Principal’s Message
The legendary Emil Zatopek, one of the greatest ever Olympic runners once said: “If you want to win something, run a hundred metres. If you want to experience something, run a marathon.”

Now, while our Year 3-6 students didn’t quite run a marathon last Thursday afternoon, I am sure that most of them enjoyed running in our annual school cross country. It wasn’t easy … a gruelling two or three kilometre track up and down slopes with long grass and even a few mud puddles thrown in for good measure. You could describe this as an “experience.” I hope they enjoyed raising money for our school. I am sure they are keen to receive prizes for their efforts!

Stars of the Week
This week we have a double dose of “Star of the Week” with two great students who are valued members of our school community - Brendan Lennox and Keltan Williams. They are great mates and best friends and share many common interests as well.

These two young men move around school each day in their wheelchairs. “We get around this place pretty well because I’ve been in a wheelchair for as long as I can remember!” said Brendan. Keltan tells me that he has been in a wheelchair since he was three years old. He’s had the same wheelchair all that time and it still works well.

Keltan and Brendan are keen athletes who completed enthusiastically at last Thursday’s cross country. They wheeled their wheelchairs 1.59 kilometres around a modified course and they both exceeded their personal bests by three minutes.

Brendan and Keltan are aspiring musicians. Brendan is a keen drummer who has lessons on Tuesday afternoons, while Keltan has guitar lessons later that same day. The two boys also have the same favourite television show “Monster Jam.”

When Keltan grows up he wants to be a paralympian in wheelchair basketball, while Brandon would like to be a radio announcer. Brendan’s short-term ambition is to visit Bathurst and see the car races. That sounds great … you’re the expert on wheels!

Our K-2 students weren’t left out either. As you can see from the picture, the physical fitness and healthy lifestyle message was being sent out loud and clear.
NAPLAN 2014

As you can see from these photos, last week our Year 3 and 5 students sat for the National Assessment Program Literacy and Numeracy (NAPLAN) test. The assessments are an opportunity for students to demonstrate what they have learned in class.

For students in Years 3 and 5, there were four tests covering numeracy, reading, writing and language conventions (spelling, punctuation and grammar).

The NAPLAN test results and the student reports are released in September.

The results provide information about student achievement that can be used to inform teaching and learning programs. NAPLAN tests provide point-in-time information regarding student progress in literacy and numeracy and are intended to complement the wide range of formal and informal assessments that are already conducted in schools. NAPLAN test results are not intended to be used in isolation from other school-based assessment programs.

The Week Ahead

Week 4
Monday 19th May
Assembly @ 3.00pm

Tuesday 20th May
P&C Uniform Shop open 8.30-9.30 am
ICAS Computer Skills
Rugby Trials

Wednesday 21st May
P&C Fruit Day
Assembly 3/4W @ 2.40 in hall
Night Branch P&C at Bowling Club @ 7.00pm

Thursday 22nd May
Musica Viva Performance
PSSA Rugby League @ Cooma v Baradine
P&C Uniform Shop open 2.30—3.45pm

Friday 23rd May
PSSA Regional Cross Country @ Bellata

Week 5
Monday 26th May
Assembly @ 3.00pm

Tuesday 27th May
P&C Uniform Shop open 8.30-9.30 am
School Netball Cup

Wednesday 28th May
Science & Engineering Challenge
Assembly 1R @ 2.40 in hall
AECG Meeting – 3.45

Thursday 29th May
Soccer Gala Day
P&C Uniform Shop open 2.30—3.45pm

Saturday 31st May
Day P&C Bush Dance
**AV Room Makeover**

Technology is a targeted focus area of improvement for Narrabri Public School. I am pleased to report that we are moving towards completing the first stage of our plan with the refurbishment of the audio visual room. This previously underutilised space is being turned into an interactive learning centre equipped with wireless connectivity and a charging bank with the capacity to house thirty Andoid tablets.

Our school is committed to equipping students to become 21st century learners. Teachers and students are looking forward to using this special room’s facilities. To this end, our tireless General Assistant, Troy Nipperess, has been working overtime to give this room a colourful makeover.

We are almost ready to attach charging banks to the wall, build shelves to house the tablets while they charge and connect up these tablets to the wireless internet. Before long, K-6 students will be using this room for activities requiring internet research or use the tablets to access the multitude of educational apps (like maths and music) now available. It’s an exciting time to be at NPS and we intend to utilise technology to improve learning outcomes for our students.

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**Important Reforms to P&C Federation**

The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations.

Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management. More information will be available on the Department’s website at http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php.

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**Musica Viva**

Our school concert performance is on this Thursday 22nd May. The band is Gypsy Tober and cost is $7.50. Some classes have downloaded the music from this group and already know some of their wonderful music.

Who is Gypsy Tober? Add one part Brazilian song, one part folk, one part jazz and plenty of passion, and you end up with one of Queensland’s finest professional vocal groups. The main ingredient in this vibrant and engaging trio is a sheer love of singing. And sing they can! These three queens of song each brings a different style to the table that blends together to create a unique a cappella performance. **Gypsy Tober** helps students layer together harmony, rhythm and storytelling to create their own original piece. This performance is a celebration of the instrument everyone can play, the voice!

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**Guitar Lessons**

Students in Mr Clare’s guitar group will need to bring their guitars this coming Thursday 22nd May. This is because Mr Clare is accompanying cross country students to Bellata on Friday. Mr Johnson’s students are not affected by this change.
2014 NPS Cross Country Results
These runners will be representing our school at the regional cross country at Bellata this Friday 23rd May. Congratulations to you all on a wonderful effort.

8/9 year old girls
1st Georgia Stuart
2nd Amelie Johnson
3rd Chloe Irvine
4th Claudia Penberthy
5th Evelia Lantz
6th Annalise Woodham

8/9 year old boys
1st Miles Campbell
2nd Toby Michell-Smith
3rd Tim Clare
4th Zac Stait
5th Nicholas Hand
6th Liam Foster

10 year old girls
1st Hayley Parker
2nd Molly Michell-Smith
3rd Mickel Baker
4th Rachel Charles
5th Haylee Finn
6th Milly Bruce

10 year old boys
1st Joshua Soper
2nd Alistair Gourley
3rd Chris Clark
4th Thomas Hand
5th Joc Ford
6th Kaleb Teer

11 year old girls
1st Zoe Campbell
2nd Shona McFarland
3rd Danielle Sunderland
4th Charlotte Penberthy
5th Georgie Baker
6th Breeana Smith

11 year old boys
1st Samuel Soper
2nd Brinez Lantz
3rd Patrick Coleman
4th Ewan McFarland
5th Cooper Lawrence
6th Joseph Melbourne

12/13 year old girls
1st Stephanie Stuart
2nd Annie Gordon
3rd Annabel Read
4th Chelsea Courtney
5th Brie Aitken
6th Francesca Smith

12/13 year old boys
1st Felix Johnson
2nd Beau Parker
3rd Jakeb Nipperess
4th Thomas Eather
5th Thomas Woodham
6th Thomas Wieringa

JUNIOR CHAMPIONS
Miles Campbell
Georgia Stuart

11 YEAR CHAMPIONS
Samuel Soper
Zoe Campbell

SENIOR CHAMPIONS
Felix Johnson
Stephanie Stuart
WHY TRUE GRATITUDE IMPROVES OUR LIVES
Teaching our children to say "thank you" is important, but truly instilling a sense of gratitude in them is another matter entirely. Gratitude goes beyond good manners - it's a mindset and a lifestyle. Studies show that children who count their blessings reap concrete benefits, including greater life satisfaction and a better attitude about school. Why is it important to cultivate an attitude of gratitude?

First of all, gratitude is healthy for us, adults and children alike. Cultivating gratitude increases happiness levels. Gratitude can also help individuals live happier, more satisfied lives and enjoy increased levels of self-esteem, hope, empathy and optimism.

Children who practise grateful thinking have more positive attitudes toward school and family. Gratitude gives perspective. When you take into account the sheer number of opportunities, privileges and material possessions most children enjoy through no effort of their own, it's easy to see why many of them feel entitled. After all, they get used to getting stuff without knowing or caring where it comes from.

When children recognise that the things they own and the opportunities they have come from someone other than themselves, it helps them develop a healthy understanding of how interdependent we all are. Then they may be more inclined to treat others with genuine respect.

Gratitude improves relationships. Wouldn’t you rather show up at work every day to colleagues who freely acknowledge and appreciate your contributions? It's a simple principle: gratitude fosters stronger, more positive and more genuine relationships.

Gratitude counteracts the ‘gimmies’. Fundamentally, gratitude is about being aware of who or what makes positive aspects of our lives possible, and acknowledging that. When children learn to think in those terms, they can be less apt to make mindless, self-centred demands. Plus, they begin to appreciate what they have rather than focusing on what they wish they had.

Zone Touch Trials
Friday the 16th of May was the North West Touch football trials for both boys and girls. The boys travelled to Armidale and the girls to Tamworth. Congratulations to the students who represented Narrabri Public School. Their fantastic behaviour and sportsmanship were observed and commented on by a number of people.

The boys played extremely well and won two out of their three games and the girls came second in their pool. Each game for the girls was a huge improvement on the one before.

Congratulations needs to be extended to Stephanie Stuart who made the possible and probable’s and also to Felix Johnson and Zoe Campbell who also made the possible and probables and were selected in the North West team to attend the State Touch Carnival. A big thank you to those parents who transported their children to Tamworth and Armidale. A special thank you to Heidi Campbell who warmed the girls up before each game and organised the subbing.

Angela Young

School Fees
We are currently running a special scheme to encourage families to pay their voluntary school contributions. This month somebody paying their school fees will win a $25.00 WLT (why leave town) Gift Voucher. In addition, at the end of this term everybody who has paid their contributions will go into the big draw for a fabulous prize … a family pass to Western Plains Zoo – value $117.30
**INFANTS ASSEMBLY**

**ENGLISH:**
Elijiana Welsh, Ethan Condran, Blake Ford, Jack Parkes, Caitlyn Taylor, Seb Myers, Mathew McGrath, Banjoe Haverhoek

**MATHS:**
Catriona Ridley, Oliver Morris, Veronica Weekes, Kaden Harvey, Emilio Almagro, Jye Norris, Mietta Smith, Ashlee Anderson

**SPORTS:**
Leo Palmer, Kishaya Gibbs-Eulo, Dustin Cuell, Noah Pearce, Tayjarn Baker, Declan Rooney, Mia Williams, Maeve Harris

**CITIZENSHIP:**
Aiden Gillen, Alicia Morgan-Ferguson, Clint Baker, Kiarnah Eames, Jayde Shaddock, Elizabeth Caton, Taylah Martin, Lillian Constable

**ACHIEVEMENT:**
Eiliza McLean, Richard Hill, Chelsea Lysaght, Taylah Bell, Charlie White, Elijah McIntosh, Blake Bartlett, Kyle Stove

**WHITE CARDS**

1ST

Zali Owers, Bailey Tavener

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**FUN RUN & WALK-A-THON**

Well done and congratulations on an outstanding day of participation and excitement at the Fun Run & Walk-a-thon on Thursday.

An amazing amount of sponsor money is steadily flowing in. It is important to remember that the CUT OFF date is this Thursday. So please chase up all you donation money and return it to your child’s class teacher as soon as possible.

A big thank you to everyone who contributed on the day, in particular;
- Mr Nipperess
- P&C Night Branch for the wonderful BBQ lunch
- Ian Gourley
- Mrs Bakhuis
- Timekeepers
- Track supervisors
- The Café for the donation of coleslaw
- All the parents who came down and cheered on the students.

**REMEMBER: ALL SPONSOR MONEY TO BE RETURNED BY THIS THURSDAY!**

Best of luck to all students who will be competing at Bellata!

Mrs Hancock & Mrs Young

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**P&C FRUIT DAY**

Wednesday 21 May.

Fresh fruit platters are provided to every class.

If you can help with cutting up the fruit, please meet at 9.30am in the School Hall.

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**UNIFORM SHOP**

- We would love any donations of uniform items. We have had a lot of enquiries for second hand smaller items.
- **News Flash:** Polo Shirts with the school emblem have finally arrived!!! $25 only.
- We will be following up overdue payments during the next few weeks. If you know that you owe any money, please come and pay.

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**CANTEEN NEWS**

Thank you to everyone who came in and helped on Friday – Nikki had a great day, even though it was BIG.

We are still looking for help on the rosters – School every day and the Bush Dance roster for May 31st, just 30mins of your time. Let Nikki or myself know if you can help.

Canteen phone: 67921925.

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**CANTEEN ROSTER**

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<thead>
<tr>
<th>Week 4</th>
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<tr>
<td>Tuesday, 20 May</td>
<td>Cassie Webster</td>
<td>Wednesday, 21 May</td>
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<td><strong>HELP !!!!!!!!!!!!!!!</strong></td>
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<td>Thursday, 22 May</td>
<td>Nicci Milsom</td>
<td>Friday, 23 May</td>
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<td>Week 5</td>
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<td>Monday, 26 May</td>
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<td><strong>HELP !!!!!!!!!!!!!!!</strong></td>
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Next Wednesday (May 28th) is RED DAY!

Prices in next week’s newsletter.

**Thank you**

Kim Owens  Supervisor
Nikki Finn  Assistant