



## SANDY BEACH PUBLIC SCHOOL

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Principal: Diane Blevin

Issue 4 March 20, 2019



Hello parents, carers and friends of Sandy Beach Public School,

As you drive by our school on Solitary Island Way you might have noticed our new school sign funded by the P&C from 2018 fundraising. Many thanks again for your support of the school. Last Friday we held our annual draw for families who have paid the school contributions. Congratulations to the Murgatroyd family who won the family pass to Dolphin Marine Magic.

### Library Monitors

On Monday morning assembly we presented the library monitor badges to Fern Albrow, Amber Albrow, Isabella Beszant, Jazarra Moore and Montana Walsh. These students have been a wonderful help to the running of activities at lunchtime in the library. We apologise for the long wait for badges. A photo is posted on our school Facebook page.

### Harmony Week

Tomorrow we are celebrating Harmony Week. It is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

All students have been asked to wear orange or multicultural clothing and will be participating in multicultural activities in class. We are also looking forward to visiting performers from Woolgoolga High School.

### Bell times

As a trial this term we have slightly altered bell times to allow for lunch to be eaten in first break and second break is a snack before playing. The P&C were consulted as well as the canteen supervisor. So far this seems to be working with everyone getting used to calling our breaks first break and second break instead of recess and lunch.

Bell times are:

8:45am	School opens—supervised playground
9:10am	K-6 Assembly Morning session
11:15am	Crunch & Sip - children have water and fruit break during the first session 1st Break/Lunch - eating supervised by a teacher in a designated area until the teacher releases them to play
11:45am	Mid morning session
1:15pm	2nd Break/Recess - eating supervised by a teacher in a designated area until the teacher releases them to play
2:00pm	Afternoon session
3:10pm	Home bell

### Thanks to Volunteers

Many thanks to our regular classroom helpers. Your time and energy are appreciated! Your efforts were recently seen at our book covering working bee organised by Mrs Patterson.

### NAPLAN for Years 3 and 5

Practice online tests will be occurring next week to familiarise students with the new online tests. Please see the information letter attached regarding the NAPLAN tests to be held early Term 2.

### PSSA Sporting Trials

As the year progresses some of our students are attending trials for representation in the North Coast Sports teams. On Monday Noah Fluechter travelled to Grafton for Basketball try outs and successfully made it into the North Coast Team. On Tuesday Harry Clark, Billy Franz and Alicia Murray went to soccer try outs to represent our school. Thank you to Mr Murgatroyd for organising notes and to parents for providing transport.

### Road Safety

It has been brought to our attention that some parents are parking on western side of Saye Close and getting out of the car on the street side. This has caused a few near misses as people are driving down the street. Please ensure the safety of your children at drop off and pickup times.

### Scholastics Book Club

We currently do not have anyone coordinating this online buying of books as it was completed by a parent who volunteered, who has since commenced working. At this point in time there will be no purchasing available. We do promote reading, borrowing from the school library, local library or purchasing books from local shops is a great way to have lots of literature in your home

Diane Blevin  
Principal

## National Day Against Bullying and Violence

On Friday 15 March, our school joined hundreds of other schools across Australia to participate in the National Day Against Bullying and Violence. The Student Council organised a poster competition where students created posters to display around the school. Congratulations to the following students who won a canteen voucher and a photo with the Student Council:

Early Stage One – Koby Farleigh  
Stage One – Scarlett Holmes  
Stage Two – Keira Stokes  
Stage Three – Hopi Wilder-Gillic

Belinda Musgrave  
Student Wellbeing Coordinator



# Annual Easter Raffle and Hat Parade

Yes, it's that time of year again - our annual Easter Raffle and Hat Parade, which will be held on Friday 12 April, 2019. Hat Parade to commence at 11.50am.

I am asking for donations of Easter Eggs to make up as many prizes as possible. If you would like to donate eggs please drop them to the front office or send them to school with students.

Books of 10 tickets priced at \$1.00 each to sell, will be sent home with all students in the next day or two. If you do not wish to sell these tickets please simply return them to the office. All sold or unsold tickets need to be returned by Wednesday 10 April, 2019.

Thank you in advance for your kind donations.



## Ethics Teacher Training Weekend

Dear Parents and Carers,

**Could you be an Ethics Teacher at our school in 2019?**

Volunteers are needed so that ethics classes can be made available for all families who have requested them. A teaching background is not required.

**An Ethics Teacher training workshop will be held in Coffs Harbour on the weekend of 30/31 March 2019.**

If you are looking for an opportunity to make a valuable contribution to our school, please visit [primaryethics.com.au](http://primaryethics.com.au) and/or contact John Gray, Primary Ethics Regional Manager, Coffs Harbour Bellingen Region, 04 22 333 238, email: [coffsbellingen-region@primaryethics.com.au](mailto:coffsbellingen-region@primaryethics.com.au)

## DATES FOR YOUR DIARY

### **Mar 21**

Harmony Day

### **Mar 23**

P & C BBQ Election Day

### **Mar 28**

Canteen Pizza Meal

### **Apr 1**

P & C Meeting 7pm

### **Apr 4**

Big Veggie Crunch

### **Apr 5**

3/4 Teal Stage Assembly

### **Apr 8**

League Tag Gala Day

### **Apr 11**

Anzac Ceremony

### **Apr 12**

Easter Hat Parade  
Last Day of Term 1

### **Apr 30**

Students Return Term 2

### **May 1**

School Cross Country

### **Jul 3**

A-Thon 'Colour Run'

### **Jul 23**

Naidoc Week Activities

### **Jul 26**

Class Photos

## STUDENTS OF THE WEEK

### **K Lime**

Jackson Wiblen  
Ella MacLeod

### **K Purple**

Noah Waters  
Kennedy Moore

### **K Aqua**

Ahlia Gadsden  
Jaxon Jenkins

### **1 Sapphire**

Isaac Wicks  
Kiarah East

### **1 Indigo**

Leela Mangion  
Aleisha Crean

### **2 Orange**

Khloe Pepper  
Liam Van den Bosch

### **2 Red**

Max Beszant  
Charlotte Wiblen

### **Star Solvers**

Sam Chaseling and Estelle Hacker

### **Classes of the Week**

K Aqua and K Purple

### **2/3 Gold**

Evy Walker

### **3 Blue**

Jaxson Hopkins  
Kyah Rea

### **3/4 Teal**

Daniel Clark  
Hugo Harriman

### **4 Violet**

Bailey Johnson  
Poppy Williams

### **5 Coral**

Ciara Davis  
Tyler Arrow

### **5/6 Ivory**

Maya Mitchell  
Ella Dudgeon

### **6 Turquoise**

Jackson Cheney  
Adele Williams

### **Star Solvers**

Myles Roche and Evy Walker

### **Class of the Week**

4 Violet



# P & C Fundraiser

## This Saturday 23rd March

**We are needing afternoon volunteers** for this weekends **BBQ at the State Elections.**

Donations of cupcakes/slices to sell can be taken to the canteen on Friday or dropped off early on Saturday.

Please contact Amie 0434 678 361



## P & C Meetings

**Term 1**  
Monday 1st  
April

**Term 2**  
Monday 6th  
May

## Canteen News

The Canteen will be needing helpers on Thursday 28 March to assist with our Pizza Meal Deal.



The canteen is always looking for volunteers even if you can only spare an hour or two. Please see Alicia in the canteen. Any help would be much appreciated.

Amie Wallace  
P & C President

***Turn your unwanted items into \$\$\$\$***

Sandy Beach Public School P&C  
invite the wider community to a  
**White Elephant Stall**

Saturday 23rd March

under the COLA at  
Sandy Beach Public School

All members of the community are welcome  
to hold a stall/table

Cost \$10/ table

So have a clean out & earn a bit of cash  
& support our wonderful little school.....

Contact Katrina on 0427868280  
for more info or to book a space....

A sausage sizzle will also be held on site





# Sandy Beach PS Canteen Menu 2019

## CRUNCH & SIP

FRUIT STICK	50c
SEASONAL FRUIT	FROM 60C
FRUIT CUP (FRUIT, MUESLI, CUSTARD, YOGHURT)	\$1.00
VEG STICK CUP (CARROT, CELERY, CAPSICUM, SNOW PEAS)	\$1.00



## SNACKS

**BREAK 1 & 2**

V8 ICY POLE	50C
FRUIT STICKS	50C
POPCORN	20C
FROZEN YOGHURT POP	50C
FRUIT CUP (FRUIT, MUESLI, CUSTARD, YOGHURT)	\$1.00

**BREAK 2 ONLY**

QUELCH ICY POLES	50C
SMOOZE	\$1.00
SLUSHIE 99% FRUIT JUICE	\$2.00

## HOT FOOD

MUST BE ORDERED

**BREAK 1 ONLY**

PIE (WOOPI BAKERY)	\$4.00
HOMEMADE SAUSAGE ROLL	\$1.00
MAC & CHEESE	\$4.00
CHICKEN & GRAVY ROLL	\$4.00
CHICKEN BREAST BURGER	\$4.50

### PIZZA

CHEESE ONLY	\$3.50
GARLIC	\$3.50
HAM & PINEAPPLE	\$3.50
MEAT LOVERS	\$4.00

**BREAK 2 ONLY**

CHICKEN TENDERS	\$1.00
PINWHEELS	50C OR 5 FOR \$2.00
HOMEMADE SAUSAGE ROLL	\$1.00
SAUCE	50C
SPOON OR FORK	10C
FOOD REHEATED	20C



## WEDNESDAY SPECIAL! PASTA & POPPA



**BREAK 1 ONLY**

**\$6**

A DIFFERENT PASTA EACH WEEK. CHECK THE CANTEEN BOARD OR OUR CANTEEN FACEBOOK PAGE ON TUESDAYS.

## DRINKS

BOTTLED WATER	\$1.50
POPPERS	\$1.50
FLAVOURED MILK	\$2.00
SLUSHIE	\$2.00
HOT MILO	\$2.00
UP & GO	\$2.00



## SALADS, WRAPS & SANDWICHES

**BREAK 1 ONLY**

PLATES AND WRAPS	\$5.00
LETTUCE, TOMATO, CUCUMBER, CAPSICUM, RED ONION, OLIVES, CARROT, EGG, CELERY, SNOW PEAS	
ADD CHICKEN, HAM OR TUNA	\$1.00
SANDWICHES	
CHEESE & TOMATO	\$2.00
EGG & LETTUCE	\$2.50
HAM OR TUNA	ADD \$1.00
VEGEMITE	\$1.00

### TOASTIE

CHEESE	\$2.50
HAM & CHEESE	\$3.00
HAM, CHEESE & TOMATO	\$3.50



Like us on:

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**SANDY BEACH  
SCHOOL CANTEEN**

# NAPLAN Online fact sheet for parents and carers

**In 2018 schools across Australia started the move from paper to online testing. The move to NAPLAN Online will bring new benefits for teachers and students.**

## Why are schools moving to NAPLAN Online?

Significant planning, research and trialling has been ongoing since 2012 to support the move to NAPLAN Online. Online testing creates new opportunities for teachers and students that are not possible with paper tests.

## What are the benefits of NAPLAN Online?

- NAPLAN Online will provide better assessment, more precise results and faster turnaround of information.
- Most students find online assessment more engaging.
- NAPLAN Online will use tailored testing, which gives students questions better suited to their ability, resulting in more detailed individual assessment.
- By 2020, your child's results will be returned within weeks of the NAPLAN test, as opposed to months.
- Online assessment will reduce the time it takes to mark and provide feedback to schools and teachers.
- The precision and improved timing of the results will help teachers streamline their teaching more specifically to student needs.

## Practice test

NSW schools transitioning to NAPLAN Online in 2019 will participate in a school practice test between 25 March and 5 April 2019.

The practice test is a 'practice run' for students to participate in a trial NAPLAN Online test. The practice test is not an assessment of student ability but will allow schools to:

- become familiar with the NAPLAN online test format and processes;
- check they have the technical capacity, rooms and devices to administer NAPLAN Online; and
- provide students in NAPLAN years 3, 5, 7 and 9 with the opportunity to experience the online test question types and format by completing a practice NAPLAN online test.

## For more information

More information about the NSW transition approach to NAPLAN Online, including answers to frequently asked questions, can be found on the NSW Department of Education NAPLAN Online website:

[education.nsw.gov.au/teaching-and-learning/student-assessment/naplan-online](http://education.nsw.gov.au/teaching-and-learning/student-assessment/naplan-online)

Parents wanting to familiarise themselves with the NAPLAN Online platform can visit ACARA's public demonstration site, which includes online demonstration tests for each NAPLAN year:

[www.nap.edu.au/online-assessment/public-demonstration-site](http://www.nap.edu.au/online-assessment/public-demonstration-site)

General questions around the NSW Department of Education's approach to the move to NAPLAN Online can be addressed to the NAPLAN Online transition team: [NAPLANOnline@det.nsw.edu.au](mailto:NAPLANOnline@det.nsw.edu.au)

## Frequently asked questions

### When will NSW schools transition to NAPLAN Online?

Education ministers have agreed to full participation in NAPLAN Online by 2020. In 2018, around 550 NSW schools transitioned to NAPLAN Online. More than 50% of all schools will complete NAPLAN online in 2019.

### Is NAPLAN Online compulsory?

NAPLAN Online will replace the current paper NAPLAN tests. When schools have transitioned to NAPLAN Online, all eligible students in Years 3, 5, 7 or 9 must participate, unless they are exempt or withdrawn from NAPLAN testing by parents or carers.

### Will the Year 3 writing test be online?

No. At this stage, the Year 3 writing test will continue to be paper-based. All other Year 3 NAPLAN tests (numeracy, reading and language conventions) will be online.

Education ministers have requested more research about the benefits or disadvantages for Year 3 students composing text in an online environment before any future decision is made.

### What is tailored testing?

NAPLAN Online uses tailored testing, where the test automatically adapts to a student's performance and asks questions that match their achievement level. This allows students to better demonstrate their knowledge and provides teachers and schools with more targeted and detailed information on students' performance. More information about tailored testing can be found on the NAPLAN Online website:

[education.nsw.gov.au/teaching-and-learning/student-assessment/naplan-online/whats-changing/tailored-tests](https://education.nsw.gov.au/teaching-and-learning/student-assessment/naplan-online/whats-changing/tailored-tests)

### How will NAPLAN Online tests be marked?

Automated marking is currently used in the paper NAPLAN test to mark numeracy, reading and conventions of language and will remain in use for NAPLAN Online.

Trained markers will mark student writing as is currently the case with paper tests. Automated essay scoring will not be used to mark NAPLAN Online writing tests.

### Will students' personal information be safe?

Yes. Information about your child is treated confidentially and held securely to ensure that every student's right to privacy is maintained. The NAPLAN Online platform has been built with state-of-the-art security features that comply with national data security policies and data encryption standards.

### How will parents receive their child's NAPLAN Online results?

Printed individual student reports will be sent to parents and carers by the NSW Education Standards Authority, as they currently are with paper NAPLAN tests. Once all NSW schools have transitioned to NAPLAN Online, all individual student reports will be returned to parents within weeks of the completion of the NAPLAN test window.

### What if my child's school is not participating in NAPLAN Online in 2019?

Paper tests will be undertaken by schools that are not moving to NAPLAN Online in 2019. These will take place at the same time as NAPLAN Online, but within the current paper-based test window period of three days, as opposed to nine days for NAPLAN Online.

NAPLAN paper-based and online tests assess the same skills in literacy and numeracy taught through Australian curriculum content. Whether they complete the paper or online test, students will answer the same number of test questions and their results will be measured and reported against the one NAPLAN assessment scale.

### Will NAPLAN Online be accessible to students with disability?

Yes, for most students. The accessibility adjustments provided in NAPLAN Online for students with disability will be equivalent to what is currently provided in paper NAPLAN tests in most instances.

ACARA will provide new adjustments for NAPLAN Online, such as alternative items for students with visual, hearing or motor disabilities. Students requiring braille, or print larger than what the NAPLAN Online platform or assistive technology can provide, will sit paper tests.

### Do students need headphones or earphones to complete NAPLAN Online?

Yes. Headphones or earphones are required for each student to complete NAPLAN Online, as some questions include audio. For example, the spelling test includes audio delivery of words that students are required to type in.

Schools will be responsible for ensuring that all students have the appropriate headphones or earphones to complete NAPLAN Online.



### **Can students use their own devices to complete NAPLAN Online?**

Yes, however it will be at the discretion of the individual school. Each device will require the installation of a locked down browser application, which prevents students from accessing unauthorised websites, applications and spellcheck features.

The ACARA website has more information on technical requirements for NAPLAN Online:

[www.nap.edu.au/online-assessment/naplan-online/technical-requirements](http://www.nap.edu.au/online-assessment/naplan-online/technical-requirements)

### **What happens if a computer experiences issues during a test session?**

No student is disadvantaged if their device stops working during the NAPLAN Online test. In the case of interruptions, tests can be paused and resumed as required with no time lost. If a device stops working, all responses will be saved and the student can complete their test in a rescheduled test session.

### **Who is responsible for administering the NAPLAN tests?**

The NSW Education Standards Authority (NESA) is the test administration authority responsible for the administration and delivery of NAPLAN tests in NSW, including paper test and NAPLAN Online.

### **Who is ACARA?**

The Australian Curriculum, Assessment and Reporting Authority (ACARA) is an independent statutory authority responsible for the development of national curriculum, and the administration of national assessments and associated reporting on schooling in Australia.



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ndis

# NDIS services

## for kids aged 2-12

**Therapeutic supports for children with Autism, Developmental Delay or Intellectual Disability living in rural and remote communities.**

**Flexible delivery options to suit you. Use the internet to access services in your home, school or community, or stay with us at Manly Beach for a few days and see the whole therapy team. The choice is yours!**

- **Child Psychology**
- **Occupational Therapy**
- **Supports for Parents & Carers**
- **Camps**
- **Special Education**
- **Speech Pathology**

**Call** 1800 500 061  
**Email** [windmill@royalfarwest.org.au](mailto:windmill@royalfarwest.org.au)  
**Web** [www.royalfarwest.org.au](http://www.royalfarwest.org.au)



**Royal Far West**  
Children's health, country-wide

We charge the fees recommended by the NDIS



#### RELAXATION TIP

A way your child can feel relaxed is to do something they enjoy and find relaxing. Every child is different, so talk with your child and identify what is relaxing for them. It might be

reading a book, jumping on the trampoline, playing with their dog or cat, going for a swim, drawing, listening to some music, or just lying down. You might refer to it as “quiet time.” Avoid activities such as watching television, using the computer, or playing video games.

This can help when children get worked up. Try implementing relaxation techniques before the child gets too upset, angry or behaves in a negative way.

## IT'S ALL ABOUT RELAXATION

**Being stressed and worried can have major physical and psychological health effects, and can affect our ability to perform and achieve our best.** Relaxation techniques release endorphins that make us feel calm and happy, helping us to gain control over our body, and manage our feelings and situations more effectively.

#### 4 WAYS TO HELP YOU AND YOUR CHILD RELAX

- Breathe slowly from your stomach. Lay down, pop a box of tissues on your stomach and watch it raise and fall as you breathe in for 3 counts and out for 4 counts.
- Lay or sit down in a quiet place, tense every muscle in your body and hold for 5 counts, then release the tension while slowly breathing in and out. Repeat 5 times.
- Try scripted meditation CD's for children, and other's for adults.
- Carry out gentle muscle stretching and remember to breathe with each stretch!

**Practicing relaxation techniques will assist your child to focus better on tasks, improve their sleep during the night, more effectively handle stressful situations, and be happier in general!**

**FOR MORE INFORMATION CONTACT  
YOUR SCHOOLS GOT IT! CLINICIAN**







Health  
Mid North Coast  
Local Health District



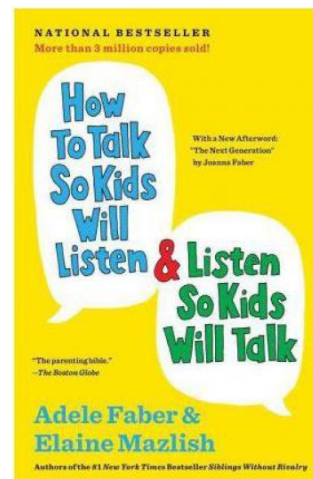
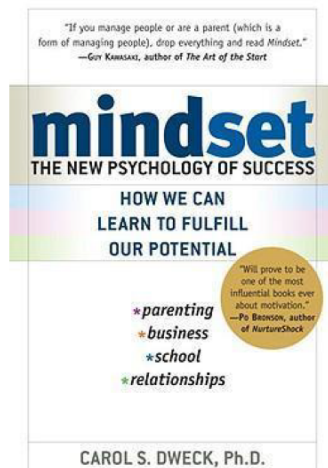
## Some Helpful Parenting Resources from Got It!

### Websites:

Mindfulness - <https://www.smilingmind.com.au/>

Growth mindset - <https://www.mindsetkit.org/growth-mindset-parents>

### Books:



# BECOME A HOST FAMILY IN JULY 2019!



REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



## HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

## HEAR FROM A HOST MUM

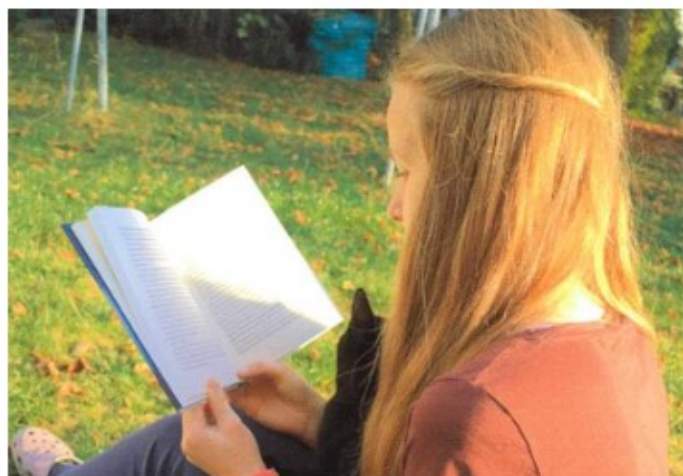
*"Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children."*

Host mum, Candice.

## CAMILLA (16) ITALY

Ciao!

The list of activities I like to do in my free time is long, so I am never bored! Singing is my biggest passion and I hope to become a singer one day. I love reading. I also really enjoy photography. When it comes to sport, swimming and basketball are on top of my list! Thank you if you are going to choose me, I promise I'll be a perfect "daughter"!



MORE PROFILES: [WEP.ORG.AU/HOST](http://WEP.ORG.AU/HOST)

[WEP.ORG.AU/HOST](http://WEP.ORG.AU/HOST) / 1300 884 733 / [INFO@WEP.ORG.AU](mailto:INFO@WEP.ORG.AU)





# 2019 AUTUMN VACATION CARE PROGRAM

Mon 15 April to Mon 29 April

## CONTACT INFORMATION

Ph 0466 306 220 or 6658 9757

Email: [admin@communityoosh.com.au](mailto:admin@communityoosh.com.au)

Website: [www@communityoosh.com.au](http://www@communityoosh.com.au)

Office Hours: 8:00am to 5:00pm

**Before School, After School  
& Vacation Care for the  
North Coast**

In a world gone  
mad with rules  
& regulations,  
we help kids be  
kids

## HOURS OF OPERATION

**7.00am – 6.00pm**

**MONDAY TO FRIDAY**

**During School Holidays & Pupil Free days**

On all excursions children will leave centre at  
approx. **9:00am** and return approx. **4.30pm**.

Transportation is provided in our bus or van  
depending on bookings.

Risk Assessments available upon request.

## "WHAT TO BRING EVERYDAY"

Hat, sunscreen, sun/rash shirts appropriate  
footwear, plenty to eat and drink (a refillable water  
bottle), warm clothes and socks in winter and  
swimmers, swim aids (if required) towel, plastic bag  
in summer. Phones, Ipods, tablets and digital  
communication devices are prohibited. Please label all  
clothes. Spending money is optional!

**BOOKINGS ARE ESSENTIAL FOR VACATION CARE & CAN BE COMPLETED IN THE FOLLOWINGS WAYS**

*Via our website at [www.communityoosh.com.au](http://www.communityoosh.com.au)*

*Email your bookings to [admin@communityoosh.com.au](mailto:admin@communityoosh.com.au)*

*Complete the attached booking form and return to one of our centres or email to [admin@communityoosh.com.au](mailto:admin@communityoosh.com.au)*

**VACATION CARE BOOKINGS CANNOT BE TAKEN OVER THE PHONE OR BY TEXT MESSAGE.  
OUTSTANDING ACCOUNTS MUST BE PAID PRIOR TO BOOKINGS BEING ACCEPTED.**

**Your booking requests will be confirmed by either a text or email. Please check that you receive the confirmation from  
us within 2 working days of submitting.**

**FEES:** Depending on the Child Care Subsidy (CCS) and activity hours a parent is entitled too, the out of pocket costs to parents can range from a few dollars to the full rate shown below. To find out more about the Child Care Subsidy please visit at <https://www.education.gov.au/ChildCarePackage> The table below shows the full fee with no Child Care Subsidy along with an example of the out of pocket expense where the highest rate of Child Care Subsidy is applied.

**Your fee will vary depending on your own CCS rate and activity hours you receive.**

Unlike some providers, Community OOSH Services strive to put you and your children first, providing the highest quality care for the lowest possible price. Compare the difference.

2019 Fee Structure at Full Rate before the application of any CCS %		Example of Approximate out of pocket expenses at 85% CCS	
Vacation Care (In Centre Day)	\$55	Vacation Care (In Centre Day)	\$11
Vacation Care (Excursion Day)	\$70	Vacation Care (Excursion Day)	\$14

# WOOLGOOLGA

<b>MON 15 APR</b> <b>EXCURSION</b> <b>COFFS COAST</b> <b>ADVENTURE CENTRE</b> <p>Prepare to get down and dirty today as we put you through you paces to run, jump, crawl and climb your way through the ultimate "COMMANDO COURSE" to capture the flag and glory! Remember! "No-one gets left behind!" (bring spare old clothes)</p> 	<b>TUES 16 APR</b> <b>EXCURSION -</b> <b>BIG BANANA</b> <b>DRY SLIDES</b> <p>It's BIG, BRIGHT, COLOURFUL and FAST! The RACER awaits! This is the best fun you can have sitting down! When we're done we'll take off to the jetty for lunch, a picnic and a play! (optional \$2 lolly bags available)</p> 	<b>WED 17 APR</b> <b>IN CENTRE- ARMY</b> <b>NAVY, AIRFORCE!</b> <p>In the lead up to Anzac Day, today we're going to take a walk in the shoes (or should I say boots) of our service men and women for a great day of Military fun! From boot camp to battleships we'll make sure you're "ship shape to ship out!"</p> 	<b>THURS 18 APR</b> <b>EXCURSION</b> <b>BIG BANANA</b> <b>WATER PARK</b> <p>To quote Jon Snow "Winter is coming!" So....it's the last chance to grab a day of slip, sliding fun at our favourite Big Banana Water slides. (Optional extra, \$2 lolly bags available)</p> 	<b>FRI 19 APR</b> <b>GOOD FRIDAY</b> <b>PUBLIC HOLIDAY</b> <b>ENJOY!</b> 
<b>MON 22 APR</b>  <b>EASTER MONDAY</b> <b>PUBLIC HOLIDAY</b> <b>ENJOY!</b>	<b>TUES 23 APR</b> <b>EXCURSION</b> <b>SPRING LOADED</b> <p>Trampolining fun and the ultimate Ninja "wipe-out" obstacle course awaits you today! THEN a picnic lunch at the reserve with fun, games and a splash in the sun!</p> 	<b>WED 24 APR</b> <b>IN CENTRE</b> <b>"STARSTRUCK"</b> <p>Today we delve into the mysterious art of Astrology and the world of Zodiac star signs to find out where you fit in the universe! From ARIES to AQUARIUS or LEO to LIBRA, it's a day of mystical fun &amp; games</p> 	<b>THURS 25 APR</b> <b>ANZAC DAY</b> <b>"LEST WE FORGET"</b>  <p>Public Holiday Centres Closed Today</p>	<b>FRI 26 APR</b>  <b>EXCURSION - MOVIES</b> <b>"WONDER PARK"</b> <p>Join the adventures of our wildly creative heroine June as her imagination, and the magnificent Wonder Park, comes alive. THEN we'll head off to the beach reserve for a picnic and a swim! (Optional extra \$7 popcorn &amp; drink)</p>
<b>MON 29 APR</b> <b>IN CENTRE</b> <b>YOU LAND</b> <p>Wouldn't it be great have your very own theme park, designed by YOU, made by YOU and played in by YOU (and your friends of course!) YOUR imagination is the only limit today as we create, and test out, your own "Wonder Park!"</p> 	<b>Dave's Rave - Bureaucratic Stupidity! The Systemic Flaws in the Child Care Subsidy(CCS)</b> <p>As we go to press we have approximately 50 families in a state of revolving door limbo, cut off from the CCS system with government agencies either unable, or unwilling, to put processes in place to fix the problems. This situation is being multiplied across the country, adding millions of dollars to the cost of childcare and placing both families, and childcare services alike, under needless financial stress. Add to this the Public Administration minefield of Federal and State regulations, laws and frameworks that directly oppose each other. Participants are placed in the situation where, to follow one set of rules and guidelines from one authority, places you in breach of the of the regulations and guidelines of the other authority. These debates have again added needless costs to the system for parents and ethical service operators, whilst at the same time providing loopholes for the more "unethical" operators to gouge more profits from parents and the taxpayer! (who ultimately funds the system as a whole) Whether it comes from government agencies, not for profit organisations or private and corporate companies, we at Community OOSH Services we will always endeavour to (and I'll revert to beauty of the Latin language) call out the "Taurus Excreta" for exactly what it is, and do our best to keep things real for you and your children!</p>			

**HOLIDAY ROUND-UP!** Having survived the "Endless Summer" (one of the hottest on record) over the Christmas period, we're gearing up again for some more holiday fun! As the calendar falls, with the inclusion of both Easter and Anzac Day public holidays, this vacation care period will be quite fragmented with only 8 actual days of care (including a pupil free day) over the extended fortnight. That aside, we're going to cram as much fun, games and excitement as we can into a small period of time! We'll be diving into the depths of your imagination with **WONDERPARK** and **YOULAND** and challenging you to the limits with a taste of **MILITARY DISCIPLINE** and **COMMANDO TRAINING**. You'll also be "slip slidin' away" on the **BIG BANANA WET** and **DRY SLIDES** bouncing off the walls at **SPRING LOADED!** Too much fun!

Add children's name to calendar below

Booking Form	Mon	Tues	Wed	Thurs	Fri
Week 1	15	16	17	18	19 CLOSED PUBLIC HOLIDAY
Week 2	22 CLOSED PUBLIC HOLIDAY	23	24	25 CLOSED PUBLIC HOLIDAY	26
Pupil Free Day	29	<b>N.B. Due to the current administrative problems associated with the CCS, CENTRELINK and MYGOV sites please contact our office FIRST in all cases of billing inquiries. DO NOT push the "DISPUTE" button on your MYGOV account as it currently locks you out of the system!</b>			

During School Holiday periods and Pupil Free Days on all excursions children will leave centre at approx. 9:00am and return by approx. 4.30pm. We travel by bus & or van to all excursions. The **WOOLGOOLGA** Service is approved for 100 children where we run a minimum ratio of 1 staff to 15 children with a anticipated staff of 7.

Risk Assessments available upon request for each venue.

I give permission for my children to participate in programmed activities & attend excursion days nominated on the program (shown above), as well as participate in any walking excursions from the centre. I give permission for my children to view P & PG Videos, DVD's or electronic games provided by the centre.

CENTRE LOCATION: \_\_\_\_\_

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ PHONE: \_\_\_\_\_



# The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

**Breads & Cereals:**  
rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



**Vegies & Salads:**  
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

**Meat & Alternatives:** rich in protein, iron and zinc.

**Dairy:** important for growing healthy bones and teeth.

**Fruit:** naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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# The simplest way

... to keep Easter fun whilst making it healthy.

Easter can mean many things.

## Easter bunny:

- Eat what bunnies eat, try some carrot filled recipes such as 'carrot cake oat biscuits'
- Decorate pancakes with fruit to make a bunny face.



## Easter eggs:

- Paint hard boiled eggs with food coloring - the perfect family activity *and* healthy snack.

## Chocolate:

- Include other sweet treats in celebrations such as 'apple and date bliss balls'

## Family celebrations:

- Check out [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes the whole family will enjoy.

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# Winter Mixed Touch.

starts MAY 2019

go to: [woolgoolga.mytouchfooty.com](http://woolgoolga.mytouchfooty.com)

to register your team of mixed players

one off payment for the whole comp.

Adults : \$90,  
14 to 17yr : \$60

# Woolgoolga sports fields

under the new lights