Dear families, students and staff,

Nabiac Public School Presents:

**Journey back to Nabiac!**

K-6 Performance extravaganza!

1pm & 6:30pm

You are invited to attend our Education Week Assembly and Performance to be held on Wednesday at 1pm. The performance will be repeated in the evening commencing at 6.30pm. Students will need to be in their classrooms at 6pm to prepare.

On Thursday afternoon to celebrate 130 years of Public Education at Nabiac we welcome past students/staff to come back to school. The classrooms will be open to visitors between 1.30pm and 2.30pm. We will be serving afternoon tea from 2.15pm until 2.45pm under the Hall Cola. Inside the hall will be a display of school memorabilia. We look forward to seeing you!

**Message from the Principal...**

Tomorrow is the ICAS English Exam for those students who have paid to enter. Science and Spelling were held last term with results arriving soon. Mathematics will be held later this term.

This week our Respect message is “I can set a good example”. Students following this message will be rewarded with a Nabi-dip to enter into the draw to win a canteen voucher. Respect is a very important core value at Nabiac Public School and we like to encourage all students to always be respectful of staff , fellow students and visitors to our school.

Have a great week.
Mrs Cavanagh. Principal.
Education Week

Assembly. The Education Week Assembly will be held this Wednesday 30th July. There will be a day performance held along with the presentation of the Education Week Awards to commence at 1pm and then in the evening we will hold a second performance for parents and family members who are unable to make the daytime show. The night performance will commence at 6.30pm and we ask that all students be brought to their classrooms at 6pm. Please make sure your child has eaten dinner before they come. Students are welcome to bring a snack and drink bottle.

Open Afternoon. Nabiac Public School would like to invite past students/staff to come to school this Thursday afternoon. The classrooms will be open to visitors between 1.30pm and 2.30pm. We will be serving afternoon tea from 2.15pm until 2.45pm under the Hall Cola. Inside the hall will be a display of school memorabilia. We look forward to seeing you! We would like students to wear full school uniform as Out of Uniform has been moved to Friday.

Garden Meeting
The Garden Committee will be holding their next meeting this Thursday, 31st July at 8.30am.

Jeans for Genes Day and Out of Uniform
We will be supporting Jeans for Genes day this year on Friday 1st August in conjunction with Out of Uniform day. We ask students to come dressed in their jeans and to donate a gold coin. All monies raised will be donated to Jeans for Genes.

Change of Details
Sent home last week was a confirmation of details. Please fill out and return to the office at your earliest convenience to allow us to update your details. Thank you to the parents who have already sent their form in.

Book Character Parade and Book Fair
This year’s Book Character Parade and Book Fair will be held Week 6, Thursday 21st August. The parade will be held from 11.20am – 12.45pm. When the parade is completed, students will be invited to enjoy a picnic lunch with their parents and to visit the Book Fair.
Children come to school dressed as a book character. Children are encouraged to bring the book in which their character appears. Books will be on sale in the School Hall from 8.30am until 2.30pm, except during the Parade.
Mr Dawson and Miss Gregory Coordinators.
Gymnastics
Gymnastics commences next week on Monday and Thursday then, the program will run every Thursday until the end of term except for Week 6 which is when we will be holding our Book Character Parade.

Canteen Roster
WEEK 3
Tuesday 29.7
C Atkinson, J L Eason
Wednesday 30.7
M Webber, L Harper
Thursday 31.7
C Thomas, G Ryall
Friday 1.8
Coral, C Heffernan, T Dell

WEEK 4
Tuesday 5.8
C Atkinson, M Dale
Wednesday 6.8
C Heffernan & L Burton
Thursday 7.8
C Atkinson & M Clarke
Friday 8.8
Coral, K Styles, T Dell

NabiPatch Garden Roster

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<thead>
<tr>
<th></th>
<th>Thurs Weeks 1, 5</th>
<th>Thurs Weeks 2, 6</th>
<th>Thurs Weeks: 3, 7</th>
<th>Thurs Weeks 4, 9</th>
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</thead>
<tbody>
<tr>
<td>2.00 to 2.30</td>
<td>KB</td>
<td>1/2B</td>
<td>4/5J</td>
<td>1/2Q</td>
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<tr>
<td>2.30 to 3.00</td>
<td>3D</td>
<td>3/4G</td>
<td>K1/M</td>
<td>5/6AG</td>
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Uniform Shop Change in opening times.
The uniform shop will be open on Tuesday, Wednesday and Thursday mornings, 8.30am until 8.50am. Please note it will not be open on Mondays or Fridays.

Parents don’t forget to regularly check our Miller Message Board for events happening in the school and around the area. We quite often do not have enough room in the newsletter to advertise up and coming events in our area so we put this information in our message board.

Great News! Homework Help Comes to Nabiac
Homework Help will now be available at Great Lakes Council’s Nabiac Library. This program encourages students from the area to come to the library on Mondays during the school term from 3.15pm to 4.30pm. Students will have a volunteer library staff and a retired school teacher ready to assist with any homework, projects and assignments, as well as providing free access to the internet, library resources and data base. The program will include free printing and photocopying for school related work, and an opportunity to socialise with other students outside the school environment. Parents are asked to join with and encourage their children to take advantage of this service, thus reinforcing the value of the program. Hopefully, your child will also discover a love of books and reading!

Nabiac Playgroup

Meet at Nabiac Preschool on
Mondays 9am-11am. Come along for a fun morning!
All you need is a gold coin donation, a snack, a water bottle and a hat.
Tips to sneak fruit and vegetables into your child’s lunchbox

56% of NSW primary school students do not eat the recommended daily amount of vegetables¹.

Fruits and vegetables provide an array of colour, taste and texture in a child’s diet. They are also an excellent source of fibre, vitamins and minerals.

Eating fruit and vegetables daily helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese². It also helps children to meet their recommended daily intake of fruit and vegetables.

Here are some tips to sneak fruit and vegetables into the lunchbox:

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit</td>
<td>Vegetable sticks e.g. carrot, celery, cucumber, capsicum etc.</td>
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<tr>
<td>Bite size fruit e.g. grapes, orange segments, melon etc.</td>
<td>Bite-size vegetables e.g. cherry tomatoes, snow peas, corn kernels</td>
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<tr>
<td>Raisin or fruit bread</td>
<td>Corn on the cob</td>
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<tr>
<td>Fruit muffin</td>
<td>Vegetable muffins</td>
</tr>
<tr>
<td>Fresh fruit and yoghurt</td>
<td>Salad vegetables on sandwiches</td>
</tr>
</tbody>
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Reference:

¹ SPANS 2010 Short report
² NHMRC – Australian Dietary Guidelines Summary