



NARACOORTE PRIMARY SCHOOL NEWSLETTER

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Principal – Paul Harmer, Deputy Principal – Andrea Lawrie, Wellbeing Leader – Samantha Gale, Chairperson – Anna Thring

Term 4 ~ Wednesday 20th November, 2024

Coming Events

NOVEMBER

- 20th – 22nd – SAPSASA Tennis
- 21st – Pancake Breakfast
- 25th – Finance Meeting
- 25th – 29th – Swimming Lessons, Receptions
- 27th – 29th – Year 4 Camp, Robe
- 27th – Kindy Transition
- 28th – Children's Uni Graduation
- 28th – NHS Additional Transition
- 29th – Year 3 Big Day Out, Mt Gambier

DECEMBER

- 2nd – Governing Council Meeting
- 3rd – NPSFest 2024!
- 4th & 5th – Kindy Transition
- 5th & 6th – NHS Transition
- 5th – Whole School Transition to 2025 Class
- 6th – NHS Transition
- 6th – Christmas Paegant
- 9th – Little Day Out, Yr 1/2s
- 10th – The Pond Learning Journal Sharing
- 11th – Year 6 Graduation
- 11th – The Pond Teddy Bears Picnic
- 13th – Last day of Term 4, 2.25pm Dismissal

TERM 4 Canteen Roster

Friday 22nd November

Ellena Hillbrich

Friday 29th November

Fiona Copping

Friday 6th December

Help Please

Friday 13th December

Pam Meynell

*We would appreciate some extra help on Fridays. If you have time to spare, please contact the Canteen.



It is hard to believe there is only 4 weeks of school left for the year! It has been a busy term so far with one of the highlights being the Sports Day a few weeks ago. It was great to see so many families and friends in attendance, enjoying what turned out to be a cracking day. It was a pleasure to see the students compete so well and encouraging each other. One of the benefits of Sports Day is building up resilience when things don't go to plan and learning that being active, having a go and having fun is the most important thing, Congratulations to MacIntosh for being the 2024 winners.

It was great to have Jess Stenson (nee Trengove) back at school to present the champion athletes and sportsmanship awards. As a former student, Jess spoke very fondly of her memories of NPS Sports Days and training on the cross country track.

Principal Appointment

I am pleased to announce that I will be continuing in the role of principal for the next five years. I have thoroughly enjoyed my time here this year and look forward to working with Lucy, Sam and the rest of the staff and school community to make Naracoorte Primary School even better over the next five years.

2025 Planning

We are currently preparing and planning for 2025. With the changes in classroom spaces shared in the last newsletter, I can now announce the teaching staff and year levels for 2025. It was decided to create a fourth Yr 1/2 class to reduce numbers and maximise the learning opportunities for our students in the crucial early years. We are very fortunate to retain all our teaching staff with a few changes.

2025 Teaching Staff

Year level	Teacher
Reception	Hayley McCarthy
Reception	Ash Owen (3 days)/ Hannah Grundy (2 days)
Reception	Cat Flint (4) / Michelle Burrows (1)
YEAR 1-2	Mandy Fox (4)/ Pip Schinckel (1)
YEAR 1-2	Emma Gill
YEAR 1-2	Stacey Wirper (4)/ TBC
YEAR 1-2	Dan Wallis
YEAR 3-4	Ursula Smith
YEAR 3-4	Caryn McConnell
YEAR 3-4	Sam Turci
YEAR 5-6	Daniel Hallett (4) / Ange Donnelly (1)
YEAR 5-6	Liz Schroder (2.5) / Kath Mott (2.5)
YEAR 5-6	Dani Mahoney
Targeted Learning Centre	Andrea Lawrie
PE R-6 SAPSASA	Ange Donnelly (3 days)
YR 3-6 Dig Tech	Daniel Hallett (1 day)
R-6 Science	Tash James (4 days)
R-6 Indonesian/EALD	Bron Andrews (3 days)
R-2 HASS + NIT	Michelle Burrows (2 days)
R-2 Library + Admin	Fiona McInnes (2 days)
PLC teacher release	Tracy Hahn (1 day)

I am looking forward to working with all these amazing people to help meet and exceed our improvement priorities.

Transition Days

Transition is an important part of preparing for the next phase in a student's life. Whether it be from kindy to school, school to high school or even class to class it is a great opportunity to develop a positive relationship with the incoming teacher. It also allows students to know where their new classroom is going to be and be prepared for the coming year.

We will have whole school transition for a full day on **Thursday 5th December**. Parents will receive letters of their child's class placement the day before. Due to significant changes in room

allocation, most classes will have transition in their current location.

This will tie in with Kindy transition on **Wednesday 4th and Thursday 5th December** and High School Transition on **Thursday 5th and Friday 6th December**.

School Captains

Being a school captain is one of the highest honours a student can strive for. Four students, regardless of gender, will be selected to be the school captains. They will hold a range of responsibilities such as hosting assemblies, meeting visiting dignitaries, representing the school at local events, participating in leadership training and most of all, being an active voice on behalf of the student group.

Applications for School Captain are currently being sought with applications closing on **Monday 25th November**. Interviews will be conducted the next day with speeches and voting the following Monday, 2nd December. They will be announced at the final assembly on Monday 9th December.

Applications for other leadership roles will be conducted at the beginning of next year.

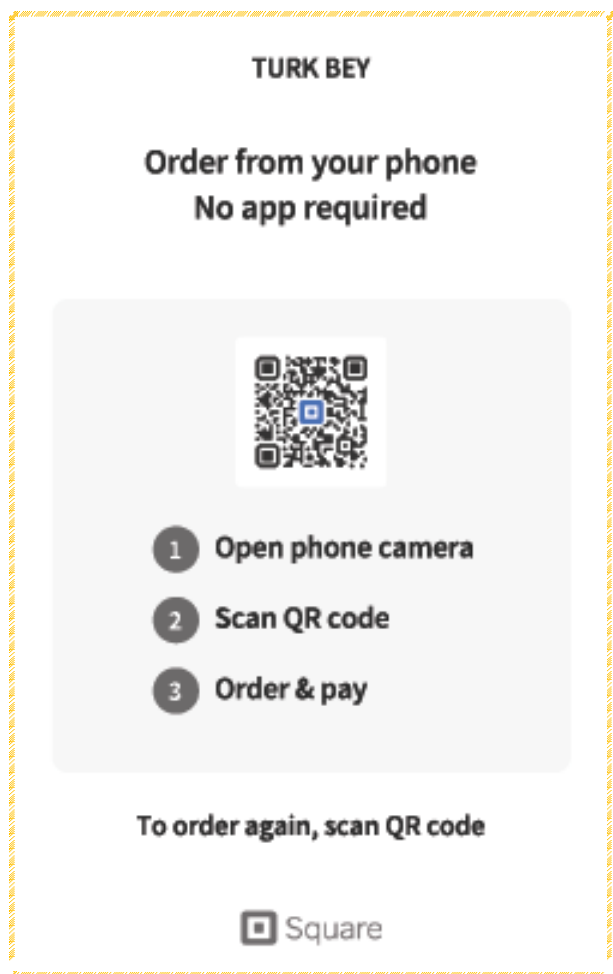
Fun Run

Thank you to everyone for the amazing effort in raising an incredible amount of money so far from the fun run with well over \$5000 raised so far. We are putting out a last call for donations to come into the office and be added to the total. If this could be in by this **Friday, 22nd November**, it would be much appreciated!

The prizes for highest fundraisers and raffle for all those who contributed will be held at an upcoming assembly.

Kind regards





SPORTS DAY

Our annual sports day kicked off with our traditional march, war cries and dance. Special guest, Charlee Taheny opened the day with a pep talk to the students urging them to be their best selves. The 5/6s started their day with the newly introduced 600m event, followed by the 400m for 3/4s and 250m runs for our JP students. These events provided an opportunity for students to support each other and compete against others on a year level basis, as opposed to all other events which are competed in classes.

The day finished with six finalists from each age group in the age races and finally relays. A parents' relay was a highlight with the Robertson parents' digging deep to hold off a determined Cameron team.

Winners of the long runs:

Reception	Axel Owen	Ellie Manser
Year 1	George Manser	Angelique Joseph
Year 2	Freddie Norcock	Pippa Menzel
Year 3	Jack Walter	Ellie Parker
Year 4	Hayden Bowley	Willow Wardle
Year 5	Hurley Sinclair	Alara Malone
Year 6	Frazier Brodie	Isabelle Willson

Age race winners:

5 year olds	Darcy Hurrell	Ellie Manser
6 year olds	Harry Binet	Ayah Madzika
7 year olds	George Manser	Halle Ingenito
8 year olds	Eddie Bennier	Evie Bennier
9 year olds	Ryder Sayers	Ellie Parker
10 year olds	Hayden Bowley	Willow Wardle
11 year olds	Bladen Owen	Alexis Bytheway
12 year olds	Frazier Brodie	Isabelle Willson

Relay winners:

Division 1	Cameron
Division 2	MacIntosh
House Captains	MacIntosh

Overall results:

1 st place	MacIntosh
2 nd place	Cameron
3 rd place	Robertson
4 th place	Magarey

Year 6 Cup winners:

1 st	Frazier Brodie	Points	43
2 nd	Bladen Owen	Points	39
3 rd	Angus Norcock	Points	38

1 st	Alexis Bytheway	Points	46
2 nd	Isabelle Willson	Points	43
3 rd	Ava McCarthy	Points	42





Long Run Winners



Student Medical Issues/Conditions

At Naracoorte Primary School, the health and well-being of our students are of utmost importance. To ensure that we can provide the best possible care and support for your child, we kindly request that you inform us of any medical issues or conditions that your child may have.

This information is crucial for us to:

- * Understand and accommodate your child's specific needs.
- * Administer any necessary medications.
- * Be prepared for any medical emergencies.
- * Ensure a safe and supportive learning environment.



Wellbeing Leader Samantha

The term is flying by with only a few weeks until the end of the year. We have so many fantastic events and celebrations coming up – don't forget to put them on your calendar! I'm excited to share the celebrations to finish the 2024 school year with you all.

Pancake Breakfast

Tomorrow morning we have our final half term pancake breakfast celebration. All are welcome to join us. The students will enjoy pancakes for breakfast and caregivers (and staff!) can enjoy a coffee from The Coffee Pitt van. We look forward to seeing lots of families there! A big thank you to the staff who have offered to help mix, cook and serve pancakes.



Remembrance Day

Last week, I supported the school choir to be a part of the community Remembrance Day Service in the town square. Such an important day to honour all the armed forces members who have served in the line of duty. We were joined by our Year 6 students and School Captains who read a poem. Thank you to the local council for inviting us to be a part of this service. The rest of the school held their own service in the hall where they wore poppies and laid wreaths they had made.



Christmas Appeal

Only two weeks to go until we deliver our donations of new books, toys and non-perishable food to Vinnies! Thank you so much to everyone who has donated so far. The Christmas tree in the front office is looking amazing with so many things underneath it. Make sure you have a look next time you are there. If you haven't donated yet – it's not too late! Keep those wonderful donations coming in to help all families be able to enjoy a special Christmas. Teaching our children the joy of giving to others really is the best present of all.



Christmas Pageant

This year our school pageant float theme is 'Have a Wheelie Good Christmas!' with students invited to ride their decorated bikes/scooters and dress in Christmas themed or any vehicle related outfits (eg postie, truckie, etc). Notes were sent home last week with all the information you need so please have a look and return to the front office if your child(ren) would like to join in so we know how many students to expect on the night. Students of all ages are welcome! We will also need a few parents to walk with us so please let us know if you are able to join us for the 2 laps of the showgrounds.

Food and Learning

We all know that food is important to fuel our bodies and keep us healthy. However, I read an interesting article recently that specifically talked about the effect that food can have not only on the physical health of children but also on their mood, mental health and learning. The research suggests that '...eating a healthy and nutritious diet can improve mental health, enhance cognitive skills like concentration and memory and improve academic performance.' ([Food, mood & learning outcomes | Healthy Eating Advisory Service](#)). I have included a handy poster with suggestions for parents to help when packing lunchboxes for children.



JESS STENSON VISIT

Students were treated to a visit from three time Olympian and Commonwealth medalist Jess Stenson last week. Jess thanked students for their letters sent prior to the Paris Olympics, talked about her experiences as a runner and about the beginnings of her journey to being a world class marathon runner. She presented certificates awarded from Sports Day for sportsmanship and athletic excellence. Jess answered a number of questions from the students, posed for photographs and signed some of the students' belongings. Naracoorte Primary School is so lucky to have this wonderful connection with Jess as she continues to inspire our young athletes.



NPS HAS GOT TALENT 2024

At the end of last term, the school captains hosted NPS Has Got Talent. Many incredibly brave and talented students thoroughly entertained the audience and performed various acts, including dancing, singing, and magic.

Thank you to our guest judges, Mr Sandercock, Mrs Vickery and Mrs Prelc, who had the difficult task of deciding on the winners for each category.

At the assembly this week, the school captains congratulated and presented the winners from each category with an engraved medallion.

Category: Rec- Year 2

Indie Donnelly & Haru Kanehara



Category: Year 3 – 4

Kali Moritz, Willow Wardle, Alice Mott & Chelsea Meynell (absent)



Category: Year 5-6

Isabelle Willson, Ripley Gould & Anna Riley



Overall Winners:

Stella Laycock, Mimi Thomson, Matilda Doolan, Grace Doolan, Daisy Laycock, Ava Maresch



BUDDY CLASS TREASURE HUNT

Mrs Schroder and Mott's class made a treasure hunt for their Reception buddies. There was a lot of excitement finding the treasure at the end of the clues – So much fun!!!



SPORT REPORT

SAPSASA AFL Girls

In Week 2 of Term 4, Mia Walter, Grace Doolan, Anna Riley, Isabelle Willson and Daisy Laycock competed for the Upper South East in the state SAPSASA AFL girls carnival. They played 6 games in the Division 1 and won five of these games. Their only loss was to East Adelaide who they tied in second place with. The NPS girls often featured in the game highlights and best players throughout the tournament.



Highlights included Grace 21 retired, Matilda bowling 2/5 against and Mimi taking two catches all against Western Metro. Grace also scored 15 retired and took 1/6 in other innings.

The girls had a hugely successful couple of days, ending the tournament in third position and top country team overall.



SAPSASA Golf

Angus Norcock travelled to Kiama in NSW last week to compete for South Australia in the Nationals Under 12 competition for golf. They played two individual events and one team event, with Angus finishing 11th overall in the individual competition. This result is the highest of any South Australian athlete and only 11 strokes behind the overall winner. In the team event, SA finished fourth. Angus has won through to the nationals three times now and is thoroughly enjoying his golf.



SAPSASA Cricket

Angus Redding represented the Upper South East in SAPSASA boys cricket recently. He was the only NPS boy and took two wickets in one innings. He opened the batting in three of the games and sadly recorded a diamond duck one game. His team finished the competition with one win and they had a wonderful time.

Matilda Doolan, Grace Doolan and Mimi Thomson represented South East Country in the girls cricket carnival.



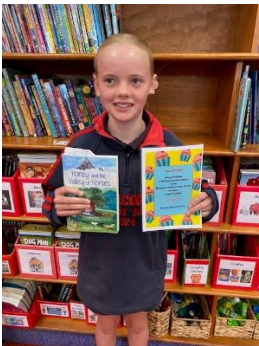


Library News

★ Birthday Book Club

We have celebrated 12 more birthdays...

Lauren Hage, Pippa Hage, Mimi Thomson, Ava McCarthy, Harry Smith, Matilda Doolan and Grace Doolan turned 12; Rylan Maywald and Ellen Fitzgerald celebrated their 11th birthdays; Jasmine Inverarity turned 8 and Maggie Legoe and Quinny Owen turned 9. **Happy birthday and happy reading!**



Lauren Hage



Pippa Hage



Rylan Maywald



Mimi Thomson



Grace Doolan



Matilda Doolan



Maggie Legoe



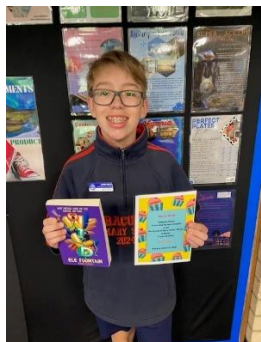
Quinny Owen



Ellen Fitzgerald



Ava McCarthy



Harry Smith



Jasmine Inverarity

The library will be closed for borrowing from Friday 29th November.

Please **return** all books before this date so we can conduct our annual stocktake.

Our last Scholastic Book Club for 2024

Issue 8 is now open. Please place orders online by 28/11

[scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)

Perfect Christmas gifts!

ASPIRE AWARDS 2024



Aria Bull

Too Smart
Certificate of Merit
For completing facts of 8!
*R Eckermann
SSO*



Gina Sambell

For focusing 100% on all set tasks and completing your work to a higher standard. Well done!
Mrs McConnell



William James

For your care and understanding shown towards others, your quiet determination and working hard.
Mrs Smith



Kali Moritz

For your desire to do well in all you do and for bringing enthusiasm to each and every lesson.
Mrs Smith



Chelsea Meynell

For the positive energy you bring to the class, working hard and completing tasks in a timely manner.
Mrs Smith



Charles Shuard

For great participation in Moves with Mrs Mahoney and focus on classroom tasks. Awesome job!
*Mrs Wirper &
Mrs Andrews*



Jo Law

For your wonderful work ethic, making people feel valued by listening to their opinions and making good choices throughout the day.
Mrs Smith



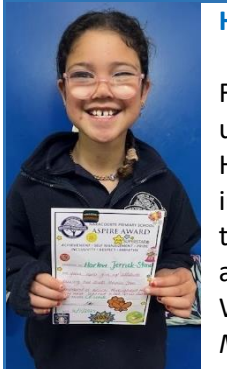
Violet Bennett

For your enthusiasm, great sports person qualities and progress in tennis. Well done!
Mrs McConnell



Spencer Abraham

For participating fully in the 'Move it' dance program, displaying some wonderful moves. Well done!
Mrs McConnell



Harlow Jerrick-Stone

For your 'never give up' attitude during Hot Shots tennis. You improved so much throughout the day and learned a lot. Well done!
Mrs Flint



Willow Wardle

For working hard on your information report. You took on feedback and improved your poster and oral presentation. You should be very proud of your efforts!
Mrs Flint



Everley Motteram

For trying so hard during Hot Shots tennis. Your persistence really paid off through the day as you improved so much. Well done!
Mrs Flint



Maliki Russell

For listening well, taking on feedback and trying really hard in PE and RBL.
Mrs Donnelly



Lauren Hage

For consistently going above and beyond to help others, embodying kindness in all her interactions. Way to go, Lauren!
*Mrs Mott &
Mrs Schroder*



Olivia Walter

For an epic effort creating & researching your information report about 'Becoming a Livestock Farmer'. You worked so hard & your oral presentation reflected that! Amazing!!
Mrs Flint

ASPIRE AWARDS 2024



Oscar Bell

For using his 5L's on the mat and being a helpful member of the class.

Miss Gill



Dawn Martin

For being a polite member of the class, always using manners and being kind.

Miss Gill



Clarence Amos

For his enthusiastic participation in daily number chats, confidently identifying the day of the week and actively joining in with dance activities.

Mrs Owen & Mrs Grundy



Mrs McCarthy's Class

For your amazing participation in Mrs Mahoney's Sports Day dance practice. Well done!

Mrs McCarthy



Mitchell Langford

For a positive growth mindset in our decimal unit. Well done!

Ms Burrows & Miss Turci



Spencer Motteram

For giving every task a go during PE with effort and a smile.

Mrs Donnelly



Skarlett McElroy

For following instructions and participation during 'Move It' dance lessons.

Mrs Fox & Mrs Schinckel



Harry Binet

For trying hard to follow the moves and good participation during 'Move It' dance lessons.

Mrs Fox & Mrs Schinckel



Maliki Russell

For an awesome effort writing your 'choose you own adventure' story. Well done.

Mrs Flint



Hurley Sinclair, Tex Logan, Casey Henderson, Hayden Bowley, Alara Malone, Sienna Moss, Willow Wardle

School Sport SA, SAPSASA State Championship Certificate of Participation Athletics



Isabelle Willson

School Sport SA, SAPSASA State Championship Certificate of Participation Athletics



Mrs McConnell's Class

For fantastic participation in Sports Day.

Mrs McConnell



Baer McElroy

For an amazing effort in both learning the sports day dance and writing your 'choose your own adventure' story. Great to see! Keep it up.

Mrs Flint











Matilda Stratford

For being a kind and caring class mate and always trying her best.

Miss Gill

ASPIRE AWARDS 2024

	<p>Willow Collins</p> <p>For your creative writing during book making! Great effort!</p> <p><i>Mr Wallis</i></p>		<p>Maisie Miller</p> <p>For your positive attitude toward all areas of learning and taking pride in all you do.</p> <p><i>Mrs Smith</i></p>		<p>Reggie Bell</p> <p>For participating at Sports Day with enthusiasm. Well done!</p> <p><i>Mrs McCarthy</i></p>
	<p>Logan Bennett</p> <p>For an outstanding effort on Sports Day and exemplary sportsmanship. You have shown dedication and drive in all subjects. Keep up the great work!!</p> <p><i>Mrs Schroder/Mott</i></p>		<p>Scarlet Martin</p> <p>For your fabulous focus in all learning tasks and your desire to improve every time.</p> <p><i>Mrs Smith</i></p>		<p>Ava Maresch</p> <p>For being a positively fantastic encourager of others on Sports Day.</p> <p><i>Mrs Mahoney</i></p>
	<p>Aria Bull</p> <p>For your positive attitude towards all school activities. Keep it up!</p> <p><i>Mrs McConnell</i></p>		<p>Margot Parsons</p> <p>For taking on feedback to strengthen your persuasive writing. Well done, keep it up!</p> <p><i>Mrs Wirper & Mrs Andrews</i></p>		<p>Ryan Bytheway</p> <p>For working hard at completing tasks and for being a thoughtful class member.</p> <p><i>Mrs Smith</i></p>
	<p>Hugh Burns</p> <p>For delivering an outstanding oral presentation on why he should have a new room. Excellent effort, Hugh!</p> <p><i>Mrs McInnes Library</i></p>		<p>Henry Mehlhopt</p> <p>For showing great persistence and bravery to deliver a fantastic oral presentation in your library lesson!! Fantastic effort, Henry. Well done!</p> <p><i>Mrs McInnes</i></p>		<p>Arthur Paech</p> <p>For the effort you have put into writing neatly. Using special friends to attempt tricky words & working hard to achieve his goals of remembering capital letters & full stops in his sentences.</p> <p><i>Mrs McCarthy</i></p>
	<p>Leo Bull</p> <p>For your efforts across all learning areas, making good choices and your improved confidence to give tasks a go.</p> <p><i>Mrs Fox & Mrs Schinckel</i></p>		<p>Roxas Makoare</p> <p>For 'having a go' at all tasks even with a broken arm. Well done!</p> <p><i>Mrs McConnell</i></p>		<p>Hughie Savage</p> <p>For always coming to school with a smile and enthusiasm for learning. You always bring joy into the class.</p> <p><i>Mrs Flint</i></p>

ASPIRE AWARDS 2024



Lincoln Geyer

For your active participation in Sports Day. Well done!

Mrs Fox & Mrs Schinckel



Rayne Austria

For her unwavering dedication to academic success. Your hard work and positive influence make you a true role model for our peers.

Mrs Mott & Mrs Schroder



Jett Malone

For trying really hard with his sentences during writing lessons.

Miss Gill



Isla Owen

For her resilience shown in all subjects over the last two weeks. Keep growing your confidence.

Mr Hallett



Liam Sullivan

For making good choices and joining in class activities. Well done Liam!

Miss Gill



Ripley Gould

For doing everything to the best of her ability, consistently presenting a high standard of work.

Mrs Mahoney



Lachie Bellman

Quicksmart Certificate of Merit For completing multiplication facts of 4.

T Stewart SSO



Emily Burge

For trying your best at Sports Day. It was great to see you pushing yourself, even when you were not keen to do an event. Well done!

Mrs Flint



Olivia Stoner

For showing courage in trying new things and displaying persistence when faced with challenges. Well done.

Mrs Owen & Mrs Grundy



Matilda Doolan

For her ability to take on feedback to improve her poetry. You have written some very descriptive poems! Well done!

Mr Hallett



Lucas Watson

For an excellent attitude and increased effort in our coordinates topic. It's great to see you proud of your efforts.

Ms Turci & Ms Burrows

Quicksmart - Certificate of Merit For completing facts of 5 & 7
T Stewart - SSO



Mrs Grundy and Mrs Owen's Class
(pictured left)

For excellent sportsmanship and participation in Sports Day on Friday
Mrs Grundy & Mrs Owen

Naracoorte Primary School - 0309		
Notice of Materials and Services Charges for 2025		
Notice of Charges for Reception - Year 6		
HEADING	ITEMS AND SERVICES	COST (\$)
Printed and electronic materials related to the educational program and which are provided for the student	Workbooks	\$0.00
	Text Book Hire / E-Book Access	\$0.00
	Photocopied Material	\$30.00
	SUBTOTAL (ZPREM)	\$30.00
Stationery items that are provided for the student	Stationery Items	\$50.00
	Other [please Specify]	\$0.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZSTAT)	\$50.00
Materials and Services that are provided by the school for the student to consume or use the materials or take ownership of a finished article produced by the student with the materials	Access to Student Information Technology	\$20.00
	Access to Machinery	\$0.00
	Access to Equipment	\$0.00
	Curriculum/Subject Supplies and Services	\$160.00
	Performance Levy	\$55.00
	Other [please Specify]	\$0.00
	SUBTOTAL (ZACMS)	\$235.00
Materials for inclusion in the school library and to enable use by the student	Library resources including access to borrowing library resources	\$25.00
	SUBTOTAL (ZACLI)	\$25.00
Total Materials and Services Charge (excluding Subject Charges)		\$340.00

These subject charges are in addition to the Materials and Services Charge above for those students undertaking the following subjects.

2025 Material & Services Charge

Dear Parents/Caregivers

Listed above is the proposed "Notice of Charges" for our Reception - Year 6 students for 2025.

The "Notice of Charges" provides a breakdown of the Materials and Services Charge. The 2025 charge for Naracoorte Primary School is \$340 per student.

Once again students attending public schools in 2025 will receive a discount for their M&S Fees. The discount has increased to \$200, bringing the proposed amount payable per student to **\$140** (\$340 less \$200 discount).

F.Y.I

The 2025 proposed amount payable has reduced from \$215 for 2024, to **\$140**.

The proposed Materials and Services Charge for 2025 will be presented at the next Governing Council meeting, to be held on Monday 2nd December at 6:00pm for discussion and voting.

Accordingly, parents/caregivers are invited to attend this meeting. Please note that voting is restricted only to elected members of the Governing Council.

Parents can express their views in writing to our Governing Council Chairperson – Anna Thring @ dl.0309.govcouncil@schools.sa.edu.au

If parents/caregivers have any questions, please contact the Business Manager, Tim Durik on (08) 8762 2277 or tim.durik871@schools.sa.edu.au

Once the Materials and Services Charge for 2025 has been approved by our Governing Council, a poll will be held. This poll will provide each family with the opportunity to vote, which will determine whether the entire fee is legally recoverable.

This poll will be conducted via email, more details to come early December.

Regards

Anna Thring - Governing Council Chairperson & Tim Durik - Business Manager

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

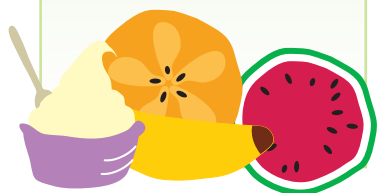
- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leak soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



Cattle Handling

The following students from Naracoorte Primary participated at the Edenhope P & A Show on Saturday 16 November: Ellen Fitzgerald, Daisy and Stella Laycock and Annabel Menzel. 17 students from 4 schools took part in the cattle handling and judging competition, under the guidance of Nicole Muller, the Judge. Nicole was very impressed with the girl's ability to listen to her advice. The girls spoke with Nicole individually and in front of their peers to explain their judging decisions.

Well done to Stella who won 'Guess the weight of the 7 months old Braunvieh Bull calf' with a guess of 217kg. The calf weighed 316kg.

Robyne Rainsford
Kojak Braunvieh



COMMUNITY NEWS



Elf girl



Elf boy



Santa



Snowman



Reindeer

Chrissy
cricut craft

Sat 30th Nov

1pm - 2.30pm

\$12 per child

all materials supplied

suited to primary school ages

Pick 2 to make & tell us when you book

payment secures place

Bookings 0478 609 868

Wed - Sun (10-3)

email: naracoortegallery@gmail.com

ART
Naracoorte Regional
GALLERY



ART
Naracoorte Regional
GALLERY

INVITATION

Official opening and Auction

Christmas Trees exhibition

Wed 27th Nov - 6pm start



Tree Auction commences at 6.30pm

Champas & nibbles

Gold coin entry

**\$10 photos with
Father Christmas!
6-7.30pm!**

Naracoorte Singers



**FREE
Face Painting!**

Proudly sponsored by

**People's
Choice**

CHILDREN'S

LEARN PAPERMAKING

AT THE NARACOORTE ART GALLERY

WED 18TH DEC @ 10.30AM



SUITS SCHOOL AGE CHILDREN

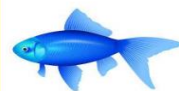
\$12 EA

BOOKINGS & PRE-PAYMENT ESSENTIAL

BOOKINGS: 8762 3390

NARACOORTEGALLERY@GMAIL.COM

KIDS FISHING COMP



HOSTED BY NARACOORTE ANGLERS CLUB

WHEN: Saturday 23rd November

WHERE: Cockatoo Lake 9am-12pm

ENTRY FEE: \$5.00

REGISTRATION: 8.30am Shelter Shed

WEIGH IN: Shelter Shed from 12pm

PRIZES: Heaviest Fish & Longest Yabby



All kids competing will receive a free drink and a sausage

The club will have a BBQ & drinks for sale

We ask that all kids be accompanied by a responsible adult

This event is sponsored by

JJ's AUTO Naracoorte

Enquiries to Kevan 0447 615 215



Contemporary Botanicals Watercolour Workshop with Nicole Black

FRIDAY 22 NOV

\$95 pp

🕒 6:00PM - 8:45PM

📍 91 Ormerod St,
Naracoorte

BYO drinks
welcome

*Learn how to paint
botanicals with watercolour*

Come along and learn techniques on how to mix
colours, match colours and paint botanicals with
watercolour!

All materials provided

Bookings: email - naracoortegallery@gmail.com or
Phone; 8762 3390 (Wed - Sun only)

Bookings & pre-payment essential

Join us for the
Naracoorte Community

Christmas Lunch

Come along and join us for Christmas lunch and
good company.

Proudly sponsored by: Naracoorte Lucindale
Community Care Network and Naracoorte Lions

WEDNESDAY
12:30 PM to
3:00PM

25 | DECEMBER
2024

Senior Citizens Rooms
Sandstone Avenue, Naracoorte
Enter via Showgrounds

Bookings essential - Limited Numbers
Contact Norma Davis - 0427 041 916 -
normad5@bigpond.com





Event name:

FREE Questacon Pop-up Science Centre

Event Details:

The table below contains information on the town, date and time, and venue location of our pop-up events.

<p>Naracoorte Tuesday 26 November, 3:30 pm – 6:30 pm Naracoorte Showgrounds – Cartwright Pavilion Smith St, Naracoorte SA 5271</p>
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Description:

Join the Questacon Science Circus for a FREE pop-up science centre experience like no other! 🚚🎪

Come along to explore the mechanics of balance, uncover the mysteries of illusions, and watch some of our spectacular science shows. 😊🔬

With interactive exhibits, the Science Circus pop-up is a fantastic STEM day out for the whole family. Don't miss out on this exciting opportunity to ignite your curiosity! ✨

- This is a FREE event, but bookings are essential.
- Most people spend 1–2 hours at our pop-up.
- Children under 12 must be accompanied by an adult at all times.

Hurry, book your FREE ticket now! ➡ [Bit.ly/QSC24-SA](https://bit.ly/QSC24-SA)

SCHOLARSHIPS NOW OPEN



Do you have a desire to study in 2025?
 We are here to support the Limestone Coast

There are a large variety of scholarships available including arts, trades, music, nursing, viticulture, general studies plus a lot more for students with a connection to the Limestone Coast.



APPLY TODAY!

APPLY ONLINE
www.standlikestone.com.au
 Applications Close 30/11/24
 Contact us today - Ph. 7701 9259 or info@standlikestone.com.au

Our annual Scholarship Round is **NOW OPEN**.

Annual Scholarships (open: 15th Oct 24, Close: 30th Nov 24)

These scholarships are open to those that are wishing to study in 2025. We have a variety of scholarships available for example arts, trades, music, nursing and viticulture plus many more. These scholarships are available to support students with their studies (primary, secondary, tertiary and/or vocational) that have a connection to the Limestone Coast region.

Scholarship Guidelines and a link to the online application form are available on our website, www.standlikestone.com.au. Please ensure you read the guidelines prior to submitting your application.

We are here to help! If you would like to talk to us about your application, please contact the Stand Like Stone office at info@standlikestone.com.au or 08 7701 9259.



LEGORIUM



GRAND OPENING

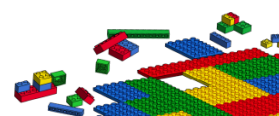
NOVEMBER 23RD & 24TH
 DONATION TO ENTER
 ALL PROCEEDS GO TO MOTOR NEURONE DISEASE

<p>► OPENING TIMES 9am to 5pm</p> <p>► REFRESHMENTS Tea, coffee and light snacks available for purchase</p>	<p>► LOCATION 127 Gordon street Naracoorte</p> <p>► PARKING disabled parking at rear of shed street parking available</p>
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► Including Classic Lego Favourites!



► **CONTACT US**
legoriumnara@gmail.com
 Legorium Naracoorte





HAPPY HAVEN OSHC

NARACOOORTE

VACATION CARE PROGRAM

Summer 2024-2025

ADDRESS

EMAIL

PHONE

FEES

HOURS

41 Park Terrace, Naracoorte, 5271

contactus@happyhaven.sa.edu.au

(08) 8155 5492

\$92.00

8:00 AM - 6:00 PM



NARACOOORTE





VACATION CARE PROGRAM - Summer 2024-2025

MONDAY DECEMBER 16	TUESDAY DECEMBER 17	WEDNESDAY DECEMBER 18	THURSDAY DECEMBER 19	FRIDAY DECEMBER 20
Inursion Stuffers Christmas Edition Arrive by: 11:00am Return after: Anytime Create your own furry friend, followed by a Teddy Bear Picnic in the afternoon.	In Day Santas Workshop Arrive by: Anytime Return after: Anytime Christmas cooking day with festive crafts and treats.	Excursion Naracoorte Swimming Lake Arrive by: 9:00am Return after: 3:00pm Swim at Naracoorte Swimming Lake for wet n' wild fun.	In Day Christmas Lunch Arrive by: Anytime Return after: Anytime Let's celebrate Christmas with some festive treats, decorations and a Christmas lunch.	Excursion Naracoorte Town Hall Arrive by: 9:00am Return after: 3:00pm Relax in comfort at the Oatmill Cinemas. Pack some snacks!
				
MONDAY JANUARY 6	TUESDAY JANUARY 7	WEDNESDAY JANUARY 8	THURSDAY JANUARY 9	FRIDAY JANUARY 10
Excursion Mini Golf - BIG4 Holiday Park Arrive by: 9:00am Return after: 3:00pm Try your hand at a hole in one with some mini golf.	In Day Junk Construction Arrive by: Anytime Return after: Anytime Building with loose parts and construction items with crafts, games, and challenges.	Excursion Market Square Recreation Area Arrive by: 9:00am Return after: 2:00pm Fun day out in the park with games, sports, and a playground for children.	In Day Super Mario Mayhem Arrive by: Anytime Return after: Anytime Super Mario Mayhem with games, activities, arts, crafts, cooking, and experiments.	In Day Freaky Friday Arrive by: Anytime Return after: Anytime Spooky fun with creepy arts and crafts and spooky activities.
				



NARACOOORTE

VACATION CARE PROGRAM - Summer 2024-2025

MONDAY JANUARY 13	TUESDAY JANUARY 14	WEDNESDAY JANUARY 15	THURSDAY JANUARY 16	FRIDAY JANUARY 17
Excursion Naracoorte caves Arrive by: 9:00am Return after: 3:00pm Explore ancient fossil caves at Naracoorte Caves. Tour and lunch.	In Day Wacky Willy Wonka Arrive by: Anytime Return after: Anytime Creative treats, arts, crafts, and wacky activities.	Excursion Naracoorte Swimming Lake Arrive by: 9:00am Return after: 2:00pm Swim at Naracoorte Swimming Lake for wet n' wild fun.	In Day Wheels Day Arrive by: Anytime Return after: Anytime Wheels day for riding, skating, and scootering with obstacle courses and crafts. *No Helmet, No Ride*.	In Day Disney Day Arrive by: Anytime Return after: Anytime Disney Day involves arts, crafts, Disney movies, and dressing up as favourite Disney characters.
				
MONDAY JANUARY 20	TUESDAY JANUARY 21	WEDNESDAY JANUARY 22	THURSDAY JANUARY 23	FRIDAY JANUARY 24
In Day Crazy Hair and Dress Ups Arrive by: Anytime Return after: Anytime Crazy Hair and Costume day with games, crafts, and prizes for the best costume.	Excursion Trampoline Park and Bowling Arrive by: 9:00am Return after: 5:00pm Big trip to Mount Gambier for a fun filled day with two venues.	Inursion Australian Bush Buddie Arrive by: 9:30am Return after: Anytime Engage with Bush Buddies, and enjoy animal-themed crafts and games all day for interactive fun with animals.	In Day Pokemon Party Arrive by: Anytime Return after: Anytime Pokémon-themed day with activities and crafts for Pokémon trainers.	In Day Multicultural Day Arrive by: Anytime Return after: Anytime Embrace multiculturalism with cooking, arts, crafts, and games from around the world.
	