

WESTPORT

PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



Monday 30th July

Welcome to Week 1, Term 3. I hope that everyone enjoyed their break and have returned with energy and enthusiasm to face another term. This will be a very exciting term with lots of great activities taking place.

During the holidays the Combined Churches of Port Macquarie put on a working bee for our school to help us complete some much needed maintenance around the school. 125 people attended this working bee and cleared up the vegetable garden, spread mulch throughout the gardens, prepared and painted railings and general tidy-up of the school. In addition to this the Salvation Army provided lunch, the Seventh Day Adventist double decker bus provided refreshments during the morning. Taubmans Paint, Port Tree Fella and Bunnings all made generous contributions towards the working bee. The school would like thank everyone involved for this outstanding effort.



The Ceremony of Excellence for the Hastings Valley Community of schools will take place on Tuesday 7th August. This event acknowledges outstanding academic performances from students within our community of schools. Many of our students will be acknowledged during the event and parents will be invited to attend. Congratulations to all students receiving an award.

The really big event this term will be our wonderful Splendour at the Glasshouse. The teachers are working very hard to ensure this is a fantastic example of the talent we have at Westport Public School. All ticketing will be handled through the Glasshouse and more information will be provided throughout the term.

Have a great week.

Tony Johnston
Principal

Coming Events for Term 3

Wed 1 st August	Chess – Travelling to Telarah
Wed 1 st	House Reward Mufti Day – Endeavour 2pm-3pm
Fri 3 rd	George's Marvellous Medicine – Glasshouse performance – 10.30am-2pm Yr3 to Yr6.
Tue 7 th	HVCS Ceremony of Excellence – 6pm Glasshouse
Fri 10 th	P&C Colour Run – Whole School 2pm-3pm Crazy Hair Day

P&C Colour Run

Due to bad weather conditions last term our Colour Run was postponed. We will be running the Colour Run on Friday the 10th of August. We encourage students to wear a white t-shirt but an old t-shirt is fine. Students should wear an old hat as well as they will get colour on them which may not totally wash out. Asthmatics, please remember your puffers on the day.

House Reward Day

Congratulations to Endeavour house who were last terms winning house. To celebrate their achievement, students in Endeavour house are invited to wear their house colour 'green' to school this Wednesday 1st August. Students will also participate in a fun afternoon of activities on the oval from 2-3pm. Well done Endeavour! Wonder who the Term 3 winning house will be.



Life Education Van

During Week 1 and 2, your child has had the opportunity to attend the Life Education Van with their class to participate in valuable age appropriate lessons, designed to empower students to make safer and healthier choices. Students have thoroughly enjoyed the lessons delivered by the Life Educator Leanne and have even met Healthy Harold the giraffe.

Once again, a very big thank you must go to our P&C committee who have kindly agreed to cover the cost of the program for every student at Westport Public School. This generous donation of \$10 per student comes to approximately \$3770. The staff are extremely appreciative as this means that all children will be able to access the visit and continue the lessons in their classes as part of the PDHPE curriculum.



Stay informed with the SkoolBag App



The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and all school communications.

1

Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store



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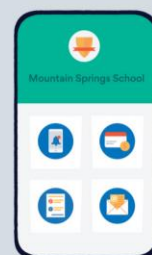
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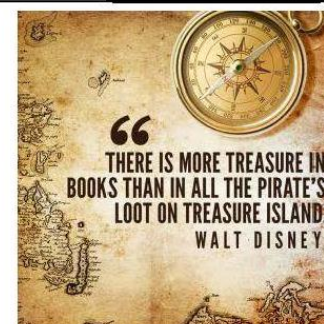
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SkoolBag

Book Week 2018 Theme: Find Your Treasure



Tuesday 21st August

Westport Public School

We would like to invite you to join the students and staff of Westport Public School in celebrating Book Week and our love of books!

Our students are invited to come along that day dressed as their favourite book character.

12:30pm – BOOK WEEK CHARACTER PARADE

The parade will be held under our COLA. The students will parade in their great costumes as their favourite book character.

1:45pm – RECESS

Join the students for afternoon tea. Bring along your own or purchase a cuppa and a yummy treat for just \$3.00. This will be available from the Canteen and money raised will go towards our amazing band and choir.

2:05pm – CLASSES AS NORMAL

Looking forward to a great day, hope to see you there!

Miss Rachel Kelly

Teacher Librarian



Staff Development Day at Sea Acres

Sea Acres is such a great resource and our staff were able to utilise it for the staff development day. Following are some photos.



Student's First Day Term 3

Some snap shots of student's first day back. Straight back into routine and enjoying themselves.



Port Macquarie Basketball

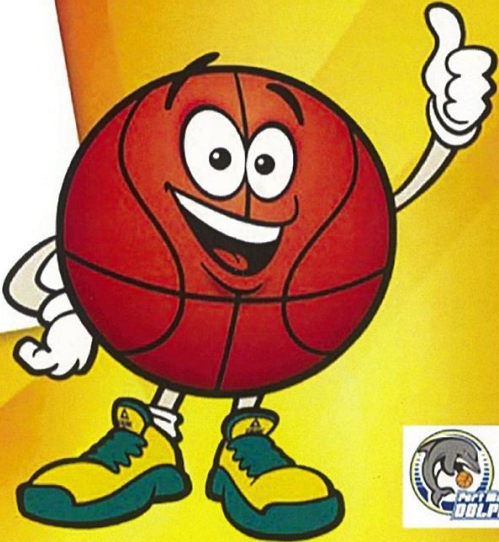
UNDER 10'S PROGRAM





For girls and boys born in 2009-2010
30 minutes of skills training followed up with a 30 minute basketball game at the Indoor Stadium, 1 Hibbard Drive commencing on Thursday the 2nd of August at 5:15 pm and will run over term 3 and 4 with a break over the School Holidays cost is \$120 for all participants which includes registration.

To sign up to this program go to our website at <http://www.portmacquarie.basketball.net.au>
or
For more information please contact Shannon Wereta-Abbott on 0437985511






DUNKIN SAYS JUMP INTO IT!

REGISTER NOW AT AUSSIEHOOPS.COM.AU

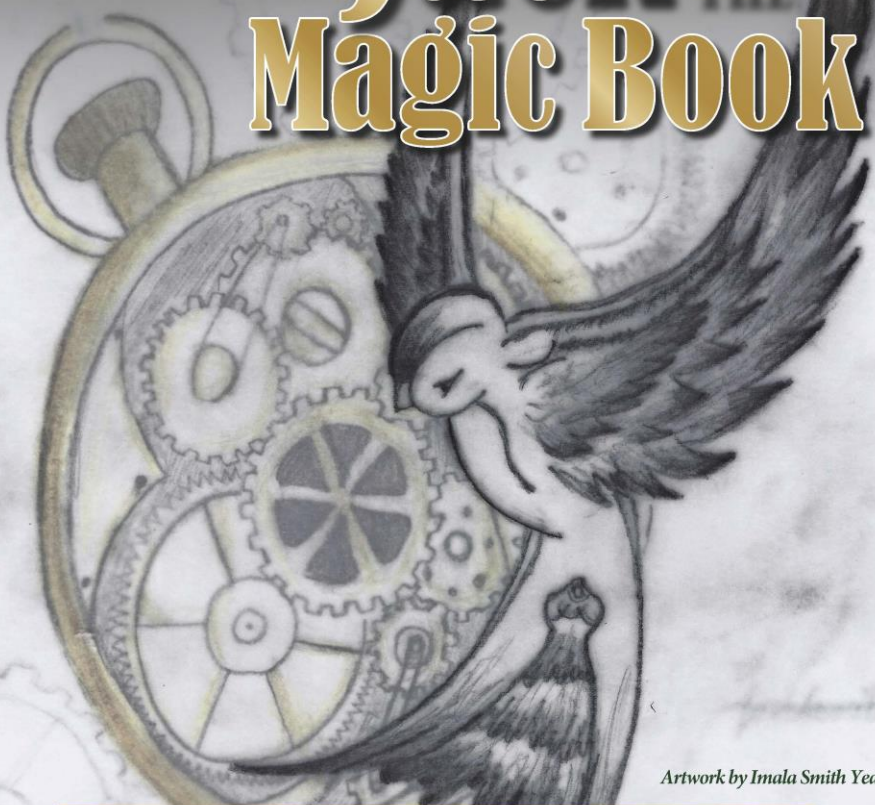
ACTIVE KIDS VOUCHERS APPROVED AND ACCEPTED
Learn to play beginner basketball program for girls and boys born in 2011-2012.

- Thursday afternoons from 4:15pm – 5:15pm at the Indoor Stadium 1 Hibbards Dr, Port Macquarie.
- The program will run over school terms 3 & 4.
- Commencing Thursday the 2nd of August 2018.
- \$120 for new players, which includes a participants backpack, basketball and singlet!
- \$100 for returning players from previous Aussie Hoops Programs.
- Nationally accredited coaches with experienced junior representative assistant coaches.
- Provides fantastic preparation for participation in our under 10's program.
- Register now at "aussiehoops.com.au" and like us on Facebook at "Aussie Hoops Port Macquarie"
- PMBA contact: Shannon Wereta-Abbott on 0437 985 511





Jack AND THE Magic Book



Artwork by Imala Smith Year 9


Dates: Monday 30 July, Tuesday 31 July and Wednesday 1 August
Time: 6pm
Venue: Hastings Secondary College Westport Campus

Price: \$5 Adults, \$3 Under 16 and Pensioners
Tickets: Westport Campus Front Office

hastingssecondarycollege.schools.nsw.edu.au

Port Macquarie Campus - Owen Street, Port Macquarie 2444 Tel: 6583 1844 Email: hsc-portmac.school@det.nsw.edu.au
Westport Campus - Findlay Avenue, Port Macquarie 2444 Tel: 6583 6400 Email: hsc-westport.school@det.nsw.edu.au

Re-navigating Anger & Guilty Emotions



RAGE for 10-13year olds

This RAGE course has been designed specifically for young people aged between 10-13 years.

It is run in unison with the MAAD program for parents. Both are evidence-based best practice endorsed programs.

Parents are asked to attend all four sessions to support their young person.

Four **Free** sessions include information about:


- the many faces of anger
- the Anger Cycle
- healthy expression of anger
- getting through the guilt of anger
- relaxation, exercise & diet
- fun activities

Where: Uniting Burnside Office
7 Sherwood Road
Port Macquarie

When: Tuesdays
24th July to 15th August

Time: 5:00pm-7:00pm

Get in Touch: 6581 6600
uniting.org



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Re-navigating Anger & Guilty Emotions



RAGE for 14-17 Yr olds

This RAGE course has been specifically designed for young people aged between 14-17 years.

It is run in unison with the MAAD program for parents. Both are evidence-based best practice endorsed programs.

Parents are asked to attend all four sessions to support their young person.

Four **Free** sessions include information about:

- the many faces of anger
- the Anger Cycle
- healthy expression of anger
- getting through the guilt of anger
- relaxation, exercise & diet
- fun activities

Where:
Uniting Burnside Office
7 Sherwood Road
Port Macquarie

When:
Wednesdays
5th Sept to 25th Sept

Time:
5:00pm-7:00pm

Get in Touch:
6581 6600

uniting.org



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Small changes, big differences.



Triple P Parenting Program

Triple P is one of the world's most successful parenting programs.

Learn to manage common problems in this four-week course.

Learn simple and practical ways to:

- Build a strong, healthy family
- Raise happy and confident children
- Manage your children's behaviour
- Prevent common pitfalls.

Triple P is free to families with children aged from 0-12 years.

When:
Mondays
30th July to 20th August

Time:
10 am- 12 pm

Where:
Uniting Burnside
7 Sherwood Road
Port Macquarie

Get in Touch:
T: 6581 6600



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Circle of Security



What is CoS?

Learn how to better understand the emotional needs of your child.

CoS is a visually-based approach to help you see how to develop a secure attachment with your child.

Our four **free** sessions will help you to:

- Understand the importance of attachment
- Gain knowledge about relationships in which feelings can be shared
- Reflect on your own parenting experiences
- Learn about the CoS concept & how it occurs within the lives of children & adults

Where:
Uniting Burnside
7 Sherwood Road
Port Macquarie

When:
Thursdays
16th Aug-27th Sep

Time:
10:00am to 12:00pm

Get in Touch:
6581 6600

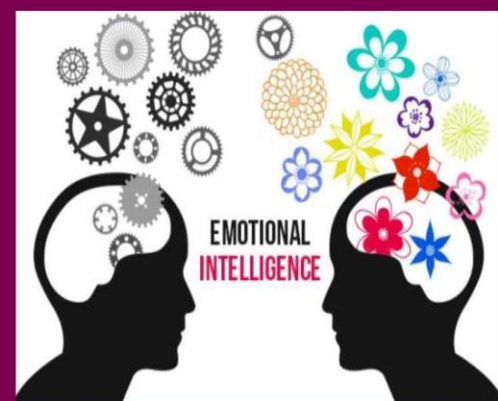
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Learn How to Help your Teen



Emotionally Intelligent Parenting

Tuning in to Teens™ shows parents how to help teens develop emotional intelligence.

It is a six-session program for parents of adolescents aged from 10 to 17 years.

Our **Free** sessions will help you learn how to:

- be better at talking with your teen
- be better at understanding your teen
- help your teen learn to manage his/her emotions
- help to prevent behaviour problems in your teen
- teach your teen to deal with conflict

Where:
Wauchope Library
51 High Street
Wauchope

When:
Wednesdays
1st Aug to 5th Sep

Time:
12:15pm-2:15pm


Get in Touch:
6581 6600

Afternoon tea provided

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Mitji Guparr Playgroup For Aboriginal Families Venue to be advised (With Centacare) 10:00-12:00 23 Jul-24 Sep	First Time Parents Supported Playgroup Uniting Burnside Port Macquarie 10:00-11:30 24 Jul-25 Sep	Mum & Bubs Walk it Out Cultural Group Riverside Wauchope (With Centacare) 10:00-12:00 25 Jul-26 Sep	Mitji Wambuyn Playgroup For Aboriginal Families 4-Square Bethel Church High Street Wauchope 10:00-11:30 26 Jul-27 Sep		<p>We also offer all of these courses on a one-to-one basis for those who find group interaction a challenge.</p> <p>You can call us to set up an individual assessment for in-home visiting support if you are struggling with managing multiple kids, isolation, or anything else that might be impacting your ability to enjoy your family.</p> <p>Contact us on 02 6581 6600 for all enquiries & bookings.</p> 
Triple P Parenting Program Uniting Burnside Port Macquarie 10:00-12:00 30 Jul- 20 Aug		Supported Fun Playgroup Uniting Church Hall Laurieaton 10:00-11:30 25 Jul-26 Sep	Circle of Security Parenting Program Uniting Burnside Port Macquarie 10:00-12:00 16 Aug -27 Sep		
		Tuning in to Teens Emotional Intelligence Wauchope Library High Street Wauchope 12.15-2:15pm 01 Aug-05 Sep			
	RAGE for 10-13yr olds Re Navigating Anger & Guilty Emotions Uniting Burnside Port Macquarie 5:00-7:00pm 24 Jul-15 Aug	RAGE for 14-17yr olds Re Navigating Anger & Guilty Emotions Uniting Burnside Port Macquarie 5:00-7:00pm 05-26 Sep			

Circle of Security

Circle of Security is a user-friendly, visually-based approach to helping parents better understand the needs of their children. It helps you to see how creating a relationship with your child in which feelings can be shared, helps to build a solid emotional foundation for children and is essential in developing a secure attachment.

Target group: parents/carers

Triple P (Level 4)

Triple P is based on social learning principles. Objectives are to increase parents' competence in managing common behaviour problems and developmental issues while reducing parenting stress associated with raising children.

Target group: parents/carers of children aged 2-12 years

Triple P (Level 5)

Parents learn to understand the impact of their own behaviour on their children and to understand anger and ways to stop it from escalating.

Target group: parents at risk of abuse/neglect or involved in child protection.

Tuning In To Kids

Tuning in to Kids (TIK) aims to improve parents' responses to children's emotions and improve parent wellbeing.

Target group: parents with children aged 4-12 years

Tuning in To Teens

This program focuses on developing emotional intelligence and emotion coaching for teenagers. It also provides information about teenage brain development.

Target group: parents with young people aged 10-17 years

Bringing Up Great Kids

The program is underpinned by a philosophy of promoting and supporting respectful, caring and nurturing relationships between parents and their children.

Target group: parents with children aged 0-12 years

Bringing up Great Kids for Aboriginal Families

The program centres on the sharing of parenting Messages through the art of *Yarning* and *Storying*. It has been developed by the Australian Childhood Foundation, in collaboration with the Central Australian Aboriginal Congress for Aboriginal Parents, specifically for Aboriginal families.

Target group: Aboriginal families with children aged 0-12 years

Take 5 Minutes

A self-care program that is all about you. Learn how to nurture your own wellbeing and the importance of developing your own self-care plan. Practise mindfulness and other strategies to reduce stress and enhance your own sense of self.

Target group: Tired parents and carers

RAGE

Re-Navigating Anger & Guilty Emotions is a 4-week anger management course for adolescents. It is a strength-based solution-focused program that is practical and fun for teenagers.

Target group: adolescents aged between 11-17 years

MAAD

Managing Angry Adolescents Differently is a 2-hour seminar for parents of young people attending RAGE. The focus is on how to deal with adolescent anger issues.

Target group: parents of those adolescents in the RAGE program