



IRRRAWANG PUBLIC SCHOOL

An Innovative, Vibrant and Diverse Learning Community

Term 3, Week 10 28th September 2018



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PRINCIPAL'S MESSAGE

Dear Parents/Caregivers,

It has been such a busy term with an amazing amount of learning opportunities and experiences for our students.

Changes to routine Term 4

All students should have received a note last week about changes to assemblies and end of day routine, starting Term 4. To summarise:

*There will be no Friday afternoon assembly, instead there will be a whole school assembly EVERY Monday, starting at 2.15pm.

*All students will line up in allocated exit lines in both infants and primary areas. They will be dismissed and led to their exit point to sit in an orderly manner.

*ALL parents are to wait in designated areas, NOT at the classrooms.

Thank you

A massive thank you to

Mrs Karlene Johnson for her many, many years of supporting our school through the School Banking Program. Your voluntary contribution to our school community is greatly appreciated.

Holiday Time

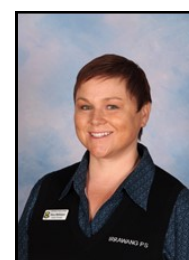
I would like to wish all our families a wonderful and safe holiday, spending time with loved ones. I look forward to seeing all of our Aussie 5 Superstars on the first day back which is

Monday 15th October.

Please call the Schools Security Unit (free call) on 1300880021 or the local police if you see any security breaches. We need you to be our eyes and ears over the holiday break.

Regards

Stacy Mathieson
Principal



SCHOOL HOLIDAYS

School Calendar 2018 TERM 4



Mondays - PBL Assembly 2:15pm
Fridays- Gathang - fortnightly

15/10 - 1st Day Term 4 for all students
17/10 - Fete Meeting 3.15 pm
17/10 - P&C Meeting 4.15 pm
19/10 - FETE Day 2.00pm - 7.00pm
24/10 - Grandparents Day!
24/10 - Swim Scheme last day to pay
29/10 - Swim School starts

Irrawang Public School
21 Geer Street
RAYMOND TERRACE NSW 2324
P: 49872403/ 49872600
F: 49874063
Principal:
Stacy Mathieson
Webpage: <http://www.irrawang->

Thank you to our School Banking Co-ordinator.



We would like to thank Karlene Johnson who has volunteered as our School Banking Co-ordinator since for many years. Karlene will be finishing up as our Co-ordinator.

Our School Banking volunteers are vital in helping teach students the importance of saving regularly.

Thank you Karlene for your time and effort!



Commonwealth Bank



School Banking



IRRAWANG PUBLIC SCHOOL

is having thier

50TH ANNIVERSARY FETE!

19TH OCTOBER, 2018

Assembly 2-3pm

Stalls and rides open 3-7pm



Showbags



Food

Order pre-sale unlimited rides for \$20 at <https://www.trybooking.com/XMNA>



Rides

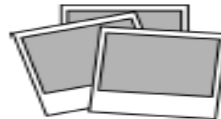
BBQ



Games



Face Painting



Museum



Stalls

Sponsors:



ASSEMBLY ROSTER TERM 4 2018

Week 2	K/1 E
Week 4	KL
Week 6	3/4 E
Week 8	Leaders
Week 10	Year 6

Term 3 in 1/2P!

In Literacy, we have been reading, writing and talking about monsters. We have produced lots of high-quality work in Writing Groups.



In Science, we have been learning how water travels from lakes and rivers to our houses. Here are some photos of our experiments:



1/2T Term 3!

We have had such an amazing year so far! We have been to Healthy Harold, Careers Day, Book Week, Showcase, played with BeeBots just to name a few. We are so excited for next term, especially the 50th Anniversary Fete, the Swimming Carnival and Swim Lessons!



Science!

This term in Science we have been exploring water and how it interacts with our environment. We have learnt how it is collected in river and streams.

We also learnt how it travels from these lakes and dams into a water treatment plant and drains to come out of our taps.

We have explored the water around the school and our home. We even created a graph showing our collected data.



SLSO's

We loved having Ms Beasley in our classroom 4 days a week this term and Mrs McGarry the 5th day.

Next term, we see the return of Mrs Thompson on Wednesday, Thursday, Friday and Ms Beasley Monday and Tuesday.



Positive Behaviour for Learning

IPS Staff, School Community, **Students** and **Parents**
are

Safe, **Responsible Learners** who show **Respect**

O...M...G!!!!

Term 3 is over!!!! Where is this year going????

Let us look back on term3!!!!



Here we are showing turning on our **Learning** minds and turning off our playground minds.



Here we are showing we are **Safe** by being in the right place at the right time.... before the bell.

Safe
Responsible
Learning
Respect

- Prevent Trip Hazards
- Tuck bags and equipment under your seat
- Choose a comfortable seating position
- Take care of your belongings
- Supervise small children
- Ensure your children are sitting with their class
- Listen carefully
- Wait for an appropriate time to ask questions
- Wake your neighbour gently if they fall asleep
- Sit quietly while the assembly is on progress
- Silence mobile phones and only take emergency calls (Move away from the assembly before talking)
- Clap politely
- Celebrate the successes of all
- Follow instructions

Here we are showing **Respect** during assemblies.



Here we are showing we are **Responsible** for the choices we make.



Happy Holidays

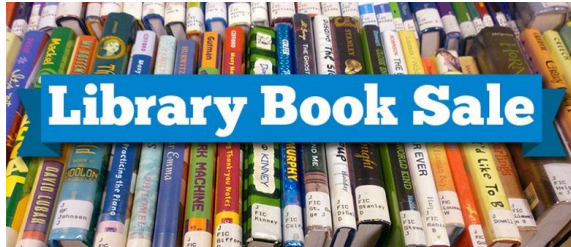
Library News – Weeks 9-10 Term 3 2018

What's Hot in Irri's Library



~ BOOK SALE ~

If you are interested in a cheap read come to Irri's Library during lunch and buy a pre-loved book for only **50c**. There are a range of titles and genres available. Have a browse and find a new gem. All money raised goes towards new furnishings and technologies for the library.



Thank You

A big thank you is to be extended to all of our lovely students, staff and community members who took the time to take the library survey last fortnight. We received some great responses and we have taken all of your feedback into consideration and will be looking into implementing some great new things next term.

Holiday Borrowing

In response to our recent survey conducted, Irri's Library have opened borrowing for the holidays to all responsible borrowers.

What does this mean . . .

If you bring in a library bag, you may be a responsible borrower and borrow up to 2 items for the holidays.

Please keep them safe and protected and return Week 1 Term 4—Happy Holidays!

What is on in the Holidays?

1. Try out togetherness—Go to Raymond Terrace Library to discover something new.
2. Become a storyteller—Make up stories and share them with your family.
3. Create a reading corner—Put some pillows or cushions together with a blanket to make a Book Nook.
4. Change chore time to storytime—Share a story while the chores are being done.
5. Create a Menu—Write a menu of your favourite foods and make them during the holidays.
6. Write a Story—Make books by stapling blank sheets of paper together and write stories together.
7. Find reading spots - Read or tell stories in all different places.

FREE & LOW COST OCTOBER SCHOOL HOLIDAY FUN!

Tomaree Library Bookings Essential on 4988 0670	Raymond Terrace Library Bookings Essential on 4988 0111
2nd Oct Storytime & Craft 10:30-11:15am Cost: \$1.50. Age: 2yrs+	3rd Oct Slimtastic 2:00-3:00pm Cost: \$5. Age: 6-10yrs
4th Oct Family Movie: Paper Planes 2:00-3:30pm Cost: Free. Age: All	4th Oct Storytime & Craft 10:30-11:15am Cost: \$1.50. Age: 2-5yrs
5th Oct Decorate a Cupcake 10:30-11:30am Age: 6-9yrs 2:00-3:00pm Age: 10yrs+	5th Oct Family Movie: Paper Planes 2:00-3:30pm Cost: Free. Age: All
9th Oct Storytime & Craft 10:30-11:15am Cost: \$1.50. Age: 2yrs+	9th Oct Free All Aboard Games Day 10:00am-5:00pm Pizza Lunch* 1:00-2:00pm
9th Oct Introduction to Coding 2:00-3:00pm Cost: Free. Age: 8-12yrs	11th Oct Storytime & Craft 10:30-11:15am Cost: \$1.50. Age: 2-5yrs
12 Oct Yoga For Kids 2:00-3:00pm Age: 5-9yrs 3:30-4:30pm Age: 10yrs+	12th Oct Raspberry Whoo-Pi Cushion Project 10:30-11:30am Cost: \$5. Age: 8-12yrs

Port Stephens LIBRARY
Start here, go anywhere...



SCHOLASTIC Book Clubs
Every Child Deserves a Good Book



Wombat
For PRE K&K

LUCKY
For YEARS 1&2

ARROW
For YEARS 3&4

Star
For YEARS 5,6,7+

Issue 6 orders have arrived and are distributed.

2018 Grandparent's/Grandfriend's Day

Grandparent's/Grandfriend's Day is a special day for every child. Our students look forward to sharing their school with their extended families. Students that are unable to have a grandparent attend, may invite a special grandfriend to come along and enjoy the experience.

HAPPY
GRANDPARENTS
DAY

Date: Wednesday 24th October (Week 2, Term 4)

Time: 1.00 – 2.55pm (meet at the hall)

Activities include:

- ✓ Welcome assembly in the hall with singing
- ✓ Reading with your children
- ✓ Grandparent/grandfriend art show in classrooms. (Purchase for 50c and money will go towards shade cover over play equipment.)
- ✓ Students can have a dress up photo taken with their grandparent/grandfriend
- ✓ Recess with your children (Afternoon tea for the grandparents/grandfriends compliments of Irrawang Public P&C)
- ✓ Classroom visits



All students will be able to invite their grandparents /grandfriends to this day. Please check your child's bag for the invites and assist in the delivery of them.

RSVP: **Wednesday 17th October 2018 for catering.** Complete the tear off slip at the bottom of the letter and return to the office.

Kind regards,

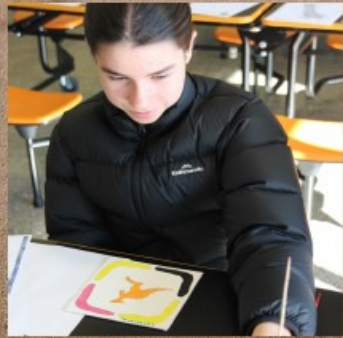
Stacy Mathieson
Principal



OUR VISION

To protect, promote & foster Aboriginal Culture by utilising our traditional knowledge and resources to provide fun, interactive and age appropriate cultural experiences with an emphasis on the local area (Worimi Country)

Our Workshops are delivered by local Aboriginal people who love sharing and educating people on the many wonderful and diverse elements of our culture through hands on workshops



**School Holiday
Cultural Workshops
Friday 5th October**

BOOK NOW!

LOWES EXCLUSIVE OFFER BOYS SUIT PACKAGE

SELECTED SUIT SEPARATES

JACKETS \$69.95
TROUSERS \$29.95
SHIRT \$29.95
BOYS TIE \$15.95

TOTAL VALUE **\$145.80**

**NOW
\$115**

**SAVE
\$30.80**



*T&Cs apply. Instore only. While stocks last, styles may vary. Cannot be used with any other offer. Offer can only be redeemed with flyer. One flyer per person. See store for more details



BIODIVERSITY DAY AT BLUE GUM HILLS REGIONAL PARK

Free fun for families

Thursday 4 October, 10am-2pm, Blue Gum Hills Regional Park, Minmi Road, Minmi (back-up day in case of cancellation Thursday 11 October)

- Free BBQ lunch
- Win great prizes
- Interact with live native animals
- Learn about bats, bees and birds
- Free native plants
- Free activities and craft
- Learn about biodiversity
- Nature walks
- Meet other nature lovers
- Freebies
- Learn about volunteering in nature
- Discover nature near you



Our supporters:



OEH Regional Operations Division Hunter Central Coast Branch
© Office of Environment and Heritage | Phone: (02) 9995 5000

OEH 2018/0211 April 2018

OEH 008

School Banking Information Session.

Irrawang Public School is excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way for young Australians to learn about money and develop good savings habits. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2018 are:

- Twister Power Handball
- Secret Scratch Pad – Out of Stock
- Sparkle Glitter Pens
- Glow Light
- Mighty Boom Handball
- Heat Reactor Pencils
- Slushie Maker Cup
- Zoom Flying Disc



School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

School Banking day is **Friday**. Each week you need to **Please hand bank book to class teacher**.

We will be holding a School Banking Information Session at our school:

Time: 2.15 pm

Date: 15/10/2018

Location: School Hall

Please join us and find out more about the School Banking program and how your child can get involved.

If you are interested in opening a Commonwealth Bank Youthsaver account for your child you can visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account. A School Banking representative will be available at the Information Session to show you how you can do this. In order to verify yourself and your child, you will need your driver's licence and your child's birth certificate, but if you don't have these with you on the day, you can complete verification online at home.

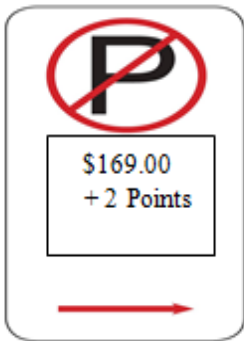
SCHOOL BANKING DAY is FRIDAY Term 4

Students can bring their deposits & bank books on **Friday** mornings and give to their class teachers, who will place them in Commonwealth Bank bags which will be collected and given to the School Banking Co-ordinator to process & deposit.



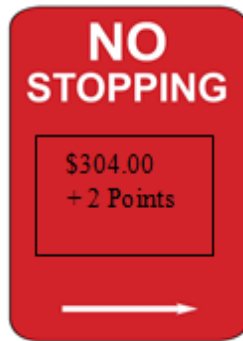
SCHOOL ZONE PARKING OFFENCES:

WHAT DO THESE SIGNS MEAN?



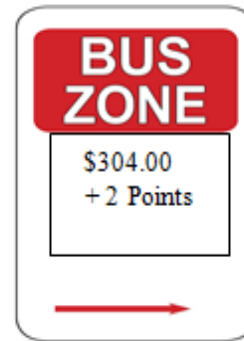
You **CAN STOP HERE FOR 2 MINUTES ONLY**

- 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



PRESCHOOL FEES:

Statement of accounts were sent home.

Term 2 fees are now overdue, Please pay ASAP.

Payments can be made on line at

www.irrawang-p.schools.nsw.edu.au

Or by cash at office/Preschool.

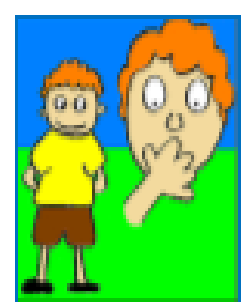
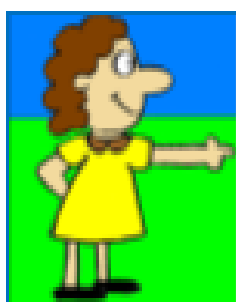
Fees can be paid weekly, monthly or by the term.

If paying by cash, please place money in an envelope with your child's name, class & amount clearly marked on outside.

Thank you



IRRAWANG AUSSIE 5





Grahamstown Public School

This is our school's major fundraiser to support 21st Century learning!

Saturday 3rd November, 8pm - Muree Golf Club - Adults Only!

Tables up to 10 - \$25 per person BYO nibbles - meals can be ordered from club.

Lots of great prizes!

Dress up in your best 'Bogan' to win prizes!

FOR BOOKINGS CALL:
 Grahamstown PS
 49876510,
 Grahamstown P&C
 0414825612
 Or Email
 grahamstownpandc@yahoo.com

All parents of catholic children

This is to advise you that the Sacramental programme to prepare children to receive the Sacrament of Reconciliation on Wednesday 28th November 2018, and Confirmation and First Communion in 2019 will commence with an information evening for parents in St Brigid's school hall, William Street Raymond Terrace, on Wednesday 17th October at 7pm.

Any parents who would like their child in years 2 or above to participate in this programme are required to attend and register their child at this meeting.

Please contact St Brigid's parish office on 49871888 if needing further information.




FREE

Bringing Up Great Kids



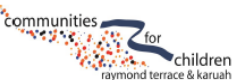

This free interactive five-week program will assist parents to increase their confidence, reduce stress and family conflict, and build positive child-parent relationships. Topics covered include:

- **Messages from the past - beliefs and values about parenting:** What are my goals as a parent? What hopes and dreams do I have for my kids?
- **Brain development and its relationship to behavior:** Why won't they do what they are told when I have told them 100 times?
- **Giving and receiving messages:** What type of communication style do I have? What about the other members of my family?
- **The message of behaviours:** Why do my kids do what they do? Are they just trying to push my buttons?
- **Messages about me:** Why are my children so different? Why do they respond so differently to the same thing?
- **Passing on messages:** Where to from here?

Mondays 9:30am - 12 noon
13 August to 10 September
 Venue: Thou Walla Family Centre
 In the grounds of Irrawang Primary School, Geer St Raymond Tce
 morning tea provided

Bookings essential — phone Gina on 4987 4666
Or Carmel on 0455 085 244

Communities for Children Facilitating Partner Initiative Raymond Terrace & Karuah is funded by the Australian Government and Facilitated by The Smith Family

PLAYGROUP



Did you know that we have supported playgroups right here in the school grounds?

- **Tuesday's from 9.15am - 11.15am**
- **Wednesday's from 9.15am - 11.15am**

At: Thou-Walla Family Centre
Phone: 4987 4666
 Call into the Centre or look us up on facebook
Like: Thou-Walla Family Centre

New families always welcome 😊



PORT STEPHENS
beachside
holiday parks



Witness the most amazing sunset views over the bay at Thou walla Sunset Retreat, located at the tip of Soldiers Point. Spoil yourself and indulge in a one of kind under canvas experience in our 'glamping' tents.

Keep the feel of being at one with nature, yet have every convenience at your fingertips including a King Size Bed, full ensuite, flat screen TV, and daybed on the veranda. You'll appreciate this award winning park's facilities and ideal location with sunset views!

Kids Stay **FREE!***



Located on the tip of Soldiers Point



Glorious Sunset Views



Courtesy Bus to the Bowling Club



A 2 minute walk to restaurants and 5 minute drive to Bowling Club



BOOK NOW!

beachsideholidays.com.au
or Call Reservations on 4988 0990

Connect with us



#portstepsholidayparks

www.beachsideholidays.com.au

TERMS AND CONDITIONS

*Up to 3 Kids (0-17yrs old) stay FREE when using existing bedding in Waterview/Seabreeze Cabin accommodations. Extra charges apply for Kids staying on Powered Van sites. Subject to availability, minimum nights may apply. Terms and Conditions may change at the discretion of Port Stephens Beachside Holiday Parks head office. The promotion may be extended or cut short depending on demand.

Always reserve direct through www.beachsideholidays.com.au website for best rates available.

© Copyright 2018 Port Stephens Beachside Holiday Parks | [Privacy Policy](#)

If you no longer wish to receive email communications from Port Stephens Beachside Holiday Parks, [Click Here to Unsubscribe.](#)

This email was sent by Port Stephens Beachside Holiday Parks, 562 Gan Gan Road, Anna Bay, NSW 2316 Australia

Uni4You Preparation Workshops: Encouraging, supporting and reconnecting your dreams and hopes of learning.

When: 10am – 12noon, every Monday
Starting 22nd October to 26th November

Where: Thou Walla Family Centre
Irrawang Primary School, Raymond Terrace

All Welcome!
No cost, with morning tea and child minding provided
Bookings essential

During these workshops you can

- Understand and explore what Uni is really like
- Develop your skills to feel confident about enrolling in further education
- Meet the friendly team who support you to balance study, family and personal demands

Uni4You provides assistance and guidance with

- Choosing studies that are right for you and your interests
- Applying for tertiary preparation programs (Newstep, Open Foundation, Yapug) that start in March 2019



What our participants say...
"I definitely would not have done as well as I have without the Uni4You Project and everything that it offers."

"Uni4You helped me make life changing decisions for myself and my family."



To find out more information or to register,
please contact either:

Kathryn Puckeridge
Phone: 4985 4074 or 0437 446 509
kathryn.puckeridge@newcastle.edu.au



Gina Ascott-Evans
Phone: 4987 4666 or 0400 431 657
gina.ascott-evans@det.nsw.edu.au



HUNTER WETLANDS CENTRE

1 Wetlands Place, Shortland, NSW 2307
PO Box 66, Shortland NSW 2307
Ph: 02 4951 6466

Email: hwca@wetlands.org.au Web: www.wetlands.org.au

**School
Holiday
Activities**

OCTOBER SCHOOL HOLIDAY PROGRAM AT THE HUNTER WETLANDS CENTRE

SAVE OUR SPECIES

Did you know there are nearly 2000 plants and animals on the threatened species list in Australia? These school holidays you can learn how you can help Save Our Species.

THREATENED SPECIES DISCOVERY WALK

Collect your list of threatened species, your map and a special wetlands pencil and head off on an adventure around the Wetlands. Find 10 threatened species and enter our SOS competition.

You could win a fabulous prize!
You can also have fun dip-netting in the pond and nature weaving.

\$5 per person, 3 to 5yrs \$2, under 3 free. No bookings required

BUSH SKILLS ADVENTURE FOR 8 TO 12 YEAR OLDS

Tuesday 2 October & Wednesday 10 October 9.30am to 12.30pm

Come on a Wetlands Adventure - learn bush survival skills, make and eat a damper, take a guided walk to the Bush Tucker Garden, build a bush shelter and meet some of our resident reptiles.

\$20 per child. Bookings essential.

Book online at www.wetlands.org.au or phone 02 49516466

THREATENED SPECIES ADVENTURE FOR FAMILIES (All ages)

Wednesday 3 October & Monday 8 October 10.30am to 12.30pm

Take a guided Threatened Species Discovery Walk and see how many animals and plants you can find.

Collect natural materials for Nature Weaving creations.

Feed the Magpie Geese & meet some of our resident reptiles up close.

Children must be accompanied by a parent or carer.

Cost \$8 per person, under 3 free

Bookings essential. Book online at www.wetlands.org.au or phone 02 49516466



Bring the family to the Hunter Wetlands Centre

A fun, environmentally friendly learning experience!
Open 9am to 4pm

Entry: \$5 Per person, Children 3-5yrs \$2 & Children under 3 free.

There's lots to do at the wetlands in the holidays: Dip-netting, children's playground, reptile display, walks, Magpie Geese feeding at 10.30am daily, canoeing, BBQ & picnic facilities, bring your bike and ride around or try orienteering.

www.wetlands.org.au

Gift Shop: Ice-creams, drinks and affordable gifts for children & adults.

Wetlands Cafe: Open 9.30am to 2.30pm daily

Closed in shoes, hat, sunscreen and insect repellent recommended.



SCHOOL SPORT POLO SHIRTS from BEST & LESS STORE

Due to a number of parents enquiring about sport shirts, please see information below regarding a possible alternate choice.

ARMSTRONG

\$6.00ea



KING

\$6.00ea



MORRIS

\$6.00ea



PATERSON

\$6.00ea



Collared Polo Sport Shirts from \$2.75 up to \$6.00 each.

Shirts can be ordered at Best & Less Raymond Terrace Store, they will place an online order for you. Please leave your Name & contact details with payment and the store will give you a call when your order arrives, it takes 3-7 days for your order to arrive in store (**No delivery charge if ordered in store**).

Shirts can be ordered online at www.bestandless.com.au/online and delivered to your home address, but there is a \$10.00 shipping fee.

BEST & LESS






Got It! Parenting Tip of The Week

When your child wants to show you something, stop what You are doing and pay attention to your child. It is important to spend frequent, small amounts of time with your child doing things that you both enjoy




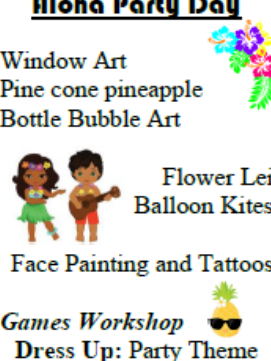



Medowie & Raymond Terrace Vacation Care 2nd October – 12th October 2018

Week 1

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
<p>Public Holiday</p> <p><i>Parent Notes:</i>  Important Notice</p> <p>If weather is hot we may participate in water play so please send towel and change of clothes (plastic bag for wet items) each day.</p>	<p>Crafty Critters</p> <p>Crawling Caterpillar Dragon Flies Bow Animals</p>  <p>Cloud Dough Crazy Creatures Glitter Foam Monsters</p> <p>Craft Workshop: Snap Bands</p>	<p>Jurassic Park</p> <p>Dinosaur Blowers Fossil Creations</p>  <p>Triceratops Heads Volcano Eruption</p> <p>Binoculars Origami Dinosaur</p> <p>Dress Up: Dinosaurs and Explorers</p>	<p>Excursion: Sand Dune Tour</p> <p>4WD TOURS R US</p> <p>Sandboarding 4WD adventures Play in Finnan Park</p>  <p>SAND BOARDING</p>	<p>Around the World</p> <p>Tanabata Tree Egyptian Amulet Sports Jerseys</p>  <p>Special Lunch: Burritos, Juice poppers, Packet of chips.</p> <p>Rainforest Birds Fire Dragon Paper Picado</p> <p>Dress Up: Around the World</p>

Week 2

Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
<p>Army Day</p>  <p>Carton Tank Army Camo Hats</p> <p>Dog Tag Silhouette Art</p> <p>Parachute Walkie Talkies</p> <p>Movie and Popcorn Day</p>	<p>Spring Fever</p> <p>Springy Caterpillar Cherry Blossom Tree</p>  <p>Bug Bookmarks Grassy Characters</p> <p>Wind chimes Lavender Putty</p> <p>Dress Up: Beautiful Bugs and Creatures</p>	<p>Flower Power</p> <p>Cup Lanterns Pipe Bugs Marble Painting</p>  <p>Clay Impressions Carton Flowers Microphones</p> <p>Incursion: DISCO DIVA Dance Parties</p> <p>Medowie VC: 10am Raymond Terrace VC: 1pm</p>	<p>Aloha Party Day</p>  <p>Window Art Pine cone pineapple Bottle Bubble Art</p> <p>Flower Lei Balloon Kites</p> <p>Face Painting and Tattoos</p> <p>Games Workshop</p> <p>Dress Up: Party Theme</p>	<p>Excursion: Australian Reptile Park</p>  <p>Live Feedings Nature Walks Animal Interactions Picnic Lunch</p>

A community service proudly provided by  PORT STEPHENS COUNCIL Email: Childcare@portstephens.nsw.gov.au Phone: 49880308

Good for Kids good for life

WHY DO CANTEENS NEED TO BE HEALTHY?

As well as being important for health, healthy eating can improve concentration and behaviour which can help students to learn in the classroom.

Encourage your child to choose delicious and nutritious EVERYDAY foods and drinks such as:

- Sandwiches, wraps and rolls with lean meat, cheese and vegetables or spreads.
- Pastas such as lasagne, spaghetti bolognese and macaroni & cheese.
- Canteen made pizzas.
- Beef hamburgers.
- Sushi or rice paper rolls.
- Snacks such as fruit, yoghurt, pikelets, vegetables with dip or 99% fruit juice ice blocks.
- Drinks such as water, plain or flavoured milk and 99% fruit juice.



PHONE 4924 6499

Our Health Rules!

HEALTHY LIFESTYLE CHALLENGE

To celebrate National Nutrition Week (14-20 October) Our Health Rules is hosting a 6 week Healthy Lifestyle Challenge.

ALL PARENTS AND CARERS ARE WELCOME



6 WEEK CHALLENGE STARTS 19 OCT

JOIN THE CHALLENGE

STARTS 19TH OCTOBER 2018

Fridays 9:30-11:00am

Thou-Walla Family Centre, Irirawang Public School
21 Geer Street, Raymond Terrace

REGISTER TODAY

Ourhealthrules-challenge.eventbrite.com.au

PROGRAM SCHEDULE

MONDAYS FROM 22ND OCTOBER WALKING GROUP 9.30-10.00AM

PRE- CHALLENGE ASSESSMENT FRIDAY 19TH OCTOBER

WEEK 1 Healthy eating and goal setting	Friday 26th October
WEEK 2 Diet Fads and emotional eating	Friday 2nd November
WEEK 3 Physical activity and stress management	Friday 9th November
WEEK 4 Budgeting for family meals & cook up	Friday 16th November
WEEK 5 Guided supermarket tour	Friday 23rd November
WEEK 6 Using Apps to help stay on track	Friday 30th November

Post challenge assessments and lunch

WHAT'S INCLUDED?

- Weekly information sessions
- Participant manual and resources
- Pre and post health assessment
- Facebook support group
- Group events (walking group, cook-ups)

Childcare available on Fridays

JOIN THE FACEBOOK SUPPORT GROUP

Join the Healthy Lifestyle Challenge on OHR! Facebook Group for more tips and practical ideas for maintaining a healthy lifestyle

TO REGISTER FOLLOW THE LINK OR CONTACT ANNE 0437459598



Communities for Children Facilitating Partner Initiative Raymond Terrace & Karuah is funded by the Australian Government and Facilitated by The Smith Family.



Irrawang Public School: Absentee Note

Student Name: _____

Class: _____

Date/s of absence/s _____

Reason for leave: _____

Signature: _____ Date: _____

Relationship to student: _____

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



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