



Wallerawang Public School Newsletter



77 Barton Avenue
P.O. Box 21
Wallerawang 2845
Ph: 02 63551210
Fax: 02 63557003

What's On? When?

Uniform Shop
Tuesdays
2:30-3:30pm

**Wear Football
Colours Friday 19th
gold coin donation.**

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

This Friday 12th September

Assembly 9:15am

Stage 3 Creative
Arts Project at
Lake Wallace

September 11th 2014 Term 3 Week 9

From the Principal's Desk

As term three draws near to closing I take this opportunity to thank staff, students and parents for the welcome, understanding and support you have given me upon returning to the school at the beginning of term three.

Wallerawang School is a wonderful learning centre for all the children in the local community and I am incredibly humbled to find the way in which all the children across the school work so well together in cooperation with the teachers. Our classrooms are happy and vibrant places where the teachers are giving their best each and every day.

Walking around the playground at recess today was an absolute delight also. I saw so many happy kids playing in such a constructive ways with each other. The playground is full of all sorts of special places where everybody can choose something to do that suits them and allows them their own space and place to be. The seating, the playground equipment, the handball courts, the stepping blocks, the grass area and sports field are all being really well utilized. I would like to acknowledge the wonderful work done by the teaching and support staff who have all helped create such a positive place for each and every child to play.

I would like to acknowledge the wonderful support of the P&C and parent volunteers for their effort with providing kids the option of purchasing **Father's Day** gifts last Monday and Tuesday. The initiative of these volunteers to provide such a service to the kids is just superb.

Last week was **Legacy Week** across Australia and Mrs Warner and selected students did an outstanding job selling badges and wrist bands to support the wonderful work of legacy. Thank you is extended to all families for their support of this important organisation. We have a very busy week ahead of us next week with a Touch football Gala Day on Tuesday, the Cricket T20 Gala Day and Year 1/2 teachers attending ongoing training in the L3 teaching at Bathurst on Wednesday followed by the Stage 1 excursion to Featherdale Wildlife Park on Friday. What a great way to end the term.

School Assembly

Parents and carers are invited to come along tomorrow morning 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.

Duncan Auld

Principal - Wallerawang Public School



Dear Parents/ Carers,

On Sunday I had the pleasure of being involved in the Cancer Fundraiser at the Wallerawang Bowling Club, once again the generosity & support of our town never ceases to amaze me. I am humbled by the willingness of people who give their time to the organisation of such events & those that donate both goods & services to ensure those who are faced with life's challenges are given some financial support to lighten the load. The Bowling Club with their willingness to support such events is an incredible asset to the town and their hard working committee deserve a huge Thank you. I would like to personally thank Amanda, Craig, Chris & Tammy Brown for their support & selflessness. To the families & staff from our school who took the time to attend & to donate – we value your contribution. I was interested to hear the response from the Camp Quality representative who clearly outlined that their best support comes from the smaller communities like ours, although it is certainly no surprise to any of us who are involved in these events. As I have said before in both times of need & celebration our community comes together & Sunday was no exception.

Ed & I would also like to say **thank you** to everyone who has taken the time to enquire after his well – being. We appreciate & value that you took the time to think about us. It certainly makes you put things in perspective & makes you reflect on the important things in life.

Jenny Lamborn

Assistant Principal

Sports News



Gala Days

The Touch Football Gala Day has been rescheduled for Tuesday, 16th September from 10 a.m. at Tony Luchetti Sports Ground, Lithgow. Teams will stand as they are and training take place on Monday.

The NSW T20 Cricket Gala for boys and girls has been scheduled for Wednesday, 17th September. All participants have received notes and must be returned on Monday 15th September.

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

Fruit & Veg Month

Fruit & Veg Month runs from the 25th August-19th September. It is an initiative of the Healthy Kids Association with the support of the NSW Ministry of Health.

This year's theme is "Rainbow Journey". Children should eat fruits and vegetables of many different colours every day to help ensure they are getting a wide variety of nutrients.

Vegetables, both raw and cooked, are a great snack. Research shows Aussies don't eat enough of them. Try making your kids veggie chips. Just finely slice carrots, parsnips, potatoes, zucchini, sweet potato, and pumpkin. Toss them in a small amount of olive oil and garlic powder, then bake until crisp.

Quesadillas are a quick and easy snack. The great thing is you can fill the tortillas with whatever veggies you have: corn, beans, tomatoes, capsicum, onion, or anything else you have in your kitchen. Add some low-fat cheese and you have a delicious, healthy snack.

Fruit smoothies are great! They can be made with fresh or frozen fruit, low-fat yogurt, and a splash of 100% fruit juice or milk. Use a variety of fruits to make drinking smoothies interesting and fun!

Fruit salads are a good way to increase your child's fruit intake. Ready chopped, bite sized fruit of different colours are very appealing. Try adding chopped fresh fruit into yogurt or cereal for texture and flavour. Bite-size pieces make it easier and more likely it'll be eaten.

www.healthy-kids.com.au/parents/ is a great source of healthy meal and lunchbox ideas.

Fruit & Veg Month Competition

Students are invited to enter the Fruit and Veg month competition for a chance to win a Veggie Twist game – a 'veggie' take on the well-known Twister game. Entry forms are available on our school website <http://www.wallerawan-p.schools.nsw.edu.au/> under the 'News' tab or are available from class teachers or the front office. A sample form is included in this week's newsletter on page 8 for illustrative purposes only. Completed entries should be sent directly to the address shown on the form. **Entries close Friday 10th October.**

Crunch & Sip Reminder

During Fruit & Veg Month it is timely to remember that all classes participate in Crunch&Sip daily. Crunch&Sip is a break during class when students can refuel on fruit and vegetables and rehydrate on water.

Crunch&Sip reinforces the nutrition messages in the PD/H/PE curriculum. By making fruit and vegetable eating and water drinking normal in the classroom, healthy habits can be formed and continued into adolescence and adulthood.

Students are also more likely to eat their fruit or vegetables and drink their water if their friends and peers are all doing it too!

Please make sure your child has a piece of fruit or vegetables and a bottle of water each day.

We request that fruit sent in is 'ready to eat' (eg oranges cut into slices) and suitably sized to ensure it can be eaten in a reasonable amount of time.



Katy Perry

A wonderful opportunity has just been given to our school!!!! Telstra has a competition running at the moment where schools in Australia can apply to have the chance for Katy Perry - Singer, come to our school and also win \$10,000 for our performing arts bank account! There are also two runners up prizes of \$5000.00 to win as well!

So we are going to enter.

A few staff members along with some students are going to make a short creative video that will promote our school and the talent that we have! I have spoken to a few people about being a part of this short film. We will be filming next Tuesday afternoon in the hall. If you would like to be in the video or help in any way please talk to me ASAP!

Kelly Gurney

LaST Teacher



Excursion News

Stage 1 Featherdale Excursion

Stage 1 children are busily getting ready for our excursion next Friday to Featherdale Wildlife Park. A reminder that all money is due by **Monday 15th**. We will have a stage meeting on Tuesday to discuss any questions the children may have and to clarify any rules. A note will go home early next week with more information about the excursion. Thanks to the parents who offered to assist with the excursion. Those successful in the draw have been notified. If you have any questions please contact Mrs Brown.

Amanda Brown



SRC

Footy Colours Day - Student Representative Council

The SRC are organising a Footy Colours Day for the last day of school this term with all monies raised going to the Fight Cancer Foundation. We are asking that if your child would like to dress up in football associated clothing that they bring along a gold coin donation to give to the Cancer Foundation. The SRC see this as a very important cause and an opportunity to give back to the community. Your participation and donations would be very much appreciated. Thank You!

Student Council Representative,
Sam Petersen

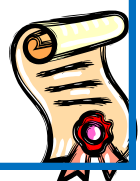


Fathers Day Stall



Assembly Photos Week 8







Instrumental Stars



P&C News

CANTEEN ROSTER

Thursday	11/9	K. Taylor, S. Giles
Friday	12/9	L. Bradford, R. Bradford & M.
Monday	15/9	A. Forrest, R. Edwards
Tuesday	16/9	K. Gunnulson, R. Doalman
Wednesday	17/9	B. Wootton, J. Trestrail

P&C NEWS

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

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 Markets 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**.

Yoplait yoghurt (125ml) tubs in Mango, Mixed Berries and Strawberry flavours are available from the canteen for \$1.20.



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.

100 Club

Chance to win \$100.00. you can find this at the front office \$2.00 a number.



Teachers - photocopy this form and give it to your students so they can enter

Individual student competition

Enter for your chance to win a Veggie Twist game - a veggie take on the well known Twister game! Three children from each year (K-6) will win - a total of 21 prizes.

To enter:

Draw or write all the different fruit and vegetables eaten in your house over 3 days	How many different kinds of fruit and veg?	How many different colours of fruit and veg?
DAY 1		
DAY 2		
DAY 3		

SAMPLE ONLY

A4 Entry Forms are available from class teachers, the front office and on our Website at <http://www.wallerawan-p.schools.nsw.edu.au/> under the "News" Tab

Entries Close Friday October 10 2014

Complete this sentence:
I've really enjoyed eating _____ insert names of fruits or vegetables here
this week because _____

Student name: _____
Student's school year (K-6): _____
School: _____
School address: _____

SEND YOUR ENTRY INTO:
Fruit & Veg Month competition,
Healthy Kids Association,
Suite 108, 16 Cambridge St,
Epping NSW 2122

Fruit & Veg Month 2014 7

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

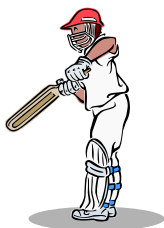
Very child that enrolls into the Bathurst Aquatic Centres Learn to Swim Program before the end of September 2014 will receive a **FREE 20 VISIT PASS!**

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.

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



For Sale Cute Baby

Guinea Pigs

\$5.00 each

63 551 908 after 3pm



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.



This Certificate of Appreciation is awarded to

Wallerawang Public School



Jeans for Genes®

Thank you for participating in Jeans for Genes 2014
and helping to create a healthier future for all children.



Proudly supporting Children's Medical Research Institute
Celebrating 21 years of Jeans for Genes

Key points to remember around schools

2 Driving near school buses

There is a 40km/h speed limit for traffic passing a school bus that is setting down or picking up school children.

This speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.

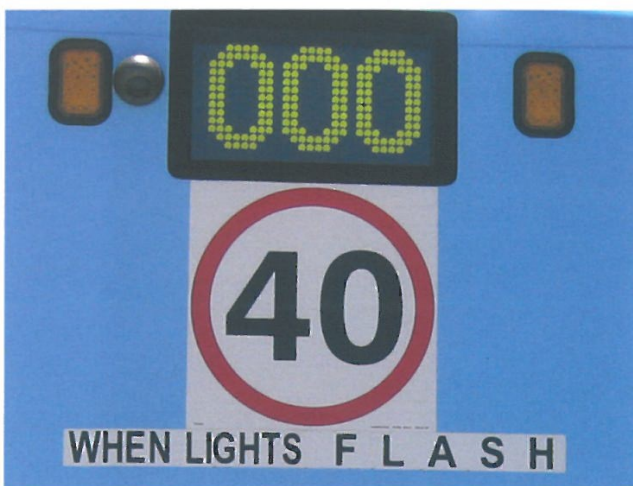
The 40km/h speed limit must be obeyed when the rear **wig wag** lights on the bus flash.

Flashing headlights on these buses also alert oncoming motorists that children are close by.

As a driver, remember: When the lights on the bus are flashing, you must slow down to 40 km/h.

Never park in or near a bus stop or bus zone.

For information about fines and demerit points, visit rms.nsw.gov.au



3 On and off the bus safely

Your child is most at risk in the minutes after getting off the bus. You can reduce this risk.

Meet your child (or arrange for another trusted adult to meet your child) **AT** the bus stop, **NEVER** on the opposite side of the road.

Wait until the bus has been driven away before choosing the safest place to cross the road, then follow the usual road crossing procedures with your children.

STOP! One step back from the kerb.

LOOK! For traffic to your right, left and right again.

LISTEN! For the sounds of approaching traffic.

THINK! Whether it is safe to cross.

Teach your children to keep turning their head in both directions to look and listen for traffic as they cross the road.

While waiting at the bus stop, stand well away from the passing traffic. Never wait right at the kerb.

Remind your children that when a bus is fitted with seatbelts, they must buckle up.

Until they turn ten, hold hands with your child as you cross the road.



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



CIRCLE of SECURITY

Circle of security is an early intervention program that focuses on relationships that support children to feel secure.
Secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions.
The program supports parents to look beyond a child's behaviour and identify the relationship need.
For parents of children 0-12 years old.

When: Fridays (8 weeks) 17 Oct to 5 Dec 2014

Time: 9.30am -12:00pm

Pre Group Interview by appointment 10 Oct

Where: LINC Padley St Lithgow

Suitable for all parents/ carers who want to be
"good enough parents" and delight in their children.

COURSE IS **FREE**
BOOKINGS ESSENTIAL AS PLACES ARE LIMITED
CALL: Relationships Australia 6333 8888

For more information visit <http://www.nsw.relationships.com.au>

WALLERAWANG PLAYGYM

PROGRAM OUTLINE TERM 4 2014

WEEK	THEME	Tuesday Wallerawang(10 weeks)
1.	Up & Down	07/10/14
2.	Animals	14/10/14
3.	Jumping	21/10/14
4.	Rain & Sea	28/10/14
5.	Horses	04/11/14
6.	Numbers	11/11/14
7.	Body Games	18/11/14
8.	Over & Under	25/11/14
9.	Walking & Running	02/12/14
10.	No Playgym	Hall unavailable 09/12/14

Playgym is free of charge for term 4 2014, however to assist with running costs a donation would be much appreciated

NOTE: Registrations for Term 1, 2015 will be undertaken in weeks 7, & 8

Evaluations will be undertaken in week 8

If you have any problems please phone and let us know on 4782 2133.

Group Co-ordinators: Fiona: [Monday, Tuesday, Thursday]

Therapy Aide: Wendy: [Monday, Tuesday, Thursday]

ALL GROUPS ARE OF 45 MINUTES DURATION

GROUP TIMES

10:30am Under 3's
11:30am Mixed Ages

Katoomba Community Health Centre
P.O. Box 1211
KATOOMBA NSW 2780
Ph: 4782 2133
Fax: 4782 5259

Providing health services to the communities of Hawkesbury * Penrith * Blue Mountains * Greater Lithgow