



# IRRAWANG PUBLIC SCHOOL

An Innovative, Vibrant and Diverse Learning Community

Term 3, Week 2, 27 July 2016



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## School Calendar 2016 TERM 3



2/8 - Showcase @ HIS  
5/8 - Gathang 9.15-11.15am(Fri's)  
5/8 - Out of uniform day  
8/8 - Life Education Starts  
9/8 - Zone Athletics  
12/8 - Zone Athletics

Irrawang Public School  
21 Geer Street  
RAYMOND TERRACE NSW 2324  
P: 49872403/ 49872600  
F: 49874063  
Principal:  
Stacy Mathieson  
Webpage: <http://www.irrawang-p.schools.nsw.gov.au>  
Email:  
[irrawang-p.school@det.nsw.edu.au](mailto:irrawang-p.school@det.nsw.edu.au)

## PRINCIPAL'S MESSAGE

### Dear Parents/Carers,

Welcome back everyone. I hope you all had a well-earned rest and were able to spend some quality time with loved ones.

The Term Ahead.....

3 Way Conferences have been held this week and will continue next week. It is a time for your child to 'shine' and show or talk to you about their efforts. I have heard of some very positive conversations already coming from these conferences and look forward to more next week.

Mgoals – Our school is currently sitting at approximately 33% of our students identifying as Aboriginal or Torres Strait Islander (ATSI). We have always jointly constructed a personal learning plan (PLP) with our ATSI students however this term, we are introducing Mgoal PLP's. This is a digital, goal setting program where students, teachers and parents are involved and kept updated on the child's progress. Mgoals also provide IPS with an avenue to celebrate our successes in the community via the Mgoal community page. A PLP afternoon will be held shortly to invite parents/carers into the school to be a part of creating their child's Mgoals.

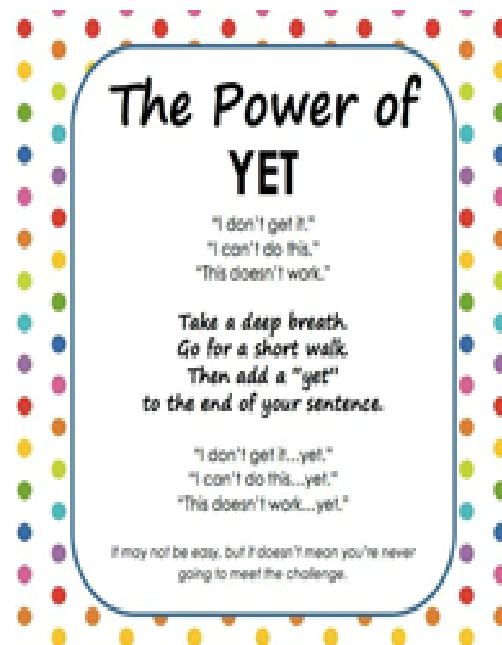
Calendar – A parent calendar with the most up to date information for parents will be attached to this newsletter. Hard copies will be available from the front office.

Tell Them From Me Survey - I will be asking parents to complete an online survey (staff too) about their thoughts on the school. This is run and collated by The Learning Bar and it gives a great snap shot of the school. Stage 2 and 3 students completed it last term. More information and the online link will be sent home soon. Please take the time to answer these questions as it will assist in encouraging future conversations

about OUR school.

SLSO's P-2 - Starting last Tuesday, all P-2 classes now have an SLSO 5 days/wk. The purpose is to raise student outcomes by providing additional support through one on one and small group interventions. This trial will be assessed regularly to see what impact and effect it is having.

I have added this quote below about the power of 'yet'. At times, people can become frustrated when they feel they are not understanding something that others are, that they are trying so hard and not getting anywhere or that they simply JUST CAN'T DO IT. Encourage them to read this little quote and support them in working through their 'can't do' problems. Let them know that it is more than likely that they just 'can't do it –yet!'



Looking forward to a great term ahead!

Sincerely,  
Stacy Mathieson  
Principal



SAFETY

RESPONSIBILITY

LEARNING

RESPECT



## World Record Breakers

STOP PRESS!!!! Updated total: 10, 207 Australian kids participating in coding in one day.

Four members from 3/6J have been involved in setting a world record! Jack Burke, Keiny Atkins, Mason Burns and Kenny Kelly gave up their recess time to be involved in this momentous occasion.

The coding event, Moonhack, was organised by Code Club Australia to coincide with the July 20 anniversary of the Apollo 11 moon landing. To participate, kids undertook different moon-themed coding projects they could start submitting from 12.01 a.m. Wednesday local time. One project used the visual programming language Scratch, allowing kids to build Australian scenes like Uluru complete with noises of the Outback.

As everyone knows, the children are our future and so is coding. It was an amazing opportunity for students from Irrawang Public School to be involved in. Stay tuned for more Code Club news – our Stage 2/3 Code Club group is operating two days every week and we have some very enthusiastic students. Jaii left on Friday very excited after his first session and can't wait for next week!

## ASSEMBLY ROSTER TERM 3 & 4 2016

Term 3	Class
Week 2	2T
Week 4	3-4I
Week 6	KV
Week 8	KR
Week 10	1M
Term 4	Class
Week 2	3-6J
Week 4	Preschool
Week 6	4-5E
Week 8	Special Ed
Week 10	YEAR 6

At Irrawang Public School & Community we are  
**safe**, **responsible learners** who show **respect** in all settings!

Welcome back to yet another exciting term at IRRAWANG PUBLIC SCHOOL.  
(**IPS Staff**, **School Community**, **Students**, **Parents**)

## The Quality School

### Remember...

This is where everyone plays their part by being **safe**, **responsible learners** who show **respect** in all settings,  
at all times, with everyone.

We have a very busy term ahead for us! What with NAIDOC Day, being **safe**, Showcase, being **responsible**, Education  
Week, being **learners**, Book Week, being **respectful**, etc...

So therefore, we will be revisiting and consolidating the **Aussie 5**, the Behavioural Consistency Guide (BCG) and our Universal  
Matrix.

Bob, Kevin and Stuart think teamwork is being a...



### TEAM

*T- Together*

*E- Everyone*

*A- Achieves*

*M- More*

## EDUCATION WEEK 2016

### “Shared Stories, Better Learning, Stronger Communities”

Dear Parents and Caregivers,

You are cordially invited to attend Irrawang Public School's Education Week 2016 celebrations on **Thursday 4<sup>th</sup> August**, to share stories, gain better learning & to build a stronger community.

At **12:30** we will be having an assembly in the hall. After the assembly there will be open class rooms, where you can visit and share in your child's learning.

Please bring afternoon tea to share with your child at 1:45.

Both the Staff and the children look forward to seeing you on Thursday 4<sup>th</sup> August, to help us share stories, become better learners and to build a strong community.

Please come along and enjoy.

S. Mathieson  
Principal



See you  
there!



## ***Australia: Story Country Book Week 2016 at***

**Week 6: 23rd, 24th, 25th August**



This year we are starting Book Week early at Irrawang!

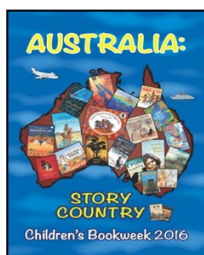


### **Aaron Blabey is here ... Thursday, 11th August.**

He will conduct two sessions with our students:

Preschool - Yr 2 at 9.30am and Yrs 3- 6 at 10.30am.

All classes have been introduced to his incredibly engaging stories and quirky sense of humour. This will be a great start to our Book Week this year. The school will subsidise the full cost of this activity for students.



**Book Character parade ...** Please join us for the parade on **Wednesday, 24th August at 9am in the school hall.** All students are invited to come to school dressed as a book character of significance to them, or as their favourite character connected with this year's theme *Australia: Story Country*.

Please remember, you do not need to go to any expense for outfits! Often the simplest are the most effective and the most comfortable to stay in for the day.

**Book Fair ...** will be open following the Book Parade on

**Wednesday 24th August until 3pm, and again on  
Thursday, 25th August 8.30am - 3pm.**

Each student will bring home a Wish List for the Book Fair, noting some books they have previewed in the Fair on Tuesday, 23rd August. These books will be available to purchase on Wednesday after the Book Character Parade. If a particular title is popular and stock runs out, an order can be placed for it. Scholastic sends a good variety of books for the Fair, starting at very reasonable prices; along with posters, pens, rubbers, sharpeners etc. Parents, carers, grandparents, aunts and uncles are all invited to come along to the Book Parade and Book Fair to support their child/children. It is one of the highlights of the year at our Library!

Please see Miss Berry in the Library with any questions regarding Book Week 2016.





## **5 Things you don't know about me- Staff**



There is no winner of our guessing competition in the "5 Things you don't know about me" feature of the Newsletter.

The correct answer was Mrs Kaylene Turner.

Melissa Beasley  
Community Liaison Officer



## **WHO AM I—Family**



We are a family of six (due to be seven in May) who have been together for sixteen years.

Two of our children attend IPS, one attends Francis Greenway High School and we have one child who is less than five.

We have pet fish and as a family we like to go to the movies, shopping and Time Zone.

My children are involved with football and dancing outside of school.

Who am I?

Please write your answer on the tear off slip at the bottom of the page. Place in the foyer at the office by the morning of 5<sup>th</sup> August.

The winner is the first correct answer drawn out of the box which will be published in the newsletter Term 3, Week 4 (12<sup>th</sup> August).

Good luck!

Melissa Beasley  
Community Liaison Officer

### **Guessing Competition Answer.**



Name: .....

Class: .....

Answer: .....



## Canteen Volunteers Needed



Providing nutritious food in our canteen is a vital step in helping kids set up healthy routines and habits for life. Our canteen is run with the help of a network of volunteers from our school community working together.

If you can spare any time to join our network and help prepare and serve food at our canteen, we would very much appreciate a hand. Its easy and fun work with On-the-job training and you can dedicate as much or as little time as you like. Our time is from 8:15am-12.30pm if you are available. All volunteers' efforts are rewarded with a healthy lunch and as much tea and coffee as you can drink.

Just fill in the volunteers slip below and email or send it back to school. If you have any queries please feel free to contact me via phone, email or drop in to the canteen for a chat.

Many thanks,

Phyllipa Elvidge  
Canteen Supervisor

49872403  
ipspandc@hotmail.com

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### Canteen Volunteer

This information is kept confidential and secure unless otherwise noted.

Volunteer Name: \_\_\_\_\_ Best Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Child(s) Name: \_\_\_\_\_ Class: \_\_\_\_\_

#### **Day(s) Available to Volunteer:**

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday

#### **Frequency you would like to volunteer:**

- ☐ Once a week
- ☐ Once a fortnight
- ☐ Once a month
- ☐ Once a term
- ☐ Other: \_\_\_\_\_

Any Special request, such as being rostered with friends or particular dates etc:

\_\_\_\_\_  
\_\_\_\_\_

Extra copies available from the Office or Canteen.

# SCHOOL ZONE PARKING OFFENCES:

## WHAT DO THESE SIGNS MEAN?



You **CAN**  
**STOP HERE**  
**FOR 2 MINUTES**  
**ONLY**

- You can drop your child off here but you must either stay in the car or within 3 metres of the car.
- Mobility sticker permit holders may stop for up to 5 mins.



You **CANNOT**  
**STOP HERE**

- You cannot drop your child off here.
- Medical or other emergency stopping only is permitted.



You **CANNOT**  
**STOP HERE**  
unless driving a bus

- Children cannot be dropped here unless they are arriving by bus.

Hours of operation may apply to some signs. This means that the restrictions apply for those times only.

For more information contact Port Stephens Council's Road Safety Officer

**Telephone 4980 0201**

A road safety initiative of Port Stephens Council



Be your Best  Family Fun & Fitness

**Medowie**  
Little Athletics Centre

**REGISTRATION DAYS:**

14th August & 28th August from 9am to 11am  
& the 17th August from 5pm to 7pm  
at the Kindlebark Oval Clubhouse

**FIRST COMPETITION DAY**

**FRIDAY 9TH SEPTEMBER**  
**FROM 5pm**  
**AT KINDELBARK OVAL**



Begin your registration online!



Jetstar



 [www.medowielittleathletics.org.au](http://www.medowielittleathletics.org.au)  
[medowielac@gmail.com](mailto:medowielac@gmail.com)  
medowielittleathletics  
PO Box 106, MEDOWIE NSW 2318

**Good for Kids** good for life

GOOD NUTRITION FROM DAWN TO DUSK

Regular snacks throughout the day help control blood sugar levels and regulate mood swings.

Having a healthy snack prepared when the kids come home from school can improve homework productivity and reduce irritability before dinner.

Why not try some of these afternoon snack ideas:

- Savoury pikelets
- Warm Milo with low fat milk
- Wholegrain toast fingers with low fat cheese
- Raisin toast
- Fruit & vegetable smoothies
- Fruit slices
- Homemade frozen yoghurt and fruit pops



PHONE 4924 6499

Raymond Terrace

Psychic Fair, wellbeing, fitness  
& Winter indoor markets

**Saturday 30<sup>th</sup> July**

kids activities

Tarot  
Readings

Market  
stalls

Natural  
Therapies

**Markets, displays from 9.30-2.30pm**

**Raymond Terrace Bowling Club**

*Natural therapies, massages, reiki,  
preloved and hand-crafted goods, soaps,  
candles, Tarot readers, come and try  
Circus hoops, Tai Chi, line dancing, kids  
Zumba, Rocknroll dancing, kick boxing,  
palm reading etc display and demos*

**Hot food and drinks, coffee. Kids craft table**

**Wear your fave Beanie, scarf or onesie to win a  
prize -1pm judging. Bring a photo of your fave  
sports or hobby activity judged at 1.  
30pm. Money raised to Beanies for Cancer &  
SES. Gold coin donation.**

Enquiries Liz 0422144441

[rtcommunitymarkets@bigpond.com](http://rtcommunitymarkets@bigpond.com)

**NSW Transport for NSW** Centre for Road Safety Search

Home About the centre **Staying safe** Campaigns Statistics Speeding Research Contact us

\* Fatigue  
 \* Alcohol and other drugs  
 \* Mobile phone use  
 \* Cyclists  
 \* On the road 65Plus  
 \* Drivers  
 \* Heavy vehicles  
 \* Motorcyclists  
 \* Pedestrians  
 \* Children  
 \* Child car seats  
 \* Authorised Restraint Fitting Stations  
 \* Passenger safety  
 \* Pedestrian safety  
 \* Playing safely  
 \* Songs and rhymes  
 \* Schools  
 \* Emergencies  
 \* Safer vehicles

NSW Centre for Road Safety > Staying safe > Children > Child car seats

## Child car seats

Listen

**Make the safest choice**

The [Child Car Seats website](#) lets you quickly find and compare more than 200 types of forward facing, rear facing and booster seats. You can find details of how the seats are tested and rated. The site has information on how to use seats correctly, check if they are still safe and answers to common questions.

All children must be safely fastened in the correct child car seat for their age and size. A child who is properly secured in an approved child car seat is less likely to be injured or killed in a car crash than one who is not.



Many children are killed or injured in car crashes every year. Some of these deaths and injuries could be prevented or reduced if the right child car seat is used correctly.

			
Up to 6 months Approved rear facing child car seat	6 months to 4 yrs Approved rear or forward facing child car seat	4+ years Approved forward facing child car seat or booster seat	145cm or taller Suggested minimum height to use adult lap-shoulder seatbelt

**National child restraint laws**

- Children up to the age of six months must be secured in an approved rearward facing restraint
- Children aged from six months old but under four years old must be secured in either a rear or forward facing approved child restraint with an inbuilt harness
- Children under four years old cannot travel in the front seat of a vehicle with two or more rows
- Children aged from four years old but under seven years old must be secured in a forward facing approved child restraint with an inbuilt harness or an approved booster seat
- Children aged from four years old but under seven years old cannot travel in the front seat of a vehicle with two or more rows, unless all other back seats are occupied by children younger than seven years in an approved child restraint or booster seat
- Children aged from seven years old but under 16 years old who are too small to be restrained by a seatbelt properly adjusted and fastened are strongly recommended to use an approved booster seat
- Children in booster seats must be restrained by a suitable lap and sash type approved seatbelt that is properly adjusted and fastened, or by a suitable approved child safety harness that is properly adjusted and fastened.

If your child is too small for the child restraint specified for their age, they should be kept in their current child restraint until it is safe for them to move to the next level.

If your child is too large for the child restraint specified for their age, they may move to the next level of child restraint.

## Spotlight on a volunteer

This week we shine the light on a volunteer



Gaye Bisson



This week our school celebrates NAIDOC week with a special day on Thursday. These special events wouldn't be possible without the help of volunteers like Gaye. Gaye has no children at our school but still willingly gives her time to work in the canteen and is making the lap laps for our male performers at NAIDOC. It was Gaye's friendship with Aunty Margo that led her to our school but she continues to help out behind the scenes and attend meetings to get NAIDOC organised.

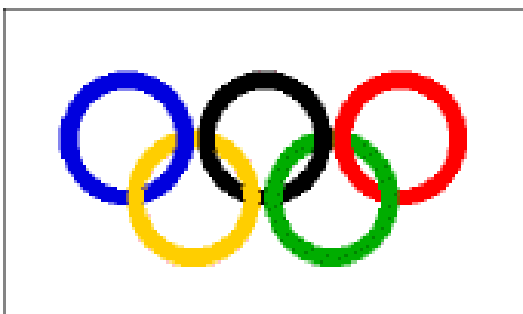
Thanks Gaye we appreciate all your hard work!

Megan Lysaght & Melissa Beasley

# Olympics Theme Day



Next Friday, August 5th, will be an out of uniform day. Monies raised will go towards our Stage 3 basketball team and the Stage 3 gift to the school. For a **gold** coin donation, students may dress in an Olympic themed outfit. This could be a country's teams colours or an athlete. Students should still wear enclosed shoes, a hat and an appropriate sleeved shirt.







# No smoking near entrances to or exits from a public building (the 4 metre law)

## THE FACTS

The *Smoke-free Environment Act 2000* makes a number of outdoor public places smoke-free. Smoking is banned within 4 metres of a pedestrian entrance to or exit from a public building in NSW. This law is called the '4 metre law'.

The '4 metre law' was delayed for licensed premises and restaurants until 6 July 2015. This delay was allowed to support consistent application of the smoking ban on commercial outdoor dining areas from 6 July 2015.

### What types of public buildings are covered by the 4 metre law?

Smoking is already banned in enclosed areas of public places in NSW. The law extends the smoking ban to cover the area within 4 metres of a pedestrian entrance to or exit from a public building, such as:

- ✓ shopping centres, malls and plazas;
- ✓ schools, colleges and universities;
- ✓ childcare facilities;
- ✓ community centres, halls and places of worship;
- ✓ theatres, cinemas, libraries and galleries;
- ✓ accommodation hotels and motels;
- ✓ professional, trade, commercial and other business premises;
- ✓ fitness centres, bowling alleys and other sporting and recreational facilities; and
- ✓ Local, NSW and Federal Government premises.

and from 6 July 2015

- ✓ licensed premises including clubs and hotels;
- ✓ restaurants; and
- ✓ cafés.

### What buildings are not covered by the '4 metre law'?

Buildings used only for residential purposes such as private houses or multi-unit residential accommodation (such as boarding houses, buildings in caravan parks and residential accommodation in community or strata schemes) are not covered by the '4 metre law'.

Buildings that have multiple uses, such as residential and commercial purposes, will be subject to the '4 metre law' only at those entrances and exits which are used for non-residential purposes.

### **Does the smoke-free law apply to someone walking along the footpath while smoking as they pass within 4 metres of an entrance to a public building?**

No. This situation is not considered an offence, so long as the person does not remain in the smoke-free area while smoking. The purpose of the ban is to stop smokers from congregating immediately outside entrances to or exits from public buildings.

### **Will there be signage to indicate where smoking is not permitted?**

The law does not require signs to be displayed to indicate that smoking is not permitted within 4 metres of a pedestrian entrance to or exit from a public building. This is due to the diverse range of public buildings that are captured under the law.

The law allows NSW Health to work with Local Councils and other Government departments to develop signage appropriate to the different public buildings. 'No smoking' signage is strongly encouraged to support public awareness of the smoking ban.

### **How will this be enforced?**

NSW Health Authorised Inspectors can enforce the ban within 4 metres of an entrance to or exit from a public building under the *Smoke-free Environment Act 2000*.

On the spot fines of \$300 may apply to individuals who do not comply with the '4 metre law', including at hospitality venues from 6 July 2015.

### **Why is this Act in place?**

The number of people who gather just outside the entrances of buildings can be significant. This has the effect of forcing people entering and leaving those buildings to walk through groups of smokers, exposing them to second-hand smoke. Also, smoke drift can easily occur from outside buildings to the indoor areas.

There is no safe level of exposure to second-hand tobacco smoke. This is the smoke which smokers exhale after inhaling from a lit cigarette and the smoke emitted from a burning cigarette

In adults, breathing second-hand tobacco smoke can increase the risk of heart disease, lung cancer and other lung diseases. It can worsen the effects of other illnesses such as asthma and bronchitis. Exposing ex-smokers to other people's tobacco smoke increases the chance of relapsing to smoking.

For children, inhaling second-hand tobacco smoke is even more dangerous. This is because children's airways are smaller, and their immune systems are less developed. These differences make children more likely to suffer health problems due to second-hand smoke such as bronchitis, pneumonia and asthma.

Creating smoke-free outdoor areas, such as smoke-free entrances and exits from public buildings, supports those who have quit and makes smoking less visible to children and young people.

### **How does this affect Local Council bans on smoking?**

Many NSW councils, under the provisions of the *Local Government Act 1993*, have introduced their own smoking bans. Where these bans are in place, they can continue to be enforced by Local Council rangers.

**NOTE:** This fact sheet provides general guidance on complying with the *Smoke-free Environment Act 2000*. Please refer to the exact wording of the Act and associated regulations concerning points of law.

### **For more information**

Learn more or report a breach at [health.nsw.gov.au/smokefree](http://health.nsw.gov.au/smokefree).

Call the Tobacco Information Line on **1800 357 412**.

Non-English speaker?

Call the Translating and Interpreting Service on 13 14 50.



**Health**



# Irrawang Public School

**Safety Responsibility Learning Respect**

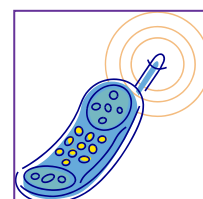


**HAS YOUR CHILD ENROLLED FOR SCHOOL  
NEXT YEAR?**

**WILL YOUR CHILD BE STARTING  
KINDERGARTEN OR PRESCHOOL NEXT  
YEAR?**

**ENROL NOW FOR THE BEST START TO  
YOUR CHILD'S EDUCATION!!!**

**ENQUIRE NOW!**



**Please ask at the office or phone 02 4987 2403**

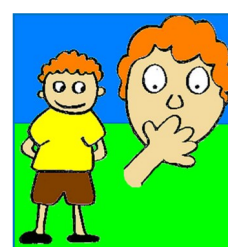
**facebook**

**CAUTION:**

Please remember that if you are putting photos from school events on your personal Facebook page that other children should not be in the photos unless you have permission from their parents or carers.



## IRRAWANG AUSSIE 5







## Irrawang Public School: Absentee Note

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date/s of absence/s \_\_\_\_\_

Reason for leave:

\*Sick \_\_\_\_\_

\*Other Reason \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

\*\*\*\*\*Please return with your child to class teacher. Thankyou\*\*\*\*\*



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Class: \_\_\_\_\_

Date/s of absence/s \_\_\_\_\_

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\*Other Reason \_\_\_\_\_

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Date: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

\*\*\*\*\*Please return with your child to class teacher. Thankyou\*\*\*\*\*




Who: \_\_\_\_\_

# Caught You!

Name: \_\_\_\_\_

Reason: \_\_\_\_\_

 ☐ Following instructions  
☐ Speaking politely  
☐ Waiting patiently  
☐ Being kind to others  
☐ Being safe

**Using your Aussie 5!**

Who: \_\_\_\_\_

# Caught You!

Name: \_\_\_\_\_

Reason: \_\_\_\_\_

 ☐ Following instructions  
☐ Speaking politely  
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 ☐ Following instructions  
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☐ Being safe

**Using your Aussie 5!**

# Irrawang Public School - Term 3, 2016 Parent Calendar Last updated: 21/7/16

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	18/7	19/7  First day back for students	20/7  Early Starters Preschool Group Miss Vautin/ Ms Ray  P&C 4pm	21/7 K-2 Aboriginal Dance @Heatherbrae	22/7
<b>Week 2</b> <i>(3WC) 3 way conferences in Drop In Room</i>	25/7 9am PBL Assembly  3WC 9-12 KV 3WC 12-3.15 KR	26/7  3WC 9-12 3/4I 3WC 12-3.15 3/4G	27/7 Early Starters Preschool Group Miss Vautin/ Ms Ray  3WC 9-12 1Mn & 36J 3WC 12-3.15 1T	28/7 <b><u>NAIDOC DAY</u></b>	29/7 <b>P-6 Assembly</b>  Gathang 9.15- 11.15am  3WC 9-12 2T 3WC 12-3.15 2E  Newsletter home
<b>Week 3</b> <b>EDUCATION WEEK</b> <i>(3WC) 3 way conferences in Drop In Room</i>	1/8 9am PBL Assembly Preschool  Ed week performance at Marketplace 10.30- 1.15 3WC 9-12 4/5E 3WC 12-3.15 3/5M	2/8 <b><u>Showcase at IHS</u></b>  3WC 9-12 56P 3WC 12-3.15 56F	3/8 Early Starters Preschool Group Miss Vautin/ Ms Ray  3WC 9-12 26B 3WC 12-3.15 K6C  PBL Class Reps at PBL meeting. 3.15pm in Room 10	4/8  <b><u>Education week Assembly</u></b>	5/8 Gathang 9.15- 11.15am with Jodie  Olympic Theme Day - out of uni- form 
<b>Week 4</b>	8/8  9am PBL Assembly  1pm Recycle talk with yr4 at school  Life Education  Kindy expo at Marketplace 10- 11am	9/8  Life Education  <b><u>3.15pm Aboriginal PLP afternoon</u></b>  Zone athletics	10/8 Early Starters Preschool Group Miss Vautin/ Ms Ray  Life Education	11/8  Aaron Blabey Author Day  Life Education	12/8 Gathang 9.15- 11.15am  <b>P-6 Assembly</b>  Life Education  Zone athletics  Newsletter home
<b>Week 5</b>	15/8 9am PBL Assembly  Hi 5 Laura 9-11am Miss Vautin/Ms Ray	16/8 Kindergarten Excursion	17/8 Early Starters Preschool Group Miss Vautin/ Ms Ray  PCYC Basketball – boys  HSLO meetings  P&C meeting 4pm in library	18/8	19/8 Gathang 9.15- 11.15am
<b>Week 6</b>	22/8 9am PBL Assembly  Hi 5 Laura 9-11am Miss Vautin/Ms Ray	23/8	24/8  Early Starters Preschool Group Miss Vautin/ Ms Ray  PCYC Basketball – girls  Book Parade and Book Fair	25/8 <b>8.15 WHS</b>	26/8 Gathang 9.15- 11.15am  <b>P-6 Assembly</b>    Newsletter home
<b>Week 7</b>	29/8 9am PBL Assembly  Hi 5 Laura 9-11am Miss Vautin/Ms Ray	30/8  Father's Day Stall	31/8 Early Starters Preschool Group Miss Vautin/ Ms Ray  Father's Day Stall	1/9  Father's Day Stall	2/9 Gathang 9.15- 11.15am

<b>Week 8</b>	5/9 9am PBL Assembly  Hi 5 Laura 9-11am Miss Vautin/Ms Ray  S3 Aussie Bush Camp	6/9 S3 Aussie Bush Camp	7/9  Early Starters Preschool Group Miss Vautin/ Ms Ray  S3 Aussie Bush Camp	8/9  S2 Reptile Park	9/9 Gathang 9.15- 11.15am  <b>P-6 Assembly</b>  Bulga Warra Festival  Newsletter home
<b>Week 9</b>	12/9 9am PBL Assembly  Hi 5 Laura 9-11am Miss Vautin/Ms Ray	13/9	14/9 HSLO meetings  Early Starters Preschool Group Miss Vautin/ Ms Ray	15/9 Careers Day	16/9 Gathang 9.15- 11.15am
<b>Week 10</b>	19/9  9am PBL Assembly  Hi 5 Laura 9-11am Miss Vautin/Ms Ray	20/9	21/9 Early Starters Preschool Group Miss Vautin/ Ms Ray  P&C Trivia Night TBC	22/9	23/9  <b>P-6 Assembly</b>  Newsletter home

Principal: Mrs Mathieson

Executive On Call Days:

Mon: Ms Boyd

Tues: Mrs Edgerton

Wed: Mr Cridland

Thurs: Miss Vautin

Fri: Miss Vautin

Irrawang Public School's children, staff, parents and community are **SAFE**, **RESPONSIBLE**  
**LEARNERS** who show **RESPECT**



Geer St. Raymond Terrace NSW 2324

T: 4987 4666 F: 4987 5974

M: 0400 431 657



Like 'Thou-Walla Family Centre' on face book for the most up to date information.

E: [gina.ascott-evans@det.nsw.edu.au](mailto:gina.ascott-evans@det.nsw.edu.au)



## TERM 3 PROGRAMS 2016

### What we do.....

We provide a variety of programs to the community, in partnership with other services. We support families with children, with a particular focus on the years before school. For more information about these and other programs, please visit the Centre during school term, phone 4987 4666, or look us up on face book, for the most up to date information.



## Bringing Up Great Kids Parent Program

*Child-care available*

Wednesdays 10am-12.30pm

3<sup>rd</sup> August -7<sup>th</sup> September

### Topics include:

- Messages from the past-beliefs and values about parenting.
- Brain development and its relationship to behaviour.
- Giving and receiving messages.
- The message of behaviours.
- Messages about me.
- Passing on messages.

Please call Carmel on 0455085244 or [CarmelS@interrelate.org.au](mailto:CarmelS@interrelate.org.au), or Thou-Walla on 4987 4666 to book.

*This is a partnership with Inter-relate, under a Communities for Children Facilitating Partner Initiative. Raymond Terrace & Karuah is funded by the Australian Government and Facilitated by The Smith Family.*

TUESDAY 19TH JULY TO FRIDAY 23<sup>RD</sup> SEPTEMBER 2016

Yacaaba Centre is running a FREE Course @ Thou-Walla Family Centre

## LIFE CHOICES— WHAT'S NEXT?

*Facilitators: Sue Ware and Sandy Tawa*

*This course will be of benefit to any women who are currently or have in the past lived with someone who is violent, controlling and/ or abusive towards them.*

### Topics covered include:

- What Happened—how and why?
- Relationships - the good, the bad and the ugly.
- Self Esteem—how to build it and keep it.
- Boundaries—learning to say NO!
- Let's Communicate – keep it simple;
- Time to talk/Time to listen

WHEN: Four Sessions beginning Wednesday 31st August

TIME: 12.30 pm to 2.30 pm

FREE Childcare available

To register or for further information, please contact Yacaaba Centre: 4984 2176 or Thou-Walla Family Centre: 4987 4666

## Rhythms

New group members wanted to join our DRUMMING group. No experience necessary. Join us once a month on a Monday morning. Let's celebrate diversity in our community. **New dates: 25<sup>th</sup> July, 8<sup>th</sup> August, 15<sup>th</sup> August.** All ages welcome. Child-care available. Call 4987 4666 for more information.



*Partnership with Northern Settlement Services, Port Stephens Family Support and Berias Masseque. Funded by Port Stephens Council Cultural Grants*



## **Dad's Group cont...**

Looking at fathering...a most important job.

Max from Family Support Newcastle, invites dads, and men who have a role in raising children, to the term 3 workshop. Each group session is unique.

Topics usually include:

- Healthy & Resilient Relationships
- Looking after yourself and your child
- The joys and struggles of a 21<sup>st</sup> century Dad
- Dealing with strong emotions
- Boundaries & discipline

When: Wednesday 7<sup>th</sup> of September

Time: 10-2pm Where: Thou-Walla

**FREE CHILDREN'S GROUP AVAILABLE ON PREMISES. Lunch provided.**

To make a booking or for further inquiries,  
Please call Gina on 4987 4666



## **FAMILY KIT**

### **Keeping it together**

*Free Short Session*

### **Preventing Stress in Families**

For families with children aged 0-12 years.

Informative yet light hearted.

Free gifts including take home pack.

Information about:

- Stress
- Relationships
- Household budgeting
- Local services for families

Please contact Thou-Walla to express your interest.  
Additional sessions to be arranged in the area. Child-care available.

*These sessions are an initiative of The Canopy. This is a pilot program made possible by a grant from the Foundation for Rural and Regional Renewal.*

## **Sewing Group**

Are you interested in volunteering your time to set up a sewing group at Thou-Walla? We are planning a sewing group and are looking for some volunteers to help us in the planning of the group. No experience needed. Would you like to know more?

Our first meet is:

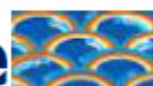
**Friday the 5<sup>th</sup> of August.**

**12.30-3pm @ Thou-Walla**

All Community members welcome. Please ensure you rsvp on 4987 4666.



## **My Time**



My Time is a local group for caregivers of children with a disability or chronic medical condition. My Time gives parents the chance to socialise and share ideas with others. Parents can meet with people in similar circumstances to have fun, hear from others and find out about available community support. Play session: Each group has a play helper who facilitates children in play activities, so parents and caregivers can spend time focusing on catching up with others.

Thursday's during school from 9.30 @ Thou-Walla. 1800 171 882 or 4987 4666





## Art Project

### Thou-Walla Family Centre Playgroup Wall hanging Art Project 2016

Penny, a wonderful mother and community member will be offering a free art project for anyone interested in participating. Come and join us each week at the end of playgroup and help make a combined wall hanging. Come and make one or many squares. Add your own design, your child's name or your family name. If you can't stay, take some resources and make it at home.

**When:** 9<sup>th</sup> August, 16<sup>th</sup> August and 23<sup>rd</sup> August.  
**From:** 10.45am-11.45am

Please let us know if you can join us, to ensure we have enough resources on the day.

## THOU-WALLA PLAYGROUP

Join us at Thou-Walla between 9:15am and 11:00am on Tuesday mornings. New Families welcome. For families and their children ages 0- 5 years. Please bring a piece of fruit or vegetable to share. Phone: **4987 4666**

### PORT STEPHENS PARENT PLAYGROUP

Join us at Thou-Walla, from 9:15am on Wednesday mornings during school term, for activities including painting, dough stamping, gardening and sand play. Activities are provided to suit your child's age and developmental needs, with an emphasis on **MESSY PLAY!**

Call Jane on 0428264962 or the Centre on 4987 4666.



# Playgroups

@ Thou-Walla.

*Our playgroups are free and new families  
are always welcome.*

#### The benefits of Playgroup include:

- Children have the opportunity to play and get along with others in a safe, nurturing environment.
- Children and adults can get messy with art and craft play.
- We get involved with the school and preschool activities such as using the library, join in incursions, and have teachers visit us, play in the hall, and visit the canteen.
- Children get to have lots of different early literacy experiences.
- We make our morning tea from produce from our garden, when in season.
- Children have the opportunity to familiarise themselves with what big school is all about.
- We try to offer lots of different activities, that children may not experience at home.
- Play helps early brain development.
- Babies from as early as a few months old enjoy coming to playgroup.
- Adults love it too.

## Term 4 Programs:

- **Parents not Partners Parenting Program.** For parents after separation.
- **Baby Massage Program.** A 5 week course for parents/carer's & their babies. Benefits include: Enhancing bonding & empowering caregivers in the care of their baby; Assists with colic and digestion; Stimulates baby's growth & development; Help's baby sleep better.

Please book now to reserve your place.

Do you have ideas for a group that could be run at Thou-Walla? Are you interested in volunteering at Thou-Walla? If you do, please contact us on 4987 4666.