

NEMARLUK SCHOOL

SAFE RESPECTFUL LEARNERS WORKING TOGETHER TO ACHIEVE THEIR BEST



PRINCIPAL'S MESSAGE
Virg Hughes

Dear Families,

We have had a great start to Term 3. On day one staff participated in either Read Write Inc (RWI) or Managing of Actual or Potential Aggressive (MAPA) training. We will continue our learning in RWI throughout the semester at a few dedicated staff meetings. It is hoped that in the near future we could provide families with access to a portal that could be accessed to support reading in the home environment for families who may be interested in this.

Nemarluk Sports Day was a fabulous event that happened on the Thursday of week 2 Term 3. Families, students, and staff had a wonderful day. On behalf of the school community, I would like to acknowledge the work of Carmine who organised such a great event.

This week our Year 6 students and staff are very excited to be going on camp to Bachelor Outdoor Education Centre where they will participate in a range of activities such as:

- Archery
- Climbing wall
- High ropes
- Catapults

Next week we will celebrate Book Week staff and students are encouraged to dress up and a parade will happen during the day.

Staffing:

A warm welcome to Maria who will be working in the front office replacing Marianne who has moved interstate with her family.

On Monday night at School Council, I discussed the Teacher shortages, as you may be aware there is a national and international shortage of teachers. We have been working hard to find teachers for classes throughout the year.

We are already trying to recruit teachers for the 2023 school year. We will continue to work with recruitment agencies, advertising with the Department of Education, Facebook, LinkedIn, etc.

Upcoming events:

- Pupil Free Day Monday 22 August
- Book Week Parade Thursday 25 August
- Assembly Thursday 25 August
- Healthy Harold incursion 29-31 August

Attendance

The Department of Education is continuing its focus on students who are attending school less than 60%. Some families have received a letter from me addressing this.

If your child is unwell or away from school please continue to notify us of their absence which can be done by emailing admin.nemarluk@education.nt.gov.au

If you intend on taking holidays or long trips during school time please advise me in writing either directly to my email or to the school admin email.

I look forward to seeing families at next week's assembly, and don't forget to complete and return, either a screenshot or a hard copy of the school survey for a chance to win a food hamper at the week 10 Term 3 Assembly.

Virg Hughes
Principal

SCHOOL CONTACTS

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w. nemarlukschool.com.au
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p. 8985 0400



COVID-19

For the safety of our students and staff, we are limiting visitors to our school. NO Parents past our office door after 8:10am, you can walk your child to class before said time. This may change pending any future lockout and lockdowns. Please download School Stream to keep up to date with future news

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CALENDAR

- Pupil Free Day
22nd of August
- Assembly - 25th of August 8:45am
- Book Week Parade
25th of August
- Healthy Harold
29th-31st of August
- BEAT Festival Performance
7th of September
- School Holidays
24th of September/9th of October

BIRTHDAYS JULY AND AUGUST

Kiara	Samuel	Kavuwo	Joesph
Zakariah	Milah	Killian	Amika
Hazey	George	Ronnie	Riak
Angus	Riyansh	Fred	John
Ambrose	Miti	Mila	Seona
Tom	Junior	Pasinee	Andre
Dion	Eddie	Misha	Max
An	Jay	Phillip	Bradley
Dimitri	Lance	Maaz	Harry
Alex			



Nemarluk School is wishing you a very Happy Birthday. Have a great day

ROOM 11 ROAD SAFETY AND SCIENCE

It has been an exciting start to term 3 in room 11. We are learning about road safety and bike skills to help our students understand the importance of listening to adults and reading street signs. Students are now riding bikes/trikes, wearing helmets, and learning how to steer and use the brakes while experiencing a one-to-one bike lesson with an educator.



Students are also learning about animals in biological science, where they are looking at adaptations and life cycles. Students were eager to pat a frog that Rochelle had brought to school and will also be going to Alawa Farm to help feed the animals. We are looking forward to an excursion to the Territory Wildlife Park later in the term to observe some of the animals that they have been learning about.



MANUNDA 2 BIOLOGICAL SCIENCE

Manunda 2 have been looking at what is living/non-living. We observed living things and discussed how they move, grow, eat, and drink.



ROOM 3 AUSTRALIAN ANIMALS

Wildcare NT came to visit room 3 to talk about Australian Animals as part of the unit of work for term 3. The students were able to pat a baby wallaby and possum and learn about the different animals in Australia.



MANUNDA 1 DAY AT THE SHOW

Manunda 1 students visited the Darwin Show. The excursion was an engaging introduction to the learning they are doing this term in biological science.

Students looked at the animals and plants on show and photographed their features, discussed how animals were grouped in the hall based on what type of animal they are and different stages in the animals lives. They watched the Dinkum Dinosaur Show which was both informative and hilarious. Some of the kids were laughing so hard they rolled on the ground.

The class had a pizza lunch, a slushie and a little rest before visiting the art and craft hall. Finally they explored the education stands, with the favourites being Road Safety NT with Hector the cat getting hugs from everyone and pretending to fly the Royal Flying Doctor's plane.



MILLNER 1 & 2 CHICKENS

This term Millner 1 and 2 have been learning about living things and life cycles. The Darwin and Rural Poultry Club lent us incubators and we watched as the chicks grew inside their eggs and then they hatched over 3 weeks. Ros from the club also visited us and demonstrated egg candling, where we were able to see the veins and bodies of the chicks growing inside of the egg!

We loved seeing the chicks hatch and getting to hold them before they went to their new homes.



NEMARLUK SCHOOL SPORTS DAY

What a great day Nemarluk Schools 2022 Sports Day was!! We were lucky enough to finally have families back to watch their children participate in all their events. It was an amazing day full of fun, smiles and lots of friendly competition. All of our Teachers, Staff and Students did a great job. Bonus points for the weather being wonderful. We would also like to send a huge thank you to SEDA College NT and their students for all of the help they provided with our students and packing up equipment.

Congratulations Teams;

- 1st. Blue Team
- 2nd. Green Team
- 3rd. Yellow team



SUSTAINABILITY AND RECYCLING

This Term, students at Nemarluk are learning to understand what makes our environment sustainable, what threatens our natural surroundings and what can we do at school and at home to act more sustainable. Students are working on understanding what Planet Earth looks like, that it consists of oceans and continents. Most students can name the seven continents correctly.



TERM 2 WEEK 10 CLASS AWARDS

The Nemarluk School Positive Behaviour Points are our way of acknowledging all the students who follow our Nemarluk School rules. Students are given tokens when they have demonstrated that they are a learner, respectful and safe. Every three weeks each teacher nominates the student/s in their class who have done a great job respecting and demonstrating our school values .

ROOM 1

ESIA

ROOM 3

KAVUWO

ROOM 4

DARCY
ASHER

ROOM 5

JOHN JAMES

ROOM 6

AARIF

ROOM 7

OLIVER

ROOM 8

LAWRENCE
ZACHARY

ROOM 11

HAZEY

ROOM 12

ANGUS
ZAK

ROOM 13

ISOBEL
PETERSEN

ROOM 14

LEILANI
JOSH

KARAMA

AN

MANUNDA TERRACE 1

CYRIL
MATILDA

MANUNDA TERRACE 2

BRYLE
MIHIR

STUART PARK 1

EMILY

STUART PARK 2

ROBERT
MAHIMA

MILLNER 1

GEORGIA

MILLNER 2

MATHIAS

WANGURI

HENRY
MIA

WULAGI

ANTONIA
ZAIJAIN

NIGHTCLIFF

MANAN
JAYMISHA



Nemarluk School is using a new communication tool, an app called School Stream. This app is used for:

- Messages
- Forms
- Surveys
- Event notifications
- Newsletters
- Sharing student achievements
- Program advertisements
- Absence reports

1 Download the school stream app



2 Search 'Nemarluk School' in the search bar



3 Create an account

You'll need to use your phone number or email address to link this account.



It will also be used in case of whole school emergency messages, if necessary, such as:

- COVID-19 contact tracing
- School updates regarding extreme weather.

4 Wait for us to validate your account

We will also link you to your child's class group to receive updates and photos from teachers!

If you have any problems, just give us a call on 8985 0400, and we'll be happy to help.



Please download School Stream from the App store using the instructions provided.

Seesaw

Nemarluk School have started using Seesaw.

Seesaw is a digital learning platform that engages students in a meaningful way.

Seesaw is designed to allow:

- Students to show learning
- Teachers to gain insight
- Families to connect



Join today, please contact the front office, or communicate with your Students teacher for help.



The Root Cause

MEDITERRANEAN PASTA SALAD

- 1 cucumber, diced
- 1/2 red capsicum cut into small cubes
- 10-15 cherry or grape tomatoes, halved
- 1/2 red onion, diced
- 1 carrot, diced
- handful of black olives
- 1 cup chickpeas, drained
- 1/2 cup crumbled feta cheese
- handful fresh basil and mint, shredded
- 1-2 cups of uncooked pasta of your choice

1. cook the pasta as per instructions on packet, drain and allow to cool
2. add all the other ingredients
3. stir to combine
4. serve with dressing on the side or stir through dressing - your preference.

Dressing Ingredients

- 3 tbs Olive Oil
- 1 tbs acid (e.g. lemon, ACV, Balsamic, any citrus or other vinegar)
- Seasoning or sweetener (e.g. Dijon or seeded mustard, lemon zest, garlic, ginger, salt, pepper, sugar, honey, maple syrup).



IDEAS IN NUTRITION

Child sized Serves



NT HEALTH

Are you confused on how much food you need to serve your children?

The amount of food children need from the 5 Food Groups depends on a lot of factors, such as their age and gender. When children are eating healthy food (from the 5 food groups) they can eat to their appetite.

It may still be useful to know how much is recommended that children eat.

For example a serve for preschoolers is around a 1/4 of an adult serve.

The Australian Dietary Guidelines provide up-to-date advice about the amount of food from each food group that children of various ages need to eat for health and wellbeing. This guide compiles evidence from over 1000 studies and translates it to food groups.

Find out more about how much children need to eat:

tinyurl.com/4mwwzbb2





Coins for Doreen



Nemarluk School has been sponsoring children through PLAN International program for over 12 years. It is a valuable program that encourages the development of many literacy, numeracy as well as social and emotional skills. PLEASE

send in spare 5c, 10c and 20c coins to support Doreen, our school sponsor student in Malawi. Our goal is to raise \$100 every term. Please drop in any proceeds either to the front office or send them through your child's teacher.

Take care of your Smile

It is important to keep our mouths healthy, get regular check-ups and treat tooth decay early. Remember to...

- Brush your teeth last thing at night and in the morning for 2 minutes with a fluoride toothpaste
- Cut down on how often you have sugary food and drinks
- Visit your oral health professional regularly, as often as they recommend

When was the last time you had a check-up?

To book an appointment (08) 8922 6466.



VALUES



Safety
Respect
Learner

What they would look like
Safety: feeling safe, being safe, working safe, environment safe, knowing your limits, duty of care, stranger danger, personal space.

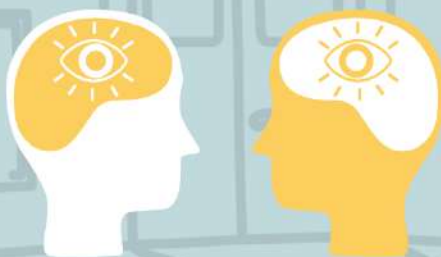
Respect: kind, caring, tolerance, differences, accepting, compassionate, honest, culturally inclusive, asking for permission, no put-downs, assertive / not aggressive, open mind to others, right to pass.

Learner: trying your best, having a go, asking questions, seeking help, offering help, sharing knowledge, working hard in all our given tasks.



VISION

At Nemarluk School, as a school of excellence, for students with disabilities, we will work collectively so that all students may achieve their best.



BELIEFS

Our overarching belief and the lense to be used when reading these statements is that:

Students are at the centre of all we do.

Our Beliefs at Nemarluk School are that:

The Diversity of culture and beliefs is reflected in all learning.

The individual identity of all students and lifelong learning are fostered.

Positive, engaging learning environments are central to delivering inclusive, individualised programmes. Care for the environment and others is encouraged in class, school, home and community. Positive partnerships with families, organisations and agencies are crucial for each child.

Honest, respectful communication is used by all.

TOP TIP: First Aid for Poisoning

- If you think a child may have swallowed something poisonous, take the container and child with you to the phone and call the **Poisons Information Centre: 13 11 26**.
- Help is available 7 days a week, 24 hours a day Australia wide. They will tell you what to do.

- Return all poisons to their safe storage area immediately after you use or buy them. If you are using household products when the doorbell or phone rings take the product with you.
- Never refer to medicines or vitamins as "lollies".

Note: Child resistant is NOT child proof - many children can open child resistant containers.

- Read the label, dosage and instructions carefully before giving medicines.
- Purchase products in child resistant containers and make sure the lids are on properly after use.

Common potentially poisonous items include: medicines - over the counter and prescription, cleaning products, dishwasher powder, fertilisers, pesticides, bleaches, alcohol, cigarettes, cosmetics and many more common household products.





Mighty Minds

Wellbeing strategies for young people

Tuesdays 3.00 - 4.00pm

23 August - 20 September

For young people aged 10 - 13 years

Structured group therapy and engagement to build understanding of anxiety and focus on strategies to manage our big worries. Delivered through a range of activities grounded in cognitive behaviour therapy.

Suitable for participants aged 10 - 13 years.

Sessions are facilitated by
a Carpentaria Psychologist.

\$875 for 5 sessions. NDIS funding and private payments accepted



carpentaria
therapy services

Register your interest

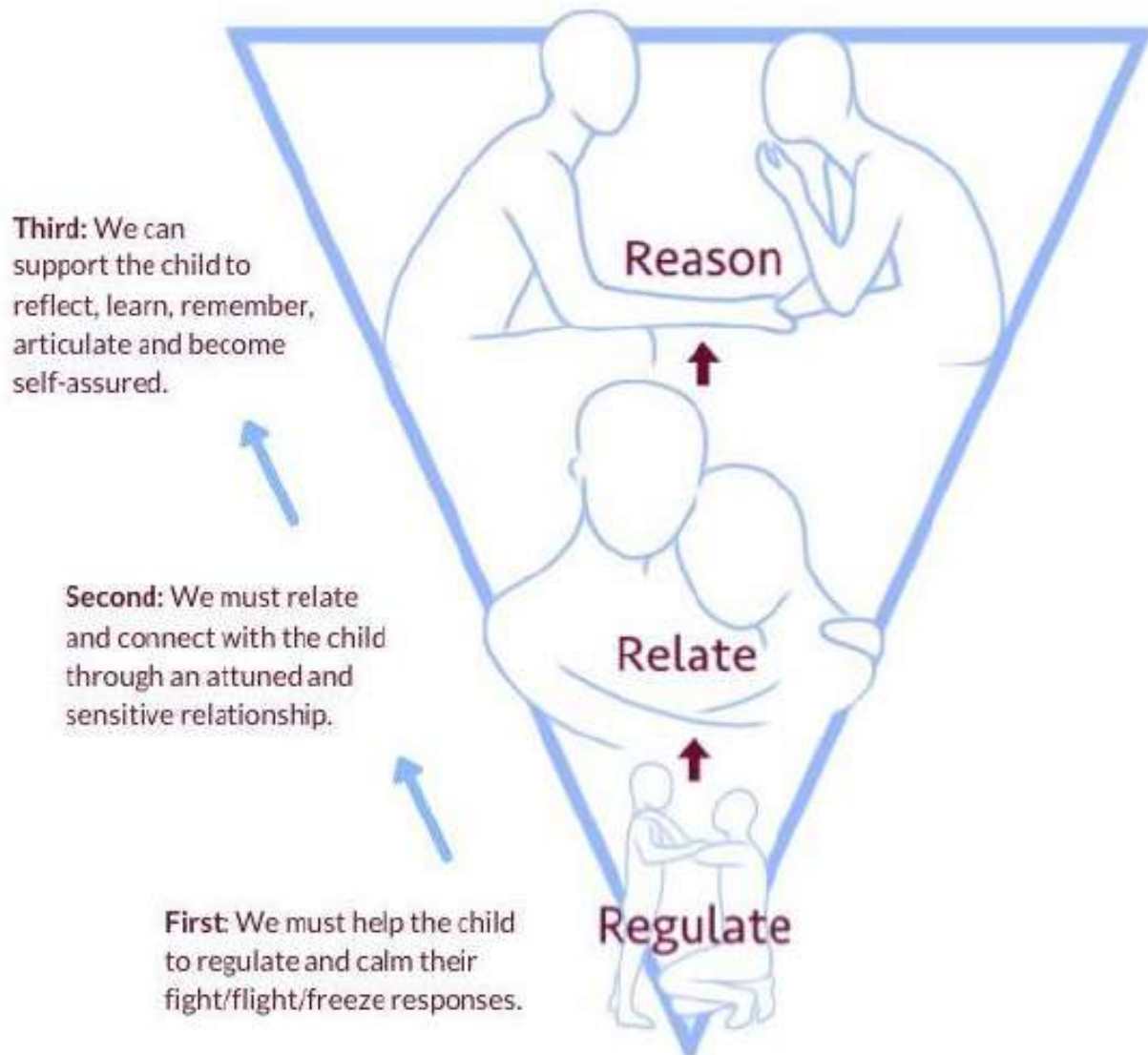
Carpentaria Therapy Services
e: alliedhealth@carpentaria.org.au
p: 8920 9446

TAH Tips: Trauma and the Three R's

When children experience early loss, separation, abuse or neglect their brain development is affected in significant ways. They often experience what is known as Developmental Trauma, which means their development has been disrupted and they may not behave, feel, relate and learn like other children their age. Depending on which part of the brain has been affected, children can present with difficulties in a range of areas:



Developmental Trauma can be repaired with a holistic, 'bottom up' approach; with safe and sensitive relationships with adults being central. Beacon House provides a number of resources on supporting children with developmental trauma, including the Three Rs for helping vulnerable children learn, think and reflect.



Regulate - Completing heavy work and deep breathing exercises with students who are dysregulated in a 1:1 or small group setting are effective regulation strategies. See previous TAH Tips for examples.

Relate - Name and validate students emotions, in a sensitive and attuned manner.

Heading straight for the reasoning part of the brain with an expectation of learning will not work if the child is dysregulated and disconnected from others.

Please see the Beacon House website for further resources: <https://beaconhouse.org.uk/resources/>

VARIETY ACTIVATE INCLUSION SPORTS DAYS

Enabling kids to be
more active, more
often!

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

Each day involves:

- a range of sports to try
- specialised coaching
- adaptive equipment
- showbags
- local sporting club exhibitors
- access to community services
- opportunities to network with other families and teachers



A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!



FOR PHYSICAL, SENSORY & INTELLECTUAL DISABILITIES

Wednesday, 31st August 2022

10:00am - 1:00pm

Sitzler Netball Centre

235 Abala Rd,
Marrara, 0812

BENEFITS OF THE DAY

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

Benefits of attending the day include:

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement

Variety - the Children's Charity believes all kids deserve a fair go. They provide practical and essential support to kids who are sick, disadvantaged or have special needs.

Disability Sports Australia aims to get more Australian's with a disability sport active, more often while working nationally to support sport and active recreation participation.

Total Recreation Empowering our members for more than twenty eight years in the Territory we follow a pathway to genuine social inclusion