

Nangiloc Colignan and District Primary School

Our vision is to Lead, Inspire and Inquire



School Newsletter 21.3.23

School Reminders:-

Hats must be worn during Term 1
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Soccer Sporting Sessions start 28th of Feb for 6 weeks from 2pm to 3pm  
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School Photo Day
Thurs 16.3.23
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School Council Meeting  
Thurs 30.3.23  
at 3.15pm at school  
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Koorlong Visiting
Friday 31.3.23 for swimming activities
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Soccer Match and Multi-Cultural Banquet  
Thurs 6.4.23 at the Nangiloc Oval and Town Hall  
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Lunch order day will be each Friday.
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### Outside of School Hours Care

**Programme** - is an excellent opportunity for parents to continue working while ensuring that their children are well-cared for after school hours. The programme runs Monday to Friday from 3:00-6:00 and is funded, so the costs are minimal for parents. To cater to the diverse interests of the students, we provide a wide range of learning opportunities such as art, technology, sport, cooking, and board games. These activities are designed to be both fun and educational, and students can develop new skills while having a great time. Students need to register with the 'Smart Central' system to participate in the programme, which ensures that all children are accounted for and kept safe while they learn and play.

Our OSHC programme is an excellent opportunity for students to socialize, learn, and grow while providing peace of mind for busy parents. The link to the enrolment form in SmartCentral is: [https://www.smartcentral.net/v2/service\\_profile/show/808](https://www.smartcentral.net/v2/service_profile/show/808).

**Lunch Orders** - available each Friday via our canteen.

**How to make an order:** write what you would like to order on an envelope or fill in the order form attached with the correct money and make sure that it is handed in to Gini by 9am each Friday morning. The order form that is sent home can be used for multiple students in the same family.

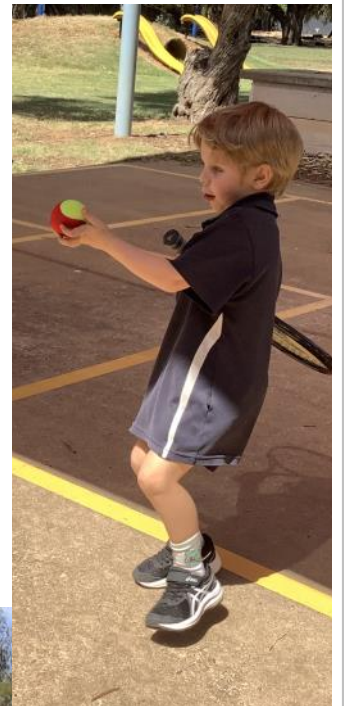
### Soccer Match—Free Community Event—

will be held on Thursday 6th of April at the Nangiloc Oval and Town Hall. The soccer match will kick off at 5pm and then followed by a multicultural banquet. All community members are welcome to come and join the fun. We kindly ask that all attendees please bring a cultural main or dessert to share.



### Working together







**FREE COMMUNITY EVENT**

**NANGILOC PRIMARY SCHOOL  
NANGILOC KINDERGARTEN**



# SOCCER MATCH

**\*P-3 VS \*4-6**

*\*and other  
soccer legends*

**FOLLOWED BY  
MULTICULTURAL BANQUET**

**PLEASE BRING A CULTURAL  
MAIN OR DESSERT TO SHARE**

**APRIL 6  
5PM KICK OFF @  
NANGILOC OVAL**

## **NANGILOC TOWN HALL**



Address: 2612 Kulkyne Way, Nangiloc, 3494  
BSB: 063 520 Account No. 10150458

Phone: 03 5029 1483  
Email: [nangiloc.colignan.ps@education.vic.gov.au](mailto:nangiloc.colignan.ps@education.vic.gov.au)

Ben: 0429 264 448

## Message from the Department of Education

Dear families

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood. Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

[Sleep tips for children](#) and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation  
[Why sleep is so important](#), from the Kids Helpline's [Sleep explained](#), from the Better Health Channel.

## OPEN EVENINGS 2023

Sunraysia Secondary Colleges will be holding 'Open Evenings' during the first week in May. Families are invited to visit our schools to discuss teaching and learning programs, extra-curricular activities and facilities.



Irymple Secondary College

Karadoc Avenue, Irymple  
Phone 5024 5407  
[irymplesc@education.vic.gov.au](mailto:irymplesc@education.vic.gov.au)

**Thursday 4<sup>th</sup> May**  
6.00 – 8.00pm

Please gather in The Quad at 6.30pm



Chaffey Secondary College

261–289 Deakin Ave, Mildura  
Phone 5023 0538  
[chaffey.sc@education.vic.gov.au](mailto:chaffey.sc@education.vic.gov.au)

**Tuesday 2<sup>nd</sup> May**  
6pm – 8pm

Presentation 6pm - Gymnasium



Merbein P-10 Secondary College

Commercial Street, Merbein  
Phone 5025 2501  
[merbein.p10@education.vic.gov.au](mailto:merbein.p10@education.vic.gov.au)

**Wednesday 3<sup>rd</sup> May**  
5.30pm - 7.30pm

Presentation at 6pm - Gym



Red Cliffs Secondary College

Fitzroy Avenue, Red Cliffs  
Phone 5024 1522  
[red.cliffs.sc@education.vic.gov.au](mailto:red.cliffs.sc@education.vic.gov.au)

**Wednesday 3<sup>rd</sup> May**  
6.30pm – 8pm

Please meet in the Student Hub

Authorised by the principals of the participating secondary colleges: Jo McQuinn (Irymple S.C.), Graeme Forrester (Chaffey S.C.), Chris Grimmer (Merbein P-10 College) and Brad Vallance (Red Cliffs S.C)

**Address: 2612 Kulkynne Way, Nangiloc, 3494**  
**BSB: 063 520 Account No. 10150458**

**Phone: 03 5029 1483**  
**Email: [nangiloc.colignan.ps@education.vic.gov.au](mailto:nangiloc.colignan.ps@education.vic.gov.au)**

**Ben: 0429 264 448**



# Now Recruiting

Nangiloc & District Football Netball club is currently seeking interested players and umpires of all netball grades.



Under  
15's

Under  
18's

Seniors

Umpires

Preseason Training  
every Wednesday  
at 6pm  
Red Cliffs  
(back oval)

Come join our family friendly club, make new friends and get fit while having some fun.

TRIALS  
March  
22nd, 27th  
& 29th

**MORE INFO**  
Ginine Sluiter  
0410131036

# Nangiloc Primary School Lunch Menu 2023

| Sandwiches/ Wraps              | Price  | Cold Items                | Price  |
|--------------------------------|--------|---------------------------|--------|
| Choice of Wraps, or sandwiches |        | Apple Juice               | \$2    |
| Chicken, Cheese & Mayo         | \$5.50 | Orange Juice              | \$2    |
| Lettuce Cheese & Tomato        | \$3.50 | Up and go chocolate milk  | \$2.50 |
| Ham and Cheese                 | \$3.50 | Frozen strawberry yoghurt | \$2.20 |
| Chicken and salad              | \$5.00 | Frozen mango yoghurt      | \$2.20 |
|                                |        |                           |        |
|                                |        |                           |        |
| Hot Food                       |        |                           |        |
| Chicken Breast nuggets         | \$1.00 |                           |        |
| Ham and Cheese pizza           | \$2.50 |                           |        |
| Party Pie                      | \$1.50 |                           |        |
| Beef Pie                       | \$4.00 |                           |        |
| Steamed Beef Dim Sims          | \$1.00 |                           |        |
| Steamed Vegetarian Dim Sims    | \$1.00 |                           |        |

- ❖ Lunch orders will be on Fridays.
- ❖ Order forms available from the front office

## NANGILOC BUSH PLAYGROUP

Nangiloc Kinder 9.30am

Term 1 & School Holidays

20th Feb

6th Mar - Cathy from Red Cliffs library will be joining us

20th Mar

3rd Apr - Easter hunt & activities

17th Apr - School holidays - older siblings welcome

Contact Sheena

0447530356



Red Cliffs Lawn Tennis Club Term 1 2023

**Hot Shots** Mon & Tues 4-5pm Sat 9-10am Match Play 10-10.45am & \$4

All sessions @\$10 Racquets available - Plus free Hot Shots T-Shirt

**Tennis 4 Teens** Mon & Tues 5-6pm

\$10 per session All standards welcome to both groups.

To enrol or for more information ph: Lisa Hill 0400726824

email: [lisa.joy.hill70@gmail.com](mailto:lisa.joy.hill70@gmail.com) Community Play Coordinator