

# WESTPORT

## PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



**Monday 21<sup>st</sup> May**

### **NAPLAN**

Congratulations to all Year 3 and Year 5 students for their great efforts last week when completing the NAPLAN tests. Tomorrow is the last day of the testing with students sitting the Numeracy test. Students have found NAPLAN Online more engaging than the traditional paper tests. Results of this testing will be available to parents by the end of August.

### **Cross Country Carnival**

Our Cross Country will be held at Wayne Richards Oval on Koala Street this Friday from 11.30am. Year 3 – 6 students have been training each day during class fitness and Mr Kingston has organised *The Kilometre Club* – students can join in each Friday morning at 8.30am on the school oval to develop their running fitness. There is no cost to attend the cross country, the school is covering the cost of buses to transport students to and from the oval. All permission notes are due back to class teachers by this Wednesday. Parents are most welcome to attend and fingers crossed for fine weather!

### **School Hats**

School hats will now be on sale at the canteen. They are \$10 each. Students wear a hat to play on the oval during lunch and recess. It is sun safe to wear a hat during class fitness and sport. Students are also required to have a school hat to wear on all excursions.

### **Student Safety – Leaving the school grounds at 3.05pm**

A reminder to all parents to please park legally and if you are reversing out of driveways near the school to be extra vigilant in watching for students, staff, parents and carers who are walking on the path. Pedestrians have right of way on the footpath. Please use the supervised crossing to cross the road. Council Parking Rangers have been around and have booked several people for parking illegally. The safety of our children is the most important issue, please park and drive safely around our school.

**Nicole Osborne**

Assistant Principal

## Coming Events for Term 2

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 3**

**K- Flame** – Max, Jasper

**K- Jacaranda** – Amelia, Billy

**K/1-Wattle** – Leena, Emily

**1 Banksia** – Izabel, Tiger

**2 Bluegum** – Kalila, Kiye

**2 Paperbark** – Alex, Loghan

**3/4 Lilly-Pilly** – Allana, Jaxon

**3/4 Waratah** – Jayda, Tonia

**3/4 Bottlebrush** – Flynn, Scott

**4/5 Melaleuca** – Amy, Jasmine

**6 Grevillea** – Aaron, Tyler

### **Choir Award**

Senior – Jemma Yr3

### **Best & Fairest Award**

Logan – Yr6

### **School Cross Country – Friday 25<sup>th</sup> May**

Students will be leaving school at 11.15am and travelling by bus. They will eat lunch at school and take their recess and a bottle of water with them. They may bring a picnic rug to sit on.

**Students with asthma are required to bring an asthma puffer with them on the day.**

### **Lower North Coast Dance Festival**

Tickets for the 2018 Dance Festival go on sale as of Monday 21<sup>st</sup> at the Glasshouse. Tickets cost \$17. Students representing our school are performing on Wednesday 20<sup>th</sup> June at 7pm.

### **Stewart House**

Thank you to everyone that sent in donations for Stewart House. \$115.00 was raised which will be sent to Stewart House along with the envelopes.

**Toni Lawes**

### **Lost Property**

Lost property is promptly returned to your child if it is clearly labelled with their name. Please make sure names are written on hats, jumpers/jackets, lunch bags and drink bottles.



### Introduction to Gymnastics

Mr Kingston has been introducing gymnastic skills to primary students during RFF time. Last week they practiced jumps on the mini trampoline and landing on the mat. The students are very enthusiastic and enjoyed this activity.



### Outstanding Accounts

The statement of outstanding accounts will be sent home this week with the youngest child in the family. Please check their bags.

### Annual Student Record Update

Our annual student data update form will be sent out this week. It is crucial to make sure the school has correct contact information at all times in case of sickness/emergency and general correspondence. Please complete the form and return to your child's class teacher. If you have any queries relating to the form or information contained within the form please contact Deborah Menzies the School Administrative Manager.

### 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.

### Head Lice

Please be vigilant in checking your child's hair regularly for head lice. One treatment is not enough if eggs remain in the hair. There must be a follow up treatment no more than 7 days after the first. Checking every 2-3 days is the best way to keep on top of head lice. Use conditioner and run the comb through to make sure

### Community News

RAINBOW BRICKS PRESENTS

# PORT MACQUARIE BRICKFEST

A LEGO FAN EVENT



**SUNDAY 27TH MAY**  
**NEW EXHIBITS**  
**GREAT FAMILY FUN!**  
**10am - 4pm**

Children's Build Area, A LEGO raffle  
LEGO parts, minifigs and sets for sale

**VENUE: Port Macquarie Indoor Stadium**

www.rainbowbricks.com.au  
Follow us at Port Macquarie Brickfest  
Follow us at Rainbow Bricks

**\$15 a Family/  
\$5 a Person**



## Tennis Lessons

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.

**Greg and the team**



## Port's Got Talent

Every Thursday commencing 7<sup>th</sup> June 2018.

LIVE2U & THE DUCK ON CLARENCE PRESENT

# PORT'S GOT TALENT

HEATS start this June 2018

HAVE YOU GOT A GREAT HIDDEN TALENT?

**WIN PRIZES**

OR GOT THE MOVES LIKE JAGGER?

ALL AGES, ANY ACT - DANCING, SINGING, COMEDY, MAGIC OR ANYTHING ELSE!

## SHOW TIME: 7:00PM THURS NIGHTS

REGISTRATION FORM: [WWW.LIVE2U.COM.AU](http://WWW.LIVE2U.COM.AU) or 0427 032 345

### WHERE: THE DUCK CRAFT BEER & WINE BAR

PRIZE SPONSORS: Port Mac Guitars, Valley Guitars Music Store, Coastal Music, Pretty Rad Store, Inner Vision Surf N Skate, DANCE DREAMS dancewear, Panthers Port Macquarie, The Duck on Clarence, Black Duck Brewery & Live2U

# 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)**