



'Endeavour to Excel'

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'Excellence, Opportunity, Success'

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'Communicating with our Caring Community'



Wednesday, 30th August 2017



DATES TO REMEMBER

DATE	EVENT
28 Aug – 1 Sep	Library Book Fair
31 August	Yr 6 Lisarow HS Transition
31 August	Book Club Due
1 September	Fathers' Day Breakfast – don't forget to bring your vouchers
1 September	Book Parade – 9.30 am
4 September	CANTEEN CLOSED
5 September	Performance Night for Band Members - 6.30 pm
6 September	Yr 2 Swimming - ongoing
6 September	CANTEEN CLOSED
6 September	K2018 Parent Information Night 6 pm – 7 pm in hall
8 September	Kindergarten Reptile Park Excursion
8 September	P&C Pictureproducts Orders Due
9 September	Council Elections
11 September	CANTEEN CLOSED
13 September	Yr 2 Swimming - ongoing
13 September	P&C Meeting – 7 pm in staffroom
15 September	Stage 3 Newcastle Excursion
16 September	P&C Trivia Night
19 – 22 Sept	GAT Camp
20 – 22 Sept	Yr 4 Aussie Bush Camp
22 September	Last Day of Term 3

PRINCIPAL'S MESSAGE

Dear Parents and Community Members,

This morning I had the pleasure of presenting the Year 6 awards at the Valley Schools Awards of Excellence which was held at Narara Valley High School. A number of our students in years 3-6 were nominated by their teachers for excellence in a range of areas. Congratulations to those children who are representative of the outstanding students we have at Ourimbah. I was a very proud principal when each one of 'mine' walked onto the stage. Unfortunately, 3 of our students did not receive their invitations to the Excellence Ceremony for which I sincerely apologise. They will receive their certificates at the next appropriate opportunity.

The student surveys are coming in quickly and I have noted that the favourite things, so far, about school are the canteen, sport, the rainforest and the library. The toilets keep coming up as an area for change. So far I have received 15 parent surveys – all surveys are due by this Friday, please. If you need a replacement, let the front office know and we will get one home to you.

The book fair is in full swing – the display looks fabulous and teachers are manning the desk before and after school, at recess and lunchtime to take your orders and money. 'Tap and go' is available. Thanks to Mrs Adams for all her hard work getting this set up. The book fair will continue until Friday.

On Friday, I look forward to meeting all the dads for breakfast. The staff is coming in very early to cook a

fabulous BBQ breakfast. It is also our Book Parade on Friday morning so the playground should be vibrant! Everyone is welcome to come along.

Next Wednesday, 6th Sept is the Parent Information session from 6 - 7 pm in the hall, for our 2018 Kindergarten parents. Mrs Kenny and her staff have been preparing the information packages for our new enrolments.

On Saturday, 9th September polling for council elections will be held at OPS.

Our Stage 2 and 3 students have been trialling the NAPLAN online tests this week. There was a lot of behind-the-scenes preparation and I thank Mrs Wakelin and Mrs Bowd for their work with this. Thanks too, to the other Stage 2 and 3 teachers whose classes were disrupted while we tried to get all the children through the computer lab without the system crashing. Feedback from the students has been pretty positive so far.

Have a great week,
Glynis Lugnan – Principal

CLASSROOM EFFORT & BEHAVIOUR POINTSCORE

Week 5 – Winning House – Koalas

Koalas – 36 Platypus – 33
Emus – 31.5 Kangaroos – 29.5

Week 6 – Winning House – Kangaroos

Kangaroos – 32.5 Koalas – 31.5
Platypus & Emus - 28

CLASSROOM AWARDS K-2

Week 6 – Micah L, Jake B KL, Rhys S, Abigail S KM, Anna H, Kye H KS, Gabby B, Chace B 1A, Preston W, Lachlan M 1B, Isabella W, Toby D 1M, Grace M, Maison G 1/2G, Ayva D, Ned H 2M, Keane T, Isabella W 2W, Aleah M, Xavier D Library

Week 7 – Arlandria F, Xenon B KL, Liam W, Linh V KM, Hayden S, Ayla B KS, Brayden C, Sienna R 1A, Patrick C, Lily H 1B, Vienna D, Thomas M 1M, Milana H, Anh V 1/2G, Jensen F, Alacia B 2M, Caelli T, Tay S 2W, Violet B, Neo C Library

CLASSROOM AWARDS 3-6

Week 6 – Lara R, Cooper H 3/4B, Anisha G, Liam D 3/4E, Alison K, Damon R 3/4PF, Lincoln M, Oliver J 3/4R, Logan D'J, Dominic G 4/5A, Nina C, Zoe H 5/6E, Addison A, Jordyn P 5/6K, Lily W, Jasmine G 5/6S, Lachlan D 5/6W, Marissa K, Adam T Library

Week 7 – Maddie C, Liam M 3/4B, Jade E, Mitchell H 3/4E, Chloe B, Dylan P 3/4PF, Poppy L 3/4R, Robbie C, Isla T 4/5A, Hunter A, Lusinta L 5/6E, Cruz P, Grace C 5/6K, Xanthia T, Yasmine T 5/6S, Yasmin D, Tommy W 5/6W

FATHER'S DAY BREAKFAST

Our Father's Day Breakfast is on this Friday, 1st September from 7.30 am – 8.45 am. Don't forget to bring your blue vouchers as these **must** be handed in to receive your breakfast. **No breakfasts will be available to be purchased on the day.**

We look forward to a wonderful morning.

TELL THEM FROM ME SURVEY

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, ipads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 21st August and 13th October. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

More information about the survey is available at:
<http://surveys.cese.nsw.gov.au>.

To access the survey for our school go to:
<https://nsw.tellthemfromme.com/ourimbah>

BOOK CLUB

Issue 6 of Book Club is due back at school by tomorrow, Thursday, 31st August. Please note that this is separate to the Library Book Fair.

BOOK FAIR

The Scholastic Book Fair will continue in the Library until Friday, 1st September. Book Fair is an exciting and interactive way for students to view, read and buy the books they love. The library has been transformed into a wonderland of books, book packs, posters and a variety of fun writing equipment. The themes this year are 'Escape to Everywhere' and 'Reading Rainforest: Go Wild for Books'.

Our Book Fair is open:
Monday, 28th August - Friday, 1st September
8:25 am – 8:45 am
Second half of Recess

Second half Lunch
2:55 pm – 3:30 pm

The Book Fair will have Eftpos facilities available if needed and we will also be open from 7:30 am on Friday for the Father's Day Breakfast.

Thank you for all of your ongoing support.
Rebecca Adams
Teacher Librarian



BOOK PARADE

This year's Book Character Parade will be for students K-6 and will be held this Friday, 1st September starting at 9.30 am (after the Fathers' Day Breakfast). Parents are welcome to come and watch the parade. Students can come to school dressed as one of their favourite characters from a book. Please make sure they are appropriately dressed. Bare feet are not permitted, all students must wear closed in shoes. **Note:** violent or frightening costumes are not acceptable. Toy guns, swords and dangerous looking items should be left at home.

Thank you so much for your support of the library and your children's reading. I look forward to seeing you all during Book Week.
Rebecca Adams

SPORT NEWS

BRISBANE WATER ZONE ATHLETICS

Congratulations to the team of athletes who participated at last week's carnival. There were many pleasing results on the day with several of our students now going on to the Sydney North Carnival in September. At

the time of printing the full list of individual results and overall pointscore was not available. A huge thank you to all parents who assisted on the day.

The presentation of trophies to our school age champions will take place on Wednesday, 13th September. Parents of students involved will be contacted.

Gary Edwards

FOOTBALL CHAMPION

An enormous effort by Annalise B of 5/6W at the recent NSWPSA Football Championships has gained her selection to represent NSW at the Pacific Australian Games to be held in Adelaide during December. Well done, what an achievement. Annalise will be selling raffle tickets at the local elections on 9th September to help fund her participation in this ten day event.

Gary Edwards

YEAR 6 MINI FETE NEWS

Organisation:

The Year 6 Mini Fete will be held on 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.

More information will come over the next few weeks and in Week 1 of next term. Keep an eye out for information on our stalls and events on the day.

White Elephant / Op Shop Stall:

This year for the mini fete one of our stalls will be a mini op-shop. We are looking for donations of good quality second-hand clothes, books and toys. Please keep these items in your classroom and they will be collected Monday, Wednesday and Friday by Year 6 students until the end of term. Any donations will be greatly appreciated, however, please make sure items are safe and not broken or ripped. Thank you for your help.

Quilt Raffle:

Raffle tickets will be on sale from Monday, 4th September for a beautiful hand-made quilt that has been ***kindly donated by the Walker family***. Tickets will be sold each day before school and at recess by the Year 6 students. All money raised will go to Ourimbah Public School and will contribute towards the gift Year 6 will buy as a thank you to the school. Tickets will be \$1 for 1 ticket and \$2 for 3 tickets. If you own a local business and would be happy to sell some raffle tickets to support our school, please contact Mrs Wakelin on 4362 1033 for further information.

Lolly Guessing Competition:

Year 6 are running a lolly guessing competition to assist in raising funds for Year 6 Graduation, Farewell and a thank you gift for the school. Students will be able to purchase guesses over the next 3 weeks, starting Monday, 4th September. Year 6 students will be located near the doors of the hall before school and at recess time for the rest of the term. The cost is 20 cents for 1 guess and 50 cents for 3 guesses.

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

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.

RUE

This is Rue the Monster of Insecurity. Rue features in the book 'The Nose That Didn't Fit'. Rue doesn't like his nose and spends most of his time hoping it will shrink. Rue tries a range of strategies to cope with his feelings. As Rue struggles to cope with self-acceptance he learns that beauty is in the eye of the beholder.



Rue is helping students to learn strategies to manage feelings of insecurity. Here are some you could try at home:

- With your child make a list of things that make them unique and discuss with them why they are special and one of a kind.
- If there is a particular body part your child is insecure about, discuss with them the importance of that body part and the role it plays in their life.

STUDENT BANKING

Exciting games to play and prizes to win with School Banking.

School Bankers have the chance to win exciting prizes by saving regularly and exploring the future world in 3D through the magic of augmented reality in the new Future Savers game. The Future Games competition starts Term 3, **Monday 14 August 2017** and ends Term 4, **Friday 10 November 2017**.

High Tech Prizes

- 60 x Sphero Ollie Racing Robots
- 80 x Garmin Kids' Activity Trackers
- 90 x 3Doodler 3D Pen Sets

How to enter: Make three or more School Banking deposits during the competition period for a chance to win.

Game Master Prize

- 50 x Nintendo Switch Neon Console Packs (including Mario Kart Deluxe 8 and Just Dance 2017 games)

How to enter: Make three or more School Banking deposits + play the Future Savers game + complete online entry form during the competition period for a chance to win.

The Future Savers game – an amazing augmented reality adventure

On **Monday, 16 October 2017**, School Banking will launch the Future Savers game, our first ever augmented reality experience. This amazing technology will bring the future world to life for you to explore and play in with the 3D Dollarmites. Imagine flying a drone through a futuristic city or playing hover basketball in your room, while learning useful money lessons along the way. The Future Savers game will have three fun games that will be unlocked week by week. Look out for more information when the Future Savers game is launched in Term 4.

Learn more at commbank.com.au/futuregames

ATTENTION ALL VOLUNTEERS!!!

All volunteers MUST provide 100 points of identification to the office as soon as possible, as directed by the Department of Education, even if you have provided a Working with Children Check number.

Most of our parents/volunteers have provided their drivers licences which are worth 40 points and must now provide more identification. Copies will be kept on file.

See the information below for some examples of identification and what they are worth.

Examples of identification required:

- Birth Certificate / Passport = 70 points
- Current Drivers Licence / Pensioner Card / Health Care Card = 40 points

- Medicare Card / Rates Notice / Credit Card / Rental Agreement / Seniors Card = 25 points

WORKING WITH CHILDREN CHECK

The majority of parent (close relative) volunteers in schools do not need to obtain a WWCC clearance. Most parent volunteers coming in to school are **exempt** from obtaining a WWCC clearance, regardless of the volunteering activity they are undertaking.

However, all parent (close relative) volunteers **must** complete the Appendix 5 declaration which can be found on the sign in table in the office foyer and provide 100 points of ID before commencing any volunteer activities within our school. Most of our parents/volunteers have provided their drivers licences which are worth 40 points and must now provide more identification.

LOST PROPERTY

Please clearly mark your child's name on all jumpers and lunch boxes, etc, as we are unable to return unnamed lost items to their rightful owners.

We are collecting dozens of unnamed jumpers every week at the moment and most of them are remaining unclaimed.

Please be aware that they are only being held in the office for a few weeks before being washed and handed over to the uniform shop or sent to a charity if they are not regulation uniform.

P&C NEWS

PICTURE PRODUCTS FUNDRAISER

The P&C is running a Picture Products fundraiser.

It's a simple concept – your child's own drawing made into their very own melamine dinner plate – and it's something they'll keep forever, turning happy memories into treasured keepsakes.

Please return your completed order forms with payment to the office by next Friday, 8th September.

P&C Fundraising Committee

Making meal time Fun!

The original Pictureplate
Dishwasher safe • BPA free • food grade melamine
40 year quality guarantee • 25cm

Your child can create their very own Pictureplate using marker pens, paints, photos and more. Let them enjoy eating dinner using their Pictureplate everyday, and it's so hard wearing they will treasure it for the years to come. *

UPCOMING P&C EVENTS

P&C ELECTION DAY BBQ AND CAKE STALL

The P&C will be holding a BBQ and cake stall at the Ourimbah Public School polling booth for the Local Council Election. The election will take place on Saturday, 9th September with the BBQ and cake stall being held from 8 am until around 2 pm. Volunteers are needed from 7 am to assist with setting up and cooking before polling opens.

We are asking for volunteers to help with the organising, cooking and serving of the BBQ on the day. If you could spare a couple of hours of your time to help it would be very much appreciated. Also, please let us know if you have a large esky that could be borrowed for the day. Please contact Nicole McMurtrie on 0411 311 495 if you are able to help.

We also require donations of portioned cakes and slices (with ingredients labelled) for the cake stall. These can be dropped at school on Friday, 8th September or from 7am on Saturday, 9th September. Please contact Rachel Lambeck on 0413 985 268 if you are able to contribute to the cake stall.

Thank you,

Nicole McMurtrie and Rachel Lambeck

Coordinators

P&C TRIVIA NIGHT – BOOK YOUR TABLE

The P&C is holding a Trivia Night on Saturday, 16th September from 7 pm in the school hall. The cost is \$15.00 per head and you can have up to 10 people per table. Get your friends together and book a table now. See below for full information and booking details.

P&C AUSSIE TRIVIA NIGHT

When: Saturday, September 16th
Where: School Hall
Time: 7 pm for a 7.30 start
Who: ADULTS ONLY
Theme: Any colour you choose ☺.

10 x TABLES OF UP TO 10 PEOPLE \$15 per head.

Bookings: Sue Davidson sueherry67@yahoo.com.au
Caroline Potter pottercv@bigpond.com

COIN ROLL RAFFLE PRIZES

SENSORY GARDEN ROCK PAINTING FUNDRAISER

The P&C will be holding a fundraising project to assist in the construction of the school's Sensory Garden. Students are asked to donate \$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. Notes with full information will come home in the coming weeks.

Thank you,

Rachel Lambeck, Melinda Cooper and Nicole McMurtrie
Fundraising Coordinators

INTERRELATE – SAVE THE DATE

Thursday, 19th October

Ourimbah Public School P&C will be holding an Interrelate 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 will come home soon.

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)

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 parents' 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

Illustration of a boy and a girl standing together.

PIE DRIVE THANK YOU

Thank you to all the families who supported the P&C Pie Drive this year. We raised close to one thousand dollars for the school.

A special thank you to Jane Demellweek for organising the pie drive. Thank you to the volunteers who helped: Karen Demellweek, Maurice Wrightson, Rechelle Clark, Lisa Booth and Kylie Brooks.

Also a very special thank you to Greg from Cateraid for donating the cool room. Without the use of the cool room we wouldn't have been able to offer such a range of products.

Ourimbah P&C

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



IS YOUR CHILD A FUSSY EATER??

Was winter cold after cold after cold and would you love a simple and convenient way to increase their immunity?

Would you love a simple and convenient way to increase their nutrition?

What if there was a way you could get 17 different fruits and vegetables into them daily for FREE, would you like to know more?

Ask me how! Email me at : rechelle19@hotmail.com
For more info and find out how u can get lifetime access to a sustainable family friendly healthy living program today!!

RURAL FIRE SERVICES GET READY WEEKEND

The Ourimbah Rural Fire Brigade will be open to the public as part of the statewide Get Ready Weekend program. Everyone is welcome!

DATE: 16th September 2017

TIME: 10am to 2pm

WHERE: Ourimbah Creek Road
(behind the Scout Hall, Girl Guides and Lapidary Club)

Come and say hello and learn what you can do to Get Ready.



FIRE FIGHTERS CLIMB FOR MND

The event "Fire Fighters Climb for Motor Neurone Disease" has been held annually since 2015. This year, members of the Ourimbah Rural Fire Brigade will be participating.

On Saturday 14th October, Firefighters from all over the state will climb 98 storeys (1504 stairs) of the Sydney Tower wearing full structural Firefighting gear which weighs over 20kg!!

If you would like to support your local members in this cause, donations can be made via the following link:

<https://firiesclimb.gofundraise.com.au/page/Marau-dingMaggpies>



CLASSES FOR KIDS & ADULTS

Roundabout Circus is the only specialised circus school on the Central Coast. Our trainers are all professional circus performers who have entertained crowds in Australia and around the world!

- Aerial (static trapeze, tissue, lyra)
- Juggling (scarves, balls, rings, clubs, contact)
- Props (diabolo, flowersticks, hula hoop, plates)
- Acrobatics (adagio, pyramids, tumbling)
- Equilibristics (unicycle, rola bola, slackline)
- Clowning and more...!!!

Circus is a mix of sports and art which brings together physical activity and creative expression in a non-competitive atmosphere. Circus skills help to improve confidence, self-esteem, attention span, creativity and co-ordination.

Niagara Park Stadium, 16 Washington St. Niagara Park

www.roundaboutcircus.com roundaboutcircus@gmail.com
042-332-4407 Roundabout Circus

IT'S GAME TIME
GET ACTIVE
EDSACC, Bateau Bay

**SEPTEMBER
SAT 23
SUN 24
2017**
10AM TILL LATE

Professional Demonstrations
Come 'n Try Sessions
Live Entertainment
Market Stalls
Kidz Zone

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IN ASSOCIATION WITH:
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NSW Office of Sport
Sport NSW The Voice of Sport

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KI'DO JUDO ACADEMY
93 Old Maitland Road,
Kangy Angy / Tuggerah N.S.W.
Australia 2258
Phone/Fax: (02) 4362-1743
www.kidomingarajudo.com.au
email: acciarip@hotmail.com

LOCATED at Kangy Angy only 5min from Westfield, Tuggerah
The KI-DO Academy has trained Olympic rep & Commonwealth Games
Bronze medalist.

JUNIOR DEVELOPMENT CLUB of the YEAR 2011 & 2013



'Come & Try' 1st FREE introductory Lesson.
JUNIORS - Monday + Wednesday 6-7:00 pm,
from 6yrs. **SENIORS / + advanced Mon.Wed.**
some Fr 7-8:30pm

we have set the venue fee at \$5 p/lesson (whenever
one trains) for everyone to enjoy+ participate in this
sport.

INSTRUCTORS FOCUS ON JUNIOR TECHNICAL AND
PERSONAL DEVELOPMENT, enforcing the respect to

become a well-rounded sportsperson in a fun environment; Learn **JUDO** an Olympic
Sport which instills gymnastic skills, falling safely as in football, tackling + self
defense, all taught in a non violent sporting manner. Bring a friend you both have 4
lessons free OR at first just enjoy participating in the judo games and watch a class. Uniform
'G' lent while on trial. For more detail email or Contact: **Pete 0413 237 010**

Sponsored by- MINGARA + CCVC - Central Coast Veterinary Centre
North Wyong 43530200 + N. Gosford [Wyoming]

43290500

柔道

Judo

COME & JOIN WAMBERAL NIPPERS



Wamberal Surf Life Saving Club
provides a safe & friendly environment for introduction to the ocean & development of surf skills.

Our Nippers learn:

- ✓ Confidence in the surf
- ✓ Teamwork & resilience
- ✓ Fitness & Nutrition
- ✓ Working towards individual goals

Bring the kids (ages 5 - 14 years) down Sunday's 9:00am for some fun in the sun.

Our club has an inclusive social atmosphere and welcomes new families to join.

REGISTRATION DATES @WAMBERAL SURF LIFE SAVING CLUB

Sunday 10th September 1:00pm - 4:00pm

Friday 6th October 4:00pm - 6:00pm

Can't make those dates, please register online anytime at: join.sls.com.au
or at the club office Monday & Tuesday 10:00am - 2:00pm, Fridays 3:30pm - 5:30pm.

P: 02 4385 2322 E: admin@wamberalsurfclub.com W: wamberalsurfclub.com

Please bring birth certificate or passport for proof of age and ID



Nutrition Snippet

The simplest way

...to increase your fruit and veg intake.

Myth

Frozen and canned fruit
and vegetables don't count
towards your daily intake of
fruit and vegetables.



Fact

- Frozen or canned fruit and vegetables are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegetables are usually packed shortly after picking, so there is little nutrient loss.
- Varieties with no added sugar or salt are the best choice (look for tinned fruit in natural juice rather than syrup and tinned vegetables with no added salt).

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



Nutrition Snippet

The simplest way

...to food shop on a budget.

Here are our five top tips to save money while
shopping for your fruit and vegetables.

1. Create a weekly menu plan (you can download a menu planner from eatittobeatit.com.au).
2. Write a shopping list based on the menu plan.
3. Compare prices using 'unit pricing' (per kilo/100grams) if available.
4. Buy fruit and vegetables that are in season, or pick the canned/frozen option if cheaper.
5. Limit your purchases of processed pre-prepared snacks and meals.



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

