

# WESTPORT

## PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



**Monday 2 September 2019**

Welcome to Week 7, Term 3.

### **Dr Michael Carr-Gregg visit to Port Macquarie**

This week we had the opportunity to take Stage 3 students to Hastings Secondary College to listen to the world renowned psychologist, Dr Michael Carr-Gregg. You may recognise him as the resident 'go to expert' who appears regularly on Sunrise advising on all matters of parenting. This was a Hasting Valley Community of Schools initiative aimed at providing our students and the wider community with valuable information to support students and families manage the challenges of adolescence.

Some reflections from our students:

"We need to be responsible online so our parents can trust us and to keep us safe"

"Faking my age on social media is a huge risk"

"If people start chatting to us on line, we shouldn't chat back. It's not safe."

"I will spend less time on technology and wait until I am the right age before using apps like Facebook, Instagram and Snapchat"

There was also a parent session which was both entertaining and incredibly informative. Raising adolescents is undoubtedly a challenge for us all. Promoting our teens' safety, understanding their developing brains, navigating the ups and downs are all difficult tasks. Especially challenging is attempting to do this whilst also preserving our relationships and maintaining harmonious homes. Dr Carr-Gregg was frank about what parents can do and shouldn't do to support their teens to develop resilience and gave some great key points of reference.

There is more information available at Dr Carr-Gregg's website and he has numerous books on parenting and raising adolescents. We hope to bring Dr Carr-Gregg back to Port Macquarie in the future for more sessions.

This week our students will be attending the Opera House to perform with our wonderful choir teacher Mrs Eichler. I would like to wish them all the best and I am sure they will do Westport Public School proud.

Have a great week.

**Tony Johnston**  
**Principal**

### **Coming Events for Term 3**

Tuesday 3 – Thursday 5 September	Opera House Excursion
Tuesday 3 September	Schubert's 7's
Wednesday 4 September	Stage 1 – Sea Acres and Koala Hospital Excursion
Wednesday 11 September	Year 4 – Maths Fun Day
Tuesday 17 September	Splendour
Friday 20 September	Colour Run

### **Term 3 Assembly Timetable – 1 pm in the School Hall**

<b>Kindergarten – Year 2</b>	<b>Year 3 – Year 6</b>
Week 7 – 2 Bluegum	Week 8 – 5 Melaleuca
Week 9 – No assembly – Splendour	Week 10 – Gold Assembly

### **Term 3 Week 6 Assembly Awards**

MC Ironbark: Connor

3 Bottlebrush: Houston, Isaiah, Xavier

3 Silverfern: Charley, Ethan

4 Macadamia: Micah, Jemma

4 Waratah: Katie, Charlie

5 Hibiscus: Chase, Izajah

6 Frangipani: Paige, Tahnis

6 Grevillia: Ruby

### **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, please stop by the office and pick up an enrolment. 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**



### School Entrance

Please make sure that all pedestrian access to the school is via the Widderson Street entrance. The Gordon Street gate is for staff vehicles and delivery access only.

### Book Club

Book Club Issue 6 was handed out last Friday. Please return your orders by Friday 13 September to ensure they arrive before school holidays.

### Westport Creative and Performing Arts Update Senior Choir Opera House Excursion

Thirty members of our Senior Choir will travel to Sydney next Tuesday 3 September to perform in the Festival of Choral Music at the Opera House. Students have already attended a cluster rehearsal with Mr Ian Jeffersen, a leading conductor at the Public Schools Arts Unit as a lead up to next week's performance. Students will also get the opportunity to walk across the Harbour Bridge, enjoy the sites of Sydney Harbour on Captain Cook Cruises and have a team dinner at Pancake at The Rocks before they perform on Wednesday night. A year's worth of work is about to be performed at the Opera House.



### Splendour

Our Whole School Creative and Performing Arts night Splendour is getting very close. Students and teachers are working really hard to get all dances, instrumental and dramatic pieces performance ready for the night and what a show it's going to be. Students are so excited at having the opportunity to perform on a professional stage with all of the lighting and amazing sound effects.



A permission note has been sent home with every student and is to be returned to their class teacher as soon as possible. There are two parts to the note, the first section is

for the day technical rehearsal. This is compulsory for all students and is part of Westport's Whole School Creative Arts Program in relation to performance, dance and music. The whole school is being transported by bus to the Glasshouse at no cost to parents so students can all be part of a performance on stage. The second part of the note is to let teachers know if your child is coming on the night and to nominate two adults who are picking up your child. We hope that as many students as possible come to enjoy and perform in this fantastic Westport community event.

Tickets are on sale now at The Glasshouse either online or in person at a cost of \$15 per seat!

### Elective Dance Performance at The Port Macquarie Dance Eisteddfod Schools Section

On Thursday 26 September Westport's Dance Elective will be performing in the Port Macquarie Dance Eisteddfod. Thirty Westport students will get the opportunity to show the community all of the hard work they have been putting in during sport time to create their wonderful dance New York, which is also the opening performance in Splendour. Tickets to watch this wonderful event go on sale Tuesday 3rd September and will sell out the day they go on sale.



What an exciting array of creative and performing art opportunities students have over the next four weeks of term three.

**Mrs Eichler**  
**Teacher**

### Community News

#### MID COAST FUTSAL JUNIOR SUMMER COMPS = 2019/20

Presented by MID COAST FUTSAL INC Starts Wednesday 16<sup>th</sup> October

**Team or Individuals (CO-ED) (VENUES -Westport/St Pauls Campus)**

- \* WED 4 to 7yrs (Beginners) = skills/games
- \* WED U 8's - (6/7/8yrs), U 14 - (12/13/14yrs)
- \* FRID U 11's - (9/10/11yrs)



Rego's 12mths, U 7yrs \$60, 8 to 14yrs \$70. (Game Fee \$10 p/player)

\* Active Kids \$100 Vouchers, ([sport.nsw.gov.au/activekids](http://sport.nsw.gov.au/activekids))

Contact Alison 0412 191923 or 0411 501 744 Email [alison@midcoastfutsal.com](mailto:alison@midcoastfutsal.com) Website [www.midcoastfutsal.com](http://www.midcoastfutsal.com)





## FMNC FUTSAL

# PORT MACQUARIE

**Start Date: Tuesday 17th September**  
**Games: Tuesdays (14 weeks - 12 Rounds / 2 Finals)**  
**Cost: \$120 per player (total cost)**  
**\* Use your \$100 Active Kids Voucher towards fee**  
**Age Groups: U6-U14**  
**DON'T MISS OUT!**  
**GET YOUR TEAM TOGETHER NOW...**  
**Team Entries: [futsal@footballmidnorthcoast.com.au](mailto:futsal@footballmidnorthcoast.com.au)**  
**(contact for entry form and more details)**  
**Entries Close: Wednesday 11th September**

### SPORTS ACADEMY



**HASTINGS SECONDARY COLLEGE**  
EXCELLENCE - INNOVATION - OPPORTUNITY - SUCCESS

MOTIVATE  
CHALLENGE  
ACHIEVE

### CREATIVE INDUSTRIES ACADEMY



**HASTINGS SECONDARY COLLEGE**  
EXCELLENCE - INNOVATION - OPPORTUNITY - SUCCESS

DYNAMIC  
REWARDING  
CHALLENGING

### STEM ACADEMY



**HASTINGS SECONDARY COLLEGE**  
EXCELLENCE - INNOVATION - OPPORTUNITY - SUCCESS

INNOVATION  
REAL-WORLD CHALLENGE  
OPPORTUNITY

**Academy and PIP Applications are now open**  
**Academy Applications and PIP Selection forms are due on**  
**Wednesday 11 September 2019**

Your child should now have Academy applications and PIP selection forms from their primary school or in the mail. All documents are available on our website.

Frequently Asked Questions

If you have not yet received these, please contact [John Fisher](mailto:john.bryan.fisher@det.nsw.edu.au) by email

[john.bryan.fisher@det.nsw.edu.au](mailto:john.bryan.fisher@det.nsw.edu.au) or by phone at either campus.

All forms are **due on Wednesday 11 September** to your child's primary school for students at Hastings PS, Lake cathie PS, Port Macquarie PS, Tacking Point PS, Telegraph Point PS and Westport PS.

# Hastings Backyard Bash is back in 2019



**Backyard Bash is a great opportunity to get your friends together for fun-filled action-packed weeks of cricket**

**All games complete within one hour and all equipment is supplied!!**  
**Perfect for all kids,**

**Just wear your school sports uniform and grab some of your mates for a six-a-side 6 hitting bonanza!**

Port Macquarie Junior Cricket Club  
 Wayne Richards Oval, Port Macquarie Friday Oct 18th to Nov 8th  
 5:15pm Arrival for 5:30-6:30pm Game!  
 Cost \$25

visit [www.playcricket.com.au](http://www.playcricket.com.au) and search for Port Macquarie Junior Cricket Club to register for Backyard Bash.

For more information or to get a deal on a full season Contact Linda Perkins 0414254795



**Start Date:** Competition starts Monday 14<sup>th</sup> October

Finishing Monday 9<sup>th</sup> December – 9 rounds

**Game Times:** First game will start at 4:15pm with the second timeslot starting at 5:00pm

**Cost:** \$70 per player if joining as a team and not requiring a shirt  
 OR  
 \$80 per player - includes playing shirt with number  
 Shorts \$25.00 & Tights \$35.00

**Divisions:** Under 10 – Mixed – Born 2010 - 2011  
 Under 12 – Mixed – Born 2008 - 2009  
 Under 14 – Mixed – Born 2006 - 2007  
 Under 16 – Mixed – Born 2004 - 2005

**Registration:** **SPORTSPower** – Gordon Street Port Macquarie  
 Monday 2nd Sept. 4pm -5:30  
 Wednesday 4th Sept. 4pm -5:30  
 Wednesday 11th Sept. 4pm -5:30

**OzTag Skills Day Saturday October 5th Tuffins Lane 10am til 1pm**  
**!! LAST CHANCE REGO !!**

If you don't have a team we can place you in one.

**Any questions please email us at:**  
**[portmacquarieoztagjuniors@gmail.com](mailto:portmacquarieoztagjuniors@gmail.com)**

Stay updated by following the Port Macquarie Junior Oztag Facebook page and PMQjunioroztag on Instagram



Dear parent or carer,

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 during the school term, and children attend a fun filled 2-hour session each week with their parent.

**WHAT DO WE DO AT GO4FUN?** Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session they attend. School-aged siblings welcome.

Registration for Term 4, 2019 is open with limited places in FREE, FUN Port Macquarie Go4Fun which runs Tuesday afternoons from 3.30 - 5.30pm at Port Macquarie Olympic Pool, starting Tuesday 15 October 2019.

Register NOW at Free call 1800 780 900 or at [www.go4fun.com.au](http://www.go4fun.com.au)

**Go4FUN**  
 HEALTHY ACTIVE HAPPY KIDS







## Port Macquarie Junior Cricket Club

### 2019 – 2020 Season



#### SEASON DETAILS:

- ✧ **Junior Blasters (5-8 year olds):** 45mins (4.30pm start), Fri arvo's, 25 Oct- 13 Dec
- ✧ **Backyard Bash:** Yrs 3 to yr 6 (9-12yrs) 4 weeks, 5.30 to 6.30pm, Fri 18 Oct - 8 Nov
- ✧ **Under 10:** 90 mins
  - ✧ Fri afternoon comp 15 Nov -13 Dec 2019 (5 weeks), 5.30pm - 7pm
  - ✧ Sat morning comp 1 Feb 2020, 8.30am – 10am
- ✧ **Under 11s & 12s:** 8.30-10.30am Saturday mornings, 19 Oct - 21 March
- ✧ **Under 14s & 16s:** 8.30-11.30am Saturday mornings, 19 Oct – 21 March
- ✧ **Girls Sixers League:** 60-90 mins (5pm start) Date to be confirmed, U13s & 13s+

**LOCATIONS:** Junior Blaster/Backyard Bash/Girls Sixers League – Wayne Richards Park  
U10s & above – various fields in Port Macquarie & the Hastings  
*Note: Children may play in both Backyard Bash and U10, 11, 12 competition*

#### HOW TO REGISTER:

Go to [portmacquariejcc.nsw.cricket.com.au](http://portmacquariejcc.nsw.cricket.com.au) and follow the links

#### SEASON REGISTRATION FEES



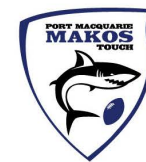
Age Group	Early Bird Discount (Register before 27 Sep)	Fee if registering after 27 Sep
5-8 yr olds (Junior Blaster)	\$99	\$99
Backyard Bash	\$25	\$25
U10 Friday Comp 2019	\$50	\$50
U10 Saturday Comp 2020	\$50	\$50
Backyard Bash/U10 Combo	\$120	\$120
U11*	\$125	\$145
U12*	\$125	\$145
U14-U16*	\$159	\$179

club shirts - \$30, Club cap - \$15, Club Wide brim hat - \$10

(\* Based on age on 1 September 2017 for boys, girls can be up to 2 years older)

For more info:  
Nat Jordan, Secretary  
[nataliejane.73@bigpond.com](mailto:nataliejane.73@bigpond.com)

'I don't' like cricket,  
oh no, I love it'



**PORT MACQUARIE  
MAKOS  
JUNIOR TOUCH**

#### JUNIOR TOUCH COMPETITION

Under 8 Boys & Girls (born 2012, 2013 & 2014)  
Under 10 Boys & Girls (born 2010 & 2011)  
Under 12 Boys & Girls (born 2008 & 2009)  
Under 14 Boys & Girls (born 2006 & 2007)  
Under 16 Boys & Girls (born 2004 & 2005)  
Under 18 Boys & Girls (born 2002 & 2003)  
*Mixed teams accepted in all age groups*

#### Registration Days

to be held at Sports Power, Gordon Street, Port Macquarie

Thursday 5<sup>th</sup> September 4pm-6pm

Saturday 7<sup>th</sup> September 9am-12noon

**COST: \$65.00**

**ACTIVE KIDS VOUCHERS ACCEPTED!!!!**

**ANOTHER VOUCHER GIVEN TO ALL KIDS @ 1/7/19**

Registration fee to be paid to PMQ Junior Touch

BSB: 062592 ACC: 1008 3257 REF: players name/age

Get a team together and email Port junior Touch to get a rego form.

If you don't have the numbers for a team we can place you in one!

[portjunortouch@gmail.com](mailto:portjunortouch@gmail.com)

#### Competition starts:

Tuesday 15<sup>th</sup> October: U/8 and U/10 (4:15pm), U/12 (5:00pm)

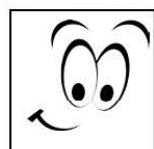
Thursday 17<sup>th</sup> October: U/14 (4:15pm), U/16 (5:00pm), U/18 (5.45pm)

Comp ends: 10<sup>th</sup> & 12<sup>th</sup> December

Non-competitive, fun competition. Refs supplied.



**Health**  
Mid North Coast  
Local Health District



### Vision Screening Clinics

**Is your child starting school?**

**Have they had their eyes checked?**

You can have their Eyes checked at our StEPS  
Vision Screening Clinics,  
Conducted by Nurses, trained in Eye screening.

**Centrelink** have now made compulsory a 4-year-old  
"Healthy Start for school" health check including an eye check  
**with StEPS or an Optometrist**

*If you receive Family Tax Benefit A & Income support*

AT: **Port Macquarie** Community Health Centre,  
19-30 Morton St, (the old hospital)  
In Meeting Room 4, opposite Reception entrance

On: **Friday 6<sup>th</sup> September**

Or **Thursday 5<sup>th</sup> Dec**

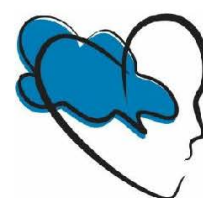
Please make an appointment

RING StEPS on **66567 061**

Or email: [MNCLHD-Steps@health.nsw.gov.au](mailto:MNCLHD-Steps@health.nsw.gov.au)

then write the appointment time here & put in a prominent place:

Date \_\_\_\_/\_\_\_\_/19 at \_\_\_\_:\_\_\_\_ am



**Hearts 'n Minds  
Learning**

## Helping your child to thrive

**We provide support for anyone who  
struggles with learning in any area of life.**



**Glenda Cooper Educational Therapist**

[www.heartsnmindslearning.com.au](http://www.heartsnmindslearning.com.au)

[glenda@heartsnmindslearning.com.au](mailto:glenda@heartsnmindslearning.com.au)

**0402 998 316**

## Junior Football League / J-League in Port Macquarie

This exciting new competition will give teams/clubs/players of our region, the opportunity to play Soccer in the regular off season.

### **SELECTION OPPORTUNITIES:**

**National:** Selectors will be at matches and players have the opportunity of being invited to the exclusive 'Alexandria Soccer Academy Port Macquarie' and 'Brisbane Roar Academy FC trials'. Scholarships to the Elite Athlete Program are also available.

**International:** We will be selecting players to form 1 x Representative team per age group, who will represent NSW Football at an International Tournament 2020 **Coaches:** We will select 1 x Coach per age division for the International Football tournament. Coaches tour/travel costs will be covered by NSW Football.

**Competition level:** Open to all clubs, School teams, representative, SAP/NPL & social teams.

**Rules:** FIFA (with some modifications for juniors)

**Where:** Playing at the Home of the *Alexandria Soccer Academy PMQ* - training venue /all weather Synthetic Pitch located at the Port Macquarie Hastings Hockey association.

**Address:** 1 Hockey place, Port Macquarie NSW 2444

**Competition Start Date:** 25th Oct

- Runs for 12 x weeks from 25th Oct 2019
- Semi finals 21st/22<sup>nd</sup> Feb 2020
- Grand finals 28th/29th Feb 2020

\* **Competition breaks over Christmas 15th Dec and returns 7th Feb / allowing family holiday time**

**Teams:** will be 7 x a-side (including Goalkeeper) with unlimited substitutions

**Pitch size:** approx 50m x 50m Synthetic Grass

**Gender:** Gender is open

**Media:** Selected matches will be streamed/live feed, promoting your club/team.

### **Age groups:**

- U9, U10 & U11 will play on Friday evenings
- U12, U13, U14 & U15 will play on Saturday Mornings

**Relationships:** We have amazing relationships/partnerships Nationally and Internationally including, Brisbane Roar FC etc and Internationally with 11 Sports Italy, Alexandria Soccer Academy USA, Cruzeiro Brazil, etc. We are happy to share & introduce these contacts with your team/players.

\*\*\* Brisbane Roar FC will be holding private training/selection camp in Port Macquarie 2019 for players that we have identified.

**PRIZE MONEY:** 1st place **\$700**, 2nd place **\$250** 3rd place **\$100** for every age division (\*pending team numbers min 6+ teams per age division) Awarded to the team and or Football/Soccer Club.

**Awards:** Awesome Team trophies will be awarded to 1st and 2nd place.

***Team spots are now available, but very limited.***

### **Costs:**

- Team registration is **\$FREE**
- Individual player registration \$120pp includes, rego & competition entry, insurance and complete season fees **NO MORE TO PAY.**

Book now to hold your spot. Places will fill fast.

**TEAM REGISTRATION:** Online here <https://docs.google.com/forms/d/e/1FAIpQLSeGvnJxX8iZXwAWIeaOf9HPLD5WY-RxQW9H5uC9aSvVdqoyWA/viewform?vc=0&c=0&w=1>

For further information please feel free to contact Mick Day [nswjleague@gmail.com](mailto:nswjleague@gmail.com)