



'Endeavour to Excel'

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'Excellence, Opportunity, Success'

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'Communicating with our Caring Community'



Wednesday, 25<sup>th</sup> June 2014



### DATES TO REMEMBER

DATE	EVENT
26 June	Aboriginal Cultural Day
27 June	Magpie Reward Day
27 June	Last Day of Term 2
14 July	School Development Day Staff only attend
14 July	Uniform Shop open (SDD) 8.30 am – 9.30 am
15 July	Students Return
16 July	CANTEEN CLOSED
21 July	CANTEEN CLOSED
22 July	Nitbusters Day – volunteers needed
23 July	Kinder 2015 Information Sessions 11.30 am – 12.30 am or 6.30 pm – 7.30 pm
23 July	CANTEEN CLOSED
1 August	Athletics Carnival K-6

thank you to everyone who brought in their loose change for this very worthwhile community fund raiser. Also, thank you to Mr Scriven for organising the event.



### **Visiting Band Performance**

The performance put on by the visiting Navy Band was absolutely fantastic. The boys and girls from Kinder to Yr 6 were thoroughly entertained by the band who had them engaged throughout the entire performance. Thank you to Mrs Pasfield for organising this excellent event.



*'You can become the person you want to be.'*

### PRINCIPAL'S MESSAGE

#### **Fantastic School**

The generosity of our school community never ceases to amaze me. Last week we raised \$292.10, with the assistance of Sarah and Paddy from 2GO, for **Give Me Five For Kids**. Students from K-6 participated, placing coins along a giant snake trail around the cola area. A BIG

### **CARES Bike**

Congratulations to Kimberley H of 5/6E who won an awesome bike, compliments of the CARES Bike Education Program and the local Police who run and sponsor the program. We are very fortunate, as a student from OPS has won the bike two years in a row.



### **Talented Dance Troupes**

WOW! Our boys and girls were amazing. Congratulations to the Junior Girls, Senior Girls and the Boys Hip Hop Dance Groups who have all recently performed at Laycock St Theatre. You have done us proud. Thank you to Mrs Anderson, Miss Adams, Miss Sammut and Miss Lievore for the great work you have done in supporting our dance troupes.

### **Reports**

Our Semester 1 student reports will be sent home by the end of the week. Teachers have spent a huge amount of time assessing and then reporting on each individual student's progress. Please take the time to sit with your child/ren and discuss the report. If you then have any concerns or questions please contact your child's teacher. Parent/Teacher Interviews will be held early next term.

### **NAIDOC Week Celebrations**

As part of our NAIDOC week celebrations, our students viewed a unique presentation by Aboriginal performer, Sean Dewar, performing 'Gindaja'. The children and teachers were highly engaged in the performance and enjoyed learning about many different aspects of the Aboriginal culture. The children particularly enjoyed the boomerang and spear throwing demonstrations on A Oval.

The school's NAIDOC week celebrations will continue on Thursday with all classes participating in cultural activities organised by their teachers.



### **Cake Stall Fundraiser**

The cake stall was a huge success. Many thanks to all of our mums and dads who baked for this fundraiser. The cakes were delicious. The proceeds will go directly to supporting the creative arts team, including our various dance, drama and music groups who will be performing in our annual School Concert which will be held in term 4. We will confirm how much money was raised in our next newsletter.

### **Army Reserves**

One of our former students, Craig De Moulpied, organised and presented an interesting and informative session to our Year 5 and 6 students, on the Army Reserves. Thank you to Craig and the Army Reserves.

### **Staff News**

Welcome to Demi Loamey and Shaylene Bates who are completing their teaching practicums with us. Demi is on 5/6W and Shaylene is on 3/4B. Both girls are from the University of Newcastle, Ourimbah Campus.

### **Staff Development Day**

Monday, 14th July is a Staff Development Day involving professional learning for all staff. The students will return on Tuesday, 15th July.

### **Have a great holiday.**

Until next time,  
Mrs Linda Trigg

### **Important Survey**

Dear Parents & Caregivers, could you please take the time to complete the following survey:

<http://bitly.com/opsparent>

The survey will only take a couple of minutes to complete and is completely confidential. The data collected will be used in an Action Research Project, the aim of which is to investigate and implement 21st century learning and

innovative practice to enhance student engagement at OPS.

It would be appreciated if you could please complete the survey by Friday, July 4.

Towards the end of the year you will be asked to complete the same survey again to allow for the collection of more data. The use of this data will further guide us in the understanding and implementation of 21st century learning and student engagement.

Thank you for your time,

Katie Clulow

### **CLASSROOM EFFORT & BEHAVIOUR POINTSCORE**

**Week 7** – Winning House – Emus

Emus – 37.5                      Koalas – 34

Platypus – 29.5                Kangaroos - 27

**Week 8** – Winning House – Koalas

Koalas – 33.5                      Emus – 32

Kangaroos – 31                Platypus – 28.5

### **K-2 CLASSROOM AWARDS**

**Week 8** – Adelaide B, Kade D KS, Olivia S, Kai D KC, Chloe C, Zach S KMB, Mitchell H, Michael M 1L, Lucinda M, Mitchell H 1P, Joel L, Chloe B 1A, Felicity M, Joed M 1/2MA, Emma N, Caige S 2M, Samara C, Charlie L 2A, Lucas C 2F, Levi H, Alyssa P CAPA

**Week 9** – Oliver G, Owen H KS, Oliver J, Ruby M KC, Alexa S, Taedym V KMB, Lockey I, Jade E 1L, Chiquita M, James A 1P, Chloe W, Alex B 1A, Phoenix M, Brooke S 1/2MA, Finn C, Alana N 2M, Giselle B, Holly-Rose S 2A, Grace C 2F, Mia C CAPA, William D, Billy G (Miss Sammut)

### **3-6 CLASSROOM AWARDS**

**Week 8** – Mitchell G, Marissa K 3F, Bethany W, Caleb L 3/4B, Luke B, Coby M 3/4A, Callum S, Luca E 3/4P, Kate S, Jacob F 4/5S, Kira C, Connor W 5/6D, Eowyn P, Rebecca S 5/6E, Jake F, Drew M 5/6W

**Week 9** – Lili R, Cirdan P 3F, Annabelle D, Sierra H 3/4A, Jayde F, Thomas K 3/4B, 3/4P, Daniel K, Charlotte B 4/5S, Kane L, Cassandra E 5/6D, Angel P, Cassidy C 5/6E, Tanya L, Ella D 5/6W

### **MAGPIE REWARD DAY**

Our Magpie Rewards Day is on Friday, 27<sup>th</sup> June. The children will get to watch a DVD and receive a packet of chips and a drink. The Magpie Rewards Day is to recognise students who have behaved well consistently all term. Congratulations to these children.

### **DANCE GROUPS**

Congratulations to the Junior Dance, Senior Dance and Boys Hip Hop Groups who performed at the Central Coast

Dance Festival. The students performed at Laycock Street Theatre over the past fortnight. We are extremely proud of all of the students who have been busy over the past 2 terms practising at lunch times. The students looked fantastic in their costumes. All of the groups are looking forward to displaying their talents at the school concert in Term 4.

### **ENVIRONMENTAL GROUP**

We have formed an Environmental Group for students in Years 3-6. The Environmental Group meets once a week during lunch breaks and is aimed at educating students about how to become more environmentally friendly. The group has discussed and begun implementing 3 strategies to focus on during Term 2 and 3 this year. These include:

#### **Power Rangers**

Some students in the Environmental Group have been given the job of being a 'Power Ranger', to help monitor how energy efficient each class is. Congratulations to 1L and KC who were the winners of last fortnights 'Power Ranger' award.

#### **Waste Free Wednesday**

Each Wednesday in Term 3 and 4, students and staff will be encouraged to bring their recess and lunch to school with either no packaging or recyclable packaging. Examples of this include bringing recess and lunch in containers that can be taken home (as opposed to plastic cling wrap), bringing pieces of fruit instead of pre-packaged food and bringing reusable drink bottles. The Environmental Group will be monitoring the amount of waste each Monday and Wednesday.

Please see additional information at the end of this newsletter.

#### **Gardening**

Each Friday, students are encouraged to help maintain the Bush Tucker Garden which was rebuilt last year by the Year 6 Leadership Group. We would appreciate any donations of gardening gloves for this group to use.

### **NAVY BAND**

On Monday, 23<sup>rd</sup> June the Royal Australian Navy Band performed at our school. The band consisted of 28 musicians and played a wide range of instruments. There was a great mix of jazz, pop and rock, which had the whole school up dancing (even the teachers)! We were so lucky to have such a prestigious visit and we look forward to their next tour to the Central Coast.

Mrs Pasfield



## **SPORTS NEWS**

### **MARINERS ACTIVE PROGRAM for STAGE ONE**

On Wednesday, 18<sup>th</sup> June students in Yr 1 and Yr 2 participated in the 'Mariners Active Program'. Students practiced their ball skills whilst playing a variety of games. All students thoroughly enjoyed this experience, especially with all the talk of the World Cup at the moment.

Ashleigh Lievore

### **NSWPSSA GIRLS SOCCER**

Last Thursday, the girls' soccer team played their 2<sup>nd</sup> game of soccer against East Gosford Primary School. Kira C scored a great goal but unfortunately we had a 3-1 loss. I'm extremely proud of the sportsmanship all the girls showed!

Ashleigh Lievore

### **BOYS SOCCER**

Congratulations to the boys soccer team who successfully made it through to the 3<sup>rd</sup> round of the NSWPSSA knockout competition. Unfortunately they came up against a skillful outfit from Lisarow Primary and went down 5-1.

Well done to the boys and thanks to Ourimbah Soccer Club for their assistance with organisation of the field throughout the term.

Gary Edwards

### **SYDNEY NORTH CROSS COUNTRY**

Congratulations to Lucy J, Kira C and Annalise B on their efforts at the recent Sydney North Cross Country Carnival held at Gosford Racecourse. All three girls gave their best on the day.

Gary Edwards

### **ATHLETICS CARNIVAL**

The Primary Athletics Carnival will be held at Sohler Park on Friday, 1<sup>st</sup> August. All family and friends are welcome to attend. More information will be distributed in Term 3.

Gary Edwards

Carnival Organiser

### **NITBUSTERS DAY**

Next term's Nitbuster Day will be held in Week 2 on Tuesday, 22<sup>nd</sup> July. This is early in the term and also on a different day to usual, so we hope our wonderful volunteers will mark this day on the calendar so they are available to help out. New volunteers are always welcome.

### **BLUE GUM ART SHOW**

#### **CALLING ALL ARTISTS!!!**

You're invited to enter artworks in the Blue Gum Art Show 2014.

Our wonderful Blue Gum Art Show is back! We are very excited to invite you to our 4<sup>th</sup> Blue Gum Art Show on Sunday, 14<sup>th</sup> September from 10 am until 4 pm for one day only!! Our last art show, back in 2012, was such an exciting event and this one is shaping up to be even bigger. This year we will proudly showcase talented artists and their artworks, from paintings and sculptures through to photography. Again we are including a Children's Exhibition for child artists from Kindergarten to Year 6.

It's going to be fantastic!! So put that date in your diaries, grab an entry form from the school office or download one from the school website under OPS Information. You can even grab an entry form from the Ourimbah Newsagent and General Store. If you need more details, check out our pages on facebook - 'Blue Gum Art Show' or 'Ourimbah Public School P&C'. Entry forms will need to be filled in and returned, with your entry fee to the school office no later than Monday, 1<sup>st</sup> September. You can contact Cat Soper on 0438 821673 if you need more information. Also, if anyone would like to donate artworks or items for raffles please let me know.

So grab an entry form and get creative!



This year in addition to our fabulous Art Show we will be having the Blue Gum Markets, so tell your friends and neighbours. A stall site will cost \$25. This money goes to the P&C, whilst any money you raise from your stall on the day is yours to take home. You can sell trash and treasure, crafts, books, clothes, etc. Conditions apply. Get in early as there are limited places. For more market information, terms and conditions and registration forms, please go online to the school website at [www.ourimbah-p.schools.nsw.edu.au](http://www.ourimbah-p.schools.nsw.edu.au) or find us on Face book at Ourimbah Public School P&C or alternatively visit the front office during business hours. We are hoping that the local community and businesses will support this great day of art appreciation and shopping.

### **RAINFOREST ACCESS PROJECT (RAP)**

A small group of volunteers continue to clear weeds and debris from the school's Rainforest and Frog Pond areas each Tuesday morning (9 - 10 am). Please come along to see what we are up to and what we are hoping to achieve. Perhaps you will find that you would like to join these weekly sessions to help restore harmony to these unique areas.

Contact Elizabeth Moore, Nicole Worrall or the office for more information.

### **INTERRELATE**

The P&C will once again be holding an evening session of Interrelate on Wednesday, 20<sup>th</sup> August. This program is for students in Years 3 – 6. More information will be sent home early next term.

**When sexuality is the question...**

**interrelate has the answers!**

**interrelate**  
family services  
**SCHOOL SERVICES**  
(02) 8852 7575  
school@interrelate.org.au  
www.interrelate.org.au

Interrelate is a specialist organisation with over 85 years experience teaching sexuality education in NSW schools. Interrelate educators are highly trained and skilful presenters.

The topic of sexuality will be handled with sensitivity, openness and humour. The programs offer an interactive approach to learning, with a variety of audio-visual materials, discussion and games. A range of books on sexuality education and parenting will be for sale.

Evening programs provide age-specific sessions of about one hour's duration.

Interrelate will be offering the program at  
**OURIMBAH PUBLIC SCHOOL**  
Wednesday, August 20th, 2014

- Primary 1 session 6.30pm
- Primary 2 session 7.15pm

■ **informative**  
■ **entertaining**  
■ **family focused**  
■ **designed to encourage parent/child discussion**

\*Keep a look out for flyers (coming home with your child before the program) outlining session content

**interrelate** Strengthening family relationships ... since 1926

### **LOST PROPERTY – ITEMS WITHOUT NAMES**

#### **Last Chance!**

We have a huge number of jumpers and lunchboxes, without names, in the office from lost property. These items have not been claimed so will be donated or disposed of at the end of this week. The jumpers and jackets will be offered free to a deserving home.

### **AUSSIE FARMERS DIRECT P&C FUNDRAISING**

Ourimbah Public School has teamed up with Aussie farmers to raise funds.

Aussie Farmers Direct provides a home delivery service of 100% Australian owned and grown produce – every time you shop with Aussie Farmers Direct, they will donate a portion of your spending to our school – it's that easy!

No more running out of milk in the morning! You can conveniently shop online from the comfort of your own home and wake up to an esky full of fresh produce!



To start shopping go to

[Aussiefarmers.com.au/fundraisingoffer](http://Aussiefarmers.com.au/fundraisingoffer)

Accompanying this weeks newsletter is an offer from Aussie Farmers Direct – start shopping with the confidence that you are supporting our school, Aussie farmers and your local milko!

Are you already a customer? You can link your Aussie Farmers Direct account to Ourimbah Public School group by visiting [AussieFarmers.com.au/LinkMyAccount](http://AussieFarmers.com.au/LinkMyAccount)

For further information, visit [AussieFarmers.com.au](http://AussieFarmers.com.au) or call 1300 654 562 or get in touch with P&C via our email address [ourimbahpandc@yahoo.com.au](mailto:ourimbahpandc@yahoo.com.au)

### **BLUE GUM CANTEEN NEWS**

What a fabulous term. Thank you to everyone for your ongoing support of the Blue Gum Canteen. I feel honoured to be a part of your school and I dearly thank all of the volunteers who share this journey with me.

Meal Deal Day was a HUGE success. The children especially loved the music and what wonderful singers we have in the school!!! We had over 170 orders on the day making it very busy and so much fun.

Did you know?

Each day we make fresh produce treats for the children to enjoy. Having fun with fruit and vegies shows children that staying healthy is fun. These are some apple cars that we make!



Elise Blomfield  
Canteen Supervisor

### **ENTERTAINMENT BOOKS – AVAILABLE NOW**

The Entertainment Books have arrived and are available at a cost of \$60 each. The book contains vouchers for discounts at many Central Coast and Newcastle restaurants (formal and casual), as well as local attractions and services.

If you are interested in purchasing a 2014/2015 Entertainment Book, they are now available at the office.

### UNIFORM SHOP

The Uniform Shop will be open from 8.30 am – 9.30 am on Monday, 14<sup>th</sup> July (School Development Day). School hats can be purchased from the canteen on Tuesdays, Thursdays or Fridays at a cost of \$15.00 each.

### Operating Hours – Mondays & Thursdays

The opening hours for the uniform shop are as follows:

**Mondays 8.30 am - 9.30 am**

**Thursdays 2.30 pm - 3.00 pm**

Online ordering and eftpos are available in the Uniform Shop. Order forms are also available from the office with an option to make arrangements for collecting/paying at the canteen or from the uniform shop.

### COMMUNITY NEWS

#### CAMP AUSTRALIA'S HOLIDAY CLUB

Come and join Camp Australia's Holiday Club these coming holidays! Activities include; going to the movies to see 'How to Train Your Dragon 2', making clocks, come dressed as your favourite super hero and make a cape, decorate your own FIFA world cup jersey and much more! Register and book online at [www.campaustalia.com.au](http://www.campaustalia.com.au) or ring 1300 105 343.



**NSW Ourimbah Holiday Club**  
121 Pacific Highway Ourimbah NSW 2258  
0411 298 219 (07:00-18:00)

<b>Monday 30 June 2014</b> \$51.20 <b>Fairytale Fun</b> Have some Fairytale Fun today... Click on the heading for more information	<b>Monday 7 July 2014</b> \$51.20 <b>Kreative Kids</b> Get "Kreative" today with super-sized fun. Click on the heading for more information
<b>Tuesday 1 July 2014</b> \$61.20 <b>Up, Up &amp; Away</b> Come and join in the fun of designing your very own Super Hero Cape! Click on the heading for more information	<b>Tuesday 8 July 2014</b> \$61.20 <b>Jersey Jumpers</b> Make your very own Jersey for our World Cup Fever day! Click on the heading for more information
<b>Wednesday 2 July 2014</b> \$51.20 <b>A Winter's Tale</b> Grab a mug of cocoa and snuggle up tight for A Winter's Tale... Click on the heading for more information	<b>Wednesday 9 July 2014</b> \$51.20 <b>Mini Picasso</b> Paint your world in colours! Click on the heading for more information
<b>Thursday 3 July 2014</b> \$61.20 <b>Tickety Tock</b> Tick Tock... Get ready to make your very own clock! Click on the heading for more information	<b>Thursday 10 July 2014</b> \$61.20 <b>World Cup Fever</b> FIFA World Cup is here! Celebrate this amazing event with us... Click on the heading for more information
<b>Friday 4 July 2014</b> \$67.20 <b>Lights, Camera... Dragon!</b> It's adventure time again with movies and excitement! Click on the heading for more information	<b>Friday 11 July 2014</b> \$61.20 <b>Ready, Set, Go!</b> On your marks, get set, GO! Speed things up today with extra fun! Click on the heading for more information

\* Daily Requirements: Children must bring their own lunch and refreshments (no nut products please) wet weather gear, art smock and suitable clothing for an active and sunnary day.  
\* An afternoon fruit snack will be provided.

[www.campaustalia.com.au/holidayclubs](http://www.campaustalia.com.au/holidayclubs)

### OURIMBAH VILLAGE BUTCHERY

#### Under new management

Your local butcher is now open with premium quality meat at cheaper prices. We also sell fresh cut cold meat. Come in and say "Hi", and compare the prices. We will also deliver for free.

Please contact Ross or Jeff on 4362 2905 for more information.

**MAJESTIC CINEMAS**  
**THE ENTRANCE**  
 54 The Entrance Road  
 ph:4332 6566 Join us on Facebook  
[www.majesticcinemas.com.au](http://www.majesticcinemas.com.au)  
**ALL YOU NEED IS**  
**THIS VOUCHER!**  
**\$8\***  
**ALL TICKETS!**

Bring this coupon to Majestic Cinemas The Entrance for unlimited \$8 movie tickets every day

**Valid Until 16/07/2014**

\*Conditions - Coupon must be shown to receive \$8 ticket offer. Not valid with any other offer.



**OURIMBAH**  
**TENNIS**  
**ACADEMY**

#### SCHOOL HOLIDAY COACHING CLINIC

**Monday 30th of June to**  
**Wednesday the 2nd**  
**of July 2014**  
**Time : 9:00 - 2:30**  
**Cost : \$90 - 3 Days**  
**\$30 - per day**

Learn how to play / Make new friends  
 Win trophies and prizes  
 Play singles and doubles round robins  
 And have loads of fun

#### TERM 3, 2014 TENNIS COACHING

**Bookings are now being taken for term 3**  
**tennis lessons at Ourimbah Tennis Academy**  
**Lessons range from Group Lessons to Private**  
**Lessons and are available Monday to**  
**Saturday for both children and adults**  
**Thursday afternoon Junior Tennis**  
**Competition is also available**

For more information call  
**ANGIE on 0402021159**



## YMCA SWIM SCHOOL AT THE MARINERS CENTRE OF EXCELLENCE

YMCA NSW and the Central Coast Mariners know how important it is to teach your child to swim, which is why this centre will be focused on providing quality swimming lessons to the local Tuggerah area.

Whether it's for fun or fitness, YMCA Swimming Lessons give you vital skills and confidence. The program runs year round and is open to everyone ages 6 months and above.

Enrol in YMCA Swimming Lessons and learn a skill for life!

You'll also get access to:

- Brand new facility
- Experienced and qualified swimming instructors
- Regular feedback
- Certificate for each level completion
- Free YMCA swimming cap or water nappy

ASK ABOUT OUR \$15 FOUNDATION OFFER!

Join us for a free Swimming Lesson Assessment Day on Saturday 28 June

When: Saturday, 28th June

Time: 10am - 2pm

Details:

- Free swimming lessons assessment
- Enrol your child in our program
- Special introductory membership
- Free sausage sizzle
- Jumping Castle
- Free swim for your family
- Bookings essential!

YMCA Swimming Lessons begin Monday 7 July.

Call 1300 723 468

Visit [ymcaswimschool.org.au](http://ymcaswimschool.org.au)

## FUN Kids HOLIDAY ACTIVITIES July 2014

	AGE+ COST	DATE+LOCATION
<b>AFL (AUSKICK)</b> - The program is designed for kids who are not playing AFL. The kids will be taken through all the skills of AFL, play some fun games involving AFL and then will have to put all they have learnt into action when they take part in some real games of AFL. Each participant gets an AFL showbag including AFL ball, hat & much more! 9am-12pm (3 hours)	5-12 years \$30	30 June, Bateau Bay
<b>ARCHERY (INDOOR)</b> - Get on target & challenge the kids with this great Olympic sport. 10am-12pm or 1pm-3pm	8-15 years \$20	1 or 2 July, Gosford
<b>CARES BICYCLE SAFETY</b> - Offered by Wyong Shire and Gosford City Councils, in conjunction with NSW Police, this program will develop your child's road sense and set the foundation of road safety they need right through life, even when they start driving. Bicycles and helmets are provided. Participants can use their own helmets subject to a safety inspection from NSW Police Officers present on the day. 9.30am-2pm (4.5 hours) TBC.	School grade 3-6 only \$10	10 July (TBC), Palmdale
<b>CIRCUS SKILLS</b> - Clown around! This action-packed workshop and, try riding a mini clown bike, spin a plate on a stick, use a flower stick, have a juggling lesson, walk the tight wire, and more! Learn to make your own balloon animal or flower to take home. 10am-1pm (3 hours).	6-12 years \$40	1 July, Niagara Park
<b>CIRCUS AERIAL WORKSHOP</b> - Aerial skills are great fun and in this workshop you will get to have a go on the aerial hoop, the static trapeze and the silks. Your trainers are professional performers who teach at Young Talent School Central Coast. All participants will need to arrive on time to join in a warm-up and basic tumbling skills before participating in the aerial skills. 10am-11.30am (1.5 hours).	8-16 years \$31	1 July, Niagara Park
<b>GYMNASTICS INTRODUCTION</b> - 2 day program. This introductory program includes basic fundamental movement and gymnastic skills will be taught which would include specific apparatus safety in a fun and friendly environment with accredited coaches. 12pm-2pm (4 hours in total)	5-12 years \$30	9 & 10 July, Berkeley Vale
<b>KIDS MULTI-SPORTS</b> - A great program for working parents and active kids. Central Coast Youth Club hosts this jam-packed day including trampolining, indoor volleyball, soccer, wheelchair basketball and lots more. Price includes a sausage sizzle and an ice block for lunch. So don't miss out on this brilliant, fun and great value for money day. Pre-bookings with payment essential! 9am-3pm (6 hours).	6-13 years \$27 first child, \$22 for every other sibling	2 or 11 July, Niagara Park
<b>TENNIS BLUE HAVEN</b> - 1 day program. LA Tennis offers a fun filled, energetic and professional Hot Shots Tennis holiday clinic with a modern coaching mindset of learning through play. Fully endorsed and qualified through Tennis Australia, all staff have one thing in mind "maximum participation". All abilities welcome, all equipment supplied and includes lunch each day. 10am-3pm (5 hours in total).	5-16 years \$48	7 July, Blue Haven
<b>TENNIS GOSFORD</b> - 3 day program. Learn tennis and have fun at the same time. Learn stroke production, forehand, backhand, volley and serve as well as match play and scoring. Lunch can be ordered at the centre on arrival. Suitable for beginners to advanced. 9am-3pm (18 hours in total).	5-16 years \$130	2, 3 & 4 July or 9, 10 & 11 July, Gosford
<b>TENNIS WOY WOY</b> - 1 day program. 10am-3pm (5 hours in total). See Tennis Blue Haven above for program description.	5-16 years \$48	4 July, Woy Woy
<b>TENNIS WYONG</b> - 3 day program. This clinic caters for all levels. It covers all aspects of the game including court etiquette, technique and rules of the game. Play games, mini-tournament and a small party on the last day 9am-11.30am (7.5 hours in total) & includes a small party on the last day.	5-16 years \$67 (third sibling free)	30 June, 1 & 2 July, Wyong



Office of Communities Sport & Recreation

All program fees include GST. For other information on each program, please phone 02 4362 3184 or 13 13 02 or see [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)



Nutrition Snippet

## The simplest way

to bust hunger after school

Try these great veggie filled recipes that will top up their tank until dinner time.

### Speedy Pizza

A wholegrain English muffin with tomato, corn, capsicum and reduced fat grilled cheese.



### Fast Toasty Fingers

A slice of wholegrain toast cut into soldiers served with 'reduced salt' or 'no added salt' baked beans.

### Veggie Kebabs

Kebab skewers with reduced fat cheese, cherry tomatoes & cucumber slices.

### Macho Nachos

Corn tortillas and sprinkle with quartered cherry tomatoes, kidney beans and reduced fat cheese. Bake in oven for 15 minutes and serve with mashed avocado.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



## OURIMBAH PUBLIC SCHOOL VALUES

## DEMOCRACY

Accepting and promoting the rights, freedoms and responsibilities of being an Australian citizen

# Waste Free Wednesdays

As part of our school's sustainability plan, Ourimbah Public School is reintroducing the Waste Free Program every Wednesday to decrease the amount of rubbish in the school and to increase the school community's awareness about caring for the environment.

Our Waste Free Lunch Program educates students about where our waste ends up and about how we, as individuals, can reduce the amount of waste we generate and send to landfill. Waste free lunches encourage the first step in the waste hierarchy - **AVOIDING** waste. Choosing products that have less packaging, results in less waste that you have to dispose of. Waste free lunches are often cheaper and in most cases a lot healthier too!

The Environmental Group will be monitoring the amount of waste each Monday and Wednesday during terms 3 and 4.

Each Wednesday students and staff will be encouraged to bring their recess and lunch to school with either no packaging or recyclable packaging. Examples of this include bringing recess and lunch in containers that can be taken home (as opposed to plastic cling wrap), bringing pieces of fruit instead of pre-packaged food and bringing reusable drink bottles.

If you're like us, you're always on the lookout for small changes that make a real difference in the world, and packing a waste-free lunch is one such change that's easy to make.

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## Understanding the Problem

### *The Typical Lunch:*

If you walk around at lunchtime and take a good look at the lunches our children bring to school, here's what the typical lunch will look like:

- sandwiches in disposable plastic bags.
- fruits and vegetables in plastic bags.
- pre-packaged chips, cookies, fruit bars, muesli bars, cheeses and fruit leathers.
- single-use yogurts.
- crackers, pretzels, chips and other snack foods sealed in plastic bags.
- disposable juice boxes, juice cans, water bottles and milk cartons.
- plastic forks and spoons.
- paper napkins.
- reusable lunchboxes, disposable paper and plastic bags.

### *A Waste-free Lunch:*

- sandwiches and other main dishes, fresh fruits and fresh vegetables and treats in a reusable lunch container or containers. Please take extra care with sandwiches, we don't want them falling apart or their contents spread throughout the lunch box.
- cloth napkins.
- stainless-steel forks and spoons.
- reusable drink containers.
- reusable lunchboxes.



Thank you for your support,

Environmental Committee