



'Endeavour to Excel'

121 PACIFIC HIGHWAY, OURIMBAH 2258

Email : ourimbah-p.school@det.nsw.edu.au

'Excellence, Opportunity, Success'

PHONE: 4362 1033 FAX: 4362 2531

Website: www.ourimbah-p.schools.nsw.edu.au

'Communicating with our Caring Community'



Wednesday, 11th October 2017

DATES TO REMEMBER

DATE	EVENT
11 October	P&C Meeting tonight 7 pm in staffroom - all welcome
13 October	Yr 6 Mini Fete – see article
16 October	Rock Painting Day - money due
16 October	CANTEEN CLOSED
18 October	Yr 2 Swimming - ongoing
18 October	CANTEEN CLOSED
18 October	Choral Festival Performance Matinee – 3.30 pm Evening Performance – 7.30 pm
19 October	P&C Interrelate Evening – see article
23 October	Yr 1 Rumbalara Excursion
23 October	CANTEEN CLOSED
24 October	Yr 2 Rumbalara Excursion
25 October	Yr 2 Swimming – ongoing
25 October	CANTEEN CLOSED
26 October	Book Club Orders Due
27 October	P&C 'Day for Daniel' Fundraiser
27 October	2018 Kindergarten Transition Visit Orange Group – 9.15 am – 10.45 am Purple Group – 11.45 am – 12.45 pm
31 October	Nitbusters Day
1 November	Yr 2 Swimming - ongoing

PRINCIPALS' MESSAGE

Dear Parents and Community Members,
Welcome back to Term 4.

Term 3 finished well, with the Year 4 camp, GAT camp, Stage 3 trip to Newcastle, P&C Trivia night and Stage 3 robotics workshop. Teachers don't get overtime pay, so I am always appreciative of those who give up their evenings, weekends and after hours. Our students were fantastic ambassadors, as they always are, and the feedback I received from kids, parents, the venues and presenters has been really positive.

Term 4 is always a busy one with reports, end of year functions, Choral festival, Valley Schools Leadership forum and Kinder Transition just to name a few! As always, the relevant information will be in our newsletters, on our school app and on notes that your children will receive.

Tonight the P&C are meeting at 7 pm in the staffroom. I encourage everyone to attend. This hard working band of parents do amazing things for our school and the money they raise supports every child.

This Friday, the Mini-Fete is on. The senior students and Stage 3 teachers have been planning, organising, collecting, making and sorting for weeks, so that everyone can enjoy the activities and the atmosphere of their fete. It has been a terrific effort and I'm looking forward to visiting each of the stalls.

Next Thursday, 19th October, the P&C are hosting *Interrelate* (see the information flyer with this

newsletter). This is a gentle reminder to send payment to the school as soon as possible.

Have a great week, everyone.
Glynis Lughnan

CLASSROOM EFFORT & BEHAVIOUR POINTSCORE

Week 9 – Winning House – Kangaroos

Kangaroos – 36.5 Koalas – 28.5

Emus & Platypus – 27.5

CLASSROOM AWARDS K-2

Week 10 – Carlos D, Flynn W KL, Tobias W, Daniel V KM, James B, Braxton K KS, Daken D, Lily H 1B, Sebastian S, Charlee H 1M, Chloe N, Alec B 1/2G, Sam B, Ella T 2M, Ivy C, Jayden C 2W, Archie H, Isabella W Library.

CLASSROOM AWARDS 3-6

Week 10 – Taneisha P, Aidan K 3/4B, Lacey M, Ryley B 3/4E, Ethan W, Krystal K 3/4PF, Imogen B, Ellise W 5/6E, Minh N, Cirdan P 5/6S, Hugh B, Georgia K Library.

'TELLTHEM FROM ME' PARENT SURVEY

Survey Closes Friday

To access the survey for our school go to: <https://nsw.tellthemfromme.com/ourimbah>. The parent survey will close this Friday, 13th October. We encourage as many parents as possible to participate. Your support is greatly appreciated.

SUMMER UNIFORM

Full summer uniform is to be worn by all students from the start of this term. Don't forget that you must wear a black school hat to be able to play outside.

2018 SCHOOL OFFICIAL ELECTIONS

Over the next few weeks we will begin the selection process for our 2018 School Officials. Response to parent surveys has indicated that parents would like Year 1 and 2 to be a part of the voting process. As an executive we have looked at different ways of making this a fairer process and including the younger students. This year we are going to trial Year 2 joining the voting process. As part of this process they will join a primary assembly later in Term 4 to watch the speeches and then make their decision with the rest of Years 3-6 and the staff about who will be the best candidates for the position.

The process of becoming a School Official will be carried out over the term with the badges being presented at Primary Presentation Day. For those students who are considering applying to be a part of the process, there will be a meeting with Mrs Wakelin tomorrow at recess in the hall. Following this, numerous

other steps will need to be completed within particular time frames. No extensions will be granted. Some of these steps include:

- Completing a signed code of ethics and returning to school by the due date,
- Write a speech no more than 2 minutes long (ensuring that Mrs Wakelin or Mrs Bowd have checked the speech at least 48 hours before presenting)
- Create an A4 poster (more information will be given throughout the process)

The qualities that we are looking for in our 2017 School Officials include:

- Sportsmanship
- Wears correct school uniform
- Caring and empathetic towards others
- Cooperative and a team player
- Respectful and responsible
- Unselfishness
- Thoughtfulness of the rights of others
- Punctuality
- Courtesy
- Neatness in Appearance
- Honesty, to self and to others – truthfulness
- Courage
- Pride in self, home, school and community
- Kindness and helpfulness to others
- Cheerful personality
- Self-control
- Interest in school activities
- Worthiness to represent the school on all occasions.

It would be expected that each of the nominees have consistently demonstrated the above qualities. Good luck to all students choosing to participate.

If parents have any questions or concerns, please don't hesitate to contact Mrs Wakelin on 4362 1033.

THANK YOU MR SHEPHERD

KS and Ms O'Connell would like to say a big thank you to Mr Shepherd for coming in on Fridays to teach KS about the different plants and animals found in Ourimbah's Rainforest. On the last day of term, KS and family members went on a tour of the rainforest and

then made a mini moss garden. This will stay in KS for the rest of term 4 and then be transplanted into the rainforest. Thank you to Moss Boss, the Living Timbre Community in Wyong for donating the moss to construct this garden, KS students were very excited and look forward to caring for the garden.

NITBUSTERS DAY – VOLUNTEERS NEEDED

Our Term 4 Nitbusters Day will be held on Tuesday, 31st October. Students will have their hair checked for head lice and parents will be informed by mail if your child needs treatment at home.

We are once again calling on volunteers to help with this worthwhile program. If any parents are able to spare a few hours on Tuesday, 31st October from 9.00 am it would be very much appreciated. Morning tea will be supplied and what a great way to meet other members of our school community, whilst providing a great service for our students. Experience is not necessary as our coordinators will teach you. We look forward to seeing some new faces, as well as our regular helpers. Please contact the office if you would like to help.

BOOK CLUB

Issue 7 of Book Club is due back at school by Thursday, 26th October. Credit card orders can be made online via LOOP or cash/cheque orders to be sent to the office by the due date.

YR 6 MINI FETE

The Year 6 Mini Fete will be held this Friday, 13th October in the school grounds. Each class will attend the Mini Fete for approximately one hour. This event is for students only. The Year 6 students have been working very hard, planning and organising their stalls and they are looking forward to the support of our other students in making the Mini Fete a great success. Proceeds from the Mini Fete will go towards the Year 6 Farewell and other associated activities at the end of the year.

The students will be able to purchase tickets on the morning of the Fete and/or during their Fete time slot from Year 6 students and staff outside the office. No money will be exchanged at the stalls, each stall's pricing is an amount of tickets, each ticket will be worth 50c. Students will then use these tickets to purchase items from the stalls or to participate in the activities provided by the Year 6 students. If possible, we ask that children bring their money to spend at the Fete in coins rather than notes to assist in the giving of change. The children, in the past, have brought no more than \$20 to spend.

We are all looking forward to a wonderful day and thank you in anticipation for your support.

Nicki Wakelin, Gary Edwards, Emma Elsey, Louise Kimpton and Thomas Scriven



GAT STUDENT CHALLENGE DAY

Congratulations to both the Stage 2 and Stage 3 teams who participated in the Valley School's GAT Challenges Day held at Niagara Park Primary at the end of last term.

All reports indicate that both teams were very successful with their efforts at the event which included a variety of challenging activities.

Gary Edwards

Liam D, Liam M & Keira E



YR 4 CAMP – LOST PROPERTY

There are three students back packs and three pairs of shoes that were left behind after the Year 4 Aussie Bush Camp. Please check if your child has any missing items.

YEAR 4 CAMP - GREAT AUSSIE BUSH CAMP

At camp, Year 4 did a variety of activities including raft building, canoeing, bush craft, rock climbing, giant swings, high rope course, flying fox and fencing. Camp let you choose what to eat for breakfast, lunch and dinner. They also had slushies in a wide variety of flavours. The cabins had ensuites with a shower and toilet.

Rhiannon Field 3/4PF



K-2 PUBLIC SPEAKING

What a fine bunch of public speakers we have in K-2! All children had the opportunity to participate in developing and presenting a speech of personal choice to their class. K-2 staff were very impressed by the effort and application of all children involved.

Two children from each class were then selected to deliver their speech at the K-2 assembly. Those children did a fine job and are to be proud of their courage and presentation skills.

Mrs Miranda (Co-ordinating teacher)

WATCH THIS SPACE

INTRODUCING KIDSMATTER PRIMARY

Do kids matter? Of course! They matter to families, to schools and to the community. These are the groups that KidsMatter Primary wants to bring together to improve children's mental health.

Good mental health is vital for learning and life. Children who are mentally healthy are better able to meet life's challenges. They also learn better and have stronger relationships with teachers, family members and peers.

KidsMatter Primary has three major aims:

- to improve the mental health and wellbeing of primary school students.
- to reduce mental health problems among students.
- to achieve greater support for those students experiencing mental health problems.

WORRYWOOS

Each fortnight you will be introduced to a character that features in the program and strategies that can be used at home to assist you and your children. If you would like more information regarding the program you can visit www.worrywoos.com.au.

ZELLY

This is Zelly, the Monster of Envy. Zelly features in the book 'The Monster Who Wanted It All'. Zelly wants everything, especially if it belongs to somebody else. He is never content with what he has. His demanding attitude is affecting everyone and turning him green with envy. Zelly goes on a personal journey that teaches him about expectations and ultimately appreciation. Zelly is helping students to learn strategies to manage feelings of envy. Here are some you could try at home:



- Discuss different feelings such as greed and jealousy and help them to understand what they mean. Ask if there are ever times that they may have felt jealousy or greed.
- Discuss how taking things from other people make them feel.

SCHOOL OPAL CARD – HELP US TO HELP YOU!

This message is from Busways, one of the bus operators that provides our school bus services, regarding student use of the School Opal card.

An important requirement of the School Opal card is the need for students to Tap On and Tap Off when they travel to and from school.

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off, services may be cancelled due to the lack of recorded patronage.

With this in mind, we ask for your assistance in reminding students that tapping on and off at the beginning and end of each trip is one of the conditions of using a School Opal card. This in turn helps us

ensure we are able to provide the appropriate level of service to your students.

To further promote the use of School Opal, Busways will also be conducting checks on School Opal cards over the coming months. All students travelling on buses to and from school will be required to show their card and ensure they Tap On and Tap Off every time they catch the bus. Students without an Opal Card will be provided with a brochure to take home identifying how they can get an Opal Card.

Please support Busways staff with afternoon boarding and checks to ensure minimal delays to bus departure times and demonstrate a united front to students on bus travel and Opal Card use.

Thank you in advance for your assistance.
Busways

STUDENT BANKING

Don't forget our student banking day is Thursday.



Explore the future and win with School Banking.

Term 4 is here and the Future Games competition is in full swing, with two exciting prize draws to enter. Get started by making three or more School Banking deposits during the competition period – from Monday 14 August 2017 to Friday 10 November 2017.

Play the Future Savers app for a chance to win a Nintendo Switch

The Future Savers app is an amazing adventure in augmented reality that brings the future and the Dollarsmites to life, teaching fun money lessons along the journey.

After playing three exciting games, unlocked week by week, students need to complete the online entry form at commbank.com.au/futuregames by Friday 10 November 2017 to go in the draw for a Nintendo Switch.

Download and play the Future Savers app from Monday 16 October 2017. Simply search Future Savers in the App Store (iOS) or Google Play (Android). For more information about the app and the Future Games competition, visit commbank.com.au/futuregames

HIGH TECH PRIZES

- 60% Savings and Activity Tracker
- 80% Nintendo Wii Activity Tracker
- 90% Smartwatch or Fitbit

HOW TO ENTER

Make 3 or more School Banking deposits for a chance to win one of these High Tech Prizes.

GAME MASTER PRIZE

- 50% Nintendo Switch (New Console) Packs

HOW TO ENTER

Make 3 or more School Banking deposits – play the Future Savers app – complete the online entry form for a chance to win a Game Master Prize.

Download and play the Future Savers app from Monday 16 October 2017. Simply search Future Savers in the App Store (iOS) or Google Play (Android). For more information about the app and the Future Games competition, visit commbank.com.au/futuregames

Available on the App Store and Google Play



P&C NEWS

P&C MEETING TONIGHT

Wednesday, 11th October 2017

TIME: 7pm – 8.30pm VENUE: Staff Room

Everyone is welcome to attend. We'd love to see you there. See agenda below.



WELCOME TO OURIMBAH PUBLIC SCHOOL P&C ASSOCIATION 2016

121 Pacific Highway OURIMBAH NSW 2258
Phone (02) 43621033 Fax (02) 43622531
email: ourimbahpandc@gmail.com



GENERAL MEETING DATE: Wednesday, 11th October 2017
TIME: 7pm VENUE: Staff Room

AGENDA

(10 minutes reading time prior to commencement of business)

1. Welcome and Apologies
2. Acknowledgement of Country
3. Minutes of Previous Meeting
4. Business Arising
 1. Code of conduct
 2. Action List
 3. Wish list
 4. Uniform shop
 5. Country Fair coordinator update after expressions of interest
5. Correspondence
6. Reports
 1. Treasurer ✓
 2. President
 3. Uniform Shop ✓
 4. Fundraising
 5. Class Coordinator
 6. R.A.P
 7. Social Convenor ✓
 8. Nitibusters
 9. CC Council of P&C Rep
 10. Principal
7. General Business
8. Date of Next Meeting= 8th November (final for 2017) & Close

If you have any topic that is school related and you would like to be brought up at the next P&C Meeting please email the P&C Executive: email: ourimbahpandc@gmail.com

President – Andrew Collins
Treasurer – Kylie Brooks, Melinda Wenzel (Assistant Treasurer)
Vice Presidents – Lorelei Barkley & Victoria Keegan
Secretary – Maurice Wrightson (Correspondence), Kirsty McHugh (Minutes)

THANK YOU

Thank you to all the volunteers for your help at the Pr&C BBQ and cake stall that was run on the Election Day. A special thank you to Leanne Diggle, Lisa Booth, Leah T, Victoria Keegan, Andrew, Sue Davidson, Jane Brooker, Kylie Brooks, Nicole McMurtrie and everyone else who helped us on the day.

Thank you also to Jane Demellweek and Lisa Carson for baking a large amount of yummy treats and to everyone else who baked on the day. Without our wonderful volunteers none of these events would be possible.

UPCOMING P&C EVENTS

SENSORY GARDEN ROCK PAINTING FUNDRAISER

Early next term there will be a fundraising project to assist in the construction of the school's Sensory Garden. Students are asked to contribute \$2.00 towards

a rock, which they will then paint at school. Once the rocks have been completed they will be installed in the Sensory Garden. The painting and purchasing will take place on Monday, 16th October and students are asked to bring their money with them on the day. We encourage all students to participate as this will be a whole school activity.

INTERRELATE – PAYMENTS DUE NOW

Thursday, 19th October

Ourimbah Public School P&C will be holding an Interrelate Sexual Education evening on Thursday, 19th October. This important program is only held once a year and is very worthwhile for students in Years 3-6 to attend. Notes with full information went home at the end of last term.

The cost is \$30.00 per family for one session or \$35.00 per family for both sessions.

Session 1: "Where Did I Come From" (Years 3, 4, 5 & 6)

Session 2: "Preparing for Puberty" (Years 5 & 6)

Session ages are recommendations only. It is at the parent's discretion as to which session they choose to take their child.

When kids ask "the" questions...
Interrelate has the answers!

Interrelate is a specialist organisation with over 90 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?
1-hour session: Years 3-6

Session 2: Preparing for puberty
1-hour session: Years 5-6
Years 3-4 can attend at parent's discretion

Date: Thursday 19th October 2017

Specialty books are available for purchase on the night.
Keep a look out for flyers (coming home with your child before the program) outlining session content.

interrelate®
relationship experts since 1926

'DAY FOR DANIEL' FUNDRAISER

This year the P&C will be organising a 'Day for Daniel' fundraiser at Ourimbah Public School. This day will be held on Friday, 27th October to raise awareness about child safety. The 'Day for Daniel' was set up by Daniel Morcombe's family in the aftermath of his tragic abduction and subsequent murder in December 2003.

We ask on the day that you dress your children in red and make a gold coin donation, which in turn will be donated to Daniel's foundation to further raise awareness and education about "keeping kids safe".

Years K-2 will have a group discussion in the morning with their teachers about safety and awareness. Years 3-6 will have an opportunity to watch a live feed hosted by Daniel's parents (Bruce and Denise), who will be sharing their strategies to help promote safety.

Thank you in advance and don't forget to wear RED!

Lisa Booth

P&C Member



UNIFORM SHOP

Operating Hours – Mondays & Thursdays

The opening hours for the uniform shop have changed slightly and are as follows:

Mondays 8.30 am - 9.15 am

Thursdays 2.30 pm - 3.15 pm

Online ordering via flexischools.com.au 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.

KINDERGARTEN 2018

Enrolment forms for children expected to start school in 2018 have been sent home via older siblings. Please complete and return the forms to the office as soon as possible with copies of relevant paperwork.

If you are NOT sending your child to school in 2018, please return the form and advise the office staff.

Your child is eligible for Kindergarten 2018 if he or she turns 5 before 31st July, 2018 (ie. born between 1/8/12 and 31/7/13).

Please advise the office of your child's name and date of birth and we will send enrolment forms home if you do not receive them.

If you have any friends or neighbours who may have a child ready to start school next year, please let them know it is time to contact the school for information.

The Kindergarten 2018 Parent Information Session will be held next Wednesday, 6th September at 6.00 pm in the hall. The transition program will be held later in the year and will include several classroom visits in November and December.

COMMUNITY NEWS AND ADVERTISEMENTS

1st Ourimbah Scout Open Day

FUN

CRAFT



15th October
10am- 2pm

ROPE

BRIDGE

1st Ourimbah Scout Hall

6 Ourimbah Creek Rd, Ourimbah

Come along to our Scout open day on the 15th of October from 10am till 2pm at our Scout hall.

There will be lots of fun and games including craft, construction and a rope bridge.

For more info call Lynn: 0404006400

Ages 6+



EXCLUSIVE OFFER TO ZERO & REWARDS CARD HOLDERS

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INSTORE & ONLINE
THURSDAY 12TH OCTOBER




*Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Excludes gift cards. Offer ends midnight (AEST) 12/10/17. Must use Zero or Rewards card to receive discount.



Could \$500 help with your child's start at school?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- uniforms & shoes

books & supplies

sports fees & gear

lessons & activities

camps & excursions

laptops & tablets

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact
Meredith Lawson
your local Saver Plus Coordinator

Phone
0428 282 900
1300 610 355

Email
meredith.lawson@thesmithfamily.com.au

Web
www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Guide for eligible savings goals

Eligibility:	Item
Education items that are eligible:	✓ Text books
	✓ Uniform mandatory for education (sports uniform included for children only)
	✓ Internet plans
	✓ Computers and tablets (new or purchased from a business that sells second hand)
	✓ Stationery
	✓ Furniture for studying (desk, chair, book shelves, desk lamp)
	✓ Tutoring specific to study
	✓ TAFE/VET fees
	✓ Computer Accessories (antiviral software, the Microsoft Office suite, monitor, modem, printer, external hard drives, other hardware etc.)
	✓ Bulk transport passes (monthly, 8 monthly and yearly passes) to school, university or TAFE
For children only the following educational items are also eligible:	✓ Equipment and industry specific clothing mandatory for vocational training. Please note that evidence must be provided to show that the equipment and/or clothing is a requirement for the course being undertaken
	✓ Short courses & conferences that complement the vocational training being undertaken.
Not eligible:	<div> ✓ Children's Primary and Secondary School items that are eligible: <ul style="list-style-type: none"> • Excursions, trips and camps • School bag, lunch box, drink bottle • School materials • Laptop Hire Scheme • School materials for specialist subject costs </div>
	<div> ✓ Children's club or community activity items (e.g. sport, music, dance, scouts/girls guides, cadets, art): <ul style="list-style-type: none"> • Membership fees and lesson fees such as swimming or piano lessons • Equipment and uniform • Excursions, trips and camps </div>
Not eligible:	✗ School fees
	✗ Childcare fees and school holiday programs
	✗ University Fees/HECS-HELP
	✗ VET-FEE-HELP debts
	✗ Motor vehicles and accessories, driving lessons and car parking costs
	✗ Medical or health equipment
	✗ Glasses (prescription or otherwise)
	✗ Mobile Phones, Mp3 Players TV's or gaming consoles
	✗ Shoes, clothes or accessories for school formals
	✗ Shoes, clothes or accessories for outside school, including watches, wallets and purses
Not eligible:	✗ Non study related furniture
	✗ Bicycles
	✗ Gym memberships
	✗ Second hand goods not through registered dealer (with ABN)
	✗ Item purchased without a Tax Invoice that includes an ABN



ARAFMI GALA DAY

 Celebrating Carers Week !!!

SATURDAY 21ST OCTOBER

 21 Bellbowrie Ave, Narara

 Festival commences 10 am – 2 pm

Come and meet the animals from the Reptile Park !!!!

 Market Stalls Pony Rides Balloon Artist

 Air brush Tattoos Face Painting

 Information Hub and Free Health Checks

 CAFÉ / Sausage Sizzle / Wood Fire Pizza Oven AND LOTS MORE

 Come along for a fun family day out !!!!



 Proudly supporting families and carers on the Coast for 40

 For more info ph 4323 7731 Sponsored







CENTRAL COAST LIBRARY SERVICE

READING BUDDIES

Monday to Friday at various branches.
3.15pm, 3.45pm or 4.15pm sessions.

Does your child need help with reading?

Then join our Reading Buddies program.

Book for Term 4 for half hour sessions with a volunteer who will sit with your child and help improve their reading ability and confidence.

Your child will receive a reading passport to track their progress.

The Reading Buddies program is open to all school aged children.

Please note that a parent or carer must remain in the library during the reading buddy session.

Bookings essential.

Call 4304 7337
or contact your nearest branch.



SHARE YOUR WORLD!

WITH AN OVERSEAS EXCHANGE STUDENT!



CONTACT WEP

1300 884 733

INFO@WEP.ORG.AU

WEP.ORG.AU

TAKE A LEAP OF FAITH

Have you ever considered inviting an exchange student into your home? WEP is looking for Australian families to join their community of volunteer host families!

Treat your family to an intercultural experience like no other by hosting an exchange student from overseas. Share a piece of your heart and your backyard and support a young person make his/her dream of living and studying in Australia come true.

If you have a room to spare and an interest in other cultures, we would love to hear from you! Remember, sometimes the greatest rewards in life come from taking a leap of faith or doing the things you never thought you would.

MEET DAVIDE!

"I have a passion for the arts. I dedicate a lot of my time to photography, drawing, music and writing. I am also addicted to reading and I'm a great cook. I have an active nature and I enjoy outdoor sports such as volleyball, biking and running. I'm from a talkative family and I love to tell them all about my day. I hope my host family enjoy the experience as much as I will!"

STEP 1 - REQUEST PROGRAM INFO

- Email or call Sylvia at WEP: sylvia@wep.org.au / 03 9598 4733

STEP 2 - CHOOSE YOUR STUDENT

- WEP will send you comprehensive program and student information, so you can choose the student best suited to your family.

STEP 3 - PREPARE FOR ARRIVAL

- WEP will assess your application, prepare you for your student's arrival and take care of everything, including school enrolment, assistance with your application for relevant working with children checks, flights, insurance and more!



Nutrition Snippet

The simplest way

...to eat all the colours of a rainbow.

If you have fussy eaters in your family, try these presentation tips to get them eating and enjoying more fruit and veg.



Offering a range of fruit and veg in different colours will help make meals more attractive and provide a variety of nutrients.

Kids will get excited about eating a rainbow and can even help arrange the colours on their plate.

Other simple presentation strategies include:

- Chop fruit and veg into smaller pieces.
- Offer raw sticks of carrot, capsicum, celery or cucumber with dip.
- Give small portions.
- Add fruit at breakfast.
- Add salad veg to a sandwich or wrap.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

