



Wallerawang Public School Newsletter



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

July 30 2015 Term 3 Week 3

What's On? When?

**No Assembly
this Friday**

**Uniform Shop
OPEN
Mondays
2-3pm**

**Book Club
Orders
have
closed**

**District
Athletics
Carnival
Friday
31 July**

**Jeans for
Genes Day
Friday
7 August**



From the Principal's desk

This week schools all around NSW are celebrating 'Education Week.' The theme for this year's celebrations is 'Our Local Heroes.' Education Week in our local network was officially recognized on Tuesday with a special ceremony at the Bathurst Memorial Entertainment Centre with 39 schools represented, which included principals, student leaders, P&C representatives and parents. It was a warming ceremony and showcased talent from across the whole area.

Mr David Bird (P&C Secretary) on behalf of the WPS P&C Association attended the ceremony and accepted a special Education Week Award on behalf of our P&C which was presented to him by student leaders Piper Anderson and Cooper Nunan. Also in attendance was Chloe Petersen, Shelby McCann and Connor Marshall representing our school as leaders along with the following girls that were selected to be a member of the 2015 WGEC choir that performed 2 songs at the opening celebration. They were; Ella Zorz, Madeline Holding, Tiarna Wright, Emily Brown, Macayla Lamb, Kyla Isley, Shelby McCann and Sophie Lane.

Yesterday we held our Annual Open Day, Special Assembly and morning tea. The event this year was dedicated to Simon Williams, our dearly departed friend and mate, who passed away following a tragic accident on the 15th July, just a couple of weeks ago ('fondly in the hearts of all').

The hall was filled with special guests who included parents, staff, visitors, students and extended families. In celebrating 'Local Hero's' school staff invited Mr Brett Croucher and Mr Chris Brown to attend our ceremony as invited guests. Brett recently received a Westfund Community Hero Award for his services to the community, and Chris Brown received the Runner Up Award in the same category of Services to the Community. Unfortunately Mr Brown was unable to attend the event. Mr Croucher spoke on his experience in supporting people, events, tragedies and other community service work. Children were very interested in his words and also participated by thinking about who are their hero's, how do they become heroes, what makes them special, and so on.

Children from Kindergarten, Stage 1, Stage 2 and Stage 3 all performed and entertained the audience with a special array of song, interpretation and drama. Parents were in awe of the talent and fun we are able to demonstrate in working with the kids. Special thanks is extended to staff and students alike who worked together to arrange a great day for all of us yesterday. See from page 4 for a list and photographic summary of award recipients from yesterday's assembly.

For reports on Sports events this week see pages 2 and 3.

Today students have participated in the character education assembly known as 'The NED Show.' This program centres around 3 important messages that have lifelong relevance – 'never give up', 'encourage others' and 'do your best.' The program was presented using storytelling, magic, humour and yo-yo tricks. See next week's newsletter for a full report.

On Friday children selected to attend the District Athletics Trials will participate at Jim Monaghan oval to compete against other district school representatives, all hoping to make higher level representation at a Western Region level. Approximately 50 children will represent our school. As Wallerawang staff are hosting the carnival this year, the P&C will also run a canteen on the day. Mr Campling will act as

event coordinator and also in attendance to manage events will be Ms Foster, Mrs Lamborn, Mrs Nancarrow and Ms Mitchell. The carnival begins at approximately 9:30 am and will finish before 3:00 pm. Best wishes to the whole district squad.

The next general school assembly will be held on Friday 7th August. Public Speaking trophies, level awards and other recognition certificates will be handed out on the day. Families are always welcome to come along to our assemblies and help celebrate children's successes with us all. We will also participate in the 'Jeans for Genes' fundraiser that day.

As we travel full steam ahead into term 3, I encourage families to make appointments with teachers where necessary, arrange to speak with assistant principals where needed and stay on top of any enquiries you may have around schooling, ability, peer relations, homework and more. To arrange an appointment contact the school office directly.

Duncan Auld
Principal

Write On Competition

The annual BOSTES Write On writing competition is now open.

Students may submit an imaginative story of up to 500 words. Using the photograph below for inspiration, students compose a short imaginary piece of writing. This may include: narrative, letters, poems, scripts for radio, film and play, interviews or journal entries.

Students will need to be able to: engage the audience, write using a consistent structure, use clever writing devices, use a variety of language and punctuation and show evidence of planning and editing.

The competition is open for students in years 1-6. School winners will be presented certificates at assembly. The presentation of certificates for state winners will be held at the State Library of NSW on 16 September 2015.

Student entries to class teacher by Wednesday 12th August.

Happy Writing, Coordinating teacher- Ms Kym Fahey

Website-<http://news.boardofstudies.nsw.edu.au/index.cfm/2015/7/10/WriteOn-2015-reminder>



Sports News

Senior Girl's and Boy's Futsal

On Tuesday our Senior Girl's and Boy's Futsal teams travelled to Penrith to compete in the State Knockout. The Boy's team under the expert guidance of Mr Chapman and Mr Howell, played 3 games. The boys used great skills to win one of their games.



The Girl's having never played a game of Futsal before really did our school proud. Mr Chapman worked hard in a short amount of time to quickly teach the girls the rules and some kicking skills. The girl's played 5 games and went from strength to strength throughout the day. They won one of their games and always tried their hardest.



Mrs Brown was so proud of both teams as they displayed fantastic sportsmanship and never gave up. A huge 'Thank you' to the parents who transported children and became our cheer squad. A special thank you to Mrs Taylor who put her body on the line to take our team photos!

Please return your uniform to Mrs Brown as soon as possible.

PSSA Touch Football

The first round of the PSSA Touch Football competition was played on Monday against Portland Central School in both the boys and the girls. With little preparation leading up to the match both teams came away with good wins.

The girls team consists of players Sophie Lane, Sophie Clark, Lisa Su, Tia McMillan, Katahna Woolsey, Shelby McCann, Bethany Hagar, Hannah Lambert and Lily Forrest. Thanks goes to Tammy Brown who had spent several training sessions with the girls last term to teach them the finer points of the game. Tries during the match were scored by; Katahna Woolsey(2), Sophie Clark (2), Lisa Su, Shelby McCann and Bethany Hagar.

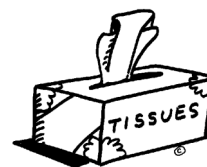


The boys team have had little chance to train as a team but still came through with the goods. The team consists of the following boys; Ben Fraser, Ryan Neale, Donny & Roman Peters, Lachlan Taylor, Wil Stockton, Eamyn Quinn, Saezar Scanlan, Kye Cameron, Cooper Nunan, Byron Lamborn and Bailey Brown. The end score was 25 to nil, but to Portland's credit they never gave up.

The next round will be played against Lithgow Primary in the boys and the girls with Lithgow the host school. The boys team is being coached by Corey Stockton and we thank him for his time and commitment. A photo of the boys team will appear following the next round.

ARRchooo!! Cough, cough, cough!!

It's that time of year when there are lots of coughs and sniffles. We would greatly appreciate if you could send a box of tissues in for your child's class room.



Thank you.

Free NDIS Setup Planning



www.breakthru.org.au/iamable

With I am able, the choice is yours

The introduction of the National Disability Insurance Scheme (NDIS) is an exciting time for people to select the disability support that they receive, and how it is provided.

Using our innovative *I am able...* program, we work with you to choose from a range of services to develop a package reflecting your needs. A person-centred approach is central to working closely with you so you get the experience you desire.

Break Thru is ready to work with you to develop a comprehensive NDIS *I am able Setup Plan*. The *I am able Setup Plan* will maximise the supports you receive so that you get the most out of your NDIS Plan.

With over 20 years' experience in the disability sector and links to a host of services and providers, Break Thru empowers thousands of people, families and carers every year to create their own futures. Work with us to develop the package you want.

Call for a free I am able Setup Plan (value \$180)
Phone: 1800 184 612

Petition for Barton Ave Pathway

If you would like to support the construction of a dual purpose pathway starting from the intersection of Barton Ave and Forest Ridge Drive to the indoor sports stadium, a petition is available at the school office for you to sign.

It is envisaged that this pathway will accommodate both pedestrian and cyclists and provide a safe route joining up with existing pathways around Lake Wallace.



Meet Ned



The Ned Merchandise Yo-yos will be distributed tomorrow Friday 31st July.

Thankyou

Mrs Warner



Nutrition Snippet

The simplest way

...to make a healthy curry

Chickpea + Veggie curry

1 teaspoon canola oil
1 onion, chopped
3 cloves garlic, finely chopped
1 tablespoon ground cumin
1 tablespoon ground coriander
1 tablespoon curry powder
400g can chickpeas, drained and rinsed
½ zucchini, chopped
3 carrots, chopped
1 cup frozen green beans
400g can tomatoes (no-added-salt)
165g can reduced-fat coconut milk
4 cups cooked rice (from 1 ½ cups of uncooked rice), to serve



Method

Heat oil in frypan or pot and fry onions, garlic and spices for 2 minutes -- Add the rest of the ingredients and simmer with the lid off for 15-20 minutes -- Serve with rice
Variation: you can use a variety of vegetables in this curry. Potatoes, broccoli, cauliflower and capsicum all work well.

For more information visit

www.eatitbeatit.com.au

or join us at [facebook.com/eatitbeatit](https://www.facebook.com/eatitbeatit)



Academic Awards

Arahna McCann
Jim Epton
Harley Beck
Alexandra
McLoughlan
Wyatt West
Joshua Doalman
Rebecca Karini
Grant Davidson
Zara Phillips
Ned Alexander
Jai McMillan
Leah Hawken
Charlotte Jackson
Jessica Wardle
Jacova Woolsey
Paige Woolsey
Zac Camberwell
Tylah Piggott
Ella Zorz
Wade Fraser
Tiarna Wright
Piper Woolsey
Olivia McDonald
Tia McMillan
Katahna Woolsey
Macayla Lamb
Jay Murray
Blake Murray

Citizenship Awards

Shelby Anthes
Mitchell Lane
Andrea Fitzgerald
Harry Milne
Joshua Diamond -
Chew
Alexis Rich -
Hughes
Bryce Carter
Clancy Scanlan
Summer Mason
Ruby Bradford
Abbey Taylor
William Cathie
Ella Williams
Ashton McDonald
Ella Houlison
Thomas Seton
Tayla Murray
Holly Mason
Nitika McCann
Lorand Saunders
Noah Jewell
Ethan Creek
Lisa Su
Ethan Fitzpatrick
Mitchell Jewell
Faith McManus

Community Awards

Kylie Mason
Tammy Brown
Rita Doalman
Quentin Anderson
Annali Bird
Luke Bilby
Kylie Williams
Alison Jackson
Chris Brown
Corey Stockton
Katena Taylor
Ashlee Phelan
Leanne Houlison
Angela Seymour
Nicole Neale
Leigh Fitzpatrick
Simone Burns
Ann Forrest
Karen Desch
Jason Shanahan
David Henninger
Sharon Giles
Anna Fitzgerald
Ashleigh Morris
Kimberley Graham
Sheree Scanlan
David Bird
Glenda Schroder

Our WGEC Choir



Education Week Special Assembly



Education Week



Education Week





Wallerawang Public School



- ♦ Taking Enrolments for 2016
- ♦ Parent Information Evening Thursday 20th August 2015 at 7:00pm
- ♦ Kinder Orientation Morning Thursday 27th August 2015 from 10:00 - 11:10am



Sports Uniforms

A reminder that uniforms for Rugby League and Touch Football need to be returned to Mrs Lam-born or Mr Campling as soon as possible please. Also uniforms for Futsal to be returned to Mrs Brown.

PVC Semester 1 Return 2015

Parents and carers are advised that Transport for NSW has been reviewing PVC subsidy claims for accuracy because it has introduced a new computer system and this has caused a delay.

This has also deferred for a short time, the attendance days collection process for all schools.

We understand this overall will lead to a delay of several weeks compared to the usual processing time.

Transport for NSW has advised us they are apologetic for the inconvenience.



It's back!

Earn 1 sticker for every \$10 you spend.



1. Collect Earn & Learn Stickers - 1 for every \$10 you spend at Woolies.
2. Stick them on a Woolworths Earn & Learn Sticker Sheet. You can pick one up from Woolies or at school.
3. Once filled, pop into a Collection Box here at school or at Woolies in store.
4. When the promotion is finalised and tallies are complete, schools get to choose amazing new educational equipment.

CANTEEN ROSTER

Friday July 31	Kylie Williams Kylie Armstrong
Monday August 3	Ann Forest Renee Edwards
Tuesday August 4	Megan Baxter TBA
Wednesday August 5	Carol Chew Megan Baxter



- Lithgow Basketball will be running Aussie Hoops Program commencing 28th July 2015
- Game development program for 5-10 year olds
- Cost: \$60 includes ball, singlet and other items
- To register for the Lithgow Program or for further information go to www.aussiehoops.com.au or contact 6352 1635
- **IT'S NOT TOO LATE, REGISTER TODAY!!**

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 Kick-fit fitness Class for adults. (no martial arts experience necessary)

After 15 years at Wallerawang, we have now moved to our 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.muyeh.taekwondo.com

Y - NOT KANGA HIRE

TONY & CAROL MCSORLEY
02 63 551 157
TONY 0438 425 216
CAROL 0437 499 057
5 ADAMS LANE
WALLERAWANG NSW 2815

y-notkangahire.com.au



Black Gold Crib Room Restaurant

Open for a Café Style Breakfast
& Morning Tea

Or just a Cup of Tea or Coffee
Weekdays from 6:00am - 11:00am
Weekends from 8:00am - 11:00am



Dinner Monday - Saturday from 6:00pm

Lithgow Motor Registry is being refurbished from 5pm Friday 26 June

Plan ahead and complete your transactions early.



During the refurbishment, transactions can be completed online at service.nsw.gov.au or by visiting:

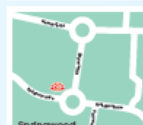
• Bathurst Service Centre
Cnr Mitchell Hwy and Bradwardine Rd, Bathurst
Open: 8:30am to 5:30pm Monday to Friday
8:30am to 12pm Saturday



• Blue Mountains Agency
2-6 Civic Place, Katoomba
Open: 8:30am to 5pm Monday to Friday



• Orange Service Centre
122-124 Kite Street, Orange
Open: 7am to 7pm Monday to Friday
8:30am to 3pm Saturday



• Springwood Motor Registry
Shop 1, Raymond Mall, Cnr Raymond Rd and Springwood Avenue, Springwood
Open: 9am to 5pm Monday to Friday

For more information about Service NSW or the refurbishment: visit service.nsw.gov.au or call 13 77 88.

Find us on:

180 100 00 00



Nutrition Snippet

The simplest way

...to add veggies, every day!

Eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent. Yet most adults don't eat enough of either, particularly veg – and what adults eat affects the whole family.



Did you know legumes like baked beans are a type of vegetable?

Add legumes across your day to get some extra veg in:

- Baked beans on toast for brekky, or an easy dinner, or pack a small tin for lunch
- Add drained chickpeas to your salads
- Red Kidney beans make a tasty addition to bolognese sauce, add towards the end of cooking.

Eating veggies doesn't have to be complicated – aim for five serves a day, across your day.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

Eat It To Beat It

Key points to remember around schools

4 Hold your child's hand

As pedestrians, children can be easily distracted and are often too small to be seen by drivers. They may be unable to predict or identify dangers and tend to act impulsively.

Talk with your child about safe behaviour on the footpath – it is not a safe place to play. Include discussion on the dangers of vehicles that may be entering or exiting driveways.

Until your child is at least eight years old, hold their hand:

- on the footpath.
- in the car park.
- when crossing the road.

Up until at least 10 years old, supervise your child very closely, holding their hand when crossing the road.

If you cannot be with your child, organise for another trusted adult to accompany them.

After school, meet your child at the school gate. At the end of the school day children may be excited, distracted and tired and may not concentrate on road safety.



5 Helmet and safety on wheels

Your child must wear a helmet when riding a bike in any public place – it's the law.

Your child's helmet must comply with the Australian and New Zealand Standards. It must be securely fitted and fastened on their head.

Check that your child wears a bicycle helmet whenever playing or riding on wheels – bikes, foot scooters, rollerskates, skateboards or rollerblades. The helmet should be firmly buckled so it fits without wobbling or slipping to the sides. It must protect the forehead.

Although children quickly learn to pedal, steer and brake, they are not ready to cycle near traffic or on the road.

Children under 12 and adult riders accompanying and supervising them may ride on the footpath, unless there are signs specifically prohibiting cycling.

When riding on the footpath, cyclists must keep to the left and give way to pedestrians. Children need to take special care at driveways where vehicles may be driving in or out. At intersections, children must dismount and wheel the bicycle across the road as a pedestrian, following the 'STOP! LOOK! LISTEN! THINK!' procedure.



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