

WESTPORT PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



Monday 4 March 2019

Welcome to week 6. Another busy time at Westport Public School.

One of the interesting activities taking place in stage 3 this week, will be the making of a short film for the Hastings Film Festival. Mr Whiteoak and Mrs Urquhart have been developing a script and tackling the technology to produce this item. We are looking forward to the final product.

Last week we had the pleasure of a visit from the Hastings Valley Secondary College to discuss the transition from year 6 to high school. The college presented a fantastic display of the amazing opportunities our students can expect to benefit from when they begin their high school journey next year. Thank you to the wonderful team of Principals, teachers and students who took the time to visit our school.

Last year the NSW Department of Education released its Strategic Plan for 2018-2022 that set out the department's blueprint for the next five years. Our vision is to be Australia's best education system and one of the finest in the world. Our purpose is to prepare young people for rewarding lives as engaged citizens in a complex and dynamic society and to have this achieved by ensuring children and young people are at the centre of all our decision-making. I am proud to say that I have seen evidence every day that the staff collectively share in the department's sense of purpose.

Have a great week.

Tony Johnston
Principal

Westport Public School Award Winners

Term 1 – Week 5

K Flame: Daniel, Tilly, Jonty, Charlie

K Jacaranda: Kobe, Alexis, Jae, Markarri

K Wattle: Sienna, Stacey, Charlotte, Noah

1 Acacia: Keira, Layla, Emily, Bradley

1 Banksia: Jax, Isabelle, Billy, Nevaeha

1/2 Paperbark: Danielle, Logan, Kirra, Zarhli

2 Bluegum: Henry, Brin, Hannah, Jhett

Best and Fairest: Axel, Sharkirra

Swimming for Sport

Just a reminder that swimming for sport has commenced as of Thursday 28 February. If your child is attending, please remind them to bring their swimmers, rash/sun shirt, goggle, sunscreen and towel to school.

Coming Events for Term 1

Wed 6 March	P&C Meeting, 6pm - Staff Room
Wed 6 & Thur 7 March	School Photos
Tue 12 March	K – 2 Parent Teacher Interviews
Wed 13 March	3 – 6 Parent Teacher Interviews
Tue 20 March	Netball State Cup Yr 5 – 6

Term 1 Assembly Timetable:

K-Yr2	Yr3-6
	Week 4 – 6 Frangipani
Week 5 – 1/2 Paperbark	Week 6 – 5 Hibiscus
Week 7 – 1 Acacia	Week 8 – 4/5 Melaleuca
Week 9 – 1 Banksia	Week 10 – 3/4 Macadamia
Week 11 – Bronze Awards	

CHANGE OF DATE - 1st P&C MEETING OF 2019

Due to a clash with the highschool information night, the first P&C Meeting of 2019 has been delayed one week. All parents, carers and friends are invited to attend and to be part of your P&C Committee.

What: Term 1 P&C Meeting

Where: School Staffroom

When: Wednesday 6 March 2019 at 6:00pm

School Photos

School photos will be taken on Wednesday 6 March 2019 and Thursday 7 March 2019. Children may return their envelopes before photo day or bring it to school with them on Wednesday 6 March. If returning photo envelopes before photo day please take them to the school office. We have very limited envelopes but every child will receive one and therefore we will not be able to replace lost ones. If you would like a sibling photo taken please contact the office to obtain the particular envelope required for these photos.

Toni Lawes

School Photo Co-ordinator



**Sunday March 10th 2019, Flynn's Beach.
12-3 pm**

FREE LEARN TO SURF LESSONS FOR CHILDREN WITH AUTISM AGED 5-18

For registration details for participants and volunteers, head to [f surfthespectrum](https://www.facebook.com/surfthespectrum)



Knockout Health Challenge

Mid North Coast Local Health District is seeking Aboriginal Community members in Port Macquarie and Wauchope aged 16 years and older, interested in registering for the upcoming Knockout Health Challenge.

THE CHALLENGE runs for 10 WEEKS and aims to motivate Aboriginal people to manage their lifestyle-related risk factors for chronic disease and reduce prevalence of overweight and obesity through a weight loss competition and physical activity challenges.

Registration opens: **25th February 2019**

Pre Challenge: **18th– 29th March 2019**

Challenge Start: **1st April 2019**

Challenge Finish: **7th June 2019**

This program will include exercise catering for all ages, fitness and skill levels.

Registrations will take place at **Birpai Local Aboriginal Lands Council**

- Thursday 28th February 10:00 am – 11:00 am
- Thursday 7th March 1:00 pm – 2:00 pm

Registrations will take place at **Bunyah Local Aboriginal Lands Council**

- Tuesday 26th February 10:00 am – 11:00 am
- Tuesday 5th March 1:00 pm – 2:00 pm

If you would like to register and cannot attend these sessions or have any questions;

Contact **Jess Morris** on 6588 2896 or Jessica.Morris@health.nsw.gov.au

Checkout the Facebook Page: <https://www.facebook.com/NSWKnockoutChallenge/>



Health
Mid North Coast
Local Health District



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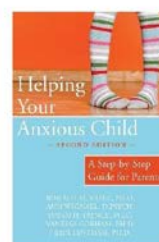


Some Helpful Parenting Resources from Got It!

Websites: both Kids Matter and Raising Children are great interactive websites with topics on all things parenting.

- Developmental and parenting - <https://www.kidsmatter.edu.au/>
- Developmental and parenting - <http://raisingchildren.net.au/>

Books:



Health
Mid North Coast
Local Health District



Bright Star Idea!

This weekend, go on a family bike ride or play water games outside as a family!

ARE YOUR CHILDREN PUSHING BOUNDARIES?

It's like they are wired to see how much they can get away with!

TOO MANY RULES CAN BE CONFUSING. HERE'S WHAT YOU CAN DO:

- Remain calm when setting limits
- Involve children in setting basic rules
- Distinguish and explain the difference between adult and children's decisions
- Limits need to be clear and consistent
- Use statements like "Stay in the yard. There are lots of cars on the street and I don't want you to get hurt" instead of "don't go outside the gate."
- Follow through with clear consequences

Children need to know what is expected of them. It gives them a sense of safety, stability and better outcomes throughout their lives.

FOR MORE INFORMATION CONTACT YOUR SCHOOLS GOT IT! CLINICIAN

