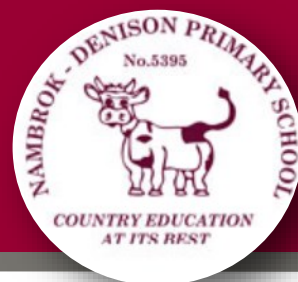


Nambrok Denison Primary

Newsletter



16th October 2025

School Captains



Anna
Harrington



Keonte
Taiapa-Tama

UPCOMING DATES

Tuesday 21st October—Prep Transition
9:00-10:30

Tuesday 28th October—Whole School
Assembly

Friday 24th October—Grade 3 & 4
Maffra Show Excursion

Wednesday 29th October—Prep Transi-
tion 9:00-11:00

Thursday 6th November—Prep Transi-
tion 9:00-11:30

Tuesday 11th November—Whole
School Assembly

Thursday 13th November—Grades 4-6
Kilmany Transfer Station excursion

Friday 14th November—Prep Transition
9:00-12:00

Tuesday 18th November—Rail Trail Bike
Ride Grades 4 & 5

Tuesday 9th December—State wide
transition day. Prep students 9:00-1:00

Friday 12th December—School Concert
3:00pm

Tuesday 16th December—Sale Bike
Ride grade 6

Wednesday 17th December—Grade 6
Graduation

Thursday 18th December—Last day of
term

Friday 19th December—Student Free
Day

Welcome to our final term for the 2025 school year. This time of year is always a busy one, both in our students' learning and in our personal lives. You will have noticed a full calendar of upcoming activities, including some changes to our usual end-of-year celebrations.

Our Grade 6 Graduation will be held in the last week of term to mark the true end of our students' primary school journey. Holding it then allows us to celebrate the full year's achievements, maintain engagement right through to the end of term, and provide meaningful closure for students, staff, and families before they move on to secondary school.

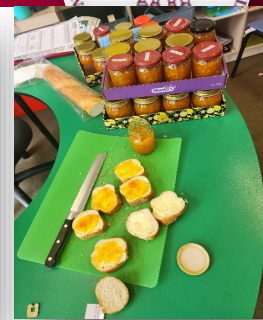
This year's End of Year Concert will be held in the afternoon, creating a more relaxed and family-friendly event for students and families to enjoy together. The earlier time supports a positive end to the school year and allows everyone to celebrate in a vibrant, engaging atmosphere. We also acknowledge the commitment of our staff, who put significant time and care into preparing this special event. With almost a full terms notice in the change in time, we hope families are able to plan ahead to attend.

In line with our teaching and learning focus, assemblies will now be held every second week. Our next assembly will be on October 28th, and we warmly welcome all members of our school community to attend.

Well done to four of our students who represented our school at the Gippsland Regional Athletics day this week. Slater, Jade, Shawn and Lexandro all qualified in their individual sports and showed amazing NDPS spirit on Wednesday.

Staffing 2026

We are pleased to welcome Anna English to the Nambrok Denison community. Anna will be taking over from Miss Dunn, who will be commencing family leave. Anna met her new students this week and will be involved in most of the 2026 Prep transition sessions.



As part of our study of Global Geography – FOOD... we harvested mandarins from the tree and Mrs. Swarbrick made marmalade from them. Everyone in our class was given a jar of marmalade to take home. Shawn mostly ate half of it because he liked it very much!

Mardy

...we all gobbled up some marmalade sandwiches with Mrs. Swarbrick. We got marmalade because at the end of term Mrs. Swarbrick said she would make some marmalade with the mandarins, lemons and limes from the trees at school

Jayden Y

...in HASS we are studying Global Geography and food miles. We tried Mrs. Swarbrick's marmalade :)

Shawn

...we have been learning about where food is made and where it comes from.

Aleeia

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
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)	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 leek soup - Chicken and corn soup	- 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	- 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, silver-side, 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 fritтата - 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	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 - Crispbreads - Rice cakes - Corn thins - Wholemeal scones - Pikelets - Crumpets - Hot cross buns (no icing)	- 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.

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>



*Check your school's policy regarding the use of nuts and products containing nuts.

Respect—Belonging—Resilience—Kindness—Growth

Wellbeing with Mr Pos

Term 4 ... say what !!!!! Where did this year go?

As we start the home stretch of another school year it's a good time to take some advice from a wise man (not me!).

2025 will have come with its successes and failures, good memories and times we would rather forget, but the start of a new term is a great time to focus on what lies ahead and leave the past behind as we aim to finish well. Don't get weighed down by what you did or didn't do or what you said or should have said. Don't dwell on what is past and is something you can't change, but make your mind up to have the best end to the year possible and take advantage of a fresh start to look to the finish line of another year with optimism and hope. **You can finish well**, this is your chance. Just remember today is the first day of the rest of your life and your future is yours for the making. Go for it.

Steve Postlethwaite Student Wellbeing Worker

TERM 4 SWIMMING

Please make note of the following dates

WEDNESDAY 5th, 12th & 19th November

FRIDAY 7th, 14th & 21st November

Exact times will be known closer to the dates.



School Reminders – Mobile Phones and Makeup

A reminder to all families that mobile phones are not to be used to video or take photos on the school bus. Students who need a phone with them are encouraged to keep their phone in their bag while travelling to and from school.

We've also noticed a few students, particularly some of our Grade 5/6 girls, wearing makeup (including mascara) to school. As outlined in our school policy, makeup is not permitted.

We appreciate your support in reinforcing these expectations at home so we can maintain a consistent approach across our school community.

Yard Award

Week 1

Slater & Makena



Citizen & Learner Awards

Week 2

Foundation/1— Mackenzie for her hard work and detail included in her reading responses.

2/3—Ruby for her outstanding effort and improvement in Maths (addition) and Reading.

4/5—Aleea for always being a dedicated learner and giving everything a go



Yard Award

Week 2



Angad & Ruby



Community Announcements



Dying for a Great Night Out?

Cobains Primary School presents a night of murder hosted by the Murder Company

Step into a world of intrigue and suspense at Airly Clydebank Hall for an unforgettable Murder Mystery experience. Your ticket supports Cobains Primary School's playground revitalisation project—help us make the old playground safe and fun for our students again!

Event Details:

When: Doors open at 6:30 PM

Where: Airly Clydebank Hall

Cost: \$55 per person (plus booking fee)

Includes: Champagne cocktail on arrival and captivating murderous entertainment

Food: Enjoy delicious Zimbabwean and Southern African cuisine from Lisha's Kitchen food truck (at your own cost)

Drinks: BYO

Characters will be assigned and emailed to ticket holders approximately three weeks before the event.

Don't miss out—tickets are available until Wednesday, 15 October or until sold out!

For tickets: <https://www.trybooking.com/DFMRM>

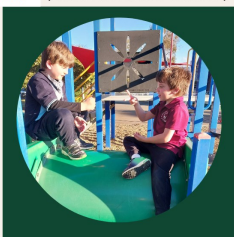
Booking QR Code:




Heyfield Outside School Hours Care

"Gumnuts OSHC is a place of play and leisure for today's neighbourhood children. Where children can learn skills and attitudes for citizenship."

Location
22 TEMPLE ST, HEYFIELD
(HEYFIELD PRIMARY SCHOOL)



BEFORE SCHOOL CARE

Our Before School Care Program opening hours are 7am – 9am
Cost – \$29.23per child, per session
BEFORE the Child Care Subsidy (CCS)

AFTER SCHOOL CARE

Our After School Care Program opening hours are 2.55pm – 6pm
Cost – \$32.36per child, per session
BEFORE the Child Care Subsidy (CCS)

WE CATER FOR

Heyfield P.S, Cowwar P.S
St.Michael's P.S, Nambrok-Denison P.S

Bookings & Enquiries

To make a booking for BSC and ASC you can do this by emailing or calling the Gumnuts office.

Email: gumnutosshccoord@gmail.com
Phone: 5144 6952

If you have any queries or require assistance, regarding any of this information please don't hesitate to contact the Gumnuts office on the above details.

ALL PRICES ARE 2025

DEPENDING ON SUBSIDY ELIGIBILITY PRICES CAN BE AS LOW AS \$3 A SESSION

LET'S PLAY!

EARLY YEARS CHILDRENS WEEK 2025

Bring your little ones and join us for a morning of fun, creativity and connection where we will be celebrating "Children's Week", with the theme "Everyone should know about Children's Rights".

Tuesday | 10AM to 12PM
21 October
NAKUNBALOOK, SALE



HIGHLIGHTS

Morning tea included!

Coffee van

Play Passport Handout

Face painting

Smoothie-bike

Information stalls, fun activities and giveaways!

We will also be handing out Wellington Shire's "Lets Play Passport" designed to get children outdoors, active and creative!



Facilitated playgroup with Maternal & Child Health and Uniting



CENTRAL GIPPSLAND HEALTH



WELLINGTON SHIRE COUNCIL

Community Announcements



The Get Active Kids Voucher Program is open! Get in quick as applications for a voucher will close on 13 November or earlier if the budget allocation is fully exhausted.

Victorian families with a Health Care Card or Pensioner Concession Card can apply for up to \$200 to support their child's sport and active recreation activities. Apply now at www.getactive.vic.gov.au/vouchers



**Get \$200 to help your
child play sport!**



getactive.vic.gov.au

GET
ACTIVE
KIDS
VOUCHERS



Nambrok Denison PS Banking Details:

BSB: 083 001

Acc No: 304 833 909