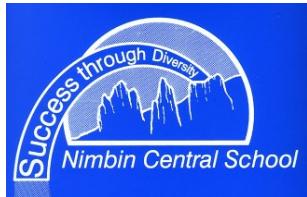


Relieving Principal: Ms Cath Marshall
Phone: 66891355 **Fax:** 66891035
Address: 23A Thorburn St Nimbin 2480
Email: nimbin-c.school@det.nsw.edu.au

Week 8
Term 1



Relieving Principal's News

The mass shooting in Christchurch last Friday is a tragedy that has shocked us all as well as being deeply confronting. The loss of innocent life impacts on us all, regardless of how removed culturally and or physically from the events we may be.

This distressing incident has been broadcast around the world and has been the main focus of the media for the last few days, as it will be in the coming days. We at the school are aware that many of our students have most likely been exposed to the distressing images published by the media or streamed on social media and are monitoring student wellbeing closely.

Staff have been supplied with resources to use with students, suitable for varying age groups, to discuss how to deal with news of traumatic events.

At these times it is also important, as adults, that we acknowledge the impact such events have on our own wellbeing and look after ourselves and each other.

There are always positive things to focus on, however, and last week the intelligent, respectful and informed way the young people in our region participated in the protest on climate change was one such event. Students from more than 100 countries protested to demand that politicians take urgent action on climate change and regardless of political view, from all accounts the young people and their behavior was commendable. It was described in the press as, amongst other things, amazing, polite and inspirational.

Let's focus on all these good things over the next two weeks.

Cath Marshall

Canteen closed for stocktake

Monday 1st April

IMPORTANT DATES:

Tuesday 26th March—

Wednesday 27th March

English Studies Excursion Coffs Harbour

Wednesday 27th March

Aboriginal Education Team Meeting 12.30 pm—1.15 pm

Monday April 1st

Canteen closed

Wednesday 3rd April —

Thursday 4th April

Life Education Van

Friday 5th April

School Photos

Monday 8th April — Friday 12th April

Preliminary Exams

Friday 12th April

Last day Term 1

Tuesday 30th April

First day Term 2



From the Relieving Deputy Principal

Hi everyone!

As I write this entry I can look out my window across the playground and see staff and students of all year levels, from Kindy through to HSC, wearing orange in support of Harmony Day. It is great to see so many people showing their support for this event!



Harmony Day was established in Australia in 1999 to coincide with the United Nations Day of the Elimination of Racial Discrimination. The key message of the day is "Everyone Belongs". It is a day to celebrate diversity, respect for others and cultural inclusiveness. In the wake of the terrible event in Christchurch last week, I see it as a great sign that the young people of our community hold such positive values.

I would also like to remind all our Aboriginal students, parents and carers that we will be holding our Aboriginal Education Team community get together next Wednesday (27 March) at 12.30 PM.

We have a number of ideas about programs and events that we would like to consult with our Aboriginal families about and we would also love to hear your ideas about what else the school could be doing to improve educational outcomes and/or connectedness to school for Aboriginal students.

We will be providing a light lunch on the day. Please RSVP for this event by contacting the office on 6689 1355.

Andrew Grimshaw

NIMBIN CENTRAL SCHOOL IS NOW ON FACEBOOK. PLEASE FIND US AND LIKE US:

www.facebook.com/nimbincentschool

Nimbin Central School
@nimbincentschool
Home



K-6 NEWS

The end of Term 1 is approaching fast and it's amazing to see there's still a lot to do.

Science Pop Up Day

Last Thursday the Year 5/6 students donned their white coats, charged up their mental batteries and applied some great scientific knowledge to addressing the problem of Recycling in our environment. Year 7 students assisted them to create and build a model of their solutions. Students recorded their findings in digital journals and will have the opportunity to present their work to fellow student scientists when neighbouring schools come together at a symposium at Nimbin Central next Friday. Congratulations to their wonderful work and many thanks go to Mr Smail for his excellent direction and organisation for the event.

Harmony Day

Harmony Day is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world. Students developed a better understanding of how all Australians from diverse backgrounds equally belong to this nation and enrich it. Orange was the colour of the day. Many thanks for assisting your child to support this worthwhile event by dressing in orange.



Canteen Closure

Stocktake needs to be carried out this term therefore the canteen is closed on Monday 1st April 2019. Please ensure your child has sufficient food and drink for the day.

Sporting Houses

Recently we had discussions with Uncle Gilbert and he suggested two beautiful local Bundjalung names for our sporting houses, Gold and Green. He suggested, Jarlynbah- place of Rainbow for Gold and Durrumbil- Blue Knob Mountain for Green . He also explained that when the two come together, be it in sport or in a meeting they create a rainbow. I think that is a most beautiful explanation of the values and ethos of coming together in sport, connected by an array of colours. Nominations were in, votes counted and students honoured. Our house leaders for this year are:

Jarlynbah - Gold Captains: Mikayla Frey and Daniel Frey
Vice Captains: Billie-Jean Dowsett and Livio Gulizia

Durrumbil- Green Captains: Grace Russell and Felix Kraft
Vice Captains: Kaara Stephens-Smith and Zuri Lord - Negus

Lunchtime Sporting Activities

Our Sporting House Captains, noted above, have proven to be an excellent role model in leadership and enthusiasm. After surveying the Primary about what they would like do as sporting activities during lunchtime, they have put together an impressive timetable of lunchtime activities for students to participate in. The focus is on developing and enriching sporting skills, positive game play and to have enthusiastic engagement. Primary can join in activities such as soccer skills, capture the flag, everyone is in, stuck in the mud, cross country running, duck-duck goose, hoops, ball catching and throwing. Our school is very fortunate to have such a supportive team and it's a great way for students to be included in lunch time social play.

Cross Country

Our annual Terania District Cross Country will be held in Term 2, Week 1, Friday 3rd May. During the next couple of weeks until the end of the term, we will be training daily for the event. We ask that students wear appropriate shoes and clothing and have a drink bottle. Details about the event will be sent shortly.

Nimbin Arts Fair

Students will be spending the next couple of weeks creating their pieces of art which will be entered in the Nimbin Art Fair. If your child would like to complete their work on canvas, they will need to bring their own canvas as soon as possible. Entries are to be completed by Friday 5th April and the Fair begins on Good Friday.

K-6 NEWS (cont.)**Primary Calendar**

Week 9 Friday 29 th March	POP UP SCIENCE DAY. Local schools around the district come to Nimbin and share their Science Pop Up Day projects with their peers. This is a District initiative where local school participate and is designed to foster positive middle school transition relationships.
Week 10 Monday 1 st April Tuesday 2 nd April Wednesday 3 rd April. Friday 5 th April Friday 5 th April	CANTEEN CLOSED for stocktake LIFE EDUCATION VAN VISIT. This is a worthwhile opportunity for students to receive a very professional and current information about ways in which they can make responsible choices around medicines, food choices and lifestyle choices. SCHOOL PHOTOS. Envelopes for orders will be sent shortly. NIMBIN ART FAIR Final day for art pieces to be completed and handed in at school.
Week 11 Monday 8 th April Friday 12 th April 2.15pm Friday 12 th April	EASTER SCRIPTURE 30 minute presentation involving songs, drama, short up front teaching time about the message of Easter as recorded in the Bible. Notes will be out shortly. SPECIAL ASSEMBLY. Principals Commendation Certificates will be presented by Ms Marshall and Year3 /4 will be presenting a class item. Come along and join us. POSITIVE BEHAVIOUR CELEBRATION. Students are congratulated for their sensational behaviour this term by having movie time and popcorn. Last Day of Term.
Week 1 Monday 29 th April Tuesday 30 th April Friday 3 rd May	Term 2 Pupil Free Day School Resumes Terania District Cross Country Canaiba School
Week 3	NAPLAN assessment Years 3 and 5

Regards

Dian Plesko and the Primary Staff

Tabulam Fundraiser

Students of Nimbin Central School were concerned about those affected by the Tabulam bushfires earlier this year and decided to do something about it. The Student Representative Council got together and organised a sausage sizzle event. On Thursday they set up at school and on Friday they occupied the main street of Nimbin. There was even music provided to draw in the punters. The Nimbin Central P&C supplied the sausages, Nimbin Bakery supplied the bread and the students supplied the enthusiasm and effort. Thanks to the generosity of the community and students, over \$600 was raised which will go to the Jubullum community of Tabulam to help out those who have lost everything.



Anthony Neenan



LIBRARY NEWS

NEW BOO-OO-OO-KS: Our Book Fair commission is already high enough for us to have earned ten new books for free, chosen by our students. Each day we are earning more, with the Book Parade on Friday promising to be a fabulous day of fun and book sales.

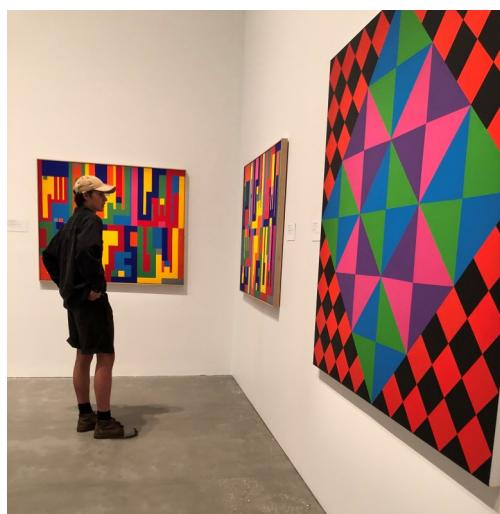
New picture books: Macca the Alpacca; Alpaccas with Maraccas; There is a Monster Under My Bed Who Farts; Another Book About Bears

Mazz Webb

GALLERY OF MODERN ART EXCURSION

Nimbin Central School students had a great day when Miss Alex and myself took 59 students to Brisbane on Monday the 11th of March to visit The Gallery of Modern Art (GOMA). Students went to see the Asia Pacific Triennial exhibition which show cased over 80 artists' works from all over the Asian Pacific area. With over 800 works for the students to explore through the Gallery everyone was able to find one work in particular that they were amazed and inspired by. It was a pleasure to witness the students' inquisitive nature in decoding either the conceptual concept of a work or the making practices of the pieces. The discussions being had around the Gallery showed deep reflective and analytic practices. The students were well behaved and enjoyed this experience thoroughly. We then continued to enjoy our day which was beautifully sunny at South Bank where students ate lunch and got to play in the park. This year there was an overwhelming response to the excursion with the bus filling and having a waiting list within a week. It is a long day not returning back to school until 7:30 but all the students were well behaved and embraced the wonderful experience offered to them.

Piaf Thorpe
Art Teacher—Relieving Secondary Studies Teacher



SCHOOL PHOTO DAY
FRIDAY 5TH APRIL
ENVELOPES HAVE GONE HOME
PLEASE ENSURE THEY CONTAIN THE CORRECT MONEY

FROM THE COMMUNITY LIAISON OFFICER

It's Book Week

Come on down to the library to buy some good quality affordable books for your children. Mazz has a wonderful display of choices for you to choose from. When \$1000 worth of books are sold then the school library gets \$300 worth of new books for kids to borrow. Drop in and have a look. Remember birthdays and other events that are coming up that may well do with a book for a gift. You will benefit, your children will benefit and the school's library will benefit. That's lots of good reasons to get down to the library.

Did you know that you can join our school library and take the opportunity to borrow from a large range of excellent books. When I visit the library I am constantly drawn to the large range of fabulous books for young children, older kids and a stimulating array of non-fiction books to suit every taste. Join up and bring home a good read.

When you share reading with your kids, whether it is the newspaper or a book or a magazine, then you are sending the message that reading is important. In fact reading is the basis of so much of our learning so by being positive about reading we are helping our kids to a good future.

Canteen News

Our Simone is doing a fabulous job to cater for all of our children with a wide variety of healthy food for them to eat. Like the Canteen's Facebook page for information of daily specials.

She says " On those days that I get help I can do so much more." She deserves all the help she can get and it brings its own rewards.

Please drop in and see her at the Canteen to talk about how you can help her. No previous experience needed. Jump in and lend a hand.

Cheers

*Anne Bowden
Community Liaison Officer*

CAREERS NEWS

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

- Information is now available for students who wish to participate in the Young Endeavour Youth Scheme. The Young Endeavour is a national sail training ship and the training program is run by a Royal Australian Navy Crew. The program is available for 16 – 23 year olds.
- Application time for The GAP year program for the military is coming shortly. If you are in Year 12 and are interested in spending a year in the military to gain some knowledge on what a job in that area is like please see Mr Chaseling ASAP.
- Any Senior student interested in a Construction Industry Apprenticeship in Lismore please see Mr Chaseling ASAP.

Mr Chaseling



mental health support for australian students, teachers, and schools following large scale incidents

Large scale distressing events impact our school communities in many ways.

support for students

- students may have been exposed to distressing images published by the media or streamed on social media
- content can be extremely distressing and triggering for adults, children and young people
- parents and school should try to take steps to minimise their exposure to graphic and distressing content
- schools may see a change in behaviour for some students, who may be finding the recent incident confronting and distressing

Students may want to discuss the incident with friends or in the classroom and share opinions and views, which is a normal response to a tragic incident. It is recommended that staff listen carefully and answer questions based on fact and avoid personal commentary or value statements. School staff should guide conversation with messages of safety, self-care, and seeking help.

- at times like this students look to teachers to make sense of the world. It can be hard to provide responses which make sense and reassure students. It is appropriate to recognise and respond to students in distress
- any staff concerned about particular students should make this known to counselling and support staff within their school or refer them through normal counselling pathways

- it will be important to monitor students who may feel vulnerable, and ensure those who have experienced traumas in the past have access to additional support
- common causes of distress may be related to:**
 - having been directly at risk from the events
 - being concerned about family and friends
 - feelings and memories related to previous experiences
 - other grief and loss.
- for some, where the harm has been caused intentionally, this may be an added source of stress and generate a sense of insecurity or distrust
- for most people, these feelings usually settle within a few weeks, particularly when support has been provided. While most will manage with the support of family and friends, there are still times when someone may need extra help and support. Support you may be able to offer includes:
 - check in regularly with students that you're worried about to see how they are coping
 - encourage students to reach out to friends for support in addition to adults
 - provide information and access to student counselling services
 - discuss with parents and carers about support services that can be accessed outside of school.

monitoring students

Distress may include some or all of the following:

- anxiety associated with a sense of loss of security and safety
- reactivation of previous problems
- increased sensitivity to issues of justice and equity
- behavioural changes, such as withdrawal or acting out
- peer conflict
- carrying the anger of others and seeking to express it.

what can teachers do?

Teachers can support in the following ways:

- acknowledge students' feelings
- let students know that if it is difficult to deal with the feelings provoked by events of such magnitude
- discuss issues in a manner that takes into account students' age and maturity
- answer questions in a simple honest way, using language that is age appropriate and without including personal views and opinions
- be honest and stick to facts. Don't speculate about what has happened or where an attack might happen. Don't dwell on the scale or scope of the event, particularly with young children
- assist students to communicate their concerns to parents and carers
- express hope in the future
- report any incidents or concerns you have regarding a student's wellbeing or behaviour.

help students feel safe

- reassure students of their safety at school; comfort them, remind them that they are safe and that these events are very rare
- maintain normal routines and schedules
- deal with fears by reminding students that many good things still occur in the world
- encourage students to participate in their faith community if relevant

- help children to separate angry thoughts and feelings about specific people, who behave in violent ways, from the larger cultural or religious group to which those people may belong
- remind students that it is important to talk to someone they trust, such as a family member, friend, teacher or school counselling staff member if they are feeling distressed.

sources of support for children and young people

School counselling staff will be available to support students. If students would like to speak with someone anonymously, confidential sources are:

- Kids Helpline (1800 551 800 or kidshelp.com.au)
- headspace (1800 650 890 or headspace.org.au)

school community

An incident relating to specific communities is likely to have emotional impacts on those communities and other groups within Australian schools. You may like to seek opportunities to reassure those in your school community that the school will provide the structure and support for all students, including those feeling vulnerable or distressed by this incident.

support for staff

School staff may also require additional support, especially if they have family or friends who have been affected by a large scale tragedy. It is important to take the time to identify if any are affected and discuss the types of support that's available to assist.

support options for staff include:

- general counselling services through your school or education sector
- external support services, including their local GP, Beyond Blue, Lifeline, or other local community services
- encouraging them to reach out to family and friends for support.



If a young person you know is going through a tough time they can get help and support from headspace.org.au or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

The headspace Clinical Reference Group have approved this clinical resource. It is intended for use by health professionals and is not to be used as a substitute for medical or health advice. While every effort is taken to ensure the information is accurate, up-to-date and complete, headspace.org.au accepts no responsibility for any errors or omissions. headspace.org.au makes no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. 18 March 2013



Download our school app for free!

Why download the app?

- Receive instant notifications for important news.
- Easily register absentees and excursions.
- Keep up to date with events and set reminders.

Download instructions:

- Go to the App Store and download "School Stream" to your phone.
- Open the app and type the school's name into the search bar to load the school's profile.
- Make sure you agree to Push Notifications when prompted.

NCS Newsletter Team
Design & Editing:
Julie Wone
Proof Reading:
Sue Willis

NIMBIN CENTRAL SCHOOL HATS
AVAILABLE AT THE OFFICE.
100% COTTON
\$15.55



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

Organic Cotton Polo Shirt sold at can-

NIMBIN CENTRAL SCHOOL CANTEEN - SUMMER MENU 2019

SNACKS

E	Piece of fruit—seasonal	\$1.00
E	Airpopped Popcorn	\$1.00
O	Sesame Crisps	\$1.00
E	Custard Cup.....	\$1.00
E	Tinned Fruit Cup	\$1.50
E	Pikelets—jam or butter (DF)	3 for \$2.00
O	Chips - Sea Salt.....	\$1.20
O	Grainwaves - Sour Cream & Chives.....	\$1.20

SANDWICHES

E	Jam/Vegemite.....	\$2.00
E	Cheese /Tomato.....	\$2.50
E	Tomato & Cheese/ Cheese & Cucumber	\$3.00
E	Ham & Cheese.....	\$3.20
O	Salami & Cheese	\$3.20
E	Ham, Cheese, Tomato.....	\$3.50
O	Salami, Cheese & Tomator OR Lettuce.....	\$3.50
E	Egg, Mayo & Lettuce.....	\$4.00
E	Chicken, Lettuce, Mayo	\$4.00
E	Chicken, Cheese, Sprouts.....	\$4.00
E	Ham, Cheese, Salad	\$4.20
E	Salami, Cheese, Salad	\$4.20
E	Salad	\$3.50
E	Salad with Cheese	\$4.00
E	Chicken Salad	\$4.50

DRINKS

E	Juice Cup ...apple/orange.....	\$1.00
E	Cup of milk—plain / flavoured	Small \$1.00.....Large ... \$2.00
E	Lactose Free Choc Popper.....	\$1.50
E	Juice Bomb Can (5 flavours)	\$2.50
E	Coconut Water - Small Cup	\$1.00
E	Juice Popper 100% (4 flavours)	\$1.50
E	Water..... 600 ml....\$1.60 1 litre.....	\$2.50
E	Up & Go Popper (4 flavours)	H/S \$2.60
E	Iced Choc Popper	H/S \$3.20
E	Iced Coffee Popper	Seniors Only.....\$3.20
E	Organic Juice Pouch (5 flavours)	\$2.00

All sandwiches are made using jumbo sliced wholemeal bread & dairy free spread.

GF available upon request + \$0.50

ROLLS & WRAPS

E	Salad Roll (round white).....	\$4.00
O	Veg Patty, Lettuce, Tomato	\$5.00
<u>1/2 Hot Dog Roll</u>		
O	Salami, Cheese, Lettuce	\$2.50
E	Ham Cheese Tomato	\$2.50
E	Chicken Lettuce Mayo	\$2.50
E	Egg Lettuce Mayo	\$2.50
E	Salad & Hommus	\$2.50

WRAPS (Halves)

E	Salad with Hommus	\$3.00
E	Ham Cheese Salad	\$3.50
E	Egg Lettuce Mayo	\$3.50
E	Flame Grilled Chicken, Lettuce, Sweet Chilli Sauce	\$4.00

BURGERS

E	Flame Grilled Chicken, Lettuce, Sweet Chilli Sauce	\$5.00
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* COMING SOON *

	Walnut Patty Burgers (Canteen made)	\$5.00
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TOASTIES

E	Grilled Cheese Open Melt.....	\$1.50
E	Cheese Tomato	\$3.00
E	Ham & Cheese	\$3.50
O	Salami & Cheese	\$4.00
E	Chicken & Cheese	\$4.00

FROZEN

E	Sips (Quelch Sticks) 5 flavours	\$0.80
E	Ice Monys (Triangles) 3 flavours	\$0.80
E	Juice Cups - Apple/Orange 100%	\$1.00

CANTEEN MADE

E	* Greek Yoghurt Berry Blocks	\$1.00
E	* Custard Blocks	\$1.00
E	* Coconut Fruit Blocks (coconut water & 100% juice)	\$1.00
O	Choc Moosie	\$1.20
O	Frozen Yoghurt - 3 flavours	\$2.50
E	Organic Juice Pouch - 3 flavours	\$2.00
O	Mini Weis Bars - 3 flavours	\$2.20

NO FROZEN ITEMS AT FIRST BREAK

NIMBIN CENTRAL SCHOOL CANTEEN - SUMMER MENU 2019

HOT FOOD

O	Mini Sausage Roll	\$0.50
O	Party Pie	\$1.10
O	Chilli Chicken Tender / GF tender	\$2.00
O	Vegie Patty	\$2.00
O	Bakery Cheese & Spinach Roll Half \$2.00 Whole \$4.00	
O	Bakery Sausage Roll	\$3.60

BAKERY PIES

O	Meat Cheese Bacon	\$4.80
O	Curry Meat / Plain Meat	\$4.80
O	Cauli Broc	\$4.80

BYRON PIES (soon to be discontinued)

O	Thai Chicken/Chicken Mornay	\$4.80
O	Satay Chicken/Bolognese	\$4.80
O	Mexi Beef/Mexi Veg	\$4.80
O	(GF / Spelt Vegan)	\$5.20

* ALL PIES ARE ONLY AVAILABLE AT SECOND BREAK AND
MUST BE ORDERED*

MONDAY

E	Pikelets - 3 with butter or jam (DF)	\$2.00
E	Pesto Pasta (DF) Small Bowl \$2.00 Small Tub..... \$3.00 (add extra 50c for cheese OR GF pasta)	
E	Baked Jacket Potatoes	3 for \$3.00 (add extra 50c for cheese OR sour cream)
O	Fish n Chips (3 fish bites + 100g wedges)	\$4.00

TUESDAY

E	Stir Fried Rice (meat or veg)	\$4.00
E	Pasta Bolognese (meat or veg)	\$4.00 (add extra 50c for cheese OR GF pasta)
O	Canteen made Curry Puffs	\$2.50

WEDNESDAY

E	Chicken Wings	\$1.50
E	OR 3 with BASIC salad	\$5.50
E	Mac Cheese (Veg)	\$4.00
E *	Nori Rolls - tuna or veg	\$1.50
E *	Tofu Pockets - tuna or veg	\$2.50

* Alternating weeks

O	3 Fish Bites - oven baked	3 for \$2.00
O	100g Potato Wedges	\$2.00
	Tomato/BBQ/Chilli Sauce	20c

SALADS

E	Small Tub <u>BASIC</u>	
E	Mixed Lettuce, Tomato, Carrot, Cucumber	\$3.00
E	Add extra 50c per additional item of :	
E	Cheese/Egg	
E	Add extra \$1.00:	
E	Ham/Chicken	
	<u>Large Tub <u>BASIC</u></u>	
	As above per additional items	\$4.00
	Small Basic Tub with Flame Grilled Chicken	\$5.00

MONDAY

E	Pesto Pasta (DF)	Small Bowl \$2.00....Small Tub	\$3.00
O	Bean Nachos (2nd break only)		\$5.00
E *	Mexi Mince & Rice		\$4.50
E *	Mexi Mince Soft Tacos		\$2.50

* Alternating weeks

FRIDAY

E	Chicken Wings	\$1.50
O	Fish n Chips	\$4.00
E	Pita Bread Pizza - Hawaiian/Veg - 2ND BREAK ONLY	\$2.50

Turkish Bread Toasties

E	Ham Cheese Tomato	\$3.80
O	Salami Cheese Tomato	\$3.80
E	Chicken & Cheese	\$4.00
E	Cheese & Tomato	\$3.50

E = Good to choose EVERYDAY

O = Choose only OCCASIONALLY

GF = Gluten Free/ DF = Dairy Free

H/S = High School only

