

NCS UPDATE



**KEEP
CALM
AND
CARRY
ON**

Keep Calm and Carry On

By now, the 'Keep Calm and Carry On' poster is well known in English speaking countries and has even entered the hallowed cultural space of parody: "Keep calm and make tea", "Keep calm and eat chocolate", and, my personal favourite, "Keep calm and pet a dog".

Many of you will know this was a motivational poster produced by the British government in 1939 in preparation for World War II and was intended to raise the morale of the British public who were facing the uncertainty of relentless air raids on major cities.

Today, we are so blessed to live in a time and place where the fear of air raids and bombings is not our current reality. This does not mean we are without our own concerns and insecurities, we are, of course, living in the uncertain and unpredictable times of a global pandemic. In these times, I have found myself noticing that I am not always as at peace or as patient as I have been in the past. The consistent, low-level uncertainty threatens to erode the peace, hope, grace and love that are ours through Jesus and I have to be mindful of returning to him more and more regularly in these current days. I recognise this in me, and I observe it in others as I go about my daily life.

Our students are also not immune to the insecurity of what the future may hold. So often in Term 4, we expect students to cruise on through to the finish line of the year, having found their academic and social strides we expect them to be at ease at this stage of their learning. To some extent, this is true of them all, yet at the same time they have their questions about the year to come and often, some anxiety about it. They may be worried about the unknown of a new teacher, a new classroom, new classmates or even leaving Primary school for High School, or High School for College. This can manifest in various ways, usually with them (and us) acting in ways contrary to our best selves, our selves at peace.

So, what can we do to help them (and us) navigate this tricky time where they are rejoicing at completing another fine year but also grieving at having to say farewell to beloved teachers or classmates, all the while wondering what the next year might hold?

There's no 'one size fits all' answer but some things that can help include:

- Making time to let them talk to us about it, without judgement
- Finding out helpful facts about next year from the school
- Acknowledging that these times of ending can be hard, it's normal to feel many things at these times and they are not alone
- Offering grace when they act out of character
- Reminding them of who they are in Jesus and how far they have come
- Reminding them that, with Jesus, they can do anything he calls them to

Some specific verses that I find helpful in these times include:

'He knows the plans he has for you, plans to prosper you and not to harm you, plans to give you hope and a future.' Jeremiah 29:11

Be strong and courageous...it is the Lord who goes before you. He will be with you; he will not leave you or forsake you.' Deuteronomy 31:7-8

'I can do all things through Christ who strengthens me.' Philippians 4:13

A resource that will offer more ideas on how to help our kids is the **Resilient Kids Conference**, a one-day, online event happening this Saturday with access to the talks for seven days. Details of this can be found in this newsletter and I commend it to you.

However, we manage our own and our children's anxiety about the days to come, let's make sure we do it together, finding strength and support in the understanding and wisdom of those around us who care for us and our children.

In His Service

Di Hooley (Principal)

Lost Property

We recognise that it is inevitable that items will be misplaced by students and visitors to the school.

We aim to minimise property losses and to return misplaced items to their rightful owners. There are two central collection points for lost property one located in the senior hub and one in the junior hub, where children and adults can look for missing items.

- Parents and students are encouraged to name and label all personal items including clothing, books, and stationery.
- Misplaced items that are inappropriate to be returned to students will be delivered to the principal who will contact parents to collect items.
- Parents or students seeking lost items should check the lost property to claim items.
- Unclaimed but named items will be returned to their rightful owners after each clean-up of the lost property.
- Unclaimed and unnamed items will be displayed by the members of the SRC in a prominent place on the last assembly of each term.
- Unnamed uniform items that are still unclaimed will be washed and placed in the second-hand uniform store or disposed of, at the end of each term.
- Other unclaimed items will be disposed of or donated to charity (eg. City Mission) at the end of each term.

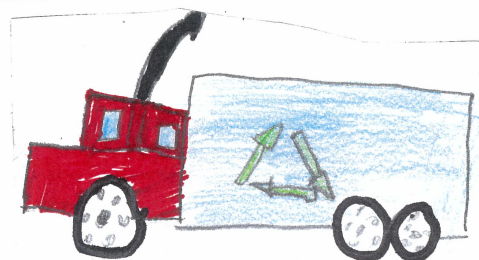


1. Put names on jackets, jumpers, hats and other personal possessions, that will make it easy to find them and return them to the rightful owner.
2. Items that you don't need for school, especially valuable ones, are best left at home. Why risk losing them?

("PLASTIC ^{Free lunch box} COM")

For a whole week, we challenge
your class to a plastic Free lunchbox
competition!
Get involved to keep our planet
Green

- Bring as minimal plastics as possible!



- Includes a prize for the class that has the least amount of plastics in their bin at the end of the week!
- From Kinder to Grade 10!



- Starts week three the 25th of October!

- Make sure to put your rubbish in the right bin!

THANK YOU

Our school community is grateful to the LAP mentors who have given of their time, wisdom and enthusiasm this year.

I would like to thank Jess Welsh who has recently finished working alongside students in a wonderful art program.

The time with these students has been a blessing to all. I have enjoyed hearing the shrieks of laughter coming from the art space on a Wednesday.

-Nancyann LSC



DIMENSIONS

The Dimensions Team would like to thank all our generous sponsors and everyone who attended our Auction Night last term.

We're pleased to announce that a total of \$4202.30 was raised!

A special thanks to our local business' for donating products and vouchers:
Olive's at The Newstead Hotel, Freshwater Osteopathy, Florist On David, Banksia at Newstead Flowers, Relax Cafe and Espresso Bar, Newstead TerryWhite Chemmart and Post Office, Newstead Newsagency, Newstead Coles, Glass Manifesto, Adoreu, Clove, Kachoo, Cadootje, Emelda's Shoes, 9/11 Bottleshop Newstead Hotel, Sacred, Launceston Orthotic & Prosthetic Service, Australia Post - Newstead LPO, Alps & Amici, Relish, City of Launceston Leisure and Aquatic Centre, Allan's Nursery, Gather & Graze Tasmania, Prospect Quick Cuts, Prospect Post Office, Guardian Chemist, 2 FIXIT Shoe Repair Petrarch's Bookshop, Barber On George, Olde Tudor Hotel, The Sports Arena, Young's Vegie Shed - Launceston, BladeRunner Hairdressing, Aileen Gough - Mural Artist.



Community Events



Welcome to Autism

A **FREE** introductory workshop for parents and family members

This **FREE** workshop explores the characteristic strengths and challenges of autism and provides parents and family members who are new to autism with a welcoming introduction to useful resources and supports.

This session is for parents and unpaid family carers of children who are on the autism spectrum, or who show autistic characteristics. A confirmed diagnosis of autism is not needed.

Light refreshments will be provided.

Questions?

Contact: Learning and Development Team
Email: learning@autismtas.org.au
or call (03) 6722 5000

Hobart

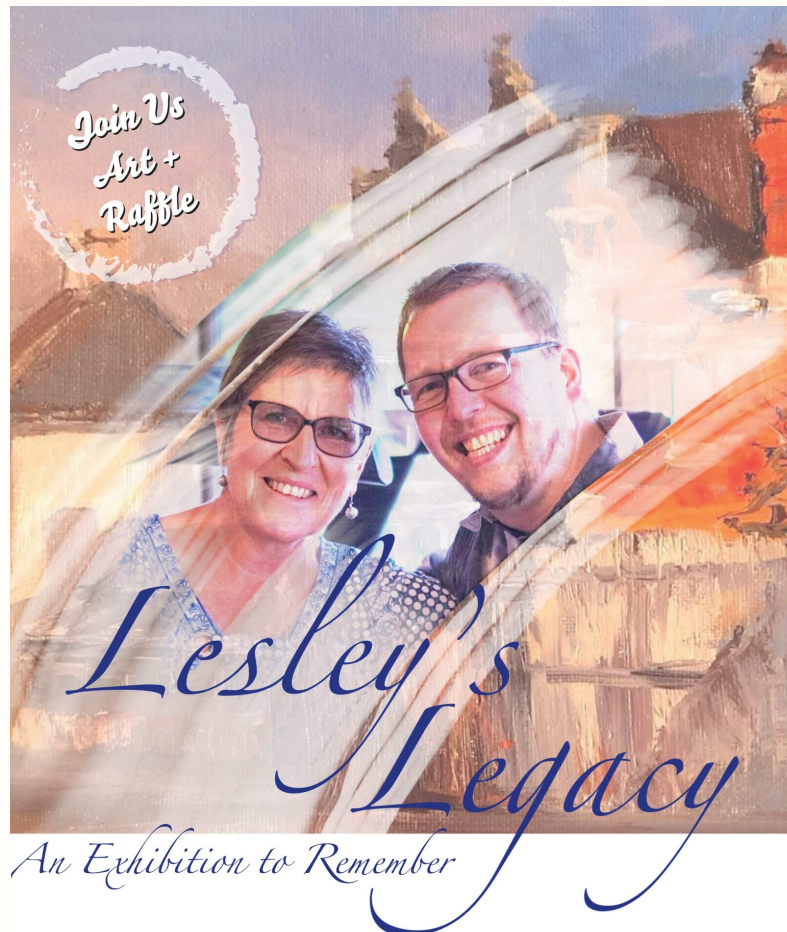
Tuesday 9 November 2021: 10am–1pm
The Vibe Hotel, 36 Argyle Street, Hobart
Register at www.trybooking.com/BQNFR

Launceston

Wednesday 17 November 2021: 10am–1pm
Autism Tasmania, 39 Tamar Street, Launceston
Register at www.trybooking.com/BQNFW

Burnie

Wednesday 10 November 2021: 10am–1pm
Burnie Arts & Function Centre,
77-79 Wilmot St, Burnie
Register at www.trybooking.com/BQNFY



10th - 14th November 2021
10am to 3pm daily

Artworks by Pauline & Ben Winwood on exhibit & for sale,
to support Legacy in memory of Lesley Dick.

@ Launceston Legacy, 59 York Street, Launceston.
Ramp Access from Vincent Street.

For more information contact Pauline on: **0407 552 578**

TOP EXPERTS ON ISSUES AFFECTING OUR CHILDREN & TEENS

EBONY BIRCH-HANGER
Speaker, educator, therapist

SHARON WITT
Author, educator, speaker

SUSAN MCLEAN
Cyber Safety Expert

DR MICHAEL CARR-GREGG
High profile psychologist

MICHELLE MITCHELL
Author, educator, speaker

PAUL DILLON
Drug and alcohol specialist
Founder of DARTA

Resilient Kids

CONFERENCE

SPEAKING TOPICS

- Building every day resilience in children and teens
- The secrets of post pandemic wellbeing in young people
- Caring for our own wellbeing as adults
- Cultivating resilience in the presence of Autism and Anxiety
- Navigating the online world – lockdowns and remote learning
- What to do – alcohol and drugs and teens

VIRTUAL CONFERENCE

23rd October, 2021
8.30am–4.30pm

ONLY \$79 ACCESS PASS
7 day online access

BOOKINGS ESSENTIAL

www.resilientkidsconference.com.au

PROUDLY SPONSORED BY

positive minds

Merit Certificates



Grade 5/6

Eden - joining in every class discussion and being a risk-taker with subjects you are not familiar with

Miriam - Stepping out of her comfort zone and agreeing to do City Park Radio



Key Diary Dates

1st November

Public Holiday: Recreation Day

5th November

Outdoor Classroom Day

18th November

7/8 ODE Taster: Surfing

19th November

Grade 8-10: Trip to Burnie

22nd November

1/2 & 5/6 class: A Christmas Carol - Earl Arts Centre

23rd November

Orientation Day

29th November

Prep - 6: Once upon a dream performance