



Havenlee School – Yarn Up

Newsletter

75 Judith Drive, North Nowra, NSW, 2541 (PO Box 3082) Ph: 44213777, Email: havenlee-s.school@det.nsw.edu.au

Issue 17 - Term 4 – Week 6

Friday 12th November 2021



From the Principal

COVID-19 Update

Welcome to all students who have returned to school. All staff at Havenlee are abiding by the current COVID-19 guidelines, continually working hard as always to maintain high infection control procedures. Only students with ongoing medical exceptions will receive working from home packs. Throughout the term we will update you when the COVID-19 guidelines change.

Nurse Tash Tidswell

We would like to introduce Nurse Tash Tidswell as part of the Wellbeing and Health In-Reach Nurse (WHIN) program.

Tash is a registered nurse, employed by the Illawarra, Shoalhaven Local Health District, who will be working with Havenlee School to connect students and families with health and community services.

This is a new role shared with North Nowra Public School, Bomaderry Public School and Bomaderry High School. Tash works Monday to Friday and is based in North Nowra Public School.

Tash will work with our learning and support team as well as local health and social services to support students and their families on a wide range of issues including mental health, social and behavioural support, physical health and peer or family relationships.

If you would like to know more about the WHIN program, please see the link below:

[Wellbeing and Health In-reach Nurse Coordinator program - Youth health and wellbeing \(nsw.gov.au\)](https://www.nsw.gov.au/whin-program)

Bandanna Day

Thank you to everyone who participated in Bandanna Day. Havenlee School raised \$300.

Gymnastics Program

The gymnastics program has commenced at school, on Wednesdays. Students are enjoying the activities which are tailored to their individual needs.

School Photos

School photos were successfully completed on Tuesday 9th November. They were taken in an outdoor setting, adhering to the latest Covid-19 regulations.

Wellbeing Activities

We are conducting engaging wellbeing activities each week for students and staff for the rest of the term as we approach the end of the year.

Year 12 Graduation

Invitations for our year 12 graduates and their families have been sent home, with strict Covid-19 guidelines that we need to adhere to.

Nicole Roberts
Assistant Principal Havenlee School



Up and Coming Events

Term 4 Week 7

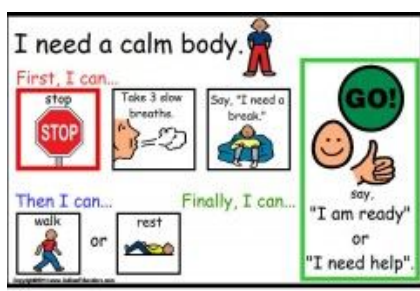
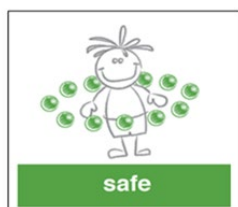
Monday - Hydro Therapy
 Tuesday - Hydro Therapy
 Wednesday - Hydro Therapy
 Thursday - Hydro Therapy

Term 4 Week 8

Monday - Hydro Therapy
 Tuesday - Hydro Therapy
 Wednesday - Hydro Therapy
 Thursday - Hydro Therapy

Weeks 7-11 - Safe 'Responsible for my body'

In weeks 7-11 of this term the PBL focus is safe and students being responsible for their bodies. Explicit lessons are being taught in classrooms including following a 1,2,3 and complex instruction, waiting for a cue and purposefully acting with the intention of a specific result. This can be demonstrated in classroom activities, sport, work crews, following instructions and using equipment safely e.g. in the playground or using scissors in the classroom. PBL tickets are given out to students being responsible for their bodies.



Havenlee Canteen Price List (Term 4 2021)

Open Wednesday 9:45am to 10:30am
 in Lilli Pilli Classroom

How to order: Write order in student diary or on a paper bag and place money with order. Your child will be taken to the Havenlee canteen (in Havenlee) to purchase their items with their class.

Menu and Price List

Mini Choc Chip Muffins	60c each	Mini Choc Chip Biscuits	\$1.00
Mini Chocolate Muffins	60c each	Arnott's Shapes Cheese Toastie Biscuits	\$1.50
Apple Juice	\$1.20	Fruit Toast 2 slices with butter	\$1.00
Tropical Juice	\$1.20	Fresh Fruit Salad Small	50c each
Havenlee Jelly Cups	\$1.00	Fresh Fruit Salad Large	\$1.00
Winter Special Ham and cheese toastie	\$1.50	Sipahh Flavoured Drinking Straws Chocolate, strawberry, banana, mint-chocolate, cookies and cream. (Milk from Food Bank is free)	60c each



Havenlee Worm Wee

Havenlee School is operating a school based vermiculture (worm farming) industry to provide our students with authentic "real world" school to work skills.

We would like to supply local businesses and community members with worm wee to fertilise local gardens. We will be delivering our product one day per week in the local area.

If you would like to purchase a 200ml bottle of worm wee for \$2.00 or castings (when available) for \$4.00 per 650ml container which includes delivery, please place your order in one of the following ways:

1. Phone the school on 44213777
2. Email the school at havenlee-s.school@det.nsw.edu.au

Please provide your address and contact number. Payment is required on delivery.

The project involves all our students through our whole school vocational education program.

Thank you for your support.

Havenlee Café

Myrtle will be running the Havenlee Café **every Friday** for lunch.

Please send your child's order in their communication book

3 x chicken nuggets	\$1.50
6 x chicken nugget	\$3.00
1 serve of chips (with chicken salt)	\$1.00
Tomato sauce	50c
Barbeque sauce	50c
Chocolate milkshake	\$1.00
Strawberry milkshake	\$1.00



Snuffle Mats

Snuffle mats are interactive feeding mats for dogs (can also be used for cats and guinea pigs). It keeps them entertained looking for food treats that you can hide in the snuffle mat.



Our Year 12 students (and Myrtle) are making snuffle mats to sell as Christmas gifts for pets. Money raised will support Vocational Education programs at Havenlee School. **Cost: \$20 per snuffle mat (cash only)**

Please phone the school office on 4421 3777 if you would like to purchase a snuffle mat or write a note in your child's communication book



Vaccine Information

People aged 16 years and above are now eligible for a COVID-19 vaccination.

Vaccination appointments are available at more than 3,000 locations across NSW, including GPs and pharmacies. More appointments will become available as supply increases, so keep checking for new appointments in coming weeks.

Young people can catch and spread COVID-19. More than 30% of cases of COVID-19 in NSW are people under 20. For questions about vaccination, speak with your provider.

Why get vaccinated?

People of all ages can get COVID-19.

If you live in an area of concern, the chances you will come in to contact with the virus are higher. Two doses of a vaccine will:

- Reduce the chance you will be infected with COVID-19 by 60-80%
- Give you around 90% protection against hospitalisation and death from COVID-19 if you are infected
- Significantly reduces the spread of COVID-19 to others. Even if you don't have symptoms or get sick, you can still pass the virus on to others. Getting vaccinated also helps to protect those you live with and the community.

If you are unwell, get tested

- You must not attend your vaccination appointment if you have any COVID-19 symptoms.
- Get tested if you have the mildest of symptoms or even if you have been vaccinated.
- Self-isolate until you get a negative test result.
- Stay home if you're unwell

Know the facts on COVID-19 vaccination

For more information on frequently asked questions about COVID-19 vaccines, check out [Know the Facts](#)

Please contact the COVID-19 vaccine helpline on 1800 020 080 or visit the NSW Government's COVID-19 website if you have further questions.

This communication is based on advice from NSW Health.



HEALTHY FOODS & ACTIVE PLAY

are what growing bodies need

RIDE &
WALK



CRUNCH
ON FRUIT
& VEG



PACK
FRESH



DRINK
WATER



GET
MOVING



SWITCH
OFF



➔ CLICK ON EACH TOPIC
FOR MORE INFORMATION

There are programs available to help you and your child.

GO4FUN
HEALTHY ACTIVE HAPPY KIDS

A 10-week healthy lifestyle program for kids aged 7 to 13 years who are above a healthy weight. It runs each school term and is available online. Call 1800 780 900 or visit go4fun.com.au

get healthy
Information & Coaching Service

A free telephone health coaching service that provides the help and motivation you need to help reach your goals. Call 1300 806 258 or visit gethealthynsw.com.au



**HEALTHYEATING
ACTIVE LIVING**

Healthy Living is about making small lifestyle changes that can make a big difference to your health. Visit healthyliving.nsw.gov.au



HEALTH PROMOTION
Illawarra Shoalhaven

The Health Promotion Service works with schools, early childhood services and community groups to improve your child's health and wellbeing. Visit islhd.health.nsw.gov.au



Health
Illawarra Shoalhaven
Local Health District





Uniting

Delivering the NDIS in your community



Uniting LAC NDIS Information Days

Uniting Local Area Coordination will be running six (6) online information days covering some of our **most in-demand topics** including:

- Understanding Reasonable & Necessary
- Let's talk about work: how can the NDIS support school leavers
- ECEI to LAC: 7 things to know when your child turns 7
- Everything you need to know when accessing the NDIS
- Mental Health & accessing the NDIS

Sessions will be in the format of a webinar presentation followed by a live Q&A session with an experienced Uniting LAC staff member to answer all of your questions live.

Where: Online via Zoom


When: 16th, 18th November & 7th, 9th, 14th & 16th December

- Understanding Reasonable and Necessary- 10:00am
- Let's talk about work: How can the NDIS support School Leavers- 11:00am
- ECEI to LAC: 7 things to know when your child turns 7 - 1:00pm
- Everything you need to know when accessing the NDIS- 2:30pm
- Mental Health & accessing the NDIS – 3:30pm

RSVP: You can find all Uniting LAC online events by searching <https://bit.ly/lacregister>. Then browse the desired event you'd like to attend and then select session. A zoom link will be sent to your registered email address before the event.

Additional information: If you have any accessibility requirements please let us know when you register. Please note - we need a minimum of five (5) business days' notice to book Auslan interpreters. Please email your request to lacinfo@uniting.org





Shoalhaven Disability Expo 21

"I FEEL INCLUDED WHEN..."

Shoalhaven Disability Expo 2021
Friday | 3rd December | 10am to 2pm
Shoalhaven Indoor Sports Centre
Cambewarra Road, Bomaderry NSW

Shoalhaven's biggest annual event for people with disabilities, their families, carers and friends. The Shoalhaven Disability Expo is free and will have information stalls from over 30 service providers, fun activities and local entertainers.

To register please scan the QR code

