



We acknowledge and pay our respects to the elders, both past and present who have walked this land before us and now walk alongside us. We honour their totem Biraban the Eagle Hawk and his little brother Wiripaang which our school is named after.

SOARING HIGH ON THE WINGS OF SUCCESS

Dear Parents, Carers and Community,
We hope you have had a wonderful summer holiday. As a staff we are very excited for the New Year and to welcome back our beautiful, talented students. We hope you are all recharged and ready for an exciting school year. We would also like to welcome the many new families to Wiripaang Public School.

School hats and uniform

Congratulations to all for the awesome standard of uniform that all students were in last week. Pride in our school and uniform is a clear aim.

All student received a school hat last week that will remain at school. We will routinely wash them and keep them separate from others in the class. I am very proud and excited to see the Wiri hats on all our students in our break times and all staff have their Wiri hats on the way.

Kinder 2020

Our Kindergarten students have settled in beautifully and are ready to begin their formal school journey to give them the skills and knowledge to be active and informed citizens of the future. Our Director of Educational Leadership, Mr Harris visited the Kinder students and commented on how happy and engaged students were in their learning groups.

We can't wait to see the learning and growth of our students over the year.

Swimming Carnival

Monday was a fabulous day for students at our Swimming Carnival. The weather was very kind and both Mr McNeil and all staff that did an amazing job at organising a successful, engaging and family friendly carnival. We would like to thank the many families that came to support the students.

Student Class Placement

A great deal of time, effort and thought has gone into the process of student placements for the 2020 school year. Careful consideration was given to staff input and families as well as student learning styles and wellbeing. Classrooms have been balanced academically and socially. Our class lists are structured to provide equitable class sizes at each stage level. Thank you so much for being positive with your child and helping them be excited about their year at Wiri. Our staff works hard to make school a positive experience for all students.

Please share with family and friends the wonderful things we do at Wiri as we would love to see our numbers grow as we are very close to forming an additional class.

Attendance—Every day counts!

Going to school every day is the single most important part of your child's education. Students learn new things at school every day – missing school puts them behind.

We are asking parents and carers to please ensure that their child is attending school regularly. We monitor attendance closely as per the NSW DoE policy. Teachers are instructed to phone home if an absence is unexplained after two days and they must record the act of phoning or contacting the parent/carer. Lateness and absence can have a significant impact on learning and some of our most important learning experiences happen at the beginning of the day. In the event your child is sick can you please contact the school to let us know or reply to the SMS that will be sent on the day

Kind regards,

Julie Low

Term 1—2020

- Thurs 6th Feb—P&C Meeting 6pm in the Library
- Fri 7th Feb—Stage 3 Peer support at HSHS
- Thurs 13th Feb—Support Unit swimming lessons begin
- Fri 14th Feb—Leadership Induction Assembly 9.15am
- Thurs 20th Feb—Zone Swimming day 1
- Fri 21st Feb—Zone Swimming day 2
- Thurs 27th Feb—Paul Harragon cup for selected stage 3 students
- Thurs 26 March—GRIP Leadership for Leaders
- Thurs 2nd April—School Photos
- Thurs 9th April —Last day of term 1
- Fri 10th April—Good Friday

THIS WEEK'S WIRIPAANG WONDERS

FE FI FO FUM.....I smell children from WS! We are starting the year by exploring Jack and the Beanstalk



WF enjoying Cosmic Yoga



Learning about Money

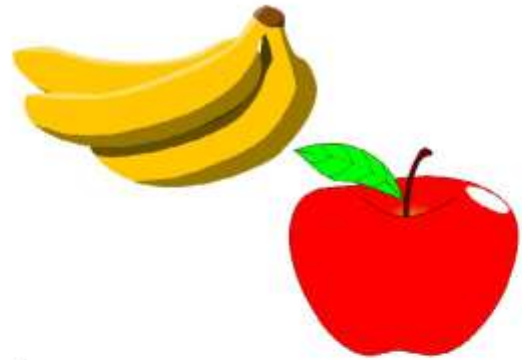


WM Budding artists—Students produced a self Portrait as part of getting to know my class.



Relieving Principal	Julie Low	Mon- Fri
Deputy Principal/ EAFS Instructional Leader	Amanda Lavercombe	Mon-Fri
KG	Elizabeth Ginters	Mon- Fri
KD	Hannah Davies	Mon- Fri
1/2S	Donna Summers – Assistant Principal K-2	Mon- Fri
1/2G	Salli Gilmour/Christine Clifford	4 days/1 day
3/4M	Damian McNeil	Mon- Fri
3/4S	Karlie Symons/Shantelle Ingram	Mon- Thurs/Fri
5/6T	Peter Thompson – Relieving Assistant Principal 3-6	Mon - Fri
5/6P	Deanna Pfeiffer	Mon- Fri
WF	Clare Fleming – Assistant Principal Support Unit/ Laura Grieve	Mon- Fri
WS	Stacey Moffitt/Laura Grieve	Mon- Fri
WM	Noelene Matheson/Laura Grieve	Mon- Fri
Learning and Support	Vicki Smart	4 days
Teacher Librarian	Eimear Dunne	2 days
Relief from face to face	Hayley Reeves/Shantelle Ingram	2 days/2 days
Additional Teaching Staff funded out of school based allocated funds		
K-2 LaST	Michelle Quigley	4 days
Assistant Principal Learning and Support	Debra Cook	1 day
Assistant Principal (Wellbeing)	Mr Aaron Carter	5 days
Wonnai	Mrs Christine Clifford	1 day

Wiri Eats



Please submit lunch orders by 9.30am

Parents: Please notify Nancy at the canteen of any dietary requirements

HEALTHY EVERYDAY LUNCHES

	PRICE
Low Fat Cheese Sandwich	\$ 2.00
Vegemite Sandwich	\$ 2.00
Honey Sandwich	\$ 2.00
Cheese & Vegemite Sandwich	\$ 2.20
Lean Chicken Sandwich	\$ 2.50
Lean Ham Sandwich	\$ 2.50
Egg Sandwich	\$ 2.00
Salad Sandwich - Cucumber, Tomato, Lettuce, Carrot, Beetroot	\$ 4.00
Ham or Chicken Salad Sandwich	\$ 5.00
Egg & Lettuce Sandwich	\$ 3.00
Ham or Chicken & Cheese Sandwich	\$ 3.00
Chicken Lettuce & Low Fat Mayo Sandwich	\$ 3.00
Tuna or Pink Salmon Sandwich	\$ 3.50
Small School Salad Box	\$ 3.50
Small School Salad Box with Chicken, Ham or Egg	\$ 4.50
Large Salad Box	\$ 5.00
Large Salad Box with Chicken, Ham or Egg	\$ 5.50
Ham Cheese & Tomato Toasted Sandwich	\$ 3.50
Ham & Cheese Toasted Sandwich	\$ 3.00
Lean Chicken, Avocado, Lettuce Sandwich	\$ 3.50
Lean Chicken Breast, Low Fat Cheese & Mayo Toasted Wrap	\$ 3.50
Lean Chicken Breast Burger with Salad & Low Fat Mayo	\$ 5.00
Lean Chicken Breast Burger with Lettuce & Low Fat Mayo	\$ 4.00
2 x Vita Weats with Vegemite	\$ 1.00
2 x Vita Weats with Cheese	\$ 1.00
Lasagne 200g	\$ 4.00
Macaroni Cheese 150g	\$ 3.00
Wiri Beef Burger (Lean Patty, Low Fat Cheese & Salad)	\$ 5.00
Wiri Cheese Burger (Lean Patty, Lean Cheese & Sauce)	\$ 4.00
Fried Rice 150g	\$ 3.00

HEALTHY EVERYDAY FROZEN TREATS

	PRICE
Fruit Cup - Orange, Blackcurrant	\$ 1.00
Jucies Tube - Lemonade, Wild Berry, Tropical	\$ 1.50
Watermelon Slices	\$ 0.50
Pineapple Slices	\$ 0.50

HEALTHY EVERYDAY DRINKS

	PRICE
Moo Flavoured Milk x 200ml	\$ 2.00
Water x 600ml	\$ 1.50
Water x 300ml	\$ 1.00
Juice Poppers - Orange, Apple, Tropical x 250ml	\$ 2.00
Chill J x 250ml	\$ 2.00
Up & Go Flavoured Milk - 250ml	\$ 2.00
Milo - Warm or Cold x 200ml	\$ 1.00

HEALTHY EVERYDAY FRUIT

	PRICE
Banana, Apple, Mandarin, Orange	\$ 1.00
Fruit Salad Cup - Terms 1 & 4	\$ 1.00
Water Melon Cup Terms 1 & 4	\$ 1.00

HEALTHY EVERYDAY SNACKS

	PRICE
Popcorn	\$ 1.50
Vanilla Custard 100g	\$ 1.00
Vanilla Custard & Banana 100g	\$ 1.50
Hummus & Carrot Sticks	\$ 1.00

OCCASIONAL LUNCHES

	PRICE
Lean Sausage Roll	\$ 2.50
Lean Party Pie	\$ 2.00
Lean Large Pie	\$ 3.50
Garlic Bread - Half Loaf	\$ 1.50
Chicken Breast Goujons - Each	\$ 0.50
Chicken Breast Nuggets - Each	\$ 0.50
McCain's Cheese & Bacon Pizza	\$ 3.00

OCCASIONAL SNACKS

	PRICE
Low Fat Choc Muffin	\$ 2.00
Red Rock Chips - Honey Soy, Sea Salt	\$ 1.50
Jelly Lite - Raspberry, Mango, Lime, Pineapple	\$ 0.50

OCCASIONAL FROZEN TREATS

	PRICE
Moosies - Choc, Blue Moon	\$ 1.50
Twisted Yogurt	\$ 2.50

Note: **No CREDIT** available. Please do not ask as refusal may offend.

Sports News

Swimming Carnival

Potential storms and rain stayed away for a great swimming carnival on Monday. Well done to Wiri students for representing Wiri-paang with pride, with an excellent level of attendance and participation. It was great to see so many students entering a range of events and earning points for their houses. Awards and medals, including the winning sporting House will be presented at an upcoming assembly – more information to come. Thanks to all staff and volunteers for their hard work on the day and to the numerous parents and carers who attended to support our swimmers.

Mr McNeil (Sports Coordinator)



P&C News

P&C meeting all welcome 6th February 6:00pm all welcome bring your kids to we don't mind.

If you can't make to Thursday night let us know if you prefer a daytime meeting before the P&C AGM in March 5th, so we can change it to suit parents who wish to help out as we really need more parent involvement otherwise we won't have a P&C and there will be no subsidies excursions and soaring high days.



*Easter Egg Donations for the Easter Raffle, please bring into the office.

*Anyone with fundraising ideas please let us know by filling out the below form.



Fundraising ideas for P&C

Please return this slip to the office ASAP



Community News



To empower girls and young women to grow into confident, self-respecting, responsible community members.

But there's more to being a Guide than just having a good time. Guiding provides opportunities for you to:

- Be challenged by new experiences
- Think for yourself and make decisions
- Undertake teamwork and acquire leadership skills
- Develop self-awareness, self-respect and self-confidence
- Develop personal values
- Do your best
- Contribute to society

Being a Guide is all about learning new skills, making new friends and helping others. You will be encouraged to achieve your own personal goals through a flexible program with support from your Leader. You will also have the opportunity to work for a wide variety of badges and perhaps gain a Peak achievement award. If you are not able to join with a Unit near your home we have a group of Guides known as Lone Guides who meet via mail and email.

FOR GIRLS AGE 6 – 15 YEARS

Meeting times: Tuesday afternoon

Belmont North Girl Guide Hall
Floraville Road
Belmont North

FOR MORE INFORMATION CONTACT

BELMONT NORTH GIRL GUIDES Glenice PH: 0408 451 939



Atuka Netball Club Registration Days

Atuka Netball Courts, South Street Windale.

Saturday 15th February 2020 9am to 12pm

Thursday 5th March 2020 5pm to 7pm

Our next registration day will be Saturday 15th February, so come down & register & get your rego off, this needs to be finalised by 5th March 2020. You can also lay-by any form items & this need to be finalised by 30th January 2020. Anyone that registers & pays before 5th March 2020 goes into the draw to win a \$50.00 gift card.

For more information contact

Tammy 0448806926, Rachael on 0401600827 or

atuka@live.com.au or find us on Facebook.

Don't forget you can use your 2020 Active Kids VOUCHER.

Good for Kids good for life

PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **Ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



Crunch & Sip®: Capicum sticks
Recess: Mini rice cakes, banana
Lunch: Multigrain wrap with chicken, cheese, carrot and lettuce
Drink: Water



Crunch & Sip®: Cherry tomatoes
Recess: Rice crackers, cucumber sticks and hummus
Lunch: Raisin bread sandwich with banana
Drink: Water, reduced fat plain milk



Crunch & Sip®: Carrot sticks
Recess: Yoghurt, grapes
Lunch: Whole meal sandwich with tuna, tomato and lettuce
Drink: Water

Meal boxes may be adapted to these designs, based on dietary requirements and other considerations. Good for Kids is a registered trademark of the NSW Government.



Health
Hunter New England
Local Health District

<http://www.goodforkids.health.nsw.gov.au/>
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life



Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase veggie intake for Crunch&Sip® include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

Source: Crunch&Sip® www.crunchandsip.com.au



Health
Hunter New England
Local Health District

<http://www.goodforkids.health.nsw.gov.au/>
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