

WESTPORT

PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



Monday 5 August 2019

Welcome to Week 3 Term 3.
Another busy week has passed by.

The Life Education Van has been another great success with all students attending sessions with Healthy Harold. Thank you to our wonderful P&C for sponsoring this important activity for another year.



Also, a big thank you to the P&C for running a school dance for all students. Staff voluntarily gave up their time to help supervise the Infants and Primary sessions and I would like to acknowledge and thank the staff that were available to do this. It was great to see so many students enjoying the night and displaying their unique dance moves.



Last Friday we had a fantastic visit from a portal planetarium set up in our hall. Students were transfixed with the amazing presentation of our night projected onto the roof of the inflatable planetarium. This was a timely activity due to the clear nights we have been having which are perfect for viewing the stars and planets.



This week we will have the District Athletics Carnival in Wauchope today and the fantastic Ceremony of Excellence at the Glasshouse on Tuesday. A chess tournament will be held in the hall on Friday run by Mr Ainsworth.

Have a great week.

Tony Johnston
Principal

Coming Events for Term 3

Monday 5 August	HCH District Athletics Carnival Blackbutt Oval, Wauchope
Tuesday 6 August	Hastings Valley Community of Schools Ceremony of Excellence 6:30 pm
Friday 9 August	Chess in the School Hall
Monday 12 August	Year 5 – Hastings Science Fair 12 pm to 12:30pm
Tuesday 13 August	The Twits at the Glasshouse – Year 3 to 6
Monday 19 August	Splendour tickets go on sale at the Glasshouse, Clarence St, Port Mac

Splendour Tickets

Please be advised that tickets for Splendour go on sale at 9am Monday 19 August 2019.

Term 3 Assembly Timetable – 1 pm in the School Hall

Kindergarten – Year 2	Year 3 – Year 6
Week 3 – K Jacaranda	Week 4 – 6 Grevillea
Week 5 – No Assembly – Choir Cluster Rehearsal	Week 6 – 6 Frangipani
Week 7 – 2 Bluegum	Week 8 – 5 Melaleuca
Week 9 – No assembly – Splendour	Week 10 – Gold Assembly

Kindergarten Enrolments for 2020

We have already received a number of enrolments from students who will be starting school in Kindergarten in 2020. If you have a child who will be starting at Westport in 2020, would you stop by the office and pick up an enrolment pack to complete please. It will have information relating to our Orientation and Information day as well as Drop In days which are fast approaching.

If you know of a family who wishes to enrol their child in Kindergarten in 2020, we would appreciate you informing them that now is the time to complete an enrolment form. The Orientation Day is Friday Week 1 of Term 4.

Toni Lawes
Kindergarten Co-ordinator

PBL Focus

This Week's PBL Focus is –



Westport Public School
Positive Behaviour for
Learning Expectations

At Westport Public School we are

RESPECTFUL

Playground

- Place rubbish in the bin
- Take turns
- Speak politely
- Be cooperative

Ironbark's Vegetable Harvest

Ironbark have done a wonderful job tending to the garden and here are a few of the items they are starting to harvest.



Book Week 2019

Theme: Reading is my Secret Power!

Wednesday 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 at our school canteen and money raised will go towards our amazing band and choir.

2:05pm – CLASSES AS NORMAL

BOOK FAIR

The book fair will be opened from 1:45pm until 6:00pm. Please come along with your child/ren to view the great selection of books and perhaps even purchase one.

Please note the time we will be opened until, for those parents who are not able to make it to the day's celebrations.

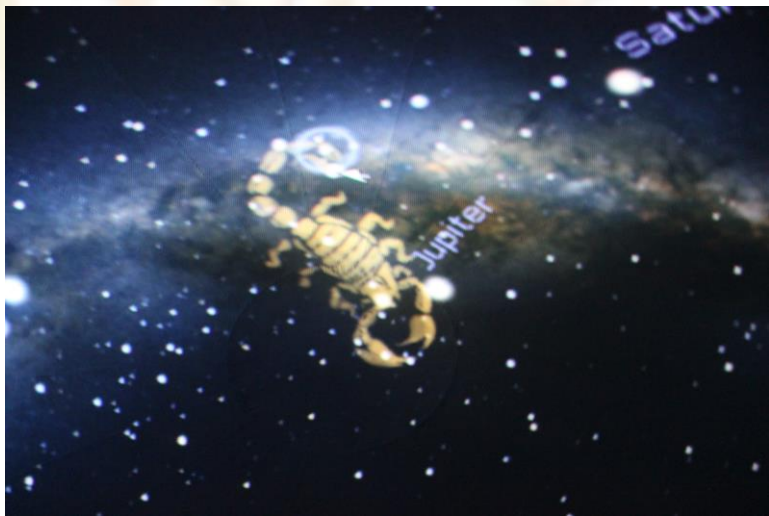
Looking forward to a great day, hope to see you there!



Miss Rachel Kelly
Teacher Librarian

Starr's Planetarium Visit





Life Education

Thank you to Healthy Harold and Mrs Goggin for visiting our school.



Infants Sports Carnival

Last Friday, Westport held their first Infants Athletics Carnival in over 10 years. The students had a wonderful time participating in a variety of events and practising their skills. We were delighted to see so many parents, carers and friends cheering for the students' on the day and thank you all for your support. Thank you to the P&C for putting on the BBQ. The students had such a great day they are already asking when the next one is!

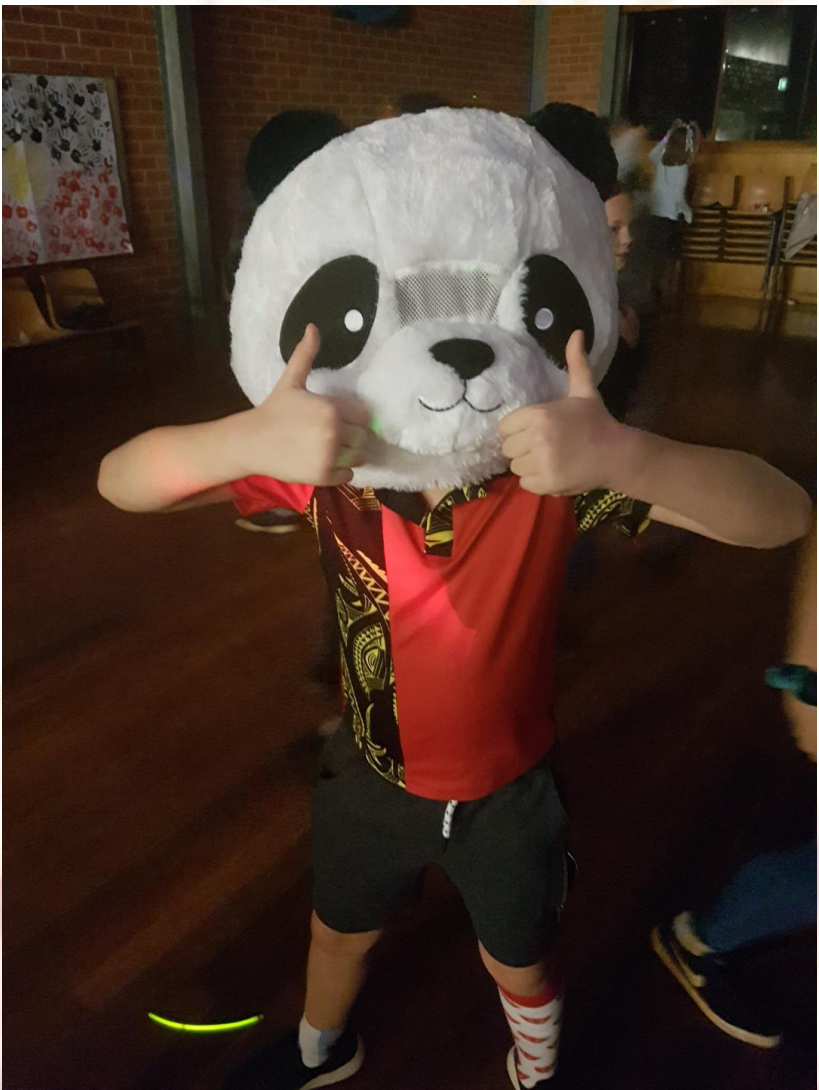
Amy Harland
Organising Teacher



Infants Sports Carnival cont'd



Disco Photos





North Coast Public Health Unit
Mid North Coast & Northern NSW Local Health Districts

Bushfire smoke

Advice for schools & child care centres in the Port Macquarie Region

The North Coast Public Health Unit is advising people to take action to protect their health while smoke haze continues to affect air quality across the Port Macquarie region.

Fine smoke particles are known to affect the human breathing system. The smaller or finer the particles, the deeper they go into the lungs. Bushfire smoke can affect all people and generally causes mild irritation such as itchy or burning eyes, coughing and a runny nose. These symptoms generally disappear in usually healthy people once the smoke disappears.

If your staff members or students have existing heart conditions, lung conditions, such as chronic bronchitis, emphysema or asthma, it is important that they have their medications handy at all times. Symptoms can occur for several days after this smoke is inhaled, so anyone with the above conditions needs to be vigilant with their treatment programs.

It is best that staff and students do not use ordinary paper dust masks, handkerchiefs or bandannas as these do not filter out fine particles from bushfire smoke and are generally not very useful in protecting your lungs – they may make it harder for people to breathe normally. When the smoke is visibly bad, it is better to stay indoors.

The following precautions may help to minimise the adverse effects of the smoke:

- Avoid vigorous activities and, importantly, try to avoid these activities completely when it is smoky especially if you have asthma, lung conditions or heart conditions;
- If your doctor has prescribed medications, keep them with you at all times
- Consider staying indoors when the smoke is visibly bad. Close the windows and doors and if needed, use an air conditioner set on the recycle air setting to reduce smoke entering rooms.
- Consider postponing outdoor events such as athletic carnivals or sports days when the smoke is visibly bad.

It is very important to seek immediate medical assistance if staff or students do not respond to their usual medications. In case of emergency always remember to dial triple zero.

Paul Corben
Director | **Public Health**

North Coast Public Health (Covering both MNC and NNSW Local Health Districts)
Hosted by Mid North Coast Local Health District
ABN 57 946 356 658

Morton Street, Port Macquarie NSW 2444
PO Box 126, Port Macquarie NSW 2444
Tel 02 6589 2120 Fax 02 6589 2390

NSW Public Health Unit Telephone Access Line: 1300 066 055 (bh)
Website <http://mnclhd.health.nsw.gov.au/services/north-coast-public-health/>

GirlsDayOut
Eureka EXPLORERS SCIENCE • TECHNOLOGY • ENGINEERING • MATHS

Sunday, August 11th
10am - 5:00pm

BOOK NOW AT EVENTBRITE <http://bit.ly/GDOS19PM>
TICKETS ON SALE NOW + SELLING FAST!

JOIN the #GDOS2019 tribe to meet your future.

Suitable for girls 10-14 years old

Logos: Eureka Explorers, Careers with STEM, Australian Computing Academy, Google, Charles Sturt University, focus, Eureka Explorers.

EASTCOAST ALL ABILITIES

JUNIORS
Designed for Children with Disabilities

10:30am Sunday Mornings
Port Macquarie Indoor Stadium

- Making friends
- Learn futsal and football skills
- Building teamwork

Positive, fun team environment
Limited numbers.
Aged 6-15
Term fee structure
Bring shin pads, water and a smile

Contact All Abilities Futsal
Phone:
0422 130 017
Email:
All.Abilities.Futsal@gmail.com

Kids Yoga 'Mini Movers', Term 3 at Yoga One Nine Studio

Jul 24, 2019 – Sep 25, 2019

Kids Yoga, 'mini movers' @yoga.one.nine (Colonial Arcade, L1, Suite 9/58 Horton St, Port Mac).

Weds 4:15-5pm, Term 3, for 10 weeks. 24/07-25/09/19. Active Kids Vouchers welcomed! Book by emailing: sayhello@yogaonenine.com.au

A fun flow of games, yoga poses, breathing exercises, partner poses, stretching & making friends!

Tara Zimmer

M: 0416 167 906

W: <http://yogafriends.business.site/>

http://www.instagram.com/yoga_friends_pmq/

<https://www.facebook.com/yogafriendspmq/>

