

## NEWSLETTER TERM 1 WEEK 5 2025

Principal: Mr Derek Noffke

Coolah Street, Griffith NSW 2680 T 6962 3199 F 6962 3451 E [griffith-p.school@det.nsw.edu.au](mailto:griffith-p.school@det.nsw.edu.au)

### Parent Meet and Greet

As there are a few changes in staffing and classes this year, we are holding a Parent/Teacher Meet and Greet on Wednesday 5th March 2025 for Years 1-6. All classrooms will be open from 3:30pm until 5:00pm, so parents will have the opportunity to meet their child's teacher. You are welcome to visit the room at any time between these hours to chat further about what is happening at Griffith PS in 2025.



### NAPLAN

Our Year 3 & 5 students will be sitting their NAPLAN assessments in the coming weeks. Like 2024, the assessments will be online. The NAPLAN Online assessment window starts on Wednesday 12th

March 2025 and finishes on Monday 24th March 2025. Students will be assessed in Writing, Reading, Conventions of Language and Numeracy.

The online format is an adaptive program, designed to assess a wider range of student abilities and to measure student achievement more precisely.

All students involved will start their preparations soon, with a note going home to parents on Thursday. If you have any concerns regarding NAPLAN, please do not hesitate to contact the school.

### Whole School Assemblies

Our Whole School Assemblies for this term are as follows:

Friday 28th February 2025

Friday 14th March 2025

Friday 28th March 2025

Friday 11th April 2025

Please feel welcome to come along and celebrate student success with us. Our K-6 Assemblies commence at approximately 2:00pm.

### Cyber-bullying Information

While research into cyber-bullying is still in its infancy, the one thing we do know is the online environment is really just a new setting for age-old issues. Further information about Cyberbullying can be found at the following link. Other Wellbeing topics can also be found through this link. <https://education.nsw.gov.au/schooling/schooling-initiatives/anti-bullying/parents-and-carers/staying-safe-online>

Further information and student information sessions will follow throughout the year.

Finally, I would like to wish all of our students the very best as they compete at our school swimming carnival today.

Have a great week.

Derek Noffke,  
Principal

Griffith Public School - Term 1 2025						
Term 1 2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week 5	24 Feb	25 Feb Swimming Carnival	26 Feb School captains to Griffith City Council	27 Feb	28 Feb Whole school assembly	1/2 March
Week 6	3 March	4 March Zone Swimming Carnival	5 March GPS Parent and teacher meet and greet 3.30pm MRHS info evening 5.30pm	6 March AECG meeting 2pm	7 March	8/9 March
Week 7	10 March	11 March	12 March NAPLAN	13 March NAPLAN	14 March Whole school assembly NAPLAN	15/16 March
Week 8	17 March NAPLAN	18 March NAPLAN	19 March NAPLAN	20 March NAPLAN	21 March NAPLAN	22/23 March

**School Photos will be on 19 March 2025**

**Please order online if possible. Envelopes will not be sent home. Please come to the school office if you would like a photo order envelope or a sibling envelope. Thank you.**

**order your school photos now**

to order visit: [www.advancedlife.com.au](http://www.advancedlife.com.au)

enter code: 94E VCH 1QJ



scan to order

or collect a cash order envelope from your school office

**advancedlife**  
school photography & print specialists

WE ARE A  
FAMILY IN 6B



6B with Miss Barton

**FROM THE COUNSELLOR'S CORNER****TODAY'S TOPIC - NUTRITION AND YOUR CHILD**

At the start of a new school year, it is a good time to think about the importance of the foods your child eats.

We all know that healthy, nutritious food is essential for children's growth but let's look at that closer.

The correct foods play an important role in children's overall development. It is also important for their learning at school. If children are hungry in class, it is very difficult for them to concentrate and take part in their lessons. Hungry children can't learn. Hungry children also struggle with their behaviour. They can become irritable and oppositional.

Eating healthy food helps children with bone and muscle formation, builds a strong immune system and allows them to meet their developmental milestones.

During the early years of life, children's brains grow quickly. This growth can only occur with the correct diet. When brains receive what they need they form new nerves. These are important for helping children solve problems, learn and build their memories. So essential for school!

Let's look at some language around food:

**Nutrients** – this the name given to different chemicals in food such as protein, carbohydrates, vitamins, fats, minerals and even water!

**Water** – gets a special mention – is far healthier than fruit juice which contains large amounts of sugar and sometimes added salt.

**Protein** – this is important for building muscle and repairing our bodies – examples include chicken, fish, meat and eggs.

**Carbohydrates** – these foods give us energy, such as bread, rice, pasta or noodles.

**Fibre** – this is a carbohydrate and is found in many vegetables and fruits. It helps to keep you feel full and prevents constipation.

**Fat** – some fats, those which are solid at room temperature are not good for health, we should try not to eat too much of this fat. There are lots of 'good' fats such as olive oil and that found in avocado.

**Dairy** – foods such as milk, cheese and yoghurt.

**Digestion** – this is the process by which the body breaks food down into nutrients which give us energy.

A balanced diet – this refers to eating a selection of foods, and not just one or two types. If you look at the pyramid below notice that we should aim to eat more of fruits and vegetables and less of fatty foods.

**LUNCH BOX IDEAS**

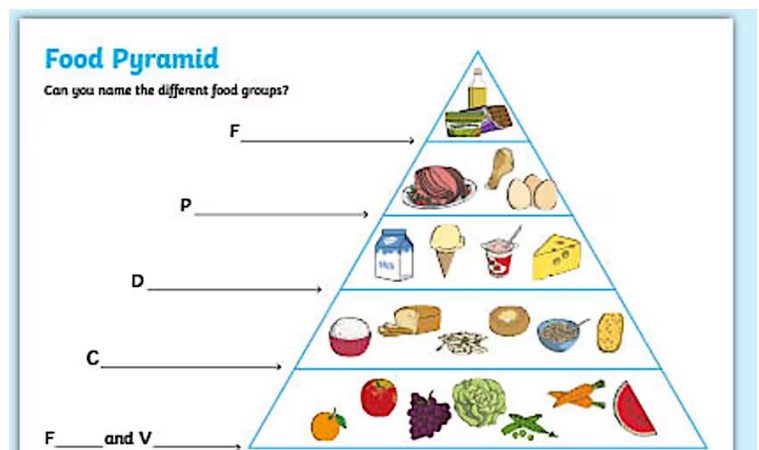
- Fruits
- Sandwich
- Cheese
- Dried fruits such as raisins
- Homemade muesli bars
- Small cucumbers & tomatoes
- Sushi
- Cold chicken
- Full water bottle

And remember – a piece of fruit is healthier than fruit juice, one glass of juice can contain lots of sugar, salt and has little fibre. And when children drink juice this suppresses their appetites so they don't eat at mealtime.

Activity - Ask your child to fill in the missing words (using the clues above)

Julia Hopp

Registered Psychologist (PSY0002035812)



**MURRUMBIDGEE**  
Regional High School  
GRIFFITH

**YEAR 6 INFORMATION EVENING**

5.30pm – 7pm  
Wednesday 5 March

Are you considering sending your child to MRHS - Griffith in 2026?  
We will be opening our doors to Year 6 students and their parents between 5.30pm and 7pm on Wednesday 5 March. Come along to the information session and tour and see our wonderful school firsthand.

[murrumbidgee-h.schools.nsw.gov.au](https://murrumbidgee-h.schools.nsw.gov.au)  
02 6966 9600

The School Hall ~ Coolah St

WHO'S WHO AT GRIFFITH PUBLIC SCHOOL 2025

# Executive Team



Mr Derek Noffke  
Principal



Mrs Helen Lander  
ES1 AP



Mrs Kristy Lemon  
Stage 1 AP  
K-6 Learning and  
Support



Miss Lisa Sergi  
Stage 2 AP



Miss Sophie O'Keeffe  
Stage 3 AP



Miss Lauren Brain  
Stage 3 AP  
K-6 Wellbeing



Mrs Giulia Parisotto  
APCI



Mrs Louise Soligo  
APCI

# WHO'S WHO AT GRIFFITH PUBLIC SCHOOL 2025

## Class Teachers



**EARLY STAGE 1**



**KL**

Mrs Helen Lander AP  
T/W/TH/F



**KL**

Mrs Amanda Adams  
Monday



**KZ**

Mrs Rebecca Zirilli



**KD**

Mrs Hannah Davis

**STAGE 1**



**1C**

Mrs Tracy Carbone



**1S**

Mrs Melyssa Sarkis



**1L**

Mrs Kylie Lethlean



**2I**

Mrs Celeste Irvin



**2S**

Miss Olivia Scott



**2D**

Miss Daisy Croce

**STAGE 2**



**3S**

Miss Lisa Sergi AP



**3C**

Miss Mel Curran



**3/4F**

Mrs Lee Flood



**4T**

Mrs Tina Keen  
M/T



**4T**

Miss Tayla Burton  
W/TH/F



**4L**

Mrs Denise McGann  
Monday



**4L**

Mrs Natasha Long  
T/W/TH/F

**STAGE 3**



**5K**

Miss Sophie O'Keeffe AP



**5H**

Mr Vincent Hellier



**6L**

Miss Lauren Brain AP  
M/T/W/TH



**6L**

Mrs Louise Soligo APCI  
Friday



**6B**

Miss Emily Barton