



Wallerawang Public School Newsletter



77 Barton Avenue
P.O. Box 21
Wallerawang 2845
Ph: 02 63551210
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What's On? When?

Uniform Shop
Tuesdays
2:30-3:30pm

Playgym in the hall
9:30am—12:30pm

Last day of term
Friday 19th
September



Stage 1 Excursion
Featherdale Wildlife
Park 19/9/14

16/9/14
Touch Football Gala
Day

17/9/14 T20 Cricket
Gala Day info on
page 7

This Friday 5th September

Assembly 9:15am

September 3rd 2014 Term 3 Week 8

From the Principal's Desk

School Administrative and Support Staff (SASS) are being recognised this week across NSW for their contribution to schools and to student learning. At our school this includes our front office staff, our school learning and support officers and our general assistants. A special luncheon was held yesterday with teaching and support staff in attendance to acknowledge the dedication, support and commitment to the school provided by our SASS team.

Our **school choir** competed at the Bathurst eisteddfod last Thursday with approx. 90 students participating. The students performed exceptionally well with Ms Fahey setting a wonderful standard conducting the group. See page 3 for Ms Fahey's detailed report.

Many of our students travelled to Dubbo last Friday for the **Western Area Athletics Trials** with varying successes and personal bests being attained. See a full report of the day on page 7 from Mr Campling. Thanks is extended to parents and carers for transporting children to this important event, many staying overnight in Dubbo. Congratulations to all our students for their great sportsmanship demonstrated at the carnival.

This week is **Legacy Week** across Australia and Mrs Warner is once again coordinating the sales of special products to raise money in support of Legacy. Students are invited to purchase items in support of this great cause. More information on page 6 from Mrs Warner.

Next **Monday 8th September** Principals and Leadership Teams from various schools across the local area will attend Wallerawang School and participate in a special professional learning program. Up to 80 people are expected on site for the whole day where they will work in the hall on new planning models for schools that commence in 2015. This is a great opportunity to showcase our beautiful school to colleagues. I extend thanks to the P&C / Canteen Committee for helping out at short notice with managing the feeding and sustenance needs for the day.

School Assembly

Parents and carers are invited to come along this Friday 5th September to our weekly assembly. Academic awards, citizenship recognition and behaviour certificates will all be celebrated on the morning. Assembly commences at 9:15am and all parents, carers and community members are welcome to attend. Mr Campling will lead **the school instrumental group** in a special performance.

Bus Behaviour

I extend thanks to parents and carers for your support in setting behavioural expectations with your children on the buses. A noticeable improvement has been reported this term by drivers. Keep encouraging your children to cooperate with drivers, keep hands and feet to themselves and stay seated when the bus is moving.

Any concerns or complaints regarding student travel on buses should be directed in the first instance to Lithgow Bus Lines on 02 6352 3888.

National Assessment Program – Literacy and Numeracy (NAPLAN)

Students in years 3 and 5 who sat the NAPLAN tests, held on 13-15 May, will tomorrow receive their results. NAPLAN assesses aspects of literacy including reading, spelling, punctuation and grammar and writing, as well as numeracy. The results are shown in skill bands which indicate levels of achievement. The report shows the national average and the school's average and will allow parents to see how their child's performance compares with that of others who completed the NAPLAN tests.

Results will be provided to students in a sealed envelope, clearly marked with their name in the window frame. Please encourage your children to wait until they arrive home to open the envelope as a quick glance will not provide any real insight into the results. Any parents needing assistance to understand the report are encouraged to contact their child's class teacher for assistance with interpretation.

Duncan Auld

Principal - Wallerawang Public School



Stage 3

On Thursday, Week 8, students in Stage 3 will be participating in Personal Development and Health sessions where they will be discussing the emotional and physical changes that occur during puberty, reproduction and how to cope with these changes.

The girls will also participate in an additional session by themselves where they will learn about the specific changes to girls' bodies and how to prepare for these changes.

Students will be delivered factual information by Stage teachers and will participate in a range of structured activities that develop their understanding of the topic. They will also have opportunities to ask questions during and after the sessions.

It is not necessary to prepare your child for these sessions but you may wish to talk to your child about the importance to them and the need to adopt a mature approach to the learning.

The students may wish to come home and discuss areas further with their parents so it is important that you are open and honest with your child so that they receive accurate information.

It is a mandatory part of the school curriculum and is important that all students in Stage 3 participate in this program but please feel free to contact your child's teacher if you have any questions or concerns regarding this program.

Katrena Fraser

Assistant Principal

Bathurst Eisteddfod Review

On a cold and misty Thursday morning, 85 choir singers and 3 wonderful teachers waited in anticipation at the front of Wallerawang Public School. Excitement grew as in the distance they heard an engine approach. Out of the white wall of fog appeared the shiny, double decker bus that was to drive us in style to the Bathurst Eisteddfod. All children looked prim and proper as they boarded with their bright smiles.

The whole school choir spent a lovely morning in Bathurst Park and Entertainment Centre as part of their special performance experience. A total of 14 schools performed in the K-6 choir section with Wallerawang singing 14th. The children sang two favourites- *Let it Go* and *Happy* under the bright stage spotlights surrounded by tall, black curtains. Our choir was the largest on the day with supportive community members and parents in the audience.

The Western Advocate has a media and images display on their website including one of our choir and Madison Burns performing a solo. Congratulations to our wonderful solo performers Tylah Piggott, Piper Anderson, Shelby McCann and Madison Burns who performed in other sections. They shone as brightly as a winters star.

Wallerawang students presented exceptional behaviour, positive and happy attitudes, lovely smiles and sweet voices. The day will be a special and lasting memory for all of us.

Ms Kym Fahey

<http://www.westernadvocate.com.au/story/2513491/bathurst-eisteddfod-2014-photos/?cs=118#slide=11>



Write On!

Students at Wallerawang recently had the opportunity to enter a writing competition through the Board of Studies. WriteOn is an annual writing competition for NSW students in Years 1 to 6. WriteOn is designed to encourage young students to develop their writing skills in an engaging way. Using the photograph below for inspiration, students wrote a short piece of up to 500 words. Entries could be imaginative, persuasive and/or informative.



CONGRATULATIONS to Ava Lambert (Stage 3)

Emily Brown (Stage 2)

Millie Francis (Stage 1)

Their writing pieces have now been entered and we look forward to hearing about any further state awards. Thank you to all students who took the time, and imagination, to write an entry.

Ms Kym Fahey
Coordinator



A Perfect Summer's Day

It was a perfect summer's day, the blood orange sun was blazing, cicadas were singing and the lovely smell of lavender scented the extravagant garden. There I was, binoculars held tightly in my small hands, rimming my small blue gleaming eyes. Suddenly something caught my eye. The bush rustled violently as if something was about to pounce. I was paralysed with fear, frozen to the spot, my heart was racing one hundred kilometres an hour, my heart was all I could hear piercing through my head and ringing through my eardrums, adrenaline filled my body head to toe, pulsating through my veins.

All of a sudden I could see sharp, shining, sinister eyes emerging out of the leaves and rustle out of the bush. The rustling got louder and louder as whatever was in the bush was coming closer and closer. I began to scream at the top of my lungs until I couldn't scream anymore. All of a sudden a cute, gentle, high pitched meow came from the bushes, out emerged a sweet, adorable innocent face. It was my tabby cat, Mittens. I could tell by the predatory, determined look in the feline's eyes that she was chasing that grasshopper again.

A gentle purr came from her as she smoodged my legs. She scared the absolute jeepers out of me but I let her off the hook. I just couldn't resist those sweet, innocent, crystal blue eyes of hers.

By Ava Lambert

Warm Summer's Night

It was a warm summer's night, I was sitting in my bed and I heard a strange sound, it sounded like something was moving in the trees. So I found my binoculars and I went outside and guess what? I looked through my binoculars and I saw an owl sitting quietly in a tree! But she was different, I couldn't believe my eyes! She was staring at me with the biggest eyes I had ever seen in my life! And then she spoke to me! I had never heard an owl speak before! She said "shhhh" and told me that she knew where I lived and that she wanted to be my special friend and that she would look after me. I said "thankyou" and that I would get her an icecream.

We decided to go to the park because it was a lovely night and we could see fireworks lighting up the sky. She told me that her name was Lila and she was a little bit frightened of fireworks so I cuddled her and told her that fireworks won't hurt if you stay far enough away from them. After that, we went into my back yard with glow sticks, she hadn't seen a glow stick before and she thought it was beautiful and sparkly! She told me that she would play all night with them with me. She thought that her friends might like to meet me so she shouted all of her friend's names at the top of her voice! "Chloe! Jalea! Emily! Joey! Come and see who I just met! This is my new friend Millie! Would you like to play in her garden?" And they shouted "we would love to" and in came a koala, a wombat, an echidna and a kangaroo. "Where did they come from?" I asked. "They came from Uluru" she said. She told me to look through my binoculars again to see if I could see Uluru, and I could!! It was just there. It was big and red.

"Wow its hot tonight" I thought.....everyone agreed. I had an idea! "Can I have your attention please?" Nobody listened but Lila heard me "shhhh everyone!" she said in a very loud voice "Millie wants to say something". I told them that we should have a treat, I told them we should go in my house and ask my mum if we could have a chocolate icecream sundae. The animals cheered. So we went inside and sat around the table and my mum made us icecream and then they left. I had an amazing night. I couldn't wait to tell my friends the next day at school. But I was very tired so I went to bed and went to sleep.

When I woke up the next day I thought "wow that was the best dream ever". I got dressed and ran to the kitchen for breakfast and guess what? My new friends were sitting around the table! It wasn't a dream!!

by **Millie Francis.**

Tom's Journey

"Get outside for once, Tom." shouted mum. "Why can't you be more like your sister Bella? You see her out in the backyard all the time! Get your binoculars now and pack some food and water in your bag as well!"

Tom ran down the beautiful lane of white tiles set across the hallway floor and ran into his blue bedroom.

"Why is mum always yelling at me and not Bella?" He thought. But still he did what his mother told him and got his binoculars and safari hat, and then went to the kitchen and filled up his blue water bottle and grabbed a chocolate bar and an apple.

He tried sneaking into the kitchen without his mother noticing him but it was too late. "What do you think you're doing here, didn't I tell you to do something?" his mother yelled. "I'm going outside." He said quiet as a mouse. "Speak up TOM!" said his mother. "I'm going outside!" Tom thought. "I'll keep going that way then." After a while Tom got tired and lay down to rest. (PTO)

He lied on the long green grass looking through his binoculars and saw the stick still moving north. Then it stopped. Tom went to pick it up and the stick moved one more step north.

"Little stick, where are you taking me anyway?" asked Tom. Then right before tom's eyes he saw an ant city. "Wow, what are those little things?" Tom couldn't believe his eyes. Just before he reached out to touch them he heard his name being called: "Tom, Tom we are the ants of Antopia and need a new leader." said one of the little ants. "Will you be our leader?" Tom didn't know what to say, but it was getting dark and Tom replied "Sorry little ants, it's getting dark out and I need to go back inside my house." "You can stay in our house." said one of the little ants. "I can't, I won't fit in." Tom said good bye to all of the ants and the stick started moving south and Tom followed knowing that the stick would take him back home. When the stick stopped, Tom looked around and saw his house in the distance. "Well thank you little stick you made my day. I can't wait to do this all over again tomorrow, oh and tell the ants to wait for me the same time tomorrow." Tom had the best day of his life but couldn't wait to discover more adventures tomorrow.

THE END

BY EMILY BROWN



Legacy Week

This week is Legacy Week. Legacy supports those families who have had a loved one serve Australia in the armed forces. During this week there will be for sale legacy wrist bands, pens and badges.

Wrist bands at a cost of \$3.00 Pens \$5.00 Badges \$2.00 and \$5.00

Please see Mrs Warner during second half lunch.

Mrs Warner

Library News

Book Fair

Our final sales for the Book Fair were \$6939.00

I have received commission of \$1750 on Scholastic books and \$390 cash for purchasing books for the library from other suppliers.

Thank you to our amazing school community.

Chess Boards

A big Thank you to Ruby Bradford, Simon Williams and their families for donating 10 chess sets to the Library. Six of these boards have been hand made by the 'Men's Shed'. Ms Graham and Mrs Nancarrow are excited about starting a chess club at school next term. Further details of this will be released by the end of term.

Mrs Nancarrow

Debating News

On Monday 26th August 2014 the Wallerawang Public School Debating Team conducted their final debate against Eglinton Public School A Team in the Stage 3 rooms at the school. The topic was "That the internet is the best source of information for students". As the host team we argued the affirmative. The team was first speaker Chloe Petersen, second speaker Ella Zorz, third speaker Brydie Zorz and team advisor Madi Burns. Chairperson for the debate was Kasey Mill with Sara Lane and Hayleigh Andrews as time keepers. Our adjudicator was Mr Rodney McCready from Bathurst. The team presented a very strong argument based on research. All members of both teams presented convincing rebuttal in a very close contest with only minimal points separating the two teams. Unfortunately Wallerawang lost the debate. However, the team is to be congratulated on their dedication and performance. We would like to thank Mrs Fraser and Ms Graham for allowing us to use their rooms, Stage 3 for being a wonderful audience and Mr McCready for adjudicating the debate.

Debating Co-ordinator
Mrs Quinn

Sports News



Western Area Athletics

On Friday, 29 August Wallerawang Public School sent a team of 14 students as a part of the Lithgow District team to the Western Area Athletics Carnival in Dubbo. This carnival is a selection trial for the NSW state carnival and as a result, the qualifying standards are much tougher than those at a District level. This carnival took place at a new venue this year as a new state of the art Athletics facility is currently being built at Baden Park for the 2015 Athletics season. Students that participated in the carnival include: **Piper Woolsey, Lachlan Taylor, Cooper Higgins, Lily Forrest, Sam Lane, Hayleigh Andrews, Dayne Houlison, Eamyn Quinn, Lisa Su, Max Gordon, Madison Burns, Cooper Giles, Aydan Thomas and Alexa Bird.** From the reports I have heard, all students participated to the best of their abilities and enjoyed the day thoroughly. It is great to see the green and red Western colours being worn proudly by our students over the last couple of days, as the Western apparel in the eyes of the children is just as important as the day itself.

It is also a great pleasure to recognise **Connor Higgin's** success in Long Jump as he has qualified for the NSW selection trials held at the Sydney Athletic Centre, Homebush Bay, on the 15th and 16th of October. This places him amongst the top Senior Boys of NSW in Athletics to date. Congratulations Connor!

Gala Days

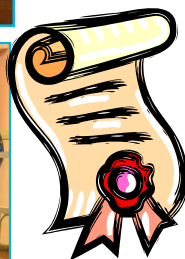
The Touch Football Gala Day has been rescheduled for Tuesday, 16 September from 10 a.m. at Tony Luchetti Sports Ground, Lithgow. Teams will stand as they are and training will commence again next week. Further information will come out shortly.

The NSW T20 Cricket Gala for boys and girls has been scheduled for Wednesday, 17 September. Currently, we are looking for more stage two boys and girls so that four teams can be formed. If interested, please see Mrs Warner or myself as soon as possible.

As winter sporting competitions come to an end in and out of school, remember to remain active, practice your skills and stay enthusiastic. Summer sport is just around the corner and it won't be long until next year's competitions begin again. All the best to the students participating in finals and grand finals in their out of school sporting competitions. As teachers, we look forward to hearing about these results as well.

Mr Campling

Assembly Photos Week 7



P&C News

CANTEEN ROSTER

Thursday	4/9	L. Houlison, S. Burns
Friday	5/9	T. Brown, J. Smith
Monday	8/9	S. Ward, A. Epton
Tuesday	9/9	A. Fitzgerald, G. Wardle
Wednesday	10/9	A. Cafe, C. Chew

P&C NEWS

P&C held their annual fathers day stall on Monday and Tuesday. The children had great pleasure in being able to purchase something special for their dads and grandfathers. A big thank you to the helpers on both days. Gena Dray, Tanya Theobald, Kylie Mason, Renee Bradford, Simone Burns, Kylie Williams and Debbie Stack.

Uniform Shop

REMINDER - all laybys need to have regular payments. A payment needs to be made at least fortnightly and the layby needs to be completed within 10 weeks. Thank you

SCHOOL CANTEEN NEWS

We would like to thank all our canteen volunteers who have helped out in the canteen this year it is very much appreciated. A lucky canteen volunteer draw took place at assembly last Friday with Sonja Ward and Anita Younger being the lucky winners. We would like to thank Red Kelly's Cafe, Portland and Butcher on Main, Lithgow for gift vouchers and chocolates from the Wallerawang School P & C Association.

The students are enjoying the Sydney Markets Fresh for Kids canteen campaign which finishes on Friday, 19 September, 2014. Each time a student makes a fresh fruit or vegetable purchase from the canteen they will receive a 'Eat Fresh & Win' sticker card. Collect 2 stickers and stick them on an entry form. Once the entry form has been completed and returned to the canteen they will receive a minor prize. The entry forms will be forwarded to Sydney Mar-

kets to go into the major prize draw on the 13 October, 2014.

This week the canteen has apples, bananas, mandarins, kiwi fruits, watermelon and oranges available for 50 cents.

English Muffins topped with ham & grilled cheese for 60 cents will be available for recess on **Tuesday and Thursday**.

Students will be only provided with a spoon for food that has been purchased from the canteen. Students will need their own spoon from home for food that is brought from home.

Debbie Holder



YEAR 6 FUNDRAISING

Chocolate Lotto

Children can buy a number for 20c between 1-100. (similar to 100 club) At assembly each week a number will be drawn and the winner will receive a large block of chocolate! Year 6 will be selling the numbers at lunchtimes.

Chocolate Guessing Comp

We also have a jar filled with chocolates, it is 50c a guess. Year 6 will have a table set up in the playground at lunchtimes. Thank you Year 6 Teachers.

Community Notices

Saturday 25th October 2014 HEARTKIDS Rugby Cup & Clinic

Time: 10am - 12.30pm

Cost: \$40

Venue: Emus Rugby Club,
Woodward Street Orange NSW

All registrations must be submitted by 3rd October 2014
Suitable for children aged between 5-15yrs and
caters for all abilities

For more details or a registration form
contact Mardi on 0416 112 885
or email samantha@life-studio.com.au

All money raise goes to 'HEARTKIDS'
supporting children born with heart disease

Exhibition match between Deadwood Rugby
Club & Central West Invitational Players

Time: 3.30pm

Admission: \$5

PosterMyWall.com



Supported Playgroups

MONDAY

Portland Playgroup 9:30-11:30

Portland Central school, Portland

Parenting Young 10:30-12:30 LINC,

1 Padley Street, Lithgow

TUESDAY

Wallerawang Playgroup 9:30-11:30

Wallerawang Primary school

Sports stadium

WEDNESDAY

Fun at Fatima 10:30-12:00

Cnr GWH & Tweed Rd, Bowenfels

THURSDAY

Cooerwull Playgroup 9:30-11:30

Cooerwull school hall, Lithgow

Each play group is FREE and has a range of children's activities.
Come along and meet some new friends in a fun filled environment.

For more information please call 6354 5906.



Portland & District Swimming Pool 2014 FUNDRAISING BALL

SATURDAY 20TH SEPTEMBER 2014

You are invited to attend the Portland & District Olympic Pool
Fundraising Ball to be held at the Portland Community Centre

Featuring "Camel Toe"

\$40 per head

BYO drinks & food



Doors open 6:30pm

Band begins 8pm

DRESS CODE — FORMAL

FUNDRAISING
ACTIVITIES TO BE HELD
THROUGHOUT THE NIGHT...



PROCEEDS from the night will go towards upgrades at the pool.

Tickets available from Angela @ Portland Pharmacy
OR Simone & Shane Taylor 63 555 511



Mu Yeh Taekwondo



Do you want to improve your self-esteem, self-confidence, self discipline and general fitness? Learn the exciting Martial Art and Self-Defence system of Taekwondo! We cater for juniors, seniors, or the whole family! Mu Yeh Taekwondo specialises in street-wise, women's and children's self-defence. Enquire about our Little Dragons class for 4-6 year olds! Also, check out our new Kick-fit fitness Class for adults. (no martial arts experience necessary)
After 15 years at Wallerawang, we have now moved to our new fully equipped studio at Portland.

For more information phone Master Instructor Steve Ashbridge, 6th Dan Black Belt, on 0409 305 327. You can also visit our website at: www.muyehtaekwondo.com



ENROL NOW

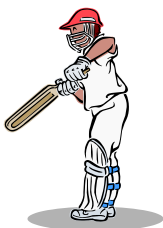
Very child that enrolls into the Bathurst Aquatic Centres Learn to Swim Program before the end of September 2014 will receive a **FREE 20 VISIT PASS!**

Don't miss out!
Call now on 6331 333 to book



Lithgow Cricket

Our Junior cricket Sign Up days are on again We are holding our first sign up days for all age's 10's, 12's, 14's & 16's will be on Thursdays the 4, 11 & 18th September, 2014 these sign on days will commence at 4.00pm and concludes at 6.00pm each day in the auditorium of Club Lithgow. Thanks



Mark Wren Secretary LDJCA

Community Family Fun Day

Portland

@ Saville Park Portland

Wednesday 24th September

11am-1pm



Games for all children



Sausage Sizzle

JUMPING CASTLE



Bring the family along for a great community fun day

All Activities & Food are Free

(This event will be cancelled if raining)

Hosted by



Expressions of Interest for the next Futsal Competition (Indoor Soccer)



WHO CAN PLAY?

Girls, Boys

Friday Night Competition subject to demand we will be running the following age groups: Minis and Juniors U/6's, U/8's, U/10's, U/12's, U/14's

WHERE DO I PLAY?

Wallerawang Indoor Sports Centre,
Barton Avenue,
Wallerawang
(next to Wallerawang Public School)

HOW DO YOU REGISTER OR EXPRESS YOUR INTEREST?

Contact Carleen on 0402 205070
or email cpc_chook@hotmail.com

REGISTER YOURSELF OR A TEAM

**Need to register by contacting
Carleen no later than Friday 26th
Sept 2014 with rego forms filled out
and rego fee handed in by Wednesday 8th October.**

Registration and Competition Fees will apply

Looking at starting on Friday 10th October 2014

To hand in the registration form or get a registration form you can come down to the Indoor Centre on a Wednesday night, anytime between now and 8th October (except on school holidays) between 7pm - 9.30pm.

For further information contact Carleen on the above details.



Want to give your child a successful start at school?

(Home Interaction Program for Parents and Youngsters - HIPPY)

HIPPY is a free, government funded program, for Lithgow, Wallerawang and Portland designed to help parents prepare their children for school. Materials, guidance and home tutor support are all provided. The focus is on parents spending about 10 minutes a day doing the interactive activities with their children, to build pre-literacy and numeracy skills. HIPPY aims to further develop parents' skills and confidence to better help their children prepare for a successful start at school.

Employment opportunities are also available to parents. Centacare requires part time Home Tutors to assist with delivering the HIPPY program. Centacare is accepting enrolments for 2015 from families living in the Lithgow, Wallerawang and Portland areas with children in the **year prior to starting school**, usually around 4 years of age (Note: Children must turn 4 years on or before the 31st July 2015).

Interested parents / caregivers can contact Hippy Bowenfels on telephone: 6352 4868 or mobile 0409 362 663 or email hippy@centacarebathurst.com.au

HIPPY Bowenfels is funded by the Australian Government Department of Education through the Home Interaction Program for Parents and Youngsters.



CJ's Gifts From The Heart
I have a gift for all!
Chantelle Johnstone

27 Pipers Flat Road
Wallerawang NSW 2845
0428185914
channii.jj@gmail.com
find me on facebook.

Wallerawang Lidsdale Progress Association



Wallerawang Lidsdale Progress Association is looking for proactive and forward thinking people to join us to help revive and enhance our town.

We would also like the our towns folk to let us know of persons in our community they think should be nominated for Citizen of the Year for our Australia Day celebrations in January.

Everyone is welcome to come to our meetings which are held at the Wallerawang Bowling Club on the first Tuesday of the month at 6.30 pm.

Contact can be made with Ros Francis at desrosf1@bigpond.com or on 63551954.

Jackeroo Ranch

Horse Riding Spring School Holiday Riding Camps

Jackeroo Ranch (est 53 Years) and recently relocated to Bingletree Station at Upper Turon, are again running their popular horse riding camps in the winter vacation.

1st week:

Saturday 20th September – Saturday 27th September

2nd week:

Saturday 27th September– Sunday 5th October

Shorter stays are possible if camps are not fully booked. These camps are for "horse-mad" children aged from 6 to 16 years. Five to six hours per day are devoted to horse activities including a one hour lesson and three hour trail riding in the beautiful Turon Valley– with tuition still being given. As well, campers are taught grooming, saddling, haltering and catching a horse with safety aspects and many other facets of horsemanship. Previous experience not necessary as beginners to advanced riders are catered for. We specialise in teaching nervous riders and developing their confidence. **This is "not just a camp"** it's a wonderful farm experience your child will treasure forever.

Enquiries: Mrs Pattie Hudson- Phone 6337 7173
(Nights are best)

www.jackerooranch.com.au



The Salvation Army's

Simply Delicious - Kids

A chance to learn to cook, like a Chef, from a Chef!



School Holiday Event!!

for 8-12 Year olds

*Tuesday 23rd September, 9.30 to 2pm,
at Lithgow Salvos, Cnr Cook & Mort Street*

\$10 per Child (Max \$20 for a family).

*On the day we will look at the Food Pyramid - Healthy Options &
Food Categories; Lunch Box Ideas; Sample Some Unusual Vegetables &
Fruits; and of course Cook A Yummy Simple Lunch.*

*To register, or for more information, head into the Family Store,
101 Main Street, Lithgow.*

(Book your spot, with your rego fee, Quick!!)



*Parents/Guardians: There will be plenty of adults on hand to
supervise, help and to ensure your children are safe at all times.*

Key points to remember around schools

1

In and out of the car

To comply with national child restraint laws, your child should be restrained in the car as follows:

0 – 6 months

Approved rearward-facing child car seat

6 months – 4 years

Approved rearward-facing or forward-facing child car seat

4 – 7+ years

Approved forward-facing child car seat or booster seat.

Make a rule that every child passenger must be securely buckled into a seatbelt or child car seat before you start the car.

A sleeping child must remain firmly buckled up while the car is in motion.

Reward your child with lots of praise for good road safety behaviour.

Assist your young child to buckle up – always check the buckle and make sure the belt is not twisted.

Ensure your children always get in and out of the car through the 'safety door'. This is the rear kerb side door of the car.

Never allow children to get out of the car on the traffic side.

When possible, children should remain in the car until an adult opens the 'safety door'. This helps ensure that children get out of the car safely.

Children aged between four and seven years 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 a child car seat.

A child that is properly secured in an approved child car seat is less likely to be killed or injured in a car crash than one who is not.

NEVER leave a child of any age in a vehicle without supervision. A small child may rapidly suffer from dehydration, heat exhaustion and consequent organ failure. Older children could play games that may lead to danger.



For more information visit
roadsafety.transport.nsw.gov.au



Transport
for NSW

Centre for Road Safety