Once again, this term has been action packed at Nowra Hill Public School. Students have: attended the theatre; participated in various sporting events; somersaulted their way through a gymnastics program, travelled to the Wollongong Entertainment Centre to see the Southern Stars Performance; read by torchlight in the library for Bookweek and sung their hearts out at the Shoalhaven Music Festival.

Kindergarten and Years 1 and 2 travelled to the Shoalhaven Entertainment Centre to see a performance of *The Gruffalo’s Child*. This was followed by a visit to the Nowra Town Library. It was a fun day!

An assembly celebrating Education Week was held in Week 3. It was wonderful to see so many parents and carers in attendance. Following the assembly, students participated in a NAIDOC tabloid organised by Miss Barry. The students enjoyed an afternoon playing games that have their origin in traditional Aboriginal children’s games.

Years 3-6 enjoyed an excursion to the WIN Entertainment Centre to watch almost 3000 dancers, vocalists, band and choir members from local public schools perform in the Southern Stars music and dance spectacular. The “We Will Remember Them” segment, which was dedicated to the Centenary of the Anzacs, and in particular the women who were left at home, was especially moving.
Defence Community Organisation, or DCO, offers a broad range of programs and services to help Defence families manage the military way of life. The DCO website is full of helpful information for Defence families relating to deployment, relocation, education, special needs and emergency and crisis support. The DCO website is:  
www.defence.gov.au/dco/. To access any of DCO’s support services, contact the all-hours Defence Family Helpline on: 1800 624 608.

The Shoalhaven Defence Families Association (SDFA) is a non-profit organisation which was established to bring fun and friendship to Defence families in the Shoalhaven and surrounding areas. SDFA is managed by Rachel Birkmyre, Co-ordinator, and a Committee of volunteers who come together each week (during school terms), to run activities such as playtime, scrapbooking and craft groups. These activities are run at the SDFA’s community house – Kookaburra Retreat, which is located at Flats 1 & 2 Canberra Drive, Nowra Hill. If you would like any information about SDFA, or you would like to be placed on their email list, please contact Rachel on phone: 4421 5766; or by email: shoalhavendfa@gmail.com; or visit the SDFA website at: www.shoalhavendefencefamilies.com.au.

I am at Nowra Hill two days per week for 35 weeks of the school year (Thursdays and Fridays). During this time, I work with the teachers and students in the classrooms, open the Library at lunchtime on Fridays for Kids Club and work with those Defence students with a deployed parent, or those who are moving to another school. I can be contacted by email at leanne.millard1@det.nsw.edu.au or by phoning the school office on 4421 5671.

Please remember to advise me of any current or future deployments so that I can support your child at school. Also, as the end of the year draws closer, please advise the school if your children will not be attending Nowra Hill in 2016 as a result of a posting.

Congratulations to Ethan and his family on the birth of baby Alexis and to the Sproule family on the birth of their new son.

Congratulations to Isabel, Leigha, Lily and John who received awards in the Term 2 Artist of the Term Competition.

During Term 2, I participated in a training course to become a facilitator for a wonderful program called Seasons For Growth. The program is coordinated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. It focuses on issues such as self esteem, managing feelings, problem-solving, decision-making, effective communication and support networks. The first Seasons For Growth Program to be held at Nowra Hill, consisting of a small group of Stage 1 students, commenced this Term.

If you get a chance, have a look at the Military Kids Recognition website at www.militarykids.com.au. Medals are available on the site that recognise the children of deployed parents. Military Kids Recognition is a self funded business that donates it’s profits to Op PTSD Support, Legacy and other military focused groups that support the partners and families of veterans.

Leanne Millard
DSTA
Nowra Hill Public School