

# WESTPORT PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



**Monday 27 May 2019**

Welcome to Week 5. This term is certainly moving quickly!

Last Wednesday I attended our P&C meeting. We had a good number of people attend and some great fund-raising ideas were discussed. Our P&C does fantastic things for our school and we really appreciate the support and hard work they do. For example the recent Mother's Day Stall. The students really enjoyed this event and much needed funds were raised for the school. Thank you to our wonderful P&C for your hard work.

### **Grip Leadership Conference**

On the 5th of June our school leaders will be attending this event in Port Macquarie. The leaders always enjoy this conference and they explore and discuss many aspects of Leadership.

### **Lower North Coast Cross Country**

Last Monday students from Westport attended the Lower North Coast Cross Country. The students were very well behaved and represented their school with pride. Congratulations to those students going onto to the next level.

New staff member Danielle Davison has recently begun working at our school. She is fulfilling the Release from Face to Face teaching position. Westport welcomes her and wishes Danielle all the best.

Have a great week.

**Tony Johnston**  
**Principal**

### **Term 2 Assembly Timetable – 1 pm in the School Hall**

Kindergarten – Year 2	Year 3 – Year 6
Week 5 – Reconciliation	Week 6 – 3 Bottlebrush
Week 7 – K Jacaranda	Week 8 – 5 Hibiscus
Week 9 – 2 Bluegum	Week 10 – Silver Assembly

### **Coming Events for Term 2**

Monday 27 May	LNC Cross Country
Tuesday 28 May	Reconciliation Assembly
Wednesday 29 May	Year 5 & 6 Science Excursion at Oxhill Organic Farm
Monday 6 June	Snake Tails
Thursday 6 June	Public Speaking Finals Year 3 – 4: 9:15 am Year 5 – 6: 10:15 am
Wednesday 19 June	Dance Festival
Friday 5 July	Last day of Term 2
Tuesday 23 July	First day back Term 3

### **COMMUNITY NEWS**

#### **Looking at going on a holiday?**

Kerri-Anne Hands at Flight Centre Settlement City and Westport Public School P&C have got together in a fundraising pact. So for every booking made at Flight Centre Settlement City with Kerri-Anne, they will donate a percentage to the School P&C.

Simply mention Westport Public School when booking with her and she'll take care of the rest. Your friends, family and associates can also do the same. You'll benefit from Flight Centre's great low prices and know you're helping to support a great local school.

From airfares and accommodation through to travel insurance and visas, we have it all. And don't forget to take advantage of our Lowest Airfare Guarantee.

Call 6588 3777, text 0400 920 350, email her at [kerri-anne.hands@flightcentre.com.au](mailto:kerri-anne.hands@flightcentre.com.au) or visit her at Shop 3A, Settlement City, Cnr. Park & Bay Streets, Port Macquarie.



## Paediatric Speech Pathology Services

Mid North Coast Local Health District (MNCLHD)

Paediatric Speech Pathology is available free of charge at Community Health Centres across the Hastings Macleay District.

*There are waiting times for all Speech Pathology services.*

Parents are encouraged to ring the central intake/referral line (02) 6589 2245 to leave a message for a Speech Pathologist to contact them, and discuss their concerns/ referral needs.

A doctor's referral is NOT required to access the service.

Speech Pathologists can assist with:

- Early/infant feeding difficulties
- Preverbal & early language development (0 – 24 months)
- Language delay/disorder
- Speech/articulation/pronunciation difficulties (i.e. ability to speak clearly)
- Stuttering
- Social language/communication skills
- Pre-reading skills

Please note:

Clients who are eligible for the National Disability Insurance Scheme (NDIS) receive services through "Early Childhood Early Intervention" (ECEI) and should contact Northcott ECEI to make a referral on 1800 818 286.

## Tuning in to Kids Program

Emotionally Intelligent Parenting

UNDERSTAND AND MANAGE EMOTIONS TO IMPROVE PARENT-CHILD CONNECTION  
**Family Support Network**



Tuning in to Kids consists of six interactive group sessions for parents and is designed for all families with children aged 3-11 years.

The program teaches simple emotion coaching skills so parents can recognise, understand and respond to children's emotions in an accepting, supportive way.

This approach helps promote emotional and social competence in children.

Would you like to:

- help your child manage anger and other strong emotions?
- be better at understanding and talking with your child?
- help to prevent problem behaviours?
- teach your child to deal with conflict?

### Program details: 2019

Tuning in to Kids program meets weekly

for six weeks: 21st May - 25th June

Time: 10.00am - 12.30pm

Cost: FREE (limited places, registration essential)

Child minding available (please register)

Light Lunch provided



Venue: Youth Hub

140 Horton street, Port Macquarie



For more information or to register

Contact: Regen Hintz

Family Support Network

Phone: 6581 6800

Small changes,  
big differences.



## Group Triple P~ 2019 Positive Parenting Program (2-12 Years)

Tuesday mornings over four weeks  
Weekly session time: 10am to 12:30

Group Triple P is a parenting program for all families that provides practical answers to everyday parenting concerns



- Pick up positive parenting tips and ideas
- Focus on your strengths as a parent
- Learn how to deal with challenging behaviour and encourage behaviour you like
- Help your child reach their potential



To register or for more information contact:  
Stacey or Regen at the Family Support Network  
Centacare Ph: 6581 6800



Bookings essential - Please register as numbers are limited.

www.triplep.net



## Circle of Security Parenting

REGISTERING NOW

A program for parents and children to support you:

- To enhance or assist to develop secure attachments
  - To understand your child's needs
- To support your child's ability to successfully manage emotions
- To enhance the development of your child's self esteem

Monday's 10am – 12.30pm

Where: Youth Hub – 140 Horton street Port Macquarie

13 <sup>th</sup> May	20 <sup>th</sup> May	27 <sup>th</sup> May	3 <sup>rd</sup> June	17 <sup>th</sup> June	24 <sup>th</sup> June
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To register or for more information contact:

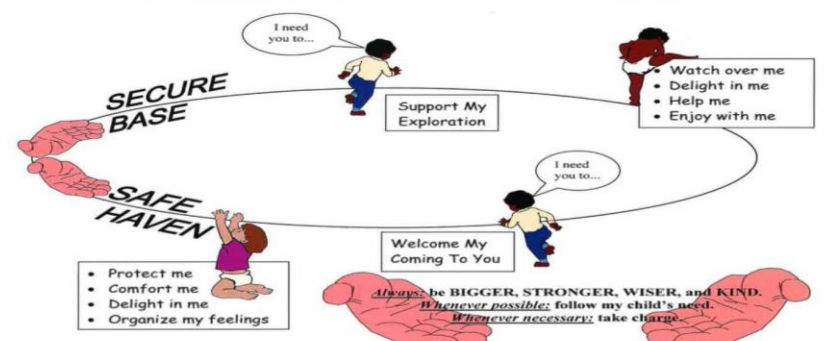
Stacey – Family Support Coordinator

Ph: (02) 6581 6800 - Mobile: 0488 339 901

☺ Child minding provided on request (Please register)

☺ Light Lunch provided

**CIRCLE OF SECURITY®**  
PARENT ATTENDING TO THE CHILD'S NEEDS





# FAMILY SUPPORT NETWORK

Centacare Family Support Network provides support and skill development to parents at the earliest opportunity, helping to build family resilience via a range of home visiting or group program activities.



**Centacare, Port Macquarie**  
Level 1, Bourne House, 10-12 Short Street  
Port Macquarie NSW 2444  
**T** 02 6581 6800  
**E** centacare@cc.stagnesparish.org.au

# FAMILY SUPPORT NETWORK

## Group Programs

**Triple P** is a Positive Parenting Program for families with children aged 2 to 12 years, supporting parents with tips and strategies to learn how to manage challenging behaviour and develop positive relationships.

**Tuning into Kids** teaches parents of children aged 3 to 11 years emotion coaching skills to recognise, understand and respond to their children's emotions in an accepting and supportive way.

## Home Visiting Programs

**Family Worker Home Visiting Program** provides support to families with children for a period of up to three months. Support may include developing skills in guiding children's behaviour, responding to children's emotions and addressing issues that could be impacting on the family wellbeing (for example health, relationships, parenting skills, finances, accommodation or isolation).

**Stepping Stones** is an individual consultation program for parents of children aged 2 to 12 years that have a developmental disability. Based on the Triple P model, Stepping Stones focuses on specific child behaviour problems and building parent skills to promote their child's development, social competence and self-control.

FSN 01 v1 (April 2019)

[www.stagnesparish.org.au/centacare](http://www.stagnesparish.org.au/centacare)

# Wyangala Bonfire & Fireworks Spectacular

Sunday of this  
June Long Weekend

Matt Morrison Oval, Sixth Avenue, Wyangala



# Wyangala Bonfire & Fireworks Spectacular

Sunday of this  
June Long Weekend

Matt Morrison Oval,  
Sixth Avenue, Wyangala

*Gold coin donations most welcome*

9:30 Mufti Bowls - \$5 to play  
Lunch available  
Licenced venue

for 9-hole 3person Ambrose  
golf tournament  
\$5 greens fees

10am Morgan Insurance  
Nearest the Pin Shootout  
4th hole Gold coin / ball

12pm Wyangala Bistro  
opens - eat in or take  
away

4pm Live and loud  
Josh Maynard &  
Josie Laver  
on the Jumping Castle  
Coffee Fix by Larz  
Sausage sizzle  
Hot dogs Popcorn  
oval Soft drinks  
Hot soup, toasties  
& beef rolls

4:30pm Bonfire lit

6:30pm Fireworks Display

Live entertainment to follow at Wyangala Country Club  
Courtesy bus drop-offs from 8pm

