

# WESTPORT

## PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



**Monday 14<sup>th</sup> May**

Each week our core business is Student Wellbeing, Literacy and Numeracy. Our teachers are also always providing extra opportunities for the students.

During Week 2, students completed the Digital Technologies Competition, competed in the Aussie Rules football Paul Kelly Cup, visited the Mayor's office to read their stories, played netball against Port Macquarie P.S, filmed dance auditions for the Dance Festival and bought lovely gifts for mums and grandmas at our Mother's Day Stall. Thank you to our hardworking P&C for organising the Mother's Day Stall.

### **NAPLAN – National Assessment Program – Literacy and Numeracy**

This week brings the commencement of NAPLAN for all Year Three and Year Five students. We are part of a select group of schools who will be sitting online tests using laptops and Ipads, rather than the traditional paper tests. Year 3 will still complete the Writing Test with pencil and paper. Regular attendance at school is always required and it's also very important to be at school during the NAPLAN. Please read the following timetable so you are aware of the dates your child will sit the *Writing, Reading, Conventions of Language and Numeracy* tests.

#### **NAPLAN Online 2018 – Year Three and Year Five Students**

Tuesday 15 May WRITING TEST	Wednesday 16 May READING TEST	Thursday 17 May CONVENTIONS of LANGUAGE	Tuesday 22 May NUMERACY
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### **Stage 3 Milson Island Excursion**

Please continue to make regular payments towards the final cost of \$410 for the Stage 3 excursion. \$310 needs to be paid by the end of this term, with the remaining \$100 to be paid during Term 3.

**Nicole Osborne**

Assistant Principal

### Coming Events for Term 2

Tues 15 <sup>th</sup> – Thurs 24 <sup>th</sup>	NAPLAN
Fri 25 <sup>th</sup>	School Cross Country
Tues 29 <sup>th</sup>	ICAS - Science
Tues 29 <sup>th</sup>	Police Youth Liaison Officer Talk – Senior Constable Wendy Hudson
Wed 30 <sup>th</sup>	Choir Workshop - Glasshouse
Mon 4 <sup>th</sup> JUNE	PSSA LNC Cross Country

### Westport Public School Award Winners

#### **Term 2 – Week 2**

**K- Flame** – Zoe, Jax

**K- Jacaranda** – Charly, Byron

**K/1-Wattle** – Charlea, Oceanna

**1 Acacia** – Lily K, Zyila

**1 Banksia** – Elroy, Izabel

**2 Bluegum** – Hunter, Tesharne

**2 Paperbark** – Xavier, Rubiee

**3/4 Lilly-Pilly** – Lilly, Molly

**3/4 Waratah** – Thushali, Angel

**3/4 Bottlebrush** – Riley, Britanie

**4/5 Melaleuca** – Lela, Deon

**5 Hibiscus** – Ben, Ruby

**5/6 Frangipani** – Damon, Ella

**6 Grevillea** – Kyuss, Micheal

#### **Mathletics Award**

Emily Yr4

#### **Choir Award**

Senior – Bethany Yr6

#### **House Point House Winner**

Cook

#### **Stewart House**

Stewart House donation drive envelopes have been sent home with your child today. All donations are greatly appreciated. Please place your donations in the envelope and return it to school at the front office.

All donations of \$2.00 or more are eligible to enter the draw for a family holiday valued at \$4,000. You will need to write your name, address, phone number and school on the envelope.

The envelopes need to be returned to the school by Wednesday May 16<sup>th</sup> 2018. This will be the main fundraiser for Stewart house this year at Westport Public School.

Thank you for your support of this worthwhile charity, which helps children in our public schools including Westport Public School. Students from our school have attended Stewart House over the past years and always have a wonderful time.

**Toni Lawes**





### AFL Paul Kelly Cup

Last Tuesday, 15 Year 4-6 students participated in the local AFL Paul Kelly Cup competition. The Paul Kelly Cup is a state wide competition using modified rules on a small field which provides children a chance to learn the sport. For all students, this was the first time they had played AFL, where they needed to bring their knowledge from other football codes to participate in the fast paced game. The boys played 4 round robin games where they won three and lost one. Westport played against St Joseph's Primary School in the final only to be beaten by a goal. Mr Pettitt was extremely proud of all the students on the day as they represented our school with sportsmanship and improved their knowledge of the game and skill level.



### Rotary Writing Competition and Mayor Visit

Students in Stage 2 and 3 were asked to participate in a writing competition hosted by Port Macquarie Rotary. Students were asked to respond to the question, 'What would you change if you were mayor for a day?' All students wrote extremely informative and entertaining stories with the following students chosen as finalists by their teachers:

#### Stage 2

Amarni 3/4 Waratah  
Savannah 3/4 Bottlebrush  
Izy 3/4 Waratah  
Emily 3/4 Lilly Pilly  
Thushali 3/4 Waratah

#### Stage 3

Erin 6 Grevillia  
Rae Venice 5/6 Frangipani  
Johnathan 5 Hibiscus  
Stella 6 Grevillia  
Lela 4/5 Melaleuca

Students were presented with a certificate at Tuesday's Assembly with Amarni and Erin being announced as the winners. The girls, along with Rae Venice attended a morning tea with the Mayor, Peta Pinson at the Port Macquarie Council Chambers on Wednesday. Each of the students read their story to the mayor and even had a chance to sit in her chair.



### Netball

On Thursday 10th May our netball team competed in Round 2 of the PSSA Netball Knockout competition. Despite trying hard and having excellent 3rd and 4th quarters they were defeated 19-5. Congratulations to all the girls for their efforts and outstanding sportsmanship on the day and continued dedication to training each week.

A huge thank you to Mrs Thorogood for coaching the girls, transporting our team and helping organise the day.

**Miss Hyde**





### Scholastic Book Fair

Last week we hosted the Scholastic Book Fair in the library. Thank you for such a great response, making this Book Fair a very successful one. Your support in purchasing items gives the Library the opportunity to receive books and resources through scholastics for our school.

**David Whiteoak**

Acting Librarian



### Canteen News

#### Roster

Monday - Donna & Heidi

Tuesday - Donna & Kimberley

Wednesday - Donna & Krystal

Thursday - Donna & Bryanna

Friday - Donna & Melissa

Our new winter menu has been sent home. It can also be found on this newsletter and on our website.

Please make sure you follow us on our facebook page @WPPSCanteen to keep up to date with all canteen related information.

#### P&C Mother's Day Stall

Thank you to our wonderful P&C helpers for giving our students lovely gifts to choose from to take home to celebrate Mother's Day over the weekend. We hope you all had a lovely day.



### Winning House Reward Day – Solander

Last week students in the winning house were treated to an afternoon of games and were able to wear their house colour for the day. Dolphin points are given to students for following our school values throughout the day, which they place in their house box. At the end of the term the house with the most dolphin points, celebrate with a Reward day.





# Canteen winter menu

Find us on  @WPPSCanteen

## BREAKFAST - 8.35am to 9.00am

2 pieces of toast w/ Vegemite or Butter **FREE**

Extra piece of toast with Vegemite or butter	40c
Fruit - seasonal	50c
Cup of Milo - warm or cold	\$1.00

## SNACKS - Made Fresh Daily

Fresh baked Muffin	70c
Pikelets - maximum 4 per person	10c
Fruit - seasonal	50c
Cup of lightly salted Popcorn	20c
Boiled Eggs - fresh from the school chook pen	50c
Cheesy Bread Sticks	10c
Homemade dip of the week w/ veggie sticks	50c
Jelly Cups	50c
Custard Cups	80c
Frozen Juice Cups	50c
Bliss Balls - various flavours	20c
Homemade Yoghurt and Berry Cups	\$1.00

A varying range of other delicious homemade snacks are available over the counter daily priced from 10c to \$1.50

## SNACKS - Pre-packaged

Honey Soy Chicken / Plain Chips	\$1.70
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## DRINKS

Cup of plain Milk	50c
Flavored Milk - Choc or Strawberry	\$2.40
Water - 600ml bottle	\$1.00
Juice - Apple or Apple and Blackcurrant	\$1.70

## LUNCH

### Homemade Hot Lunch Items

Pasta Bolognese	\$3.00
Beef Nachos w/ greek yogurt and cheese	\$3.80
Corn on the Cob - grown in the school garden	50c
Pasta Cup w/ Rich Tomato Sauce and Cheese	80c
Hawaiian Pizza -- Chicken OR Ham	\$1.00
Baked Mango Chicken Wing Dings with Rice	\$2.00

### Fresh Sandwiches

Vegemite	90c
Cheese	\$1.50
Ham	\$1.70
Ham and Cheese	\$2.40
Chicken and Cheese	\$2.40
Cheese and Tomato	\$2.20
Ham Cheese and Tomato	\$3.10
Cheese and Salad	\$3.40
Ham and Salad	\$3.80
Chicken and Salad	\$3.80

### Toasties

Baked Bean and Cheese Toastie	\$2.00
Ham and Cheese Toastie	\$2.40
Ham Cheese and Pineapple Toastie	\$3.20
Chicken and Cheese Toastie	\$2.40
Ham Cheese and Tomato Toastie	\$3.10
Vegemite and Cheese Toastie	\$1.60
Cheese Toastie	\$1.50

## Flexischools Online Ordering

Order online via [www.flexischools.com.au](http://www.flexischools.com.au) and have access to the following two delicious flexischool only menu items. These items are available in limited quantities and are not available over the counter:

Beef Cheeseburger	Flexischools Only
Chicken Burger	Flexischools Only

## Homemade Soups

All soups are served with four Cheesy Bread Sticks.

Chicken and Corn	\$2.50
Pumpkin	\$2.50
Tomato	\$2.50

## Fresh Salad Bowls

Salad Bowl	\$3.50
Ham Salad Bowl	\$4.00
Chicken Salad Bowl	\$4.00
Egg Salad Bowl	\$4.00

## Pre-packaged Lunch Items

Chicken Nuggets (5)	\$3.00 or 60c ea
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## Extras

Sauce (BBQ or Tomato)	40c
Salad Dressing (Mayo OR Greek yogurt w/ lemon and garlic)	40c

## NOTES

For over the counter orders, please make sure that your order bag is marked with: **NAME, CLASS & ORDER**

Lunch orders must be submitted online via

[www.flexischools.com.au](http://www.flexischools.com.au) OR over the counter before 9.00am.

## Community News

**Go4Fun**  
Healthy • Active • Happy • Kids

## WELCOME TO GO4FUN

Dear parent,  
Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

### WHEN DOES GO4FUN RUN?

Go4Fun runs for 10 weeks after school or on weekends during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

### WHAT DO WE DO AT GO4FUN?

Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practise.

### START UP PACK

Your child will receive a start-up pack including a:

- Go4Fun backpack,
- Go4Fun t-shirt,
- Go4Fun water bottle, ball and wristbands.

Your child will also earn up to **3 bonus attendance rewards** over the ten Go4Fun sessions.

Parents receive a \$15 fresh fruit and vegetable voucher for each session you attend, plus a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child's progress and health improvements following Go4Fun.



### WHAT RESULTS ARE WE LIKELY TO SEE?

Since Go4Fun began in July 2011, we have helped more than 300 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4fun children now:

- have a reduced waist circumference
- eat more fruit and vegetables each day
- drink less soft drink
- are more active and meet the physical activity guidelines
- spend less time in sedentary activities
- have improved self-esteem

### WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?

"I think by far the reason Chloe did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents."



"Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives." **Sue, Port Macquarie**

"Even though we knew the nutrition and exercise information before we started, it's helped us so much."

Matilda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." **Tracey, Coffs Harbour**



### ENROL TODAY!

Registrations for Term 2, 2018 programs are now open with limited places available in our Port Macquarie, Wauchope, Camden Haven, South West Rocks, Bowraville and Coffs Harbour programs.

We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

**Port Macquarie Term 2, 2018 program will run:  
Wednesdays, 4pm to 6pm starting May 7th**

**Register at Freecall 1800 780 900 or online [www.go4fun.com.au](http://www.go4fun.com.au)**



# RHEE TAE KWON-DO



**BOOK NOW**  
for your  
free trial!

**More information available at:**  
**[www.portrheetkd.com.au](http://www.portrheetkd.com.au)**

**PRESENT THIS FLYER & RECEIVE A  
FREE UNIFORM**  
Conditions apply  
phone for details

All tennis lessons, competitions and social tennis groups have started back at Port Macquarie Tennis Club, Wauchope Tennis Club and Laurieton Tennis Club. If you would like any information about lessons or competitions or would like to change class times, please give us a call on 65849940.



Active School vouchers can be used for any tennis lessons including group, squad or private and semi-private lessons and are available from the Services NSW website.

Please make our new tennis coach Louis from Belgium feel welcome during his first week at the club.

We look forward to seeing you at the courts for term 2. Please contact us if you have any inquiries.

Regards  
**Greg and the team**