

# NOLLAMARA PRIMARY SCHOOL

# NEWSLETTER



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## PRINCIPAL'S ADDRESS

Kaya Families

Welcome to another fabulous year of learning at our school!

Despite the very hot start to the year, it has been wonderful to see our students return with such positive energy and enthusiasm.

At the start of every year, I am always amazed at just how much the students seem to have grown over the summer holidays – taller, more confident, and full of stories to share. I have been incredibly impressed by how smoothly students have settled back into routines and the positive way they have approached the start of the school year. It has been a joy to see so many smiling faces, kind interactions, and readiness to learn.

As we begin the year together, we do so on Whadjuk Noongar Boodja, and we acknowledge the Whadjuk Noongar people as the Traditional Custodians of the land on which we learn and grow. We pay our respects to Elders past and present and recognise their continuing connection to land, waters, and community.

This time of year marks the transition from the Noongar season of Birak into Bunuru. Birak brings change and preparation, while Bunuru is the hottest season – reminding us to look after ourselves and one another. This feels especially relevant as we support our students' wellbeing while they continue to learn, grow, and thrive.

Our staff are excited about the year ahead and remain committed to creating a positive, inclusive, and engaging learning environment where every child feels safe, supported, and challenged to do their best. We know that strong partnerships between home and school make a real difference, and we truly value the role our families and wider community play in supporting student success.

Thank you for being part of our school community. I am very much looking forward to another year filled with learning, growth, and many moments to celebrate together.

Warm regards,

Terese Morse  
Principal

*Terese Morse*

# NOLLAMARA PRIMARY SCHOOL NEWSLETTER

## LIVING OUR REACH VALUES

At our school, our REACH Values sit at the heart of everything we do. REACH stands for Respect, Excellence, Acceptance, Compassion and Honesty, and these values guide how we learn, play, and treat one another every day.

Throughout the year, we place a strong focus on our values, with each week highlighting a specific part of a REACH value. You may hear your child talking about the "REACH focus of the week" — we encourage you to ask them about it and, where possible, reinforce the same messages at home through everyday conversations and actions.

By consistently reminding, modelling, and celebrating these values together, we help our students to truly understand and internalise the behaviours that support positive relationships, strong character, and a sense of responsibility to others. Our goal is to support our students to grow into kind, respectful, and confident young people who are ready to contribute positively to the world around them.

Thank you for partnering with us in supporting our REACH values — your involvement makes a real difference.

## SUPPORTING OUR FAMILIES

At our school, we know that learning doesn't stop at the classroom door — and neither does our care for our students and families. We are very fortunate to have a dedicated team of people who are here to support your child's wellbeing and your family's needs.

Our support team includes Ms Jody, our Community Support Worker; Ms Anna, our Student Wellbeing Officer; Ms Holly, our School Psychologist; Ms Michele, our Aboriginal Education Officer; and Ms Gill, our wonderful Canteen Manager. Each of these staff members plays an important role in supporting students and families, and they are all approachable, caring, and ready to help.

We understand that when families are experiencing challenges at home, children can often feel this at school. If you are finding things difficult for any reason — big or small — please know that you are not alone. If we can help, we genuinely want to.

If you have any concerns, the first step is to let your child's teacher know. They can help connect you with the right person for support. You are also very welcome to join us for Coffee Connect every Tuesday morning after drop-off. Come along for a coffee and some cake, have a chat, and meet members of our support team in a relaxed and friendly setting.

Strong, supported families help children thrive, and we are proud to work in partnership with our community. Please don't hesitate to reach out — we are here for you.

Warm regards,  
Terese Morse

# NOLLAMARA PRIMARY SCHOOL NEWSLETTER

## **A POSITIVE START TO THE SCHOOL YEAR – 200 DAYS OF READING PROGRAM**

One of our key focuses again this year is our 200 Days of Reading program, which supports students to develop strong daily reading habits. Reading every day plays a vital role in children's academic success and is strongly linked through research to positive cognitive, social and emotional development, including improved vocabulary, comprehension, concentration and confidence.

All students were sent home with a reading log on Monday, ready to commence the program. Students who are on track should already have five days of reading recorded this week, placing them well on the path to achieving the 50 Days of Reading reward at the end of the term. These small, consistent efforts quickly add up and make a significant difference over time.

We are grateful for the continued support of our families in reinforcing the importance of daily reading at home. Together, we can ensure reading becomes an enjoyable and meaningful part of every child's routine, setting them up for a successful and rewarding year ahead.

## **START THE DAY THE NOLLAMARA WAY**

We warmly invite families to encourage students to arrive at school from 8:00 am to enjoy a healthy breakfast at our Breakfast Club, followed by time to engage in our Morning Reading Program.

Reading continues to be a major focus at our school, and these early-morning routines provide a calm, positive start to the day. Sharing breakfast and reading together helps students feel settled, connected and ready to learn, while also reinforcing the importance of daily reading habits.




We would love to see as many students as possible arriving early to take advantage of this opportunity. It's a wonderful way to support wellbeing, build strong reading routines and set students up for a successful day of learning.

Thank you for your continued support in helping us make reading a priority at school and at home.

# NOLLAMARA PRIMARY SCHOOL NEWSLETTER

## COFFEE CONNECT AT NOLLAMARA PRIMARY SCHOOL

Come and chat with the Principal and our School Support Staff in a relaxed and friendly setting.

-  Every Tuesday
-  After morning drop-off
-  Room 27

Enjoy a coffee, some cake, and a conversation. Whether you have a question, a concern, or just want to connect, we'd love to see you. Babies and toddlers are welcome!



## IMPORTANT TIMES TO NOTE

Another reminder that the office is open from 7:30am – 3:30pm for all your enquiries.

The school gates open at 8am for students. Between 8 – 8:30am there is supervised reading and breakfast in the undercover area. This is a lovely time for our students to transition into the school day. At 8:30am the bell rings and students can enter their classes.

Formal teaching starts at 8:45am. If your child is going to reach class after 8:50am they need to go to the office and get their attendance marked as the teacher would already have submitted it.

School finishes at 2:50pm. The front of the school is supervised by staff until 3:10pm. If your child hasn't been collected by this time, we will call you.

# NOLLAMARA PRIMARY SCHOOL NEWSLETTER

## SUPPORTING HEALTHY FOOD CHOICES

At our school, we are always looking for ways to support the health, wellbeing, and learning of our students. One area we are becoming increasingly mindful of is the amount of highly processed food some children are bringing to school.

While these foods are often convenient and appealing, they can be low in the essential nutrients children need to grow, concentrate, and learn effectively. Over time, relying too heavily on processed foods can impact children's energy levels, overall health, and their ability to get the nourishment required for healthy growth and development.

We are noticing that some students are arriving at school already feeling tired or hungry again soon after eating, which can affect their focus and engagement in the classroom. Our goal is not to place pressure on families, but to work together to support healthy habits that benefit children both now and into the future.

Our school canteen, The Nest, provides nutritious, freshly prepared meals made from scratch, using halal and fresh ingredients. We encourage families to consider these options where possible and to aim for lunchboxes that include fresh, whole foods that help children feel full, energised, and ready to learn. Our canteen has fresh snacks from 50c.

We understand that every family's circumstances are different, and change doesn't happen overnight. Please know that we are here to support and work in partnership with you. If you would like guidance, ideas, or support around healthy food choices, Gill our canteen manager is always happy to help. If you are able to spend some time volunteering in the canteen (your child will love seeing you there!), Gill will show you how we make our delicious snacks and also give your child free food for the day! Please see our new menu attached and reach out to Gill in the canteen 😊

Together, we can help our children develop positive habits that support their health, wellbeing, and learning.



 Nollamara Primary School <b>The Nest</b> Canteen Menu		 Term 1 2026
<b>RECESS</b>		
Pizza - margarita	\$4.00	
Sausage roll	\$4.50	
Fresh fruit salad	\$4.00	
Vege sticks w/ hummus	\$4.50	
Fruit yogurt	\$3.00	
Homemade banana bread	\$3.00	
Various leaves	\$3.00	
Cookies	\$2.50	
Juice box	\$3.00	
Water (still, sparkling)	\$3.00	
Flavoured milk	\$4.00	
Icy pole	\$1.00	
Smoothie Pop	\$2.00	
<b>LUNCH</b>		
Pizza - margarita	\$4.00	
Sausage roll	\$4.50	
Sandwiches / wraps		
Vegete	\$4.00	
Cheese & tomato	\$4.00	
Chicken & salad	\$7.00	
Cheese & salad	\$5.00	
Tuna toastie	\$7.00	
Quesadilla		
Cheese	\$6.00	
Chicken & cheese	\$7.00	
<b>Daily specials</b>		
<b>MONDAY</b>		
Quesadilla		\$6.00
Cheese		\$7.00
Chicken & Cheese		\$4.00
Pizza - margarita		\$7.00
Beef burrito		\$4.00
<b>TUESDAY</b>		
Spicy mince taco		\$5.50
Mac 'n' cheese		\$7.00
<b>WEDNESDAY</b>		
Turkish toastie		\$7.00
Roast vegetable tart		\$7.00
Beef burrito		\$7.00
<b>THURSDAY</b>		
Seasonal salad		\$10.00
Chicken pie		\$8.00
<b>FRIDAY</b>		
Beef burger		\$7.00
Cheese		+\$1.00
Fried rice		\$7.00



# NOLLAMARA PRIMARY SCHOOL NEWSLETTER

## THE NEST CANTEEN MENU



Nollamara Primary School

### The Nest



Canteen Menu

#### RECESS

Pizza - margarita	\$4.00
Sausage roll	\$4.50
Fresh fruit salad	\$4.00
Vege sticks w/ hummus	\$4.50
Fruit yogurt	\$3.00
Homemade banana bread	\$3.00
Various loaves	\$3.00
Cookies	\$2.50
Juice box	\$3.00
Water (still, sparkling)	\$3.00
Flavoured milk	\$4.00
Icy pole	\$1.00
Smoothie Pop	\$2.00

#### LUNCH

Pizza - margarita	\$4.00
Sausage roll	\$4.50
Sandwiches / wraps	
Vegemite	\$4.00
Cheese & tomato	\$4.00
Chicken & salad	\$7.00
Cheese & salad	\$5.00
Tuna toastie	\$7.00
Quesadilla	
Cheese	\$6.00
Chicken & cheese	\$7.00

#### Daily specials

##### MONDAY

Quesadilla	
Cheese	\$6.00
Chicken & Cheese	\$7.00
Pizza - margarita	\$4.00
Beef burrito	\$7.00

##### TUESDAY

Spicy mince taco	\$5.50
Mac 'n' cheese	\$7.00

##### WEDNESDAY

Turkish toastie	\$7.00
Roast vegetable tart	\$7.00
Beef burrito	\$7.00

##### THURSDAY

Seasonal salad	\$10.00
Chicken pie	\$8.00

##### FRIDAY

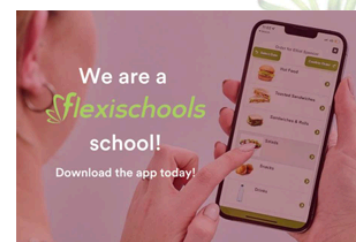
Beef burger	\$7.00
Cheese	+\$1.00
Fried rice	\$7.00



Birthdays buckets available  
- \$1 per child in the class -  
Grab a bucket of icy poles for the  
whole class to celebrate



Order on the  
Flexischools  
App or at the  
canteen  
window



We are a  
**flexischools**  
school!  
Download the app today!

# NOLLAMARA PRIMARY SCHOOL NEWSLETTER

## FIRST AID COURSE

Some of our staff recently completed their First Aid certification during an onsite training session. The hands-on course was a great refresher and helped build confidence in responding to emergencies when it matters most.

It's another great step toward keeping our students and staff safe.



# NOLLAMARA PRIMARY SCHOOL NEWSLETTER



**BALGA**  
SENIOR HIGH SCHOOL  
Strength in Unity

**FREE LEARNING**

- DRONES
- ROBOTICS
- CODING
- COMPETITIONS
- PRIZES

## TECHNOLOGY CLUB

ESCAPE THE ORDINARY AND BE A **TECH HERO**

**COMMENCING FEBRUARY 11TH 2026**

WEEKLY ON A  
**WEDNESDAY & THURSDAY**  
DURING SCHOOL TERM

TIME  
**3:15PM TO 4:30PM**

LOCATION  
**BALGA SENIOR HIGH SCHOOL**  
2 MARKHAM WAY, BALGA

OPEN TO STUDENTS IN  
**YEARS 5 & 6**

PLACES ARE LIMITED SO  
**REGISTER YOUR INTEREST TODAY**  
[BALGASHS.AU/TECHCLUB](http://BALGASHS.AU/TECHCLUB)

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MORE INFORMATION

# NOLLAMARA PRIMARY SCHOOL NEWSLETTER



## Mathematics and Physical Sciences After School Program Since 2001

FOR STUDENTS AGE 10 AND UP

### Physics Primer

**🕒 Mondays 4:30 – 6:30pm**

**💰 \$225 per student each term**

Students perform calculations to solve problems of motion, including gravity and then other forces in the universe. Students may also train for the Australian Science Olympiads Examination for Physics and/or the Open Universities Australia units *General Physics* and/or *Principles of Physics*.

### Chemistry Primer

**🕒 Thursdays 4:30 – 6:30pm**

**💰 \$225 per student each term**

Students perform calculations to learn about atoms, molecules, elements and compounds and progress to calculations in topics such as gases, specific heat and chemical solutions. Students may also train for the Australian Science Olympiads Examination for Chemistry and/or the Open Universities Australia unit *Fundamentals of Chemistry*.

### Mathematics Primer

**🕒 Fridays 4:30 – 6:30pm**

**💰 \$225 per student each term**

Students consolidate their Arithmetic and are introduced to Algebra, Geometry and Trigonometry, followed by Calculus and other areas when required. Mathematical topics are taught at each student's pace, and students learn mathematical conventions and techniques.

The Murdoch University *After School Program in Mathematics and Physical Sciences* has been running since 2001.

All sessions are at Murdoch University, South Street Campus, Building 450, Floor 3, Room 001. Parking available in carpark 4.

Sessions are tailored to each individual student and students may begin at any time during the term. Refund will only be given if course is cancelled by our Program.

Sessions commence the second week of each school term and do not run on public holidays. All subjects require pen or pencil and notebook, and may require a scientific calculator. Bottled water is permitted in classrooms and students should bring a healthy snack.

Payment may be made online: [payments.murdoch.edu.au/PrepCourses](https://payments.murdoch.edu.au/PrepCourses)

### To enrol

To obtain enrolment information provide the age of the student and email:

**AfterSchoolProgram@murdoch.edu.au**  
or phone **0427 864 740**  
(afternoons and evenings).

If you are having financial difficulties, please call our Coordinator on the number provided.

Ngala kwop biddi.  
Building a brighter future, together.

CRICOS Provider Code 00125J | TEQSA Provider ID: PRV12163  
(Australian University) | CASE01443221 03/24

# NOLLAMARA PRIMARY SCHOOL NEWSLETTER

## DATES TO REMEMBER

### IMPORTANT DATES

- 17 February- Olympics Unleashed Incursion for Year 5/6 students
- 27 February- Assembly - Room 18 and 19
- 2 March- Public Holiday - No School for students
- 16-23 March- NAPLAN Testing
- 27 March - Assembly
- 2 April- Last day of school for students

If you have any queries please see your child's teacher or email our office staff [Nollamara.ps@education.wa.edu.au](mailto:Nollamara.ps@education.wa.edu.au) or call the school on 9413 1550.

16 February 2026

*Thank you for reading!*