During Term 2, the Nowra Hill Public School community participated in cross country races, a fitness and co-ordination program, the Life Education program, ANZAC Day services and Years 4, 5 and 6 visited Canberra.

Special guests and speakers at the school’s ANZAC Service were Commander Nyree Cornelius from HMAS Albatross and Mr Fred Dawson of the Nowra-Greenwell Point RSL. As always, Year 6 did an excellent job of leading the service, while K-6 students brought some beautiful flowers for the floral tribute. Thank-you Commander Cornelius!

Thirty seven students proudly participated in the ANZAC march along Junction Street, Nowra on ANZAC Day. This was an excellent representation from a small school.

Students have been enjoying a fabulous fitness and co-ordination program provided by Mr and Mrs Neradil from Southern Fitness and Martial Arts.
During the last 4 weeks of Term 1, twelve students from Years 2 and 3 participated in KidSMART—a four week program which aims to help children manage deployment and parental absence. The program was conducted by Helene Kendall, DCO Social Worker and the Nowra Hill DSTA. Based on the feedback from the students, the Program was highly successful.

![KidSMART participants](image1.jpg)

**Congratulations to:**
- Leigha Barrett, who performed well at the District Cross Country and progressed to the Regional level.
- Isabel Goodwin, who won the “Poppies for ANZAC” colouring competition, sponsored by Ann Sudmalis, Federal Member for Gilmore.
- Charley Shipton and Tia Renomeron, both of whom were acknowledged for their outstanding creativity in the “Poppies for ANZAC” colouring competition.
- Charley and Halle Shipton, who, together, won 2nd place in the Pianoforte Category for their age group at the City of Shoalhaven Eisteddfod.

![Congratulations](image2.jpg)

In May, 41 students from Years 4, 5 and 6 enjoyed a 3-day excursion to Canberra. They participated in a variety of educational programs with a focus on Australian history, culture, heritage and democracy.

![Canberra excursion](image3.jpg)

Don’t forget to keep an eye on the NHPS website at: [www.nowrahill-ps.schools.nsw.edu.au](http://www.nowrahill-ps.schools.nsw.edu.au). The DSTA Newsletters, in full colour, and many photos of the students undertaking various activities at school are on the site. Also, the DSTA section contains a number of brochures from DCO which provide information about the Defence Family Helpline, DCO, Education Assistance, the REDLO, Posting and relocation, DSTA’s and DTM’s.

Finally, please remember to advise me of any current or future deployments so that I can support your child at school. I can be contacted by email at: [leanne.millard1@det.nsw.edu.au](mailto:leanne.millard1@det.nsw.edu.au) or by phoning the school office on 4421 5671.

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