

# WOODPORT

## Public School

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Principal: Judy Boland



Issue 15 – 25 September 2019

### THANK YOU FOR ANOTHER GREAT TERM

I would like to congratulate and thank the staff, students, families and the many wonderful volunteers for their fine efforts throughout the term. It has been a very busy one and students have had ample opportunities to shine and participate in many extra curricula activities. This would not be possible without the dedicated staff and volunteers that work enthusiastically to ensure our school continues to go from strength to strength.

From the very start, this term has been full of big events, including our K-6 athletics carnival, Education Week activities, performing arts night, public speaking competition, Book Week activities and parade, Fathers' Day breakfast, Stage 3 camp, excursions and incursions, a visit to Parliament House, Ernie Rewards Day, disco, numerous sporting events and the list goes on.

All of our students have continued to work towards achieving learning and personal goals and I congratulate them for their efforts. I always get great pleasure from visiting classrooms and having children share with me what they have been learning.

Thank you to Amelia Gordon (on 1/2R) and Giorgia Chapman (on 4K) who have been completing their internships from Newcastle University this term. Both Amelia and Giorgia have been great additions to the teaching staff, have slotted into the school really well and been fully involved in all school events. We wish them all the best in their future teaching careers and look forward to employing them as casual teachers.

Last week Mrs Kirby, Mrs Lawson and I attended a two-day workshop on applied learning. There we learnt about the Department's Catalyst Lab Innovation Program and a new educational platform called Edumap that is in the developmental phase. This online platform is being developed for teachers and will assist them when creating quality applied learning experiences through integrated units of work.

Our school was invited to participate in the project due to the fabulous work our staff are doing implementing engaging, quality applied learning experiences that foster the application of skills, knowledge and values in real-world situations. At present, Early Stage 1 are investigating where our food comes from and exploring the needs of living things by growing their own food in school grounds and creating animal shelters. Stage 1 are growing vegetable gardens and utilising their knowledge of pollinators to improve plant growth by designing habitats for stingless native bees and microbats. Stage

### Dates to Remember

<b>Tuesdays</b>	School Banking
<b>Friday 27 September</b>	Stewart House Pyjama Mufti Day
<b>Friday 27 September</b>	Last day of Term 3
<b>Monday 14 October</b>	School resumes for students and staff
<b>Wednesday 16 October</b>	Sydney North Athletics Carnival
<b>Monday 21 October</b>	Head Start Program EHS
<b>Monday 21 October</b>	Bandfest – Training Band
<b>Tuesday 22 October</b>	BioBlitz Excursion
<b>Wednesday 23 October</b>	Bandfest – Concert Band
<b>Wednesday 23 October</b>	CC Choral Festival Concert
<b>Wednesday 23 October</b>	AECG Meeting

2 are exploring the importance of the Murray Darling Basin for the production of food in Australia. They are conducting scientific experiments and designing solutions to produce food sustainably. As part of their unit, Stage 3 are using their knowledge of fibres and sustainability to produce an upcycled product to meet an identified need in the community. Through these units of work students develop a deep understanding of the topic and learn and apply inquiry, collaborative, negotiating and creative skills to solve a real world problem. Our staff have all engaged with this process and are learning along the way with the support of their colleagues. We certainly feel very fortunate to be a part of this exciting project.

We hope all students and their families have an enjoyable school holiday and are able to have fun and recharge the batteries ready for the final term of the year.

Students and staff return to school next term on **Monday 14 October**.

Please keep an eye on the school during the holiday period. If you witness any security incidents or suspicious activity, please call the **School Security Hotline Unit on 1300 880 021**.

### **CHORAL FESTIVAL**

This year our school choir will be performing in two shows (3:30pm & 7:30pm) in the Central Coast Choral Festival at The Art House, Wyong on **Wednesday 23 October**. The festival involves thirty-six primary schools from across the Central Coast and is a series of massed choral events showcasing the talent of around one thousand primary children. The students have been rehearsing regularly all year during their break times with Mrs Minter and have attended various rehearsals with other primary schools around the coast. Thank you to Mrs Minter for dedicating her time to the choir as this has allowed our students to participate in this wonderful event and also to the students for maintaining such a big commitment throughout the year. We look forward to their performance in Week 2 of next term. Please note that tickets to the festival went on sale on Monday. Details can be found on the app and on page 5 of this newsletter.

### **THANK YOU TO THE SMITH FAMILY**

Every Wednesday for the past two terms, we have been extremely fortunate to have volunteers from The Smith Family working after school with selected students to help improve their reading skills in our Literacy Club. This afternoon we had our final session for the year and concluded with an afternoon tea to thank the wonderful volunteers and congratulate the students on their progress. A big thank you to our tutors: Kerry Miller, Julie Taylor, Stephen Pearson, Connie Russo, Deborah Walters, Kathy Wyborn, Heather Hoddinott and Valda Manning who committed their time to the students and the program. Also to our teachers – Mrs Yerbury and Mrs Goodman who organised the activities and assisted after school with the program to ensure its success.

This is an invaluable program for our students as it helps to improve their literacy skills, confidence, motivation and self-belief. If you would like your child to participate next year please contact your child's class teacher or Mrs Yerbury. If you would like to become a volunteer for The Smith Family please contact Deborah Walters on 4332 3503 or [deborah.walters@thesmithfamily.com](mailto:deborah.walters@thesmithfamily.com) (Programs Coordinator for the Central Coast).



A very big thank to Deborah Walters and Regina Gilbert from the Smith Family for their ongoing support of our school community.

### **DISCO**

The school P&C disco was a tremendous hit last Monday night with 230 students in attendance. Thank you to Tanya Kane for her organisation and to her many helpers: Jessica Carroll, Kelly Middlemiss, Linda Scown, Lindy Watson, Laura Economos, Emma Dowse, Gemma Cowan and students Lucy W, Sophie W, Sky A and Jorja K. Thank you also to all the staff who stayed behind to supervise. All students were well behaved and had a fun night dancing to DJ Nita's tunes.

## SELECTIVE HIGH SCHOOL APPLICATIONS FOR 2020

Applications are now open for parents or carers of Year 5 students that wish to have their children considered for placement in Year 7 Selective High Schools for 2021. Parents must apply online at the following link:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> and should read the instructions carefully. Here you will register to receive a password, then log in to complete the application and submit it.

The application website will close on **Monday 11 November 2019**. **Late applications will not be accepted**. All applicants will be required to sit the Selective High School Placement Test on **Thursday 12 March 2020**. Detailed instructions on how to apply online are available at

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>

Judy Boland  
Principal

## PARENTS – HAVE YOUR SAY - TELL THEM FROM ME PARENTS SURVEY

Parents are invited to complete the Tell Them from Me Parent survey. This is an annual survey and asks questions around a range of topics. The survey is completed online and we are making our computer lab available before school for parents who are able to give up around 10 minutes of their time. We value your input and would really appreciate it if you could find the time to complete the survey. To access the survey please click on the following link <http://nsw.tellthemfromme.com/6h88j>

## YEAR 6 FAREWELL

We are excited to be holding our Year 6 Farewell this year at Erina Leagues Club on Thursday 12 December. Erina Leagues Club continues to be a great support to the Woodport PS community and will be providing an excellent function room and catering. There will be a DJ, cake, photo booth and lolly stand to ensure students have a memorable night. Invitations will be sent out early next term. Please save the date. If you would like to assist with the organisation of the Year 6 Farewell, please contact Ms Barney at school or leave a message for her at the office.

## EFFORT BRINGS SUCCESS PLAQUES

At each K -2 and 3 -6 Assembly, Effort Brings Success (EBS) certificates are handed out. When children receive 3 EBS certificates they return them to Mrs Boland and at the following Assembly receive a large EBS certificate. When the children have collected four large EBS certificates they return them to school and at the end of the year will receive an EBS plaque at the annual EBS Assembly.

Please note the cut-off date for Effort Brings Success plaques will be Monday 11 November. There is a lot of organising involved in making the plaques so this time is needed to ensure they are ready on time for the assembly which will be held on Monday 2 December in the Woodport school hall.

## OPERATION CHRISTMAS CHILD



**Important Reminder:** Please make sure you return all completed Christmas Child boxes (with \$10.00 inside the box) to the office by this **Friday**, the last day of term. No later please or they will miss the pickup. Thank you for your support.

## PYJAMA MUFTI DAY

Just reminding parents that we are raising money for Stewart House by holding a **Pyjama Mufti Day this Friday 27 September**. Students are to wear their pyjamas and bring a gold coin donation. Safety is important so please ensure that your child attends this day in his/her school hat and fully enclosed shoes.

Thank you in anticipation of your support,



## MUSICIANS MAKING A DIFFERENCE (MMAD) VISIT

Last week, a group of Year 6 students participated in a hip hop session run by MMAD. Participants had a great time learning hip hop sequences, joining in challenges and free dance activities which required many students to step out of their comfort zones. Once again, our senior students represented themselves and the school proudly by showing respect to the visiting instructors and supporting and encouraging each other.



## BEE INCURSION

Stage One had a wonderful incursion with Abbie from Kids Connecting Nature. To begin with, we all listened to Abbie talk to us about the importance of bees and how they are essential for our ecosystem and agriculture. They play a crucial role in pollinating flowers. In the last years the number of bees has decreased for many reasons: pollution, urbanisation and use of pesticides. We can all help bring bees back! Plant some flowers in your garden or on your balcony. Sooner or later, these cute insects will come to visit and possibly make your flowers their new home. Then we all worked together in small teams, to make insect hotels that will be painted and placed around our school to attract bees.



## REACH MATHEMATICS RESULTS

The Reach Mathematics assessment was conducted earlier this term with 27 students from Woodport PS completing the assessment. All students can be very pleased with their efforts and achievements.

Congratulations go to the following students who achieved awards.

Outstanding Award - Zoe W (5/6M) and Greta V (6B)

Commendable award - Michael K (1/2R), Curtis S (1/2R), Nicola F (3/4S), Taylor H (4E)

Good effort certificates - Olivia M (4K) and Mia H (5/6O)

Certificates will be presented at this week's K-2 and 3-6 assemblies.

## STAGE 1 – BANANA DAY

On Tuesday 10 September, Stage 1 enjoyed Banana Day where we learnt about the growth, production and harvest of the bananas we find in our supermarkets. We also investigated our native bush bananas and their importance to Indigenous Australians. The highlight of the day was making our cool banana splits. We would like to thank the Allen family who organised the bananas to be donated by Harris Farm at Erina Fair.



## CENTRAL COAST CHORAL FESTIVAL

Tickets for the Choral Festival went on sale last **Monday 23 September**. In previous years, some families have missed out on tickets due to late purchasing, so we recommend you buy tickets early to avoid disappointment.

This year's Festival is at The Art House, Wyong. Ticketing will be **reserved seating**, meaning each ticket will be assigned a specific seat in the venue at the time of purchase. Every person who will be occupying a seat will need a ticket, regardless of age. Children under two are free, as long as they sit on an adult's lap for the duration of the performance.

The ticketing details for our school performances are as follows: **The Art House, 19-21 Margaret Street Wyong. Bookings:** T: **(02) 43351485** OR online at **thearthousewyong.com.au**

Box office hours Monday to Friday 10.00am to 5.30pm. Online sales available 24/7. **Show B** - please ensure you are buying tickets for the correct show.

**When: Wednesday 23 October 2019**

**Times:** There will be 2 performances a matinee at 3.30pm and an evening performance at 7.30pm.

### **Ticket Prices**

**Matinee tickets: \$10.00 concession/pensioner/child/student; \$12.00 adult.**

**Evening tickets: \$16.00 concession/pensioner/child/student; \$20.00 adult.**

*Concession/Pensioner: A holder of a Valid (Australian Issued) Pensioner, or Health Care Card.*

*Child: Up to 12 years old. Ticketing fees are included in this price.*

## GREAT AUSSIE BUSH CAMP

Stage 3 students had a fantastic time at the Great Aussie Bush Camp participating in heart thumping, muddy, team building and challenging activities. Here is a snapshot of our camp experience.

The Great Aussie Bush Camp was a fabulous opportunity. I loved every single bit of it especially commando and the flying fox. There wasn't one part I didn't like. I had a great time hanging out with all my friends and participating in the activities. I would have to say my most favourite part was the giant swing. The people at The Great Aussie Bush Camp were so kind and helpful. I would like to say a big thank you to the teachers and instructors. Libby

The Great Aussie Bush Camp was such fun and we were very lucky to have this amazing experience. I enjoyed the hair raising adventures and team building activities. It was so cool to see the teachers get involved and get their hair dirty. Mirrin

Wow, when I saw the giant swing my stomach dropped to the ground in fear. I thought I was going to be sick. However, I took a big breath and was the first to defeat this exhilarating activity. The mud run was fun and challenging but at the same time freezing. By the time we had finished the course, I had mud all over my body and smudged throughout my hair by my so called friends. Going to the beach and racing up the sand dunes to see who could reach the top the quickest was my favourite part of The Great Aussie Bush Camp. I would give my camp experience 5 Stars. Lucinda

Flying through the air like a fox was my favourite activity because I was scared at first but then faced my fears. I stepped off the platform and began to fly through the sky feeling free and calm. The view was amazing as you could see the whole campsite. Night commando was another fun activity where we hid from the teachers in the dark trying to find the hostages. If we found a hostage, we took them back to camp and won a token. If

the teachers spotted us, we lost a token. The winner was the group who found the most hostages. I would give my camp experience a 10/10. Jorja

On Wednesday the whole of Stage 3 had set off to the Great Aussie Bush Camp. We had an awesome time and had a fun filled 3 days with special activities planned each day. Heidi

As soon as we arrived, we were off to our first activity. My group went to archery which was really fun because we participated in different activities such as normal archery, point scoring and a pizza making (different colours were different ingredients). Next we participated in Lost Island. This was an obstacle course in mud which involved mud-slides, a low tight-rope, a tyre-jump and so much more. Team building exercises involved making a stretcher out of materials and carrying one of our teammates across to pick up tennis balls. Also, we built a life size catapult and fired the tennis balls at the opposing team. Seth



## KINDY START

We have now enjoyed a whole term of Kindy Start. The children have grown so much and are learning all about life at big school. Over the past few weeks we have visited several areas of the school including the front office, sick bay, the canteen and several classrooms. Yesterday, we shared some library time with 5/6O where Ms Williams read a story to the whole class and then the Kindy Start students found an older buddy to read with them. The children have also enjoyed playing outside with games that help with team work and sharing.

After the holidays, there will only be 5 more weeks of Kindy Start culminating in a special morning tea and presentation.



### PSSA SPORT UPDATE – TERM 3

This term we have had some students participate in team sports, in zone Athletics and compete in NSW championships. Here is a summary of what has been happening in sport throughout Term 3.

Athletics	<ul style="list-style-type: none"> <li>54 students represented our school at the SCC PSSA athletics carnival at Mingara. The following students will compete at Sydney North in the beginning of Term 4 Gabriel I, Lily F, Heidi A, Oliver K &amp; Owen N</li> </ul>
Cricket	<ul style="list-style-type: none"> <li>The team played their round 5 match today against Berkeley Vale and were knocked out in a very tight game 77-82.</li> </ul>
Hockey	<ul style="list-style-type: none"> <li>Lewis competed in the Australian All Schools Hockey carnival, where NSW finished joint champions with WA.</li> </ul>
Netball	<ul style="list-style-type: none"> <li>The girls played their round 5 match against Hornsby North and were knocked out in a narrow finish with the game ending 11-9.</li> </ul>
Swimming	<ul style="list-style-type: none"> <li>Bree S competed at the national titles in Melbourne. She finished 5<sup>th</sup> in the 50m and 100m backstroke finals and won a bronze medal in 4 x 50m medley relay, swimming in the backstroke leg.</li> </ul>
Touch Football	<ul style="list-style-type: none"> <li>Lucy W represented Sydney North at NSW PSSA Touch Football Championships, where her team finished in 2<sup>nd</sup> place.</li> </ul>
Zone of Origin	<ul style="list-style-type: none"> <li>Emre I and Anna H were selected to participate in soccer</li> <li>Joseph A and Latisha B were selected to participate in touch football</li> </ul>

Congratulations to all the students who have represented our school in carnivals, sports teams and state and national championships this term. We are very proud of your outstanding efforts and achievements.

### SPORTING SCHOOLS GRANT

Woodport PS was successful at gaining a grant from Sporting Schools Australia in Term 4. We are now in the process of organising registered coaches of a sport, possibly softball or hockey to teach our students the skills, rules and strategies required to play the game. More information to come.

### MEET A MUSO – Annika – 3/4S

When and why did you start playing? 11/2 years ago. I started playing the flute because my buddy did it too.

Which instrument do you play? I play the flute

What was the first tune you learnt to play? Wombat Waltz

Is your family musical? My Dad is musical and so am I

Which famous musician do you admire? Why? OK6O because they wing and make the videos really cool.

What type of music do you like to listen to at home? Kids Bop

Do you get nervous before a public performance? Yes

What advice would you give to beginner who are nervous? Just pretend you are practicing at home





How often do you practice? 2 or 3 times every week

## BEACH SAFETY TALK

Last week, Matt from the Surf Life Saving Association came and spoke to our whole school about safety at the beach. Summer is coming and if the predictions are correct it's going to be one of the hottest ones yet. The students learnt about sun safety tips, swimming between the flags and what to do if you get into trouble when at the beach.

Michelle Ridland



GOLD BOOK - 2019				
Seth H – 1S	Azylah D – KV	Cleo H – 3/4S	Leilani S – 3/4S	Charlie G – 5B
Kane D – 5B	Chloe S – 4K	Hudson B – KT	Jack R – KT	Daniel B – KT
Tabitha R – KT	Zara L – KT	Lily J – KT	Sophie H – KB	Hudson B – KT
Ashton S – 4K	Daniel B – KT	Edan S – 4K	Tahnee M – 4K	Micah L – KT
Freya S – KT	Chloe R – KT	Kylan H – KT	Sophie F – KT	Levi P – 4K

STUDENT OF THE WEEK		
KB	Koda H	Symon A
KT	Sophie S	Alori-Joh A
KV	Kayleigh F	Hayden M
1C	Mia L-W	Sage S
1S	Seth H	Steven L
1/2R	Charlotte S	Caliana C
2C	Alex C	Isla B
2M	Chayse W	Lockie T
3M	Ava S-B	Jackson H
3P	Ralph B	
3/4S	Nate D	Cruz S
4E	Taylor H	Zoe S
4K	Aiden O	Ashton S
5B	Zachary S	Isaak G
5/6O	Tyrone P	Harry L
6B	Bree S	Emmison F

YOU CAN DO IT		
KB	Charlotte B	Xavier W
KT	Mason S	Hudson B
KV	Amelia B	Hugo C
1C	Jesse S	Jensen H
1S	Samuel K	Dylan H
1/2R	Hayden D	Alex W
2C	Archie F	Layla F
2M	Dakota M	Mikah G
3M	Reuben M	AiLing D
3P	Sarah A	Makayla G
3/4S	Riley D	Jessica H
4E	Chloe H	Nate L
4K	Tiana R	Levi P
5B	Hazelle B	Liam A
5/6O	Mia F	Mirrin M
6B	Anastasia T	Kallan I

EBS			
Parker M – KB	Charlotte B – KB	Bailey S - KB	Mason S – KT
Sophie S – KT	Sophie F – KT	Hudson B - KT	Jayden M – KV
Isabella K – KV	Xavier B – KV	Beau M - KV	Emily D – 1C
Isla B – 2C	Lincoln C – 2C	Annalena T – 2C	Nixon H – 2M
Ben T – 3/4S	Lauren B – 4E	Lucinda D – 4E	Zac M – 4K
Anthony G – 3P	Meeki W – 3P	Brock C – 3P	Jimmy G – 3P

## REWARDS DAY TERM 3

The day began with classes looking at and appreciating our rich Aboriginal and Torres Strait Islander history, through a variety of in-class activities.

Shortly after recess, we were entertained by performers from Erina High School who danced and played the didgeridoo. Senior students also shared with us the importance of not only acknowledging the history of our land going back over 65,000 years ago, but also the importance of understanding, appreciating and valuing the first people of Australia, their culture and what we can learn going into our future. Students then attended their chosen activity, many being inspired by Indigenous culture. Some activities included: outdoor games, storytelling, face painting and drama, clay making, jewellery making and bush tucker cooking. Just before lunch, all students were offered the chance to taste some kanga bangas off the BBQ – they were a hit!

Well done to all students for earning their Ernies in order to participate in Rewards Day activities this term. Remember to keep working hard towards achieving your Term 4 Ernies!



### BEFORE SCHOOL & P2 BEHAVIOUR EXPECTATIONS

Students will be revising the school wide expectations for behaviour when at morning assembly Playground 1 (P1) and when using the toilets.

#### ERNIE SAYS



As safe, respectful learners students should always follow the school wide expectations when at morning assembly.

<b>SAFE</b>	Walk to assembly Sit in lines Hands and feet to self
<b>RESPECTFUL</b>	Listen carefully Arrive on time Line up at the end of the line
<b>LEARNER</b>	Be polite Follow teacher and leaders instructions Exit assembly quietly

#### TOILETS

#### ERNIE SAYS



As safe, respectful learners students should always follow the school behaviour expectations when using the toilets.

<b>SAFE</b>	Hands and feet to self Flush and go
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<b>RESPECTFUL</b>	<p>Quiet voice</p> <p>Stay in your own space</p>
<b>LEARNER</b>	<p>Use paper, soap and water as needed</p>



### **PBL AT WOODPORT – HOW YOU CAN HELP**

Woodport P.S. is proud to be a PBL (Positive Behaviour for Learning) school. PBL is an evidence-based whole school process to improve learning outcomes for all students. It brings together the whole-school community to contribute in developing a positive, safe and supportive learning culture. The PBL framework assists schools to improve social, emotional, behavioural and academic outcomes for children and young people.

The PBL team at Woodport P.S uses the PBL framework to create the best learning environment for our students. The team works together to develop explicit expectations of behaviour, aimed at creating a positive, safe and supportive learning environment in order to help our students do their best in ideal conditions. The implementation process is ongoing and constantly modified to meet the changing needs of the school and to address current concerns.

Every Monday, all classes have a PBL lesson. Each lesson introduces a school wide expectation or revisits a previous topic. Our Ernie Rewards are an incentive program allowing students to accrue points for demonstrating positive behaviours. These points are spent on a variety of fun activities in the classroom and particularly on our Rewards Day which is held at the end of every term.

When PBL is implemented well, teachers and students have more time to focus on relationships and classroom instruction.

Students and staff benefit from:

- reduced problem behaviour
- increased time focused on instruction
- improved social-emotional wellbeing
- positive and respectful relationships among students and staff

Implementation of PBL requires the commitment of not only the school but of the whole school community. Families are important members of the school community. They have valuable insights and information about how their children learn best and what help they need.

The more families are involved in our school's Positive Behaviour for Learning (PBL) process, the more successful it will be for our children and young people.

Benefits of family involvement in PBL

- school staff can help families support their children and young people at home in learning and developing academic, social-emotional and behavioural skills.
- families learn how to use similar strategies at home for teaching and supporting their children's social and behaviour skills
- when family members connect with the school and become actively involved it supports both the

# CLEAN OUT YOUR CLOSET

Hi I'm Jasmine and I'm doing a mentoring program called Youth Frontiers. I am running a clothing drive to provide clothing of all seasons and toys for disadvantaged children and families.



**What:** Donations of any clothes or toys in good condition!

**Where:** Drop off to Erina High School Office

**When:** Until Wednesday 16th of October

**Why:** To support disadvantaged children and families

**Any Donations Would Be Greatly Appreciated!**



# GOSFORD HIGH SCHOOL

AN ACADEMICALLY SELECTIVE SCHOOL

*GHS has a unified vision to ensure that all students have the very best of opportunities in both curricular and curriculum enrichment activities*

## INFORMATION NIGHT

WHERE: GOSFORD HIGH SCHOOL

FOR: YEAR 7 - 2021

WHEN: WEDNESDAY 23RD OCTOBER @ GHS

ADMINISTRATION BUILDING

TIME: 5PM

Please register your interest on 43252048 or [gوسفord-h.schools.nsw.edu.au](http://gوسفord-h.schools.nsw.edu.au)

## Attendance at School

If a child misses an average of nine days per term, (that's less than one day a week) during primary school years, they would have missed a whole year of learning by the time they reach Year 7.

To give your child the best chance for success at school you need to send them *every day!*

## It's cool to be at Woodport Public School

## INVITATION

### "COMMUNITY OPEN DAY & TREE PLANTING"

Date: Sunday 20<sup>th</sup> October 2019

Time: 9.30-11.30

Cost: Free

Come along and help us plant a small patch of Rumbalara Reserve. Event also includes:

- Displays and activities at Rumbalara EEC
- Short guided bushwalk at Rumbalara
- Short talk about COSS (Coastal Open Space System)
- Opportunity to join the Friends of COSS and [Wildwatch](#) Program
- Free BBQ
- Official unveiling of our new interpretive signs by Councillor Jane Smith

VENUE: Rumbalara EEC, 149 Donnison St, Gosford

Registration essential at [www.cen.org.au/events](http://www.cen.org.au/events)



# CENTRAL COAST KIDS DAY OUT

at NARARA VALLEY HIGH SCHOOL

**Sunday  
3rd Nov  
10am-3pm**

## celebrating ME

KIDS SHOWS, SPORTS & GREAT ENTERTAINMENT, STALLS, INTERACTIVE WORKSHOPS/ACTIVITIES

encouraging our children  
to have a strong sense  
of identity & self worth

Local Sponsors

ELDERSLICE FOUNDATION

NSW Education & Communities

SEA 1013

kidz

7.7

Chemistry Cycle

CONNECTING FAMILIES WITH SOCIAL SERVICES  
This being our 20th year we would like to thank our past and present sponsors.



## Spring School Holiday Activities

Get the kids active for the school holidays with one of our exciting activities on the Central Coast!

Activity / Location	Dates	Time	Cost
Archery (indoor) - Gosford	30 September or 8 October	12pm - 2pm	\$20
Gymnastics (indoor - 2-day) - Tuggerah	1-2 October or 8-9 October	12pm - 2pm	\$30
Parkour (indoor) - Tuggerah	1 October or 8 October	2pm - 4pm	\$20
Sailing - (3-day) - Gosford	2, 3 & 4 October or 9, 10 & 11 October	9:30am - 3:30pm	\$195
Surfing - (3-day) - Avoca Beach	2, 3 & 4 October or 9, 10 & 11 October	3pm - 4:30pm	\$95
Surfing - (3-day) - Umina Beach	2, 3 & 4 October or 9, 10 & 11 October	10am - 11:30am	\$95
Tennis (3-day) - Gosford	1, 2 & 3 October or 8, 9 & 10 October	9am - 3pm	\$140

Book online or call the numbers below:

Central Coast Regional Office  
C/- Ourimbah Campus,  
Brush Road, Ourimbah 2258

sport.nsw.gov.au/events &  
then search by Central  
Coast Region

02 4348 6700 or 13 13 02



## Young, Black & Ready for School

For children starting school in 2020 at the following schools:

Avoca PS, Brisbane PS, Central Mangrove PS, Central Coast Adventist, Chertsey PS, Copacabana PS, Erina Heights PS, Glenvale, Gosford PS, Gosford East PS, Holgate PS, Holy Cross, Kariong PS, Kincumber PS, Kulnura PS, Lisarow PS, Narara PS, Niagara Park PS, Ourimbah PS, Peats Ridge PS, Point Clare PS, Pretty Beach PS, Somersby PS, Terrigal PS, Valley View PS, Woodport PS, Wyoming PS

**Wednesday 11th December 2019**

**11am - 1pm**

**The Erina Room**

**Erina Library at The Hive Erina Fair**

Register your interest with:

**Tracey Burraston**

**Tracey.burraston2@det.nsw.edu.au**

- Health & Transition Information for your child starting school
- Free School pack for kids & Parent pack full of helpful information
- Enjoy a great lunch and lots of fun activities



Education  
Public Schools



Daughters and Dads Active and Empowered program is an award-winning evidence-based initiative, proven to enhance the physical and social-emotional well-being of girls, developed by the University of Newcastle, Australia. If you're a dad with primary school-aged\* daughter(s) this is for you. Your daughter will walk away feeling empowered with improved fundamental movement skills and you'll get one-on-one time doing dad-tested activities.

### ABOUT THE PROGRAM

The program involves a mix of both theory-based education sessions and fun practical activities.

#### EDUCATION SESSIONS

Dads learn the unique and powerful influence they have on their daughter and parenting strategies to encourage gender equity. Daughters walk away feeling empowered against the culture of gender prejudice existing in many aspects of their lives, particularly regarding physical activity.

The daughters' education sessions focus on developing key social and emotional skills including:

- Self-control
- Persistence
- Critical thinking
- Resilience
- Self-reliance

#### PRACTICAL SESSIONS

The practical sessions focus on rough and tumble play, fitness and sport skills.

The program focuses on foundations skills necessary for a range of sporting activities including:

- Kicking
- Catching
- Bouncing
- Striking and throwing

### DAUGHTERS AND DADS WEEKENDER PROGRAM INCLUDES:

- Two-night weekend stay at Milson Island Sport and Recreation Centre (includes outdoor recreation activities, all food and accommodation)
- Experience the Daughters and Dads Active and Empowered program as well as traditional camping and adventure activities
- Practical sessions focus on rough and tumble play, sport, and fundamental movement skills
- Theory sessions focus on building confidence, self-esteem, and resilience in girls
- Daughters and Dads receive a program t-shirt and drink bottle

WHEN	PROGRAM TYPE	WHERE	COST
22 - 24 November	Weekender	Milson Island Sport and Recreation Centre Hawkesbury River via Brooklyn NSW 2083	Adult: <b>\$208</b> Child: <b>\$153</b> *Return ferry cost: \$76

\*Participants should be at primary school or a minimum of five years old

For more information or book your place

13 13 02

sport.nsw.gov.au/daughtersdads



## SCHOOL HOLIDAY ROAD SAFETY REMINDER FOR FAMILIES

With the school holidays approaching, daily routines will soon change. Different play locations and holiday destinations means different traffic environments.

So to help keep our children safe, families are reminded about these key road safety points:

- **Stop, look, listen, think every time you cross the road.**  
If your child is aged 8 years or younger hold their hand when walking near or across roads. If your child is 9-10 years old always actively supervise them.
- **It's the law that everyone wears a helmet when riding a bike in a public place.**  
It makes sense to wear a helmet when riding scooters and skateboards too!
- **Click clack front 'n back every person for every trip.**  
Everyone in the car must be securely buckled up in the right seatbelt or child restraint.
- **Talk to your child about being a safe road user.**  
Reinforce safe road behaviours by being a good role model! Children learn safe road behaviours from the adults who care for them. Talk about what you are doing to be safe when near roads, in the car and when riding.
- **Point out road safety differences and dangers in new environments.**  
This is especially important when on holidays in different surroundings. Roads, footpaths, parks, carparks, bike tracks and bike lanes may look different in holiday areas.



**The best way to keep your child safe is to actively supervise them.**

**Talk and teach your child about road safety every time you are out an about.**

**Remind other adults who care for your children to do this too.**

You can find out more at:

[Safety Town](#)

[Department of Education](#)

[Transport for NSW](#)

Have a safe holiday break!

## OCCI Central Coast, FREE HOLIDAY ACTIVITIES – SEPT/OCT 2019

Come and explore rock pools at Terrigal Haven, Nora Head and Toowoan Bay with OCCI's expert guides and learn about the fascinating creatures that live there. There is a maximum of 25 people per walk **so bookings are essential**.

Most suited to ages 5 years to adult. All children need to be accompanied by an adult. All participants are required to wear closed in shoes for protection.



### DATES:

Sunday 29.9.19 **RPW Toowoan Bay**, 1.30pm

Monday 30.9.19 **RPW Terrigal Haven**, 2.15pm

Tuesday 1.10.19 **RPW Norah Head**, 3.15pm

Tuesday 2.10.19 **RPW Terrigal Haven**, 3.15pm

**\*OCCI 20<sup>th</sup> Birthday walk: Sunday 27.10.19, RPW Terrigal Haven 1.30pm\* All invited.**



To book, please phone or text Linda on **0404 450 429**

**You will need to leave: Your name and telephone number, preferably mobile**

**Children's names and ages**

**Date and walk location**

**Source of information**

**Sponsored by Central Coast Council**