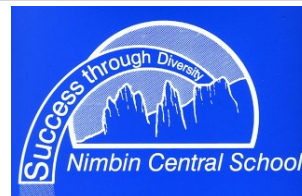


**Relieving Principal:** Ms Cath Marshall  
**Phone:** 66891355 **Fax:** 66891035  
**Address:** 23A Thorburn St Nimbin 2480  
**Email:** [nimbin-c.school@det.nsw.edu.au](mailto:nimbin-c.school@det.nsw.edu.au)

Week 6  
 Term 4



## Relieving Principal's News

We have just rolled over to our new timetable for 2018-2019, and once again, I recognise the important advantages this compressed curriculum model that we use at Nimbin Central School has for our school and students.

Firstly, at this time of year when many schools using the traditional model of four discreet school terms are winding down for the year, we are just beginning new courses and new classes with all the renewed energy and vigour this entails. Although the last few days of term are taken up with assemblies and end of year excursions, we don't lose very much valuable learning time at the end of the year.

The students also have the advantage of the long school holidays to read texts, work on projects or consolidate learning, particularly important in the senior school. Similarly, they begin the new year with an understanding of their new classes, know their new teachers and have a knowledge of their new school timetable, again leading to less wasted learning time.

And of course, the compressed curriculum model provides staffing advantages that allow for extra elective choices in both Stage 5 and 6.

There is a lot going on in the school at present – as always – and I encourage you to stay up to date with the school on Facebook, through our new website, the newsletter and shortly to be introduced, the School Stream app for phones. You can always contact us directly with any questions or enquiries.

Have a great two weeks.

*Cath Marshall*

**P&C Annual General Meeting**  
**Tuesday 27<sup>th</sup> November at 1:30pm in the Meeting Room**  
**Come along, you will be most welcome.**

## IMPORTANT DATES:

**Monday 26th November —  
 Friday 30th November**  
 Intensive Swimming Years K-6

**Tuesday 27th November**  
 Year 6-7 Taster Day

**Tuesday 4th December**  
 Year 7 Orientation Day

**Wednesday 5th December —  
 Friday 7th December**  
 Year 5/6 Coffs Coast Excursion

**Wednesday 12th December**  
 Carols by Candlelight. BBQ 6.30 pm  
 Carols 7.30 pm

**Thursday 13th December**  
 Celebration Day Primary  
 Year 6 Dinner at Sphinx Rock Café

**Monday 17th December**  
 Award Assemblies  
 Primary 9.40 am Secondary 11.10 am

**Tuesday 18th December**  
 Celebration Day Primary

**Wednesday 19th December**  
 Last day students and teachers

### NCS Newsletter Team

#### Design & Editing:

Julie Wone

#### Proof Reading:

Christine Riley



## From the Relieving Deputy Principal

Hi everyone!

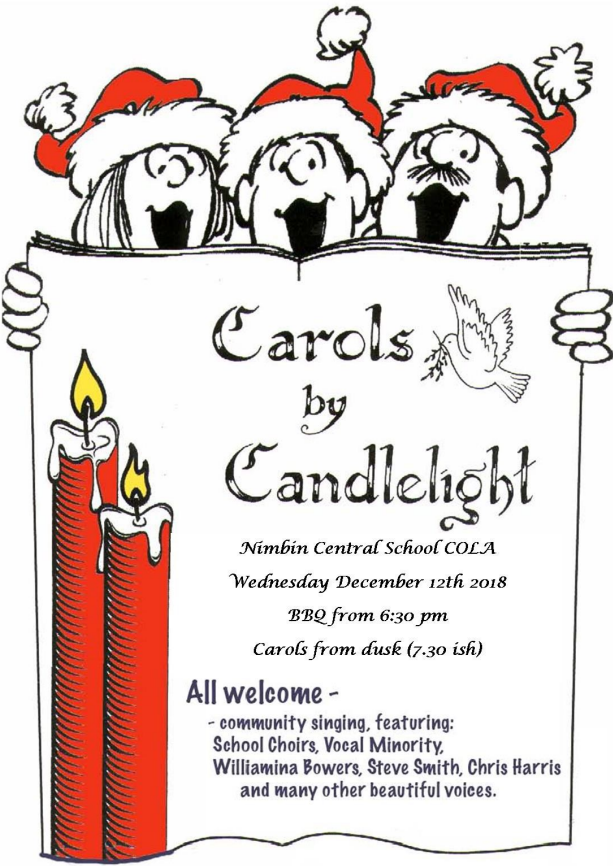
Here we are in week 6 – hard to believe we are already past the halfway mark of the term! Rollover into the new timetable went very smoothly this week. The students and staff have quickly settled into their new classes. It was great to have our HSC students back after their exams and to see our new year 11 students moving in to their Preliminary courses with such enthusiasm.

Today we would like to announce the formation of the Nimbin Central Aboriginal Education Team. The team will consist of a mixture of staff, students and community members and we would like to invite parents and carers of indigenous students to become members. We are looking at holding an initial meeting on Tuesday 4th December at 9.30 am. Please contact me via the office if you can come to the meeting or would like more information.

When the warm weather comes schools often see an increase in the incidence of head-lice (aka nits) amongst students and we have had a few cases recently in both Primary and Secondary. Can we please ask parents and carers to be vigilant about checking their children's hair and treating as necessary? The link below has information and advice about detection and treatment.

<https://www.health.nsw.gov.au/environment/headlice/Pages/default.aspx>

Andrew Grimshaw



**Carols  
by  
Candlelight**

*Nimbin Central School COLA*  
Wednesday December 12th 2018  
BBQ from 6:30 pm  
Carols from dusk (7.30 ish)

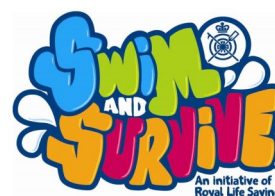
**All welcome -**  
- community singing, featuring:  
School Choirs, Vocal Minority,  
Williamina Bowers, Steve Smith, Chris Harris  
and many other beautiful voices.

This is a community event—supervision of children is the responsibility of parents and caregivers.



## Learn to swim program JANUARY 2019

- Teaches water awareness, stroke development and endurance
- Fun and safe environment
- Eight or nine consecutive week days
- Children aged 18 months to 12 years
- Qualified instructors
- \$74 for school aged children and \$52 for pre-schoolers (excludes pool entry)



Phone: 13 13 02  
Email: [swimandsurvive@sport.nsw.gov.au](mailto:swimandsurvive@sport.nsw.gov.au)  
Facebook: [facebook.com/OOSNSW](https://facebook.com/OOSNSW)  
[sport.nsw.gov.au/swimandsurvive](http://sport.nsw.gov.au/swimandsurvive)



**K-6 NEWS**

One of the things I really enjoy about working in schools is that there is always something happening and there is always something to look forward to.

**Bahzooley**

Last Thursday the school community once again got to enjoy the talent of Nimbin Central students in the annual showcase that is the Bahzooley. Students from Kindergarten to Year 12 entertained the crowd with two and a half hours of music, dance, song and drama. And once again thanks to Val, Mazz, Brett, Al and everyone else involved, the night was a huge success and highlighted the talent that makes up our student body.

**Carols by Candlelight**

Another musical extravaganza on the horizon is of course Carols By Candlelight. It's time to jingle our bells, hark the heralds and sing ho, ho, ho. It will kick off with a barbecue at 6.30 pm on Wednesday 12th December, so we hope to see and hear you all there.

**Intensive Swimming Scheme**

On a different note, (pardon the pun) next week the primary students will be participating in the Intensive Swimming Scheme at Kyogle pool. The students from K-6 will be assessed, grouped and undertake either learn to swim lessons or training that focuses on technique, styles, and stroke development. This program continues from Monday to Friday and all students are expected to attend. Please ensure notes and money are in.

**Year 7 Taster Day**

On Tuesday, the year 6 students had their first "taste" of High School life. They were joined by students from feeder schools and participated in a variety of High School lessons. This is one of a series of taster days intended to familiarise students with High School and alleviate some of the anxiety associated with transitioning from year 6 to Year 7. The students enjoyed their day, met some new friends and even got to make scones (thankyou very much).

**Year 6 Graduation Dinner**

While on the topic of Year 6, the end of Year 6 Graduation Dinner will be held at Sphinx Rock café on Thursday 13<sup>th</sup> December. Cost is \$35 per head and bookings, order and payment can be made at the front office at school. Menus and order forms have been sent home with students and we ask that all bookings be in by 3<sup>rd</sup> December. It is always a great night and we hope to see all year 6 and their guests there.

**Primary Celebration Day**

The end of year celebration day will be held at Murwillumbah Pool and outdoor slide on Thursday 13<sup>th</sup> December. ( yep, same day as the graduation dinner) Notes will be going home soon so keep an eye out for it.

**Year 5/6 Coffs Coast Excursion**

Thanks to everybody who have finalised their payments for the year 5/6 Coffs Coast excursion in week 8. The students are excited and counting down the days, in fact, if some get any more excited they will explode before we even get going,

Well once again that is about all for this issue so until next time stay healthy and happy.

*Marc and the Primary Staff*



**PSSA STATE PRIMARY ATHLETICS CHAMPIONSHIP**

On Wednesday, 31st October and Thursday, 1st November 2018, Daniel and Mikayla Frey successfully represented both the North Coast Region and Nimbin Central School at the highest level of primary school athletics in New South Wales, the PSSA State Primary Athletics Championship held in Sydney.

Daniel Frey finished 11th out of 42 of the state's best athletes in the 11 years boys Shot Put, throwing a personal best of 11.50m, a big improvement on his first state championship last year.

Mikayla Frey ran a personal best time to finish a close third in her Junior Girls 800m heat (narrowly missing the final)- outstanding as one of only two 9 year olds in NSW to make it to the state championships. The Junior Girls 200m sprint heats were similarly dominated by older 10 year olds and again she was also one of only a couple of 9 year olds to make the championships. She ran a great race in a personal best time of 30 seconds, narrowly missing the finals by about 0.3 of a second. Racing against the best in Sydney has inspired her to train more for next year's event and hopefully come away with an elusive medal.

Mikayla made the 9 year old Girls 100m sprint final, after successfully qualifying in her heat and semi-final. She finished a close 7th from 11 finalists, with less than half a second separating 1st from 11th!

*Michael Frey*

**CAREERS NEWS**

Information on the the following areas is available from your Careers Adviser:

- Pre - employment programs in Horticulture and Construction (CERT 2) are about to be run through NOVA skill. For further information see Mr Chaseling.
- Application opening for Hawker scholarships up to the value of \$60 000 over three years are about to occur. This would be relevant for Year 12 2018 students starting undergraduate degrees in 2019.

*Mr Chaseling*





## BAHZOOLEY 2018





## FROM THE COMMUNITY LIAISON OFFICER

Getting cooperation from young people is easier when your relationship is strong. Relationships give parents leverage but building goodwill takes time and effort.

**Here are some words of wisdom from Michael Grose from Parenting Ideas:**

### **Remaining calm is the key**

Act like the confident parent, even though you may be quivering inside.

### **Don't rise to their bait**

It sounds simple but with practice you can learn to avoid rising to the bait and entering a full-on fight with a teenager. Deflect it by saying something like, "Let's talk about this tomorrow. I'm not going to discuss this now."

### **Remember, teens battle their physiology**

It's important to understand that teenagers have outgrown their brains and they have faulty judgement. With their hormones raging and physical changes they battle to be in charge of their bodies as well as their brains. Understanding this makes them less scary and their behaviour less hurtful.

### **Keep words to a minimum**

It's easy to talk too much when teenagers challenge you, which usually leads to arguments. In fact, knowing when to be silent takes judgement but it can be your best ally when confronting an argumentative young person.

### **Give them a reason to cooperate**

When things have calmed down give them a good reason to cooperate. Suggest that they may consider preparing their own meals or washing their own clothes if they want to operate outside your guidelines. It helps to remind young people that cooperation is a two way street.

### **Take a problem-solving approach**

Another way of dealing with challenging teenagers is taking a problem-solving approach. That is, you state a rule and put the onus on your teenager to work within your guidelines. You can say, "I need you home safely by eleven o'clock. Let's come up with some ways to make this happen." Working with your young person to make sure both your needs are met takes some patience but the results can be extremely worthwhile.

### **Build your relationship**

Getting cooperation from young people is easier when your relationship is strong. Relationships give parents leverage but building goodwill takes time and effort. Joint shopping trips, watching sport, or just hanging out together at home can help parents build bridges with young people. The pay-off is huge in terms of your ability to influence your young person and help them make better choices.

### **When a teenager challenges you:**

- Refuse to respond to their verbal taunts or challenges
- Stay calm, even aloof. Stand your ground and act as if this behaviour is not new to you
- Be prepared to move away from a teenager who is out of control
- After an outburst sit down with them and remind them that cooperation has two sides

*Anne Bowden*

## P&C at Work for Our Students

Your P&C has had a very busy month with more to come.

We are very appreciative of the support we have from people who support our work with time given or donations of goods.

Catering at the Sawmill Sale earned us \$700. Thanks to those who donated cakes and slices and also thanks to those who worked on the day. We cannot do it without you. It was very successful and fun too.

Bahzooley was another fabulous night as we have come to expect. Students are so talented and under the guidance of our committed teachers it is a delight to watch them. Thanks again to those who donated desserts for sale on the night. They were hugely popular.

We were able to donate a box of apples and drinking water to those students travelling to Stewart House in Sydney.

We were also able to donate \$50 each to Daniel and Mikayla Frey to help them with their costs to compete in their athletics in Sydney.



Our next fundraiser is Carols By Candlelight. Again we will be doing the catering. We will be selling desserts and cold drinks. Once again we are asking for donations of Desserts for sale and any time you may have to help us on the night with sales.

**Our next event is our Annual General Meeting where we elect new office bearers onto our P&C executive. We can always do with more help so come along and join us on Tuesday 27<sup>th</sup> November at 1:30pm in the Meeting Room. Come along, you will be most welcome.**

**With thanks from Shizuka Oki, President P&C.**



## CONGRATULATIONS CAYDAN!

Congratulations to Caydan Douglas from year 11 for his outstanding results in the Australian Science Olympiad – Biology. Caydan achieved a high distinction and is one of only 100 students Australia-wide to be invited to attend the Science Olympiad Summer School at Australian National University in Canberra.

The summer school work schedule is intense and covers the equivalent of first-year university studies. It is held during the January School holiday period. High-achieving students at the Summer School earn a spot on the Australian Science Olympiads team and go on to compete at the International Science Olympiads – the Olympic Games for science students.

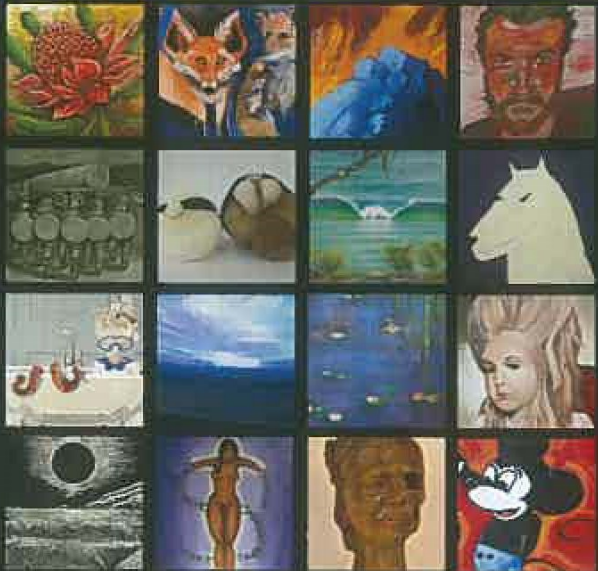
We wish Caydan well in this endeavour as he works with and competes against elite Science students from across the nation.

*Anthony Neenan*



# IMMERSE

TAFE DIPLOMA OF VISUAL ARTS EXHIBITION 2018



Opening Night 6:00pm Friday 30th of November  
at Lismore TAFE Campus, 64 Conway st.  
Exhibition continues 3rd - 7th of December

We are delighted to be launching what is the most timely place  
dedicated to the visual arts of the Lismore region and  
surrounding areas. It is a place to share past and present  
artistic work and to celebrate the creative talent of the region.

TAFE

## CHILDREN'S BOOK LAUNCH

FOOD FUN PRIZES



Come along and celebrate  
the launch of  
local author/illustrator  
Lisa Tiffen's latest book:

"SORROWS"

The third book  
in a series of  
quirky picture books that  
portray the emotional  
world of children.

**FREE EVENT**

Proudly sponsored by Uki Post Office

**NIMBIN CENTRAL SCHOOL HATS  
AVAILABLE AT THE OFFICE.  
100% COTTON  
\$11.00**



### Primary Polo School Shirt

Sizes 4-16 \$18.30

### Secondary Polo School Shirt

Sizes 10-18 \$22.00

### Senior Secondary Polo School Shirt

Sizes 10-18 \$22.00

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