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Week 2 Term 4 - 2024



PRINCIPAL'S REPORT

Welcome to Term 4

We're thrilled to welcome everyone back for the final Term of the year. Term 4 brings many important events, achievements, and opportunities for students across all year levels, as we close out the school year on a high note and roll over into our new Year Groups on 11 November 2024.

HSC Examinations Underway

Best of luck to our Year 12 students as they undertake their HSC exams this Term! We are immensely proud of their dedication and hard work.

Year 7 2025 Transition Activities

We're excited to welcome our incoming Year 7 students for 2025! Transition activities will begin this term, offering students an opportunity to get to know the routine for high school, meet their teachers, and make new friends. A full schedule of activities is available on the School Facebook page. We're looking forward to helping our new students feel prepared and excited for the year ahead.

Kindergarten 2025 Transition Activities

Our Kindergarten transition activities for the Class of 2025 are underway soon. These sessions are designed to help our youngest learners feel comfortable and confident as they prepare for the exciting journey into primary school. The children will engage in a variety of fun activities that introduce them to their new learning environment, teachers, and classmates. These experiences are a great way for families to connect with our school community and for students to start building friendships. We look forward to welcoming these new faces and making their transition into school as smooth and enjoyable as possible.

Stage 5 Hamlet Performance

Our Stage 5 Drama students have been hard at work rehearsing their production of *Hamlet* under the coordination of their teacher Tahnee Arnold. Their creativity and love for the stage is very strong and we can't wait for performance day.

Congratulations to Our Vocal students

A special congratulations to our vocal students for their outstanding achievements at the Lismore Eisteddfod!

Their exceptional performance earned high praise from the judges, who commended them for their talent, preparation, and interpretation. We're incredibly proud of our students for their hard work and dedication to excellence in music.

Here's to a fantastic Term 4! Thank you to all our students, families, and staff for your ongoing support and enthusiasm. Let's make this a memorable end to the school year!

Sally-Ann Thompson

Nimbin Central School

Term 4, 2024

Key Dates

Friday 25 October— Friday 8 November	2024 PLP Parent Interviews
Friday 25 October— Friday 1 November	Year 6-7 Transition Visits to Feeder Primary Schools
Monday 28 October— Friday 1 November	Primary 3-6 Intensive Swimming
Monday 28 October	HSC Exam Mathematics Extension
Tuesday 29 October	Minimum Standards Y10 Online Test (catch up)
Wednesday 30 October	Hamlet Performance for Secondary students MPU 2pm—3pm Kindergarten Orientation 9 am—11 am
Thursday 31 October	K-2 Excursion Nimbin Residential Aged Care HSC Exam Drama HSC Exam German Beginners
Friday 1 November	Zone Beach Volleyball Gala Day (Evans Head) HSC Exam Biology
Monday 4 November	School Spectacular Rehearsal—Tweed River High
Tuesday 5 November	HSC Exam Design & Technology
Wednesday 6 November	Kindergarten Orientation 9 am—11 am HSC Exam Society & Culture Minimum Standards Y10 Online Test (catch up)
Thursday 7 November	Primary Sport K-2 Swimming 9.15 am—10.15 am Bahzooley 5 pm—8.30 pm
Friday 8 November	Primary 3-6 Sport Swimming 9.15 am—10.15 am
Monday 11 November	Year 12 Formal 6.30 pm
Wednesday 13 November	Kindergarten Orientation 9 am—11 am
Thursday 14 November	Primary Sport K-2 Swimming 9.15 am—10.15 am
Friday 15 November	Primary Sport 3-6 Swimming 9.15 am—10.15 am

FROM THE DEPUTY

Living Online

People are spending more time online than ever before. Everyone. Often it is through necessity, as many essential services go online, activities and sporting clubs advertise and book online only and social communications move from a cuppa at the kitchen table to the convenience of a screen. Technology, device accessibility and the internet have changed the framework of how society lives and like anything, it has pro’s and con’s.

Despite the “Off and Away” Device Policy implemented in all NSW Government Schools in 2023, we are starting to see devices and online activity, particularly social-media use, creep back into our classrooms and playground at Nimbin Central School. These activities may be adversely impactful. All Students, Caregivers and Community Members are assured that the “Off and Away” policy remains in place for all students and we would respectfully ask you to please have a conversation with your young people about the use of personal devices during the school day. Primary students are not permitted to have mobile phones or devices in their possession during the school day and Secondary students are required to have mobile phones and other communication devices off and away during the day (including breaks). All primary students must check their devices in the front office before commencement of the school day. All secondary students who are seen on their devices will be directed to also hand in the device, to be collected at the end of the day.

Parents and Caregivers are asked to be mindful that online events, issues, arguments, bullying or conversations, including through online games, chats or social media, can often still manifest in the school environment without the presence of devices. As we all know, being behind a screen can be very empowering and sometimes things are said or done that would not have occurred IRL (in real life). These online activities can often manifest at school, sometimes immediately or several months (or even years) down the track. It is also worth noting that online communications move faster and further than physical communications and that the internet never forgets!

The Australian Government, in accordance with many governments around the world, have put technology regulations, ratings and age-limits in place for our most vulnerable – our children. Please take a moment to review the age limits of popular social media apps and online games below and consider the reasons why these restrictions are in place. Please note that the information provided was accurate at the time of writing.

Caregivers are also encouraged to sit down with your young people regularly and play their favourite online game or get them to “introduce” you to their online friends. Being active in the online space with your child is much more effective than being reactive when something negative occurs.

There are many options for support around online literacy and e-Safety. Nimbin Central School staff is always available to offer support. Our favourite websites are eSafety.gov.au, ThinkUKnow.org.au and the Digital Citizenship resources at www.nsw.gov.au.

Social Media Age Restrictions

Under 13 (with parental consent) GoBuddle, PopJam, GROW SOCIAL	13 + Facebook, Instagram, Tumblr, Twitter, Skype, iTunes, Pinterest, MyLOL, Wink, Snapchat, TikTok, reddit, ASKfm	16+ WhatsApp, Telegram, Meow Chat, Meet Me, Tinder	18+ Meow Chat, Meet Me, Tinder	18 (13 with parental permission) flickr, YouTube, Spotify
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Thank you and safe browsing,

Kellie Cockburn (Rel.)

INTENSIVE SWIMMING PROGRAM

This term, our students have made impressive progress through our intensive swimming lessons program. This week, K-2 students participated in daily swim sessions designed to improve their water safety skills and boost their confidence in the pool. The structured lessons, led by our teaching and certified instructors, catered to all skill levels, from beginners learning to float to more advanced swimmers refining their techniques. We have seen significant improvements, with many students achieving personal milestones.

The program also placed a strong emphasis on water safety, ensuring students developed essential life-saving skills that will benefit them both now and in the future. We're incredibly proud of the growth we've seen in our students and look forward to offering summer swimming for sport which will continue building their swimming abilities and confidence.

Heather Jessup



Tell Them From Me - Education NSW

The Tell Them From Me surveys are a key tool to measure student engagement and wellbeing in NSW public schools.

Tell Them From Me® (TTFM) is a suite of surveys for measuring student engagement and wellbeing. The surveys can be used to capture student, parent and teacher voices, providing reliable evidence for schools to use in identifying strengths and areas for improvement.

What is the TTFM survey?

The TTFM student, parent and teachers surveys are designed to capture students' wellbeing and engagement at school, as well as a range of experiences and attitudes of the school community toward school practices and procedures.

We have completed the student survey and are now ready to complete the parent and teacher surveys.

Please find the parent survey link below. This will be sent to you via SMS and email early next term but if you would like to complete it now that's great. Please complete by the 7th November.

<http://nsw.tellthemfromme.com/ncs2024>

We would really like your ideas on how to better support our learners and community.

Bulgelbeh



YEAR 6 - 7 TRANSITION

WELCOME TO HIGH SCHOOL!

Join us for the Year 6 to 7 Transition and start your exciting journey into high school. Meet new friends, explore the school, and get ready for the year ahead.

For more information, contact Mr. Rob Dolman, Year 7 Advisor for 2025, at (02) 6689 1355.

TASTER DAYS

26th November

3rd December

Visit the school and experience life as a high school student! Free BBQ lunch and drinks provided.

ENHANCED TRANSITION DAYS

5th November

12th November

Extra support for students who may need more time to adjust to high school.



READING ADDS UP!

WHAT A DIFFERENCE READING FOR 10 MINUTES A DAY MAKES...

A student who reads for 10 minutes every day typically has a broader range of vocabulary and an increased level of spelling. Reading exposes children to new ideas, facts, and cultures, helping to expand their knowledge and understanding of the world around them. Not only does regular reading help make students smarter, it can actually increase brain power.

1
MINUTE
A DAY
365 minutes in one year
2555 minutes by year 6
8000 words in one year!

10
MINUTES
A DAY
3650 minutes in one year
25,550 minutes by year 6
600,000 words in one year!

20
MINUTES
A DAY
7300 minutes in one year
51,100 minutes by year 6
1,800,000 words in one year!



READING IS A WORKOUT FOR YOUR...

READ FOR AT LEAST
10 MINUTES EVERY DAY
TO EXERCISE YOUR BRAIN

Reading is a positive habit that has life-long impacts on your knowledge and your health. It's like exercising or eating your vegetables!

HEART

Research shows that reading about a character's thoughts and feelings make you kinder.

MEMORY

Reading exercises the brain, improving your memory (maybe you'll stop forgetting your lunch at home!)

IMAGINATION

Books can help you see vivid pictures in your mind so you feel like you're actually immersed in another time or place. The whole world comes alive as your reading journey continues through each page!

SCHOLASTIC



KINDER ORIENTATION

TERM 4 2024

30TH OCTOBER 2024
6TH NOVEMBER 2024
13TH NOVEMBER 2024
20TH NOVEMBER 2024

9-11AM

Families can register interest at
the school office: 66891355

FUTSAL COMPETITION

On Thursday 19th and Friday 20th September students travelled to GSAC to compete in U14s and U16's Futsal (indoor soccer) against other schools in the Northern Rivers Region. The U14's boys team had a number of first time Futsal players and did their best to hold their own against more experienced teams. The following day, our intrepid U16's team, a bunch of girls from Year 7 to 11 played for the first time together against Evans River. Although Savannah and Jocelyn both performed fantastically in goals, and Ava had a couple of shots on the post, the final score was 2-0 to Evans, and another loss to Woodenbong in our second match. Our boys U16's team won their first two games definitively, however came up against some tough competition against the Rivers College in the final showdown. Despite the losses everyone had a fantastic day.

Jocelyn: "We had good opponents, they played well, we did our best."

Arien: "I think it was really fun I had a great time. Everyone was a great sportsman and we played some good futsal."

Shea: "More futsal."

Ava: "I got hit in the face. Futsal is love."

The next opportunity for representative sport is the Beach Volleyball Gala day at Evans Head, on Friday 1st November. Keep an eye out and get your notes in quick for that one to ensure your spot.

Lucia Schultz



YEAR 12 FORMAL ASSEMBLY

The Year 12 Formal Assembly was a memorable occasion that brought together students, staff, and families to celebrate the remarkable journeys of our graduating class. The event featured the presentation of various class awards, recognizing individual achievements and contributions that have enriched our school community. Special awards were also given to those who have gone above and beyond, showcasing their dedication, leadership, and perseverance throughout their educational journey.

During the Assembly, both staff and students took to the stage to share heartfelt reflections on their experiences at school. These personal stories highlighted the friendships formed, the challenges overcome, and the incredible moments that have shaped their time here. It was a poignant reminder of the shared experiences that have fostered a strong sense of community and belonging.

As we applauded their accomplishments, we also wished our Year 12 students all the best for their future endeavors, particularly as they approach their upcoming exams. This Assembly not only celebrated the past but also looked forward to the bright futures that await each student. It was a fitting tribute to the hard work, resilience, and spirit that define this exceptional cohort as they prepare to embark on their next adventures.

Sonja Mitchell



Top 5 online safety tips

- 1 Think of others' feelings before you post, like or share content.
- 2 Ask for permission before you share a photo or video with someone else in it. Respectful online relationships start with consent.
- 3 Be an upstander. Speak up if you see someone cyberbullying or sharing nudes in a group chat – let them know that's not OK. Report and delete it.
- 4 Use privacy and screen time settings to take control of your digital life and its impact on your mental health.
- 5 Ask for help. Cyberbullying and sharing intimate images without consent can be distressing, but eSafety can help remove them.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:

- Learn
- Build friendships
- Develop life skills

Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

education.nsw.gov.au



GET CONNECTED WITH THE SCHOOL STUDENT BROADBAND INITIATIVE!



The Australian Government has launched the National Referral Centre to help families access free internet. This initiative is closing the digital divide, promoting digital inclusion, and supporting children's education.

How it Works:

- Easy Access: Families can now self-nominate or be referred by an organisation.
- Eligibility Check: The National Referral Centre will verify eligibility and help connect families with a participating internet provider.

Eligibility Requirements:

- A child living at home and enrolled in an Australian school.
- No active broadband service over the NBN network.
- Access to a standard NBN service at your home.

Contact Information:

- Phone: 1800 954 610 (Mon-Fri, 10am-6pm AEDT)
- Website: www.anglicarevic.org.au/student-internet



CASPA

LISMORE CHRISTMAS CARNIVAL



Saturday 30th Nov

RIDES - ENTERTAINMENT - FOOD - MARKET STALLS

A community event bringing the Christmas spirit to Lismore
Lismore Turf Club | 12-7pm



MESSAGE FROM THE OFFICE:

Are your contact details up to date? If you have changed residential or postal address and/or changed telephone numbers recently, please contact the school office to update. Email addresses are also valuable. To provide for the safety and well-being of your child, we need the most current information available.

NGULINGAH NURSERY EXCURSION

On Monday October 21, Year 7 and Year 8 Agriculture students had a half day excursion to a local native plant nursery only 10 minutes travelling time from NCS!

A large range and variety of bush food tucker plants and seedlings were observed with valuable information provided by nurseryman Gordon to the students on best ways to propagate and nurture specific species that have been delivered to the school and are ready to plant at the school farm.

A great time was had by all and the classes really enjoyed the experience.

Kellie Cockburn



HANGING ROCK'S GOT
TALENT 2024
SATURDAY 2 NOVEMBER AT 3PM
 \$400 First prize - \$100 People Choice - \$100 Juniors
 #5 Entry. Kids Free. Food & Drink Available.
 register at hangingrockhall.org.au

HANGING ROCK HALL
OUR COMMUNITY - YOUR HALL
 Celebrate local Talent.
 Encourage the beautiful creative souls that live in our hills.

PIANO LESSONS
 WITH DANIEL FREY

CLASSES FOR ALL AGES STARTING AT 8 YEARS OLD

— ANY LEVEL — MUSIC THEORY
 — ANY MUSICAL GENRE — IMPROVISATION FOCUS

REGISTER NOW

PHONE: 04227-53211
 EMAIL: DAFREY07@GMAIL.COM

Nimbin Preschool

Playful, collaborative, multi-layered, creative, respectful, critical and lasting.

MONDAY TO FRIDAY
8:30AM-4PM

Run by our experienced early childhood teacher Katie Pennant, Nimbin Preschool offers a genuinely child-focused and led program.

A variety of spaces for your child to explore, learn, play and grow.

We have a vegetable garden and an enormous outdoor shaded play area where your child can test out their physical prowess. We have chooks, guinea pigs, bunnies and an education support dog named Gidget.

We also take walks into the wider and sometimes 'wilder' world. There is always a repertoire of activities on hand - painting, felting, reading, piano playing, mud kitchen, cooking and more...

ENROLLING NOW



contact us

Phone: 6689 1203
 Email: nimbinpreschool.director@gmail.com
 Facebook: Nimbin Preschool
 Location: A&I Showgrounds, Cecil St
www.nimbinpreschool.org.au



TRADING HOURS

OPEN DAYS

10 AM—3 PM

2nd and 3rd Wednesday
Of the Month

OP SHOP DAYS

10 AM—3 PM

1st and 4th Wednesday
Of the Month

MARKET DAYS

9.30 AM—3 PM

4th and 5th Sunday
Of the Month

NIMBIN CWA BRANCH

NCS Newsletter Team

Design & Editing: Julie Wone
 Proof Reading: Sue Willis

FIND US ON:





The school canteen is desperately looking for volunteers. If you can spare some time to help out, it would be greatly appreciated. Even just an hour or two can make a big difference to the quality and variety of food we are able to provide to students. Call Simone on 66891355 or drop in to see her.

MESSAGE FROM THE CANTEEN

Parents please do not send \$50.00 notes to the canteen for lunch orders or purchases. Change is not always available to accommodate.

THE STAGE 5 DRAMA STUDENTS PROUDLY PRESENT

THE 10 MINUTE HAMLET

MORE LIKE 40 MINUTES BUT DEFINITELY NOT FOUR HOURS!

WEDNESDAY 30TH OF OCTOBER 2024

VENUE: MPU NIMBIN CENTRAL SCHOOL

DOORS OPEN AT 2:00PM

START TIME 2:15PM

FREE ENTRY



PLEASE JOIN US FOR AN AFTERNOON OF LAUGHS, SURPRISES, AND A FRESH TAKE ON SHAKESPEARE'S HAMLET!

Yoga Nimbin
YOGA CLASS

\$10



Every Tuesday during the school term
3:45pm - 4:45pm

NCC DANCE STUDIO

NIMBIN CENTRAL SCHOOL CANTEEN MENU Term 3, 2024

HOT FOODS		COST	SNACKS		COST
Garlic Bread		\$1.00	Fresh Fruit – seasonal	from	\$1.50
Cheesy Garlic Bread		\$1.50	Air popped popcorn	from	\$1.00
Dim Sims mini steamed chicken	5 for	\$3.00	Custard Cup / Yogurt cup	2 sizes \$1.00 OR	\$2.00
Hash Browns	each	\$1.00	Tinned Fruit Cup		\$1.50
Spinach ricotta rolls (canteen made)		\$3.00	Chips – Sea salt/ Grain waves s/c chives/Pretzels		\$1.50
Sausage Roll. (bakery)		\$4.50	Pikelets x 3 with maple syrup		\$2.50
Bag of 4 Chicken Fingers or Dino Nuggets or Small meat pie		\$2.50	Jelly cups (WEDNESDAYS)		\$1.50
Stir Fried Rice	VEG \$4.50 Chicken	\$5.00	Chocolate Mousse Cup (ask if available)		\$2.00
Pasta Bolognese *	Meat OR Veg	\$5.00	COLD MEALS		
Mexi Beans & Rice *		\$5.00	Pesto Pasta Plain \$3.00 OR with cheese		\$3.50
Nachos Bean		\$5.00	With lettuce, tomato, red onion		\$5.00
Teriyaki Chicken or Butter Chicken or Thai chicken		\$5.00	With lettuce, tom, red onion, pesto chicken		\$6.50
(All served with rice)					
			GLUTEN FREE PASTA AVAILABLE BY ORDER FOR AN EXTRA		\$1.00
* WANT CHEESE WITH YOUR MEAL? THEN PLEASE ADD AN EXTRA 50c TO THE PRICE *		0.50	Salad Box Let, carrot, Tom Cuc Sprouts Red Onion		\$5.50
			With Chicken OR Ham OR Cheese OR Egg		\$6.50
TOASTIES			SUSHI (WEDNESDAYS ONLY)		
Just Cheese		\$3.00	Nori Rolls and Tofu Pockets (canteen made)		\$4.00
Ham Cheese / Salami Cheese / Tomato Cheese		\$3.50	*Tuna/Chicken/Veg options		EACH
Ham Cheese Tomato		\$4.00			
Chicken & Cheese		\$5.00	SALAD BOXES MUST BE ORDERED		
½ Round Roll Toasted with Tomato Cheese / Ham Cheese		\$3.00	STAFF SALADS AVAILABLE BY ORDER	FROM	\$6.50

Tomato/BBQ/Sweet Chilli Sauce 30c

Salad dressing 50c

Extra Forks/Spoons 10c

SANDWICHES		COST	DRINKS		COST
Jam OR Vegemite		\$2.00	Berri pop top juices 250ml (apple or ABC)		\$2.50
Cheese OR Tomato		\$3.00	100% Just Juice Poppers	5 flavours	\$2.00
Tomato & cheese OR Cheese & cucumber		\$3.50	Water	600ml	\$2.00
Ham & Cheese		\$3.50	Water	1 litre	\$3.00
Salami Cheese Lettuce OR Ham Cheese Tomato		\$4.00	Juice bomb can	8 flavours	\$2.50
Salad (lettuce, cucumber, tom, carrot, sprouts)		\$4.50	Up & Go chocolate (DF also available)		\$2.50
Egg Mayo Lettuce OR Curried Egg Mayo Lettuce		\$4.50	Cup of WARM milo 12oz (winter months only)		\$3.00
Tuna Mayo Lettuce with Red Onion & Tomato		\$5.00	M2GO milk poppers Choc/S'Berry		\$2.50
Chicken Lettuce Mayo/Chicken Avo/Chicken Cheese		\$5.00	Nippys 500ml Iced Choc/Coffee H/S ONLY		\$4.50
Salad with Cheese		\$5.00	Nippys 375ml iced choc/coffee		\$3.50
Ham Cheese Salad OR Chicken Salad		\$5.50	(*coffee is for high school and staff only*)		
ALL SANDWICHES ARE MADE ON JUMBO WHOLEMEAL BREAD FROM LOCAL BAKERY USING DAIRY FREE SPREAD			FROZEN		
MUFFIN PIZZAS			Juice Cups (canteen made)	Apple	\$1.00
Half an English muffin topped with			Sips	4 flavours Half/Whole	50/100
*Pizza sauce, mozzarella cheese, ham		\$2.50	TNT Δ		\$1.00
*Pizza sauce, mozzarella, red onion, capsicum		\$2.50	Snap juice ice blocks	6 flavours Half/Whole	50/100
*Pizza sauce, mozzarella, Pesto chicken		\$3.00	Chocolate moosie		\$2.00
			Juicies	2 flavours	\$2.00
BURGERS			CANTEEN MADE yogurt cubes *summer item*		
CHICKEN OR BEEF OR VEG			ICE CREAM CUPS	VEGAN OR DAIRY GF	\$2.00
*Flame Grilled Chicken, lettuce & special burger sauce		\$5.50	(Vegan = Coconut /Dairy = Vanilla)		EACH
*Cheeseburger - Beef patty, cheese and choice of sauce		\$5.50			
*Veg – veg patty, tomato, lettuce, sweet chilli sauce		\$5.50			
(Please add 50c extra per ingredient if you want salad items)					

PLEASE REMEMBER IT IS RECOMMENDED THAT ALL HOT FOOD ITEMS FOR 2ND AND 3RD BREAKS BE ORDERED