started their Preliminary Year studying the factors affecting food selection and have made a family favourite meal of their choice.

Following on from that area of study was food quality which had them learning about the functional properties of food and being assessed on making a breakfast of poached eggs with a hollandaise sauce.



Stage 5 students have been learning about the nutritional value of a balanced diet, in specific reference to a wholefood of their choice.

They had to make a breakfast or brunch that had the wholefood as the hero of their dish



Food Technology

News from the NCS Kitchen



Stage 4 students were practicing their baking skills and made Chocolate Salted Gingerbread Cookies recently.

Their assessment has been rescheduled until Term 2 due to the floods. At this time they will be designing and making a Buddha Bowl





Student Laptops

During the last year and now extending into this year, we have faced some difficult roads to navigate in terms of our community and schooling. Although we have faced many difficulties students have met this with strength and resilience, even if a little difficult at times.



After all of this we were so happy to be contacted by the Public Education Foundation who have given in-need students the opportunity to receive a refurbished laptop.

Some of these students have recently lost everything they owned during the recent floods.

It was my pleasure to hand these laptops to the students and see their smiles brighten.

Piaf Rengger-Thorpe



Library News

The library has a fresh new look! Students have been enjoying using the recently installed study booths and ottomans!



Years 5 and 6 have been busy making fantastic stop-motion animations using modelling clay, inspired by the book 'Rules of Summer' by Shaun Tan.



The Harmony Day theme this year was 'Everyone Belongs'.

The library celebrated with a book display and Harmony Day wall art.



Please have a look at home for any overdue books, we'd love to have them back so more students can borrow them!

Thanks—Sara & Julie





REGISTRATIONS ARE OPEN FOR THE 2022 SEASON!



The Headers are a welcoming, community-based club and we encourage new members to join one of our teams. Inviting anyone aged 5 and over to register and join our club for a season of football fun.

 Nimbin Headers Sports Club INC.

 nhsc@ffnc.net.au  0429 869 487 (Lucy, club secretary)



Visit
playfootball.com.au
or scan the
QR Code:





FREE NORTHERN RIVERS NETFIT CLINIC

DATE: MONDAY 11TH APRIL 2022

TIME: 9AM-3PM

WHERE: LISMORE DISTRICT NETBALL
MARIE MACKNEY COURTS - BALLINA RD.

WHAT'S ON
MATCH PLAY
SKILLS
NETFIT FITNESS
MINDTIME
NUTRITION

AGE: NETSETGO
U'13 - U'15 - U17

PRICE: FREE
+ NETFIT T-SHIRT
LUNCH INCLUDED



BOOK NOW
netfitnetball.com

NIMBIN CENTRAL SCHOOL CANTEN MENU Term 2, 2022

HOT FOODS		COST	SNACKS		COST
Garlic Bread	Plain \$1.00 OR Cheesy garlic bread	\$1.50	Piece of Fruit - seasonal		\$1.00
Hash Browns x 3		\$1.50	Cheese n crackers/crackers n Hommus		\$1.50
Dim Sims Beef	each	\$1.00	Custard Cup / Yogurt cup		\$1.00
Potato Wedges *		\$2.00	Tinned Fruit Cup Plain \$1.00 With Custard		\$1.50
Bakery Spinach & Cheese Roll	HALF only	\$2.20	Chips – sea salt or grain waves s/c chives		\$1.20
Bakery Sausage Roll		\$4.00	Pikelets x 3 with maple syrup		\$2.00
Spicy Chicken (3 oven baked crumbed spicy chicken pieces)		\$4.00	Bags of popcorn GF/vegan 2 Flavours		\$2.00
Stir Fried Rice	Chicken/Veg	\$4.00	Muffins Chocolate FRIDAY 2 ND BREAK ONLY		\$1.00
Pasta Bolognese *	Meat/Veg	\$4.50	COLD MEALS		
Mexi Mince & Rice *	OR Mexi Beans & Rice *	\$4.50	Pesto Pasta Plain \$3.00 OR with cheese		\$3.50
Mac Cheese		\$4.50	With lettuce, tomato, red onion		\$4.00
Nachos *	Bean/ Meat	\$4.50	With lettuce, tom, red onion, flame grilled chicken		\$5.00
Oven Baked Chicken Wings x 3	2 ND BREAK ONLY	\$4.50	WARM versions also available by request		
Butter Chicken & Rice	OR Rogan Josh Chicken & Rice	\$5.00	GLUTEN FREE PASTA AVAILABLE BY ORDER FOR EXTRA		0.50
WANT CHEESE WITH YOUR MEAL? THEN PLEASE ADD AN EXTRA 50c TO THE PRICE		0.50	Basic Salad Box lettuce, cucumber, tom, carrot, sprouts With Ham OR Cheese OR Egg OR Flame grilled chicken		\$4.00 \$5.00
Don't forget that ALL hot foods need to be ORDERED			THURSDAY IS SUSHI DAY. ORDERING IS RECOMMENDED		
			Tofu Pockets – Tuna/Veg		\$2.50
			Nori Roll Bites – Tuna/Veg \$1.50 ea OR 3 for		\$4.00
TOASTIES			SNACK PACKS		
Just Cheese		\$2.50	½ sandwich of choice + mini popcorn + juice or milk popper + custard cup		\$5.00 EACH
Ham Cheese / Salami Cheese / Tomato Cheese		\$3.00	Or switch the custard to cup of tinned fruit		
Ham Cheese Tomato		\$3.50	SALAD BOXES & SNACK PACKS MUST BE ORDERED		
Chicken & Cheese		\$4.00	And are both now served in COMPOSTABLE Boxes		
½ Round Roll Toasted with Tomato Cheese / Ham Cheese		\$2.50			

Tomato/BBQ/Sweet Chilli Sauce 20c Small tub of Salad Dressing/hommus 50c extra Forks/Spoons 10c

SANDWICHES		COST	DRINKS		COST
Jam	OR Vegemite	\$2.00	100% Juice cups Apple		\$1.00
Cheese	OR Tomato	\$2.50	Bluey milk poptop 250ml choc/strawberry		\$2.50
Tomato & cheese	OR Cheese & cucumber	\$3.00	Breaka 500ml milk choc/s'berry/banana H/S		\$4.00
Ham & Cheese		\$3.00	100% Just Juice Poppers 4 flavours		\$1.50
Salami Cheese Lettuce	OR Ham Cheese Tomato	\$3.50	Water 600ml = \$1.50 1 litre		\$2.50
Salad (lettuce, cuc, tom, carrot, sprouts)		\$3.50	Juice bomb can 8 flavours		\$2.50
Egg Mayo Lettuce	OR Curried Egg Mayo Lettuce	\$4.00	Cups of chocolate milk		\$2.00
Tuna Mayo Lettuce with Red Onion & Tomato		\$4.00	Up n Go Poppers 2 flavours		\$2.60
Chicken Lettuce Mayo/Chicken Avo/Chicken Cheese Sprouts		\$4.00	Nippys Poppers Choc/S'Berry H/S ONLY		\$3.30
Salad with Cheese		\$4.00	Nippys Iced Coffee Popper YR 10/11/12 ONLY		\$3.30
Ham Cheese Salad	OR Chicken Salad	\$4.50	Chill iced Tea 2 flavours H/S ONLY		\$2.50
ALL SANDWICHES ARE MADE ON JUMBO WHOLEMEAL BREAD FROM LOCAL BAKERY USING DAIRY FREE SPREAD			FROZEN		
WRAPS			Juice Cups Apple		\$1.00
Salad with Dairy Free Mayo or Vegan Mayo		\$4.00	Sips 4 flavours Half/Whole		40/80
Chicken lettuce mayo		\$4.50	Ice Mony choc/sour tnt/lemon		\$1.00
Egg, lettuce n mayo/curried egg lettuce n mayo		\$4.50	Choc Moosie OR Juicies (2 flavours)		\$1.50
Falafel, Lettuce, Cucumber, Tomato, Hommus		\$4.50	Snap juice ice blocks 6 flavours Half/Whole		50/100
Flame Grilled Chicken, with mayo, lettuce & sweet chilli sauce		\$4.50	Twisted Frozen Yogurt choc vanilla		\$2.50
BURGERS CHICKEN OR FALAFEL OR FISH			CANTEEN MADE custard cubes/yogurt cubes		\$1.00 EACH
*Flame Grilled Chicken, burger sauce, cucumber, tom & lettuce		\$5.00 EACH	ICE CREAM CUPS		\$2.00 EACH
*Falafel, hommus, tzatziki, cucumber, tom, lettuce			Vegan or Dairy Only available at 2 ND break		
*Fish Bites, tartare sauce, cuc, tom, lettuce (Fish = Fri Only)					

PLEASE REMEMBER THAT ALL HOT FOOD, SNACK PACKS, WRAPS, BURGERS & SALAD BOXES
REQUIRED FOR 1ST OR 2ND BREAK MUST BE ORDERED

1ST BREAK ORDERS NEED TO BE PLACED BY 9:30AM

2ND BREAK ORDERS NEED TO BE PLACED BY 11:30AM