



WIRIPAANG WHISPERER...

Term 4 - Week 8 - 2017

Upcoming Events

Term 4

- Tuesday 28th November
Kinder Orientation session 2
9.30am—11am
- Tuesday 5th December
Kinder Orientation session 3
9.30am—11am
- Thursday 7th December
P&C Meeting 6pm Library
- Monday 11th December
Soaring High Day years 3—6
- Tuesday 12th December
Presentation Day
- Wednesday 13th December
Soaring High Day years K—2
- Wednesday 13th December
Year 6 Farewell
- Thursday 14th December
Carols on the Green
- Friday 15th December
Last day of Term 4 for students

Term 1—2018

- Monday 29th January
Staff return to school
- Tuesday 30th January
Students return to school
- Monday 5th February
Swimming carnival
- Friday 30th March
Easter Friday—Public Holiday
- Monday 2nd April
Easter Monday—Public Holiday
- Friday 13th April
Last day of Term 1

Notes & Money Due

- Oakvale Farm support unit
excursion \$25 due by Friday 1st
December

Dear Parents, Carers and Community,

We continue to evaluate all that we do at Wiripaang PS ensuring we provide the best possible opportunities for our students and our community. Earlier this year we requested your feedback via the Tell Them From Me Department Survey. The results from this survey show that you, our community, are very happy with how we are continuing to grow and support your children. We are performing higher than other schools across the state in the following areas:

- Parents feeling welcome in the school,
- Parents being informed about what's happening in the school,
- The school supporting learning as a priority,
- The school supporting positive behaviour,
- Students being safe at school,
- The school being inclusive of all students.

We would appreciate your further thoughts around school life and activities by engaging with the google doc survey found at: <https://goo.gl/forms/hV9cReFeKMIKnXyC3>

We appreciate all constructive feedback to assist in finalising our new 3 year school plan.

Thank you to all of our much loved visitors who were able to join us for our very successful Grandparent's Day celebration. Congratulations to our oldest Grandparent and to our many clever trivia winners. We hope you enjoyed visiting our school as much as the students loved having you present! I hope you enjoy looking at the collage of photos further in the newsletter.

Last week we kicked off our 2018 transition to school events with our Kinder Information Expo! It was fabulous to meet all of our new families and give them the opportunity to ask questions that they have been wondering about. We look forward to a very successful school and home partnership, making your child's learning years the very best they can be! Should you know of any potential new kindergarten students who will be coming to our school or if you are not returning to Wiri in 2018 please let the office staff know. We are now beginning to formulate classes in preparation for the new year and hope to make the best possible prediction for student numbers for the year ahead, this information will greatly assist in a smooth start to learning in 2018. Staff will be putting in a great deal of time creating the best mix of students for every class, taking in to account any special circumstances of students. If there are any circumstances of which you believe the school should be aware of, please provide information in writing directly to the office, for my attention. Whilst the school always takes any information provided in to consideration, it may not always be possible to meet parent's wishes. It is important that information be provided prior to the establishment of classes as it is only in the most extreme cases that changes are made once classes are established.

Please keep an eye on the upcoming dates on the left hand side and note them on your calendar, we have many ways in which we are celebrating a fabulous year of student learning and community partnerships here at Wiripaang PS over the coming weeks. Last week was World Kindness Day and I have included a kindness calendar resource with this newsletter. As we count down the days till the end of year I encourage everyone to share this with their children and families, sometimes it's these few words and gestures that make such a difference to someone's day. Enjoy weeks 8 & 9 everyone!

Emma Stothard
Principal



THIS WEEK'S WIRIPAANG WONDERS

Stage 2

Stage 2 Zoo Excursion

On Wednesday, Stage 2 had a fantastic time on their excursion to Taronga Zoo. We left bright and early at 7:15am and were lucky to have amazing weather. As well as visiting all the amazing animals, students participated in an Earth's Environment Workshop where they learned about Sumatra and its habitat, sustainability and also got to individually pet some animals.


Highlights of the day included the always popular seal show, the new Star Trek which included a simulated plane trip, the gorillas and the meerkats!

All students showed excellent behaviour and represented Wiripaang with pride.

Well done Stage 2!




Respectful Responsible Learners



~PBL~

~Week 8~



Wiri says, "I keep my environment clean!"




This week we will be discussing how to keep our environment clean and showing responsibility by caring for our environment.


As respectful, responsible learners we:


We are:	What it looks like:
Respectful <ul style="list-style-type: none"> • I respect my school and playground • I understand that my rubbish is not our cleaner's job 	
Responsible <ul style="list-style-type: none"> • I am responsible for my own rubbish and know where to put it • I take pride in my playground and classroom environment 	
Learners <ul style="list-style-type: none"> • I am aware of the impact of rubbish on the environment • I am aware that rubbish attracts pests 	

Why do we do this???

- Our rubbish can end up in waterways which damages the lives of sea animals.
- Other land animals can be affected by rubbish by eating it or choking on it.
- To keep our school looking beautiful and clean!
- Because we are proud of our school!











~PBL Week 9~



Wiri says, "I celebrate my own and others' achievements."



We are:

We are:	This is what it looks like:
Respectful <ul style="list-style-type: none"> • I am an active listener when others are on stage • I can wait my turn and stay calm • I use positive talk and applaud 	
Responsible <ul style="list-style-type: none"> • I am in the right place, doing the right thing as an audience member • I ignore distractions and focus on the presentation • I am silent while others are on stage 	
Learners <ul style="list-style-type: none"> • I understand that celebrating achievements is important • I appreciate and applaud ALL students 	



Respectful Responsible Learners



Thank you for sharing the morning with us at school...

Instructional Leader Insight

This fortnight's app...



Klikaklu is a photo hunt game that uses your phone's GPS, camera, and advanced image matching technology. It's a great way to quickly create and play treasure hunts!

Share hunts privately with friends and family. Lead people to new and interesting spots. Reveal secrets and rewards when they crack your clues.

No geocaching boxes or QR codes are necessary, so you can create hunts in national parks, museums, doctors offices - any place you want to add an element of challenge or mystery, keep the kids busy or while away some time.

Klikaklu is free to play, and free to host for non-commercial hunts with up to 2 players. In-app purchases provide many options for larger hunts.

A note from Nerrida

Please note date change!

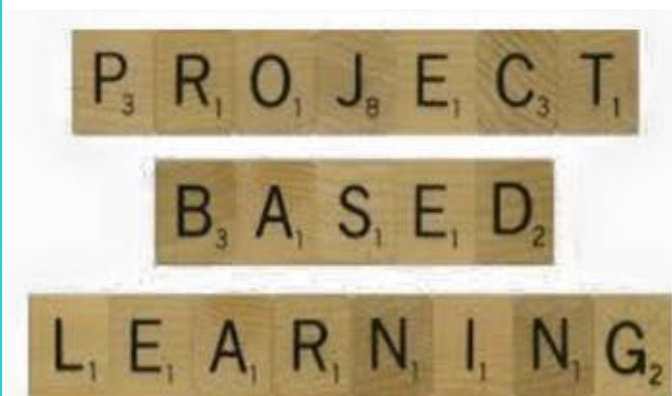
Community News from Nerrida

At Wiripaang we are currently looking at creating and displaying new signage around the school in the Awabakal Aboriginal Language. We have obtained some words from the 'Miromaa Aboriginal Language and Technology Centre' and we would love to hear and know your thoughts on how to display them. Our next 'WiriMob' meeting will be held on Monday 4th December at 3.00pm in the school Library. Please note this date on your calendar and come and share your thoughts with us over a cuppa and afternoon tea.

Respectful Responsible Learners

A note from the office

- ◆ Financial statements will be posted home this week, please make sure all payments are made and if there are any problems with making payments or anything on your statement that you are concerned about, then please call the office.
- ◆ If your child is not intending on returning to Wiripaang PS next year please let the office know so we can prepare classes as accurate as possible.
- ◆ If you or your listed emergency contacts change phone numbers or any details then please either send a note to school with the new details or call the office.
- ◆ Please ensure that medical details are always up to date, if anything changes please contact us so we can have the correct information. Asthma plans need to be updated every 2 years and ASCIA plans every year. This is a mandatory requirement.



Have you ordered your \$10 shirt made by stage 3 Wiri kids?

Don't forget \$2 from every sale goes to The Smith Family Community Charity.

Don't delay, order today!!

AWARDS



Ryan I
Joel M
Jodin B
Brett M
Natasha W
Jack G
Anthony B
Gordon A

Cohan S
Nate W
Miesha L
Samuel Q
Jack T
Jakai J
Nakiaya T

Elye D
Hunter J
Ella A
One'Eva N
Flame S
Abbey H
Matthew C

Kristina P
Aidan J
Nevaeh B
Jorja A
Tynen A
Bethanea P
Ahmaiah A

Connor N
Charlee S
Hayden B
Harmony- Rose S
Justice P
Izzy P
Fynn N

Lilly-Belle B
Levi S
Monifah B
Blake M
Amelie G
Lakeah J
Haylie B

Angel G
Steph T
Tyson O
Zea L
Cian C
Lukas J
Noah P



Respectful Responsible Learners

P&C News

We are looking for non-perishable (canned goods) donations to make up gift baskets for raffle prizes. They can be left at the office or given to a P&C member. Raffle tickets due in ASAP

Uniform Shop:

The uniform shop is down behind the canteen and will be open on Tuesday mornings and Thursday afternoons. If you cannot make these days please fill out a uniform shop order form, payment in envelope to office with order; it will be filled Thursday and delivered to your child's room asap.

Don't Forget Our Gorgeous Hair Accessories

If anyone has second hand uniform items they would like to bring in for the uniform shop you can bring them in at opening times or leave them at the office and Stacie will collect them.

Thank you!

Upcoming events:

P&C Meeting	–	7th December
3-6 Soaring High Day	–	11th December
Presentation Day	–	12th December
K-2 Soaring High Day	–	13th December
Year 6 Farewell	–	13th December
Carols on the Green	–	14th December
Last day of term	–	15th December



WIRIPAANG PS
COURAGE & CHARACTER

JOIN US FOR OUR
POPULAR END OF YEAR
COMMUNITY EVENT

Carols ON THE Green

THURSDAY 14TH DECEMBER

4pm-7pm Wiripaang Public School – Don't forget your picnic rug!

CHRISTMAS BAND PERFORMING TRADITIONAL AND NEW CAROLS <small>Ms Greive is spending the next 5 weeks giving students the opportunity in 'chill out zone' to practice carols during 2nd break</small>	ART SHOW <small>See and purchase the amazing art works from every student in our school in our spectacular gallery under the COLA</small>
SANTA VISIT	BOOK FAIR <small>Open for last minute stocking fillers throughout the week before and after school. Keep an eye out for times and days as the event gets closer.</small>
PERCUSSION GROUP BELLS PERFORMANCE	P&C STALLS <small>Register your stall with the P&C today for \$20</small>
	DRUMMING GROUP PERFORMANCE
	FOOD STALLS & SAUSAGE SIZZLE

Respectful Responsible Learners



KINDNESS CALENDAR - DECEMBER 2017

"Be kind whenever possible. It is
always possible" - Dalai Lama



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Give money for each bed in your house to a homeless charity	5 Count how many people you smile at today	6 Do something helpful for a friend or family member	7 Pick up litter or leaves in your local neighbourhood	1 Encourage others to practice kindness: share this calendar	2 Make some homemade gifts to give away this Festive Season	3 Leave a happy note for someone else to find
11 Do an act of kindness to help an older person	12 Offer hugs to your loved ones and friends	13 Give a compliment to as many people as possible today	14 Leave some money (with a happy note) for someone	8 Say something positive to everyone you meet today	9 Buy some extra items and donate them to a local food bank	10 Give clothes, blankets or toys to others who may need them
18 Try out the art of positive gossiping!	19 Cook an extra meal and surprise someone with it	20 Thank people who do things for you but you may take for granted	21 Offer to take a friend's dog out for a nice walk	15 Pay it forward: pay for a stranger's hot drink in a cafe	16 Make a card or decoration for someone special	17 Take some supplies to a local animal shelter
25 Find ways to be kind to yourself today!	26 Turn off digital devices and really listen to people	27 Get outside into nature and feed the birds today	28 Forgive someone and look for their good points	22 Give someone your place in a queue (in a shop or in traffic)	23 Call a relative who is far away to say hello and have a chat	24 Give money to a good cause for every present you wrap
				29 Do a good deed to bring a smile to someone's day	30 Be kind to you: Take a walk and focus on nature's beauty	31 Plan what extra acts of kindness you will do in 2018...

ACTION FOR HAPPINESS

www.actionforhappiness.org



Respectful Responsible Learners

Community News

Tuning in to Kids

Emotionally Intelligent Parenting

A six session parenting program for parents of aged 3 -12 years

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*.

Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Eastlakes Family Support Service

14 Hickory Rd, Gateshead

When: Thursday 8th February 2018

10.30 am – 12.30 pm

Contact: 4943 9255

Limited childcare available - booking essential!

A Program of Eastlakes Family Support Service Inc



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old

A three-session program for parents and carers
at Eastlakes Family Support Service, 14 Hickory Rd, Gateshead
Commencing on **Thursday 22nd March 2018** at 10.30 am – 1.00 pm

Learn:

- ✓ To engage your children's cooperation by positively noticing and encouraging them
- ✓ To set clear expectations and help them to develop frustration tolerance
- ✓ To help children's brains to develop filters for behaving well
- ✓ To resolve family conflict quietly
- ✓ Some simple strategies to practise being a calm parent

Course: No Cost – Childcare provided – Booking Essential!

Register for this course by contacting Paula or Steve on 4943 9255.

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realised quickly that 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of control

Who is running it?

The presenters for this course are Paula Watson and Steve Phoenix.

For more information contact Paula or Steve on 4943 9255

A program of Eastlakes Family Support Service

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective
This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au

WALK FOR KIDS WHO CAN'T

Sunday 10th Dec, 11am

Speers Point Park

We need **1,500** people to walk or roll with us
and support kids living with a disability!

5km fully accessible route.

SIGN UP TODAY!

variety.org.au/nsw/xmaswalknewcastle

FAMILY FUN

STAY FOR
CAROLS BY
CANDLE
LIGHT

KIDS
ACTIVITIES

variety
the children's charity

Join Variety Ambassador and Knights
player Nathan Ross and Family

podiatry

Lake Macquarie
City Council

FREE Aboriginal Bicycle Safety Program



▪ Practical Bike Skills

▪ Free bike service and minor repairs

▪ Free Helmet

▪ Refreshments provided

Date: Tuesday 19th December, 2017

Time: 9am to 12pm

Place: PCYC Lake Macquarie, Lake St Windale

For further information contact 0411 260 735

The Program is funded by the NSW Government



Respectful Responsible Learners



St Pauls Gateshead
Felton Street, Gateshead

Monday 18th December
Christmas Crafts
Get into the festive spirit with glitter & tinsel and make unique Christmas crafts.
Xmas Cooking
Make Delicious treats to eat.
DAY CAMP

Tuesday 19th December
Lambton Pool & Water Slides
Cool down in the pool or lie back & take on the slides.
30% off to be advised of Child's swimming level. \$15 Rate
9am - 3pm
EXCURSION

Wednesday 20th December
Secret Santa
Get creative & make a present to be put under the Xmas tree.
Xmas Dress Up
Come dressed in your favourite Christmas clothes.
INCURSION

Thursday 21st December
Build a Bear Christmas Edition
Personalise & make your very own Xmas Bear to take home & create a Christmas Lego ornament for your Christmas tree.
INCURSION

Friday 22nd December
Fair Play Xmas Party
Come & enjoy the Disco Xmas Party with a visit from Santa.
Lunch & Snacks included
1pm - 3pm
INCURSION at DAY CAMP price

Centre Hours
7am - 6pm

Fees
Day Camp - \$45
Excursion - \$60
Incursion - \$60

We wish you a Merry Christmas & A Happy New Year

Phone: 0412 728 915
stpaulsgateshead@fairplayoosh.com.au



Summer
Gateshead

Monday 1st January
Sorry We're CLOSED

Tuesday 2nd January
Splash Zone
Come dressed in your swimmers & cool off with water play.
Happy New Year
Get creative with paint and make fine work paintings.
DAY CAMP

Wednesday 3rd January
Tech Time
A visit from the Gaming Van will give us 3 hours of fun with friends.
"Bring your own device" to enjoy for the day as a one off.
1pm - 4pm
INCURSION

Thursday 4th January
Clip 'N Climb
See how many ways you can climb and race yourself on your mates on the many challenging walls.
9am - 3pm
EXCURSION

Friday 5th January
Let's Get Physical
Join in on the fun and take part in the Boocamp.
DOGS
Celebrate the year of the dog & create all kinds of dog craft.
DAY CAMP

Monday 8th January
Little Einstein's
Celebrate the new year with a BANG and make an erupting volcano.
Get your hands dirty and create different types of slime.
DAY CAMP

Tuesday 9th January
Myuna Bay
Learn new skills and take on a range of activities such as archery, rock climbing and the flying fox for a fun filled day.
9am - 3pm
EXCURSION

Wednesday 10th January
Wacky Wednesday
Come wearing silly socks, have your hair sprayed with coloured hairspray & your face painted by our talented OOSH staff.
DAY CAMP

Thursday 11th January
Red Alert
Test your combat skills in the multi level laser tag arena.
Enjoy the out of this world experience.
12:30pm - 3:30pm
EXCURSION

Friday 12th January
Kiddie Karts
The mobile Go Karts arrive for a fun day of zooming around the track in the Electric Go Karts.
Start your engines.
10am - 3pm
EXCURSION

Call - 0412 728 915
Email - stpaulsgateshead@fairplayoosh.com.au



Monday 14th January
Wet & Wild
Pack your swimmers for a wet and wild day of water play.
Enjoy a water bomb fight and get drenched by the super soakers.
DAY CAMP

Tuesday 15th January
Yabadoo Magic Show
Enjoy the show & be mesmerised by the amazing tricks that the talented Yabadoo Magician can do.
9:30pm - 11:30pm
INCURSION

Wednesday 17th January
Gold Class Movie Madness
"Paddypat" - Enjoy a special Gold Class movie experience.
Popcorn included
9:30pm - 2:30pm
EXCURSION

Thursday 18th January
Budding Builders
Get out your tools & learn new skills to create a fun project to take home.
DAY CAMP

Friday 19th January
Mollond Pool & Park
Have fun playing at the park & cool off in the pool. Sausage sizzle & popper for lunch.
30% off to be advised of Child's swimming level. \$15 rate
9am - 3pm
EXCURSION

Monday 20th January
Dolphin Cruise
Enjoy a fantastic Dolphin Discovery cruise at Norton Bay with your Fair Play friends with sightings of dolphins from the Moon shadow boat.
9am - 3pm
EXCURSION

Tuesday 21st January
Reptiles
Enjoy a visit & get up close & personal with some stinky and slimy friends.
Dinosaur Delight
Create a dinosaur using recycled boxes.
INCURSION at DAY CAMP price

Wednesday 22nd January
Oakvale Farm & Splash Bay
Enjoy some Aussie animal encounters, milk a cow & hand feed a kangaroo before cooling off in splash bay.
9am - 3pm
EXCURSION

Thursday 23rd January
Australia Day Party
Wear your green & gold & celebrate Australia Day. Have your face painted & enjoy some water play. A BBQ lunch will be provided.
DAY CAMP

Friday 24th January
Closed for Australia Day

Monday 28th January
Back to School
Come and celebrate the start of a new school year with your friends.
Create a Bookmarks, bag tags and other school items to use throughout the year.
DAY CAMP



December 2017 & January 2018
Vacation Care Information

fees
Day Camps \$45
Incursion & Excursions - \$60

- The daily fee of \$60 is inclusive of incursion & excursion costs.
- Daily fee reduced by CCB & CCR.
- No cancellation Policy for Vacation Care Excursions & Incursions.
- Once bookings are made we will email or print you a statement with the WEEKLY total of your bookings.
- Collection after 6pm incurs a fee of \$10 per family.



things your children will need daily

- Send your child each day with a packed recess, lunch, snacks and refillable drink bottle.
- A wide brimmed hat and sun safe clothing.
- Enclosed shoes. No sandals, thongs or ballet flats.
- Positive attitude.
- Fair Play Green Shirts are compulsory on all Vacation Care Excursions and will be available to purchase in the weeks leading up to Vacation Care. The cost of the shirt is \$15 and is payable by cash or can be added to your account.

how to book
Phone - 0412 728 915
Email - stpaulsgateshead@fairplayoosh.com.au
You will be required to complete a booking form and return it to secure your place.

Operating hours & Location
7am - 6pm
St Pauls Primary School
Felton Street, Gateshead NSW 2290

Respectful Responsible Learners

PCYC Mission

We get young people active in life

We work with young people to develop their skills, character and leadership

We reduce and prevent crime by and against young people.

PCYC Lake Macquarie
Lake St Windale, NSW 2306
Ph.4948 6622 Fax. 4948 6397
lakemacquarie@pcycnsw.org.au

Find us on **facebook.**
@PCYCLakeMacquarie

PCYC POLICE CITIZENS YOUTH CLUBS
www.pcycnsw.org

ACTIVITIES SCHEDULE

PCYC POLICE CITIZENS YOUTH CLUBS

AIKIDO			Aikido is a modern, non-violent Japanese martial art. Aikido is effective as a martial art but its essence goes beyond the resolution of physical conflict. Aikido is unique in that it is totally defensive, it is completely reflexive and related to defence against unprovoked attacks. When the techniques, which consist of various immobilisations (pins) and projections (throws) are correctly applied, they will leave no serious injury, only a swift neutralization of an aggressive action.
AGE GROUP	DAY AND TIME	COST	
6 YRS +	Monday & Thursday Kids 5.00pm – 6.10pm Adults 6.10pm – 7.15pm Weapons 7.15pm – 8.00pm	\$9.00 per class Term Fees Available From \$70 per term	

ARCHERY			Classes are run by in-house archery instructor James Fotheringham. James competes at state and national level and in world title events and has a great ability to teach beginners. With compound and recurve and alloy arrows provided, the classes are run indoors on Thursdays.
AGE GROUP	DAY AND TIME	COST	
10yrs and over	Thursday - 6.30pm – 8.00pm	\$120.00 per term	

BOXING FOR FITNESS			Boxing classes which are based on the improving of participants fitness levels. Classes do not include sparring. Sessions are taught in a circuit style, and utilise boxing gloves and focus mitts, with other limited boxing equipment.
AGE GROUP	DAY AND TIME	COST	
ALL AGES	Monday & Wednesday 4.30pm – 5.30pm	\$9.00 per class Jnr \$30.00 per month Snr \$40.00 per month	

COMPETITIVE BOXING			PCYC Boxing is dedicated to the development of athletes through the sport of boxing, offering development in physical fitness, self discipline & confidence. Boxing classes cater for everyone including fitness, strength & conditioning, & competitive boxing.
AGE GROUP	DAY AND TIME	COST	
14yrs and over	Tuesdays and Thursdays 5.00pm – 7.00pm	\$9.00 per class Jnr \$30.00 per month Snr \$40.00 per month	

JUDO			Judo is a fighting method involving a variety of techniques including blocks, strikes, evasions, throws & joint manipulations. Classes cater for all ages & abilities, from beginners to experienced.
AGE GROUP	DAY AND TIME	COST	
6 YRS +	Tuesday & Friday 6.30pm – 8.00pm	\$5.00 per class Term Fees Available	

PARKOUR			Parkour is a training discipline using movement that is developed from military obstacle course training. Parkour includes running, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement, and other movements deemed most suitable for the situation.
AGE GROUP	DAY AND TIME	COST	
Juniors – 8 – 12 years Seniors – 12 years +	Returning November 2017	\$100 per term	

KIDZCARE VACATION CARE			KidzCare is Vacation Care for children K-Y6, & is affordable with Child Care Benefits. Children are involved in healthy learning, fun & friendship, & active play with quality staff & equipment. Our programs are full of craft, cooking, games, active play, learning programs & excursions.
AGE GROUP	DAY AND TIME	COST	
5-12yrs	SCHOOL HOLIDAYS Mon to Fri 8.30am to 5.30pm	\$45.00per day (fee reduced with centrelink benefit)	

SAFER DRIVERS COURSE FOR LEARNER DRIVERS			Whether you are a parent looking for an affordable safe driving program to enrol your child into or are a young learner looking to improve your knowledge about road safety, the Safer Drivers Course will provide you with valuable skills in low-risk driving. The two modules of the 5 hour course are aimed at learning how to manage road risks and lifestyle pressures backed up by a practical session to reinforce the importance of low-risk driving skills. To book in head to www.saferdrivers.org.au
AGE GROUP	DAY AND TIME	COST	
16yrs-25yrs	Check www.saferdrivers.org.au for upcoming dates and locations	\$140.00	

WEIGHTS ROOM			This activity covers the provision of a space within a PCYC which has fitness equipment installed, which members can access to perform individual fitness training regimes. The weights room is general not directly supervised, and instruction is not provided to members.
AGE GROUP	DAY AND TIME	COST	
16yrs and over	Monday to Friday 9am – 7pm	\$9.00 casual visit \$25.00 per month \$110 for 6 months \$200 for 12 months	

KOTOCO KICKBOXING			A hybrid of all striking styles, incorporating hand strikes, elbows, knees and kicks from Taekwondo. Small glove striking defence and anti-wrestling techniques are also incorporated into the training syllabus. Coach Lloyd has 30 years of experience in striking disciplines and has competed in MMA competition. Training ideally suited to adults, juniors 13 and above welcome
AGE GROUP	DAY AND TIME	COST	
13 YRS +	Monday and Wednesday 6.00pm - 7.00pm	\$26 per fortnight or \$9 per class	

Respectful Responsible Learners

☆ AUKA ☆ NETBALL CLUB

Fun Days

Join in the fun of playing netball

All ages

Male and Female

Bring a Friend

Learn how to play
Develop your ball skills
Fun activities
Games

Come along to Atuka Netball Courts
South St Windale

4 pm to 6 pm
Sunday 10th December 2017
Sunday: 7th January 2018
Sunday: 14th January 2018

Find us on Facebook

Contact: Toni 0407 466 704



Circle of Security® PARENTING SERIES

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

This course will cover –

- Understanding your child's emotional world by learning to read their emotional needs
- Supporting your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honour your innate wisdom and desire for your child to be secure

When: Commences Friday 9th February. 2018. Runs for 6 weeks!

Time: 10.30 am – 12.30 pm

Where: Eastlakes Family Support Service, 14 Hickory Rd, Gateshead

Childcare: FREE – Booking essential

Bookings: Please 4943 9255



Circle of Security
INTERNATIONAL
Early Intervention Program for Parents of Children

Good for Kids good for life

HEALTHY LUNCHBOXES

Pack your child a
HEALTHY LUNCH BOX

Choose a variety of foods from each food group



Fruit

+

Vegetables

+

Dairy

+

Wholegrains

+

Lean meat
& alternatives

=

A Healthy Lunch Box

Source: Northern Sydney Local Health District



Health
Hunter New England
Local Health District

PHONE 4924 6499

Good for Kids good for life

EVERYDAY FOODS IN THE CANTEEN

Our canteen is working towards aligning with the new NSW Healthy School Canteen Strategy! Instead of Green, Amber and Red categories, there are now Everyday and Occasional foods and drinks. We are aiming to provide a large range of delicious and nutritious Everyday foods and drinks for your children.

Everyday foods and drinks can include:

- Fruit and vegetables
- Sandwiches/wraps/rolls, sushi and salads
- Toasties, soup, pasta, jacket potatoes and lean burgers
- Reduced fat dairy, cheese and wholegrain crackers, air popped popcorn and pikelets
- Water, 99% fruit juice and reduced fat milk.



Health
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Local Health District

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