

MONDAY MUMBLES – Term 4 Week 6 – 23 November 2009

**School Security Ph: 1300 880021 School Website: <http://www.narara-p.schools.nsw.edu.au>
Contact narara-p.school@det.nsw.edu.au for the Mumbles by email**

DATES TO REMEMBER

Tuesday 24 November	Narara Valley HS Orientation Day for Year 7, 2010
Wednesday 25 November	Aboriginal Cultural Event - <i>Yarn Up</i> , 6-8pm, Narara Valley HS Hall
Monday 30 November	Gosford Council's School Environment Awards, Laycock St Theatre Swim School starts, 30/11 – 11/12 Robyn McKerihan (Regional Director) visiting
Wednesday 2 December	School Council Christmas Meeting
Thursday 3 December	Lisarow HS Orientation Day for Year 7, 2010
Friday 4 December	Band Christmas Concert, 7pm

SCHOOL BAND RECRUITMENT 2010

Final registrations are being taken for Year 3-6 students wishing to join the school band in 2010. Information notes are available from the school office. Please see Mr Frohlich if you have any questions about the band.

YEAR 6 TRANSITION TO HIGH SCHOOL 2010

The excitement is mounting as Year 6 students prepare for their transition to high school. Mr Taylor (Year 7 Advisor) and a group of students from Lisarow HS will be visiting Year 6 students at 11am each Tuesday for the next three weeks to discuss plans for Year 7 next year. An orientation day for students going to Narara Valley HS will be held tomorrow, Tuesday 24 November. The orientation day for Lisarow HS will be held on Thursday 3 December.

KINDER PERFORMANCE

Best wishes to Kinder students and teachers when they perform at Gosford Council's School Environment Awards, Laycock Street Theatre next Monday. Kinder will perform their own environmental version of the song *That's the Way I Like It*. Congratulations to Kinder on being invited to perform at this event and thank you to the parents and supporters who are assisting with transport.

SWIM SCHOOL

Swim School commences next Monday and will run for two weeks with children (Year 2+) going to Gosford pool each day for swimming lessons. Please ensure that your child has a rashie (water shirt), sunscreen, hat and plastic bag for wet costume and towel. Thank you to Mrs Jones for co-ordinating Swim School this year.

BAND CHRISTMAS CONCERT

Band members, families and friends are invited to the school band's Christmas Concert on Friday 4 December, 7pm in the hall. Cost is \$5 per family with money going towards the band program. Please bring a plate of food to share for supper.

STAR OF THE WEEK

2J Nicholas Figallo

MERIT AWARDS

KD	Amber Watt, Riley Mears	KG	Sarah Fletcher, Joshua McIntosh, Caitlin Mobberley, Fintan Kiernan
K/1S	Lola Nelson, Ethan Wallace	1N	Savannah Diaz, Bethany Williams-Clarke, Daniel Delves, Caitlin Lawler
2H	Nicola Turnbull, Kyle Spain	2J	Laura Mercer, Harrison Palmer
3/4C	Rebekah Brown, Alison Portelli	3/4D	Jennifer McIntyre, Alex Blake
3/4T	Christie Lewin, Kurtis Ford, Mae Fallan, Jason Lane, Jamie Guff		
4/5R	Georgia Spain, Harry Thompson, Isaac Elbourn, Christopher Savidis		
5/6D	Dayna Laughton, Connor James	5/6I	Patrick Carlin, Jordan Morrison

SWIM SCHOOL FINAL INVITATION

This year's Swim School sessions will start next Monday 30th November and will continue, every day for two weeks. There are still a small number of positions available for this important swim scheme. **All children from Years 2 to 6 are invited to attend.** This is an essential activity for all children to gain water confidence and also for those who can already swim, to learn important water safety and survival skills.

All children in Year 2 are encouraged to take part.

The cost is \$49.50 (see the attached permission note)

If you would like your child to attend and have not yet completed a permission note please complete the attached note and return it with full payment by this Wednesday 25th November.

Jo-Anne Jones- Swim School Coordinator.

CANTEEN CHATTER-PH 43283891 (MWF) OR NICOLA 0418238775

Canteen Volunteers Christmas Party-14/12/09-To thank our wonderful Volunteers the Christmas party will be held at The Grange Hotel Wyoming from 6.30pm. Please let Nicola know ASAP if your able to attend. We would also like say a big THANK YOU to the volunteers who are able to fill in on short notice. As this is a busy time of year sometimes we need to fill a spot, if you are able to help out we would love to see you in the canteen. Please let Nicola know.

2010 Volunteer Roster-we are currently forming next year's roster. If you would like to change days or are unable to volunteer please let Nicola know ASAP.

Fresh and Frozen Fruit-Available at every Recess is a range of fresh and frozen fruit. These range in price from 10-20cents and are proving to be very popular. Whole fruit pieces are also still available for 50cents. We have also noticed an increase in Apples being slinkied at fruit break. This is great to see. Well done Narara!!!

Canteen Roster

Wed 25/11

Michaela Hatton

Lisa Reed

Lisa Grant

Fri 27/11

Helen Quirk

Meagan Thompson

Phyllis Lennox

Karen Ryan

Mon 30/11

Deborah Palmer

Joanne Fletcher

Nicola Ford - Canteen Supervisor

TRIVIA NIGHT 2009

The "Red Carpet Logies" Trivia Night raised a fantastic \$2,231.00. It was great to see the teachers and parents of Narara Public getting into the spirit of the night, and we were all reminded by one parent that Narara Public "is the best school our children go to". That sentiment was evident on the night. A HUGE thank you to Kerrie and Richard Black, grandparents of Nicholas Bax (3/4D) and Ashleigh Bax (K/1S), who generously donated a large majority of the prizes for the raffle and auction, and the eight bottles of wine for the winners. A HUGE thanks to Kylie Bax for her help with countless hours, and her inspirational ideas that made the night the success it was. Further thanks are extended to the Bax, Meredith and Needham families for their help setting up and cleaning up the hall, and to Jacqui Meredith who looked after the finances, on the night. Of course, the night would not be possible without generous donations from the following families and local businesses:

Chapman's Fruit, Gosford RSL, Bax Family, Black Family, Meredith Family, Nigro Family, Hobson Family, Bintley Family, Mantellato Family, Blockbuster-Lisarow, Forest of Tranquillity-Ourimbah, The Shoe Store, Wyoming, ING Australia-Sydney, Whoops-Lisarow, The Surf Shop-Lisarow, Wyoming Swim Centre, Natural Balanced Beauty, Niagara Park, Imperial Shopping Centre Management, Seaweed & Sand-Erina, Bendigo Bank-Lisarow, Central Coast Leagues Club, Blooms Chemist- Erina, Narara Public Canteen, The Barber's Shed Wyoming, Angels Hairdressers-Wyoming, Gloria Jeans, Wyoming, Hair to Impress- Lisarow, BP, Wyoming, T&R Solutions-Green Point, Big W-Tuggerah, Sabrina's Florist-Wyoming, Arnott's, Rossini's Italian Restaurant-Lisarow

Kirstie Mantellato – P&C Fundraising

Thank you to Kirstie for organising this great fundraising event

Optometrists warn of UV damage

With summer fast approaching, Lisarow optometrists, Monica Lette & Amanda Rungis, are urging parents to protect their & their children's eyes from harmful UV rays. Many people believe sun damage occurs only after spending hours in the sun but this is not true. Everyday UV exposure can affect the health of your eyes; even short bursts of unprotected UV exposure can lead to pain, irritation and sensitivity to light.

It is essential to encourage children to protect their eyes when outdoors. Children who regularly play outdoor sports, such as soccer, cricket and tennis, without wearing sunglasses and a hat, are also at risk of developing eye conditions in later years.

To help Monica & Amanda promote the importance of UV protection Central Coast Mariners Chris Doig, John Hutchinson, Michael McGlinchey and Nicky Travis will be making a special appearance at Sure Optical at Lisarow Plaza this Saturday 28th November from 11am -12pm.

To celebrate their visit everyone who purchases sunglasses or Transition lenses on the day will get a 20% discount as well as free entry to perhaps WIN A CORPORATE BOX to see CENTRAL COAST MARINERS vs WELLINGTON PHOENIX on NEW YEAR'S EVE (Prize includes 12 tickets + Food & Beverage - total prize value up to \$1800). For terms & conditions please visit www.sureoptical.com.au. Authorised under NSW Permit LTPS/09/07285.

Challenged by your child's asthma?

'Parenting Children with Asthma'

Researchers from the University of Queensland are investigating the challenges faced by parents of children with asthma. This project involves a survey examining the factors that parents believe make management of childhood asthma more difficult.

What does participation involve?

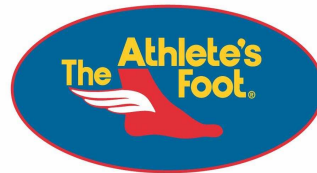
Parents of children with asthma, aged 3 to 12 years, can participate by completing a set of online questionnaires about their family, their child, and their child's asthma. These questionnaires will take approximately 15 minutes to complete.

You can complete the survey at:

<http://exp.psy.uq.edu.au/asthmaparents>

For more information, please contact
Caroline Gregory (ph: 07 3365 9186, email:
caroline.gregory@uqconnect.edu.au)

Your participation will be greatly appreciated!



ERINA FAIR

4365 4616

WE FIT SCHOOL SHOES

FULL RANGE OF GIRLS & BOYS INSTORE

NEW STYLES AVAILABLE

Healthy eating over the day

Regular meals snacks will help your children form healthy eating patterns. Try to have meals and snacks around the same time each day. A break between eating gives the body a chance to feel hungry, and is also good for teeth.



Nutrition News Shippet provided by
Central Coast Nutrition Dept and
Health Promotion Unit, 2008

NORTHERN SYDNEY
CENTRAL COAST
NSW HEALTH

OPEN WEEK

Central Coast Conservatorium wishes to invite all members of the community to its annual Open Week.

Bring your parents, grandparents, children, grandchildren, siblings, friends and partners.

YOU ARE ALL WELCOME

Sunday 22 to Sunday 29 November 2009

Central Coast Conservatorium grounds Cnr. Mann Street & Georgiana Terrace, Gosford

Timetable of relevant department tutor or support person in attendance

Children's Music Program

Monday, Tuesday and Friday 9.30am to 11.00am

Monday, Tuesday and Wednesday 4pm to 5pm

Instrumental Program

Brass Monday - Friday 4-5pm

Guitar Monday - Thursday 3-7pm

Jazz Tuesday 6.40-8.40pm, & Thursday 7-8pm

Percussion Tuesday and Friday 3-6pm

Piano Monday - Friday 3-7pm

Strings Monday - Friday 3-7pm

Vocal Monday - Friday 3-7pm

Woodwind Monday - Friday 3-7pm

Ensembles Program

Monday - Flute Choir 4.30-5.30pm Youth Band 5.45-7.15pm Saxinettes 6.30-7.30pm
Tuesday - Jazz Ensemble 6.40-7.40pm Big Band 7.40-8.40pm
Wednesday - Junior Saxinettes 5.30-6.30pm Adult Strings 6.45-7.45pm
Thursday - Brass Ensemble 5-6pm Jazz Guitar Ensemble 7-8pm
Friday - Junior Orchestra 4.30-6pm Youth Orchestra 4.30-6.30pm
Woodwind Chamber Group 6.30-7.30pm Adults Strings 6.30-7.30pm
Saturday - 9.30-12pm Saturday String School

Open Week Performances

Sunday, November 22 @ 5pm **Concert by Frigus Ventulus – Sax Quartet**

at Robert Knox Hall – Central Coast Conservatorium

Sunday, November 22 @ 2.30pm **Battle of the Bands**

Gosford High School Auditorium

Monday, November 23 @ 6.30pm **Flute Choir & Woodwind Chamber Ensemble**

at Robert Knox Hall – Central Coast Conservatorium

Thursday, November 26 @ 7pm **End of the Year Jazz Department Concert**

at Robert Knox Hall – Central Coast Conservatorium

Friday, November 27 @ 7pm **End of the Year Youth Orchestra and Junior Orchestra Concert**

Gosford High School Auditorium

Entry by donation

Saturday, November 28 @ 11.30am **Strings Chamber Music Showcase**

at Robert Knox Hall – Central Coast Conservatorium

Sunday, November 29 @ 2.30pm **Trevor Haines Scholarship Finalists Concert**

at Robert Knox Hall – Central Coast Conservatorium

Entry by donation

Sunday, November 29 @ 5pm **Brass Department Concert**

at Robert Knox Hall – Central Coast Conservatorium