



'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, 14th March 2018



DATES TO REMEMBER

DATE	EVENT
14 March	P&C AGM TONIGHT – see notice in P&C section – all welcome
15 March	Student Banking Account Opening & Information Day TOMORROW
16 March	Yr 6 - 7 High School Expression of Interest forms due
19 – 21 March	St 3 CARES Bike Program
19 March	CANTEEN CLOSED
19 – 22 March	NAPLAN Online Trial
21 March	CANTEEN CLOSED
22 March	Book Club Due
27 March	Easter Hat Parade – see article
27 March	Easter Raffle Drawn
30 March	Good Friday Public Holiday
3 April	Easter Monday Public Holiday
10 April	Grandparent's Day (please note change of date)
11 – 12 April	Yr 6 Peer Support Training
13 April	Primary Cross Country
13 April	Last day of Term 1

PRINCIPAL'S MESSAGE

Our school uniform policy has been revised to include the optional pleated shorts and polo shirt.

It is available on our school website www.ourimbah-p.schools.nsw.edu.au. If you would prefer a hard copy, there are some available in the front foyer of the school

office. Thank you to the parents who either attended the writing session or sent in written suggestions - your input was greatly appreciated. The policy will be reviewed next year and changes made as required.

Our teachers are always happy to speak with you about your child's progress but please be mindful of the times you approach them. Teachers on playground duty have responsibility for every child in their supervision area and are unable to have lengthy, in depth or difficult conversations with parents at this time. Moving students to and from classrooms requires teachers to monitor behaviour and maintain order - this is not a good time for a question about your child's reading levels. In the classroom, the teachers have lessons to deliver, behaviour to manage, equipment to allocate and student wellbeing to monitor. If you want/need to have a discussion about your child's progress please make an appointment so that a suitable time can be arranged when the teacher has time to properly answer any queries or concerns. Usually a meeting can be arranged before or after school or during the teacher's release time.

Our new Kinder students have been so settled that it's hard to believe they have only been at school for 6 weeks. One of the big changes for Kinder children is their growing sense of independence. Could I ask that parents dropping off lunches, hats, notes etc, please go through the front office. Parents are asked not to go straight to classrooms because it can disrupt the class, unsettle the children (particularly the younger ones) and makes it difficult to know how many people are on site in the event of an emergency.

Thank you to all those parents who have labelled hats, jumpers, drink bottles, lunch boxes, pencil cases etc. This makes it so much easier to return lost property. All items left around the school are sent to the front office. Mrs Ward and Mrs Vila go through the items approx. once a week and send labelled items to the appropriate classrooms. Unlabelled items are kept in the front office. Parents are welcome to come and look for their children's things. At the end of term, unclaimed clothing is washed (thank you Mrs Vila and Mrs Ward) and donated to the uniform shop. Lunch boxes and drink bottles etc are thrown away (they are usually pretty gross by then). Please label all items that your child brings to school.

On Monday afternoon, teaching staff completed a three hour professional learning session on criterion marking for writing. From 3.00 - 6.00 pm, teachers discussed, assessed and analysed student writing samples. We will use this data as a starting point for our 3 year plan to improve writing across all grades. Writing includes spelling, punctuation, grammar, sentence structure, purpose, creativity, planning and editing skills.

School photos were taken on Monday and, as usual, Ourimbah students looked so smart in their summer uniforms. Weren't we lucky with the weather? Glorious sunshine for photos, pouring with rain the next morning.

Have a great week,
Glynis Lugnan
Principal



CLASSROOM EFFORT & BEHAVIOUR POINTSCORE

Week 5 – Winning House – Emus

Emus – 28.5 Kangaroos – 27.5

Platypus – 23 Koalas – 20

Week 6 – Winning House – Kangaroos

Kangaroos – 21 Koalas – 20.5

Platypus – 19 Emus - 13

CORE VALUES

Values

This fortnight we are focusing on the core value of 'Democracy'.

OURIMBAH PUBLIC SCHOOL VALUES

DEMOCRACY

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

CLASSROOM AWARDS K-2

Week 6 – Jackson S, Lucy B KA, Cooper W, Zaria C KL, Jasper C, Hudson B K/1B, Alexis V, Stephanie H K/1S, Jake B, Chace B 1/2AM, Leila K, Euen K 1/2GS, Isabella W, Hunter J 1/2N, Chloe B, Maison G 2M, Liam H, Zahra T Library

Week 7 – Oakley C, Arya S KA, Holly H, Kalani K KL, Hayden S, Emily H K/1B, Anup P, Ayla B K/1S, Izac F, Abbey M 1/2A, Elise D, Daken D 1/2AM, Ben L, Antonio D 1/2GS, Sammie G, Zenon B 1/2N, Molly R, Damien H 2M, Toby W, Anna H Library

CLASSROOM AWARDS 3-6

Week 6 – Toby S 3M, Adison C, Kain R 3/4A, Owen H, Charlie B 3/4E, Keane T, David M 3/4M, Keira E, Ellie W 4/5B, Minh N, Xanthia T 5/6E, Amethyst D, Hunter D 5/6ES, Heidi W, Tevita L 5/6F, Olivia C, Zac T 5/6K, Lottie S, Eddie G Library

Week 7 – Isabella W 3M, Harrison K, Mia C 3/4A, Zach S, Anh V 3/4E, Jayden C, Summer Y 3/4M, Michael D, Adelaide B 4/5B, Cooper N, Alyssa P 5/6E, Hugh B, Holly O 5/6ES, Lusinta L, Brayden F 5/6F, Brock M, Annabel N 5/6K, Yasmin D, Airlun T Library

ASSISTANT PRINCIPAL'S MESSAGE

Student Spotlight

This week Jesse L from 5/6F shared his creative writing with me. Jesse is to be congratulated on his efforts in class and in particular with his writing. I was very impressed.

Thank you to Charlotte W, Minh N, Taya W, Annabel N, Abby M and Lainey G who assisted the visiting dentist last week. Your help and assistance was appreciated.

A big thank you to the House Captains and Vice Captains who spent time helping Mr Edwards organise the sports shed on Monday.

Attendance reminder

Attendance is regularly monitored at school, with the firm belief that missed school equals missed learning. If your child is absent from school, you are legally required to explain the reason for their absence within 7 days of the absence.

Did you know that if your child attends school for:

- 90% of the school year they actually miss around 20 days.
- 85% of the school year they actually miss around 30 days (that is over half a term).
- 75% of the school year they actually miss around 50 days (that is a full term)

Students who are late to school often miss key sections to the prime learning time. If this occurs on a regular basis, students can start experiencing difficulties in their learning. It is vital that students are here ready for learning at 8.50 am every morning. To support students arriving at school on time, we encourage parents to

practice and prepare morning routines for their children to help establish a positive daily routine.

Did you know?

- If you are 20 minutes late twice a week every week of the school year that equates to 5 days of school missed per year.
- If you are 5 minutes late every day that equates to 7 days of school missed per year.
- A student who has 85% attendance and is 10 to 20 minutes late one or twice a week over their school career will have missed 2 full years of schooling.

Can you afford your child to miss 2 years out of their education? When you add up all of the partial and full days absences, this can be a great deal of learning time that is missed. We need to work together with student attendance. If you have any concerns or would like some assistance, please make an appointment with your child's teacher or Mrs Wakelin.

NAPLAN Online Trial

Next week we will be taking part in NAPLAN Online Trial. The trials will take place Monday, Tuesday, Wednesday and Thursday. They are not the real NAPLAN test but provide an opportunity for the students to become familiar with the platform. All students in Year 3 and 5 will sit an 'omnibus' test. This means the students will be exposed to questions from the Numeracy, Reading and Language and Conventions Test. This ensures they are comfortable with all platforms. If you have any questions about the NAPLAN Online test, please contact your child's class teacher.

High School

High School Expression of Interest forms are due this Friday, 16th March. It is imperative these forms are returned on time. If you have misplaced your form or have questions please contact Mrs Wakelin.

Safer School Zones

To help schools make the school zone safer for all pedestrians and drivers, there are seven new traffic offences with new fines. None of the seven offences attract demerit points when committed elsewhere on the road, but now in a school zone they come with two points. The changes are:

- Stopping in intersection – Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
- Stop within 20m of intersection (traffic lights) – under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
- Stop within 10 m of intersection (no traffic lights) – under the changes if a driver commits this

offence in a school zone, they will receive a penalty of \$439 and 2 demerit points.

- Stop near bicycle crossing lights – under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
- Obstruct access to ramp/path/passageway – Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$330 and 2 demerit points.
- No parallel park in the direction of travel – Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.
- Parallel park close to dividing line – Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.

All updated school zone offences can be located through Roads and Maritime:

<http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>

School A to Z

The school A to Z website is set up by the NSW Department of Education to assist parents and carers. There is a range of information available from cyber safety tips, to help with maths assignments. The link is <http://www.schoolatoz.nsw.edu.au/home>

Have a great week,
Mrs Nicki Wakelin
Assistant Principal

NDIS THERAPY AT SCHOOL

Recently, we have had several enquiries from therapists to deliver speech therapy and occupational therapy sessions at school, during school time. In accordance with NSW Department of Education and the National Disability Insurance Agency, we recommend that therapy services or children's disability needs funded through a child's NDIS support plan are **best delivered outside of school time**. This allows the school to focus on teaching your child and all other students and ensures your child does not miss out on important learning time.

However, in some cases, it may be suitable for these services to be provided at school.

If this is the case, the school principal will manage these services in a way that does not affect your child's opportunity to take part in class. Principals must also make sure that the school is able to run to benefit all students without undue disruption to learning.

If you would like us to consider a request for a therapist to deliver a service at school during school hours, you are required to **ask the school in writing**. We will then

be in touch with more information about our requirements and your responsibilities.

If you require more information, please contact the school on 4362 1033.

BOOK CLUB

Issue 2 of Book Club is due back at school by next Thursday, 22nd March. Orders can be placed online by visiting www.scholastic.com.au/LOOP and paying by credit card or by sending cash or cheque to school with your order.

TELL THEM FROM ME

STUDENT FEEDBACK SURVEY

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

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

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. More than 6,300 schools in Australia and around the world have used *Tell Them From Me* to survey 5.4 million students. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 12th March and 13th April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the form to school by **9/3/18**.

Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

SPORTS NEWS

BWPSSA SWIMMING

Congratulations to all the swimmers who participated at last week's carnival held at the Peninsula Leisure Centre. Several students were successful in gaining selection to attend the Sydney North Carnival.

FOOTBALL TRIALS

Congratulations to both Miakoda C and Hugh B who represented BWPSSA at the recent football trials. Both

have been successful moving through to the next stage of the Sydney North Football Trials.

Gary Edwards

K-2 EASTER HAT PARADE MATERIALS

The K-2 Easter Hat Parade will be held on Tuesday, 27th March at 12 pm under the school outdoor COLA. Parents and caregivers of K-2 children are welcome to attend.

To prepare for the parade, it would be appreciated if you could send in some Easter materials that could be used to make an interesting Easter hat in the classroom. Items might include sequins, ribbon, cotton wool, cellophane, plastic Easter eggs, cotton baby chickens, artificial flowers, pipe cleaners, Easter symbols and much more. Please send in some items for your child's use by 19th March at the very latest.

We look forward to a wonderful Easter celebration and appreciate your efforts to support this event.

K-2 Teachers

PEER SUPPORT

The students in Year 6 will be participating in a 2 day Peer Support Leadership Module on Wednesday and Thursday of Week 11.

The module will focus on the development of knowledge and skills with regard to leadership and group management.

An information note will be sent home with all Year 6 students in the coming weeks.

Stage 3 teachers

LEADERSHIP FUNDRAISING

The 2017 leadership group applied to be part of the Grill'd Local Matters program and were successful in gaining their support.

The time has finally come! We've just been notified that OPS is one of the Local Matters fundraisers in March. Anyone who dines at Grill'd Tuggerah in March gets a token and can opt to put it in our tin at the restaurant.

Funds raised will go towards the sensory garden project.

NITBUSTERS THANK YOU

Thank you to the following parents for volunteering your time with Nitbusters last week: Heidi Hercus, Leah Ward, Natalie Clarke, Jacqui Woods, Deborah Bugladich, Taryn Szabo & Lorelei Barkley. Your help is very much appreciated.

PAYMENTS DUE NOW

- **Mathletics/Reading Eggs**
Kindergarten and new students - \$35.00
(includes headphones)
Years 1-6 - \$25.00
- **Textbooks - overdue**
Kindergarten – Year 2 only - \$15.00

- **Voluntary School Contributions**
K-6 - \$48.00 per student
- **Yrs 3-6 ICAS Competitions**
\$9.00 per competition
English, Maths & Science

SCHOOL BANKING INFORMATION SESSION

Ourimbah is excited to offer the Commonwealth Bank School Banking program to all students.

School Banking is a fun, interactive and engaging way for young Australians to learn about money and develop good savings habits. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2018 are:

- Twister Power Handball
- Secret Scratch Pad
- Sparkle Glitter Pens
- Glow Light
- Mighty Boom Handball
- Heat Reactor Pencils
- Slushie Maker Cup
- Zoom Flying Disc



School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

School Banking day is **Thursday**. Please hand your bank book to your teacher.

ATTENTION PARENTS

We will be holding a School Banking Information Session at our school:

Time: 8.30 am – 9.15 am
Date: Thursday, 15th March
Location: Front Gate

Please join us and find out more about the School Banking program and how your child can get involved.

If you are interested in opening a Commonwealth Bank Youthsaver account for your child you can visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account. A School Banking representative will be available at the Information Session to show you how you can do this. In order to verify yourself and your child, you will need your driver's

licence and your child's birth certificate, but if you don't have these with you on the day, you can complete verification online at home.

P&C NEWS EASTER RAFFLE

The time is fast approaching for our annual P&C Easter Raffle. It is not too late to send in donations, however donations will close on Friday, 23rd March.. The more donations we have, the more prizes for our students and their families to win.

The raffle will be drawn on Tuesday, 27th March.

Extra raffle tickets are available from the office. See below for the list of the top 12 prizes and please support the local businesses who have kindly donated prizes for our raffle. See advertisements later in the newsletter.



EASTER EGGSTRAVAGANZA RAFFLE



OURIMBAH PUBLIC SCHOOL P&C EASTER RAFFLE

AMMENDED PRIZE LIST

1st Prize: *Coastal Martial Arts* – 3 months of free lessons and free start up kit, valued at over \$580, 6 x Easter Cupcakes from *Cake n Plate*, \$50 voucher for *Mun Shing Chinese Restaurant*

2nd Prize: Scooter from *360 Pro Scooters* valued at \$300, 6 x Easter Cupcakes from *Cake n Plate*, \$50 Coles Myer voucher

3rd Prize: Swimming Lessons to value of \$220 with *Coach Paul's Swimming School*, 2 x Goggles, 2 x Swimming Caps, \$50 voucher for *Mun Shing Chinese Restaurant*

4th Prize: *RPM Mechanics* Car Service up to \$200 (exc parts), Car care Kit, *Cake n Plate* \$20 voucher, Family Pass to *Monkey Mania*, 2 x Goggles, 2 x Swimming Caps *Coach Paul's Swimming School*

5th Prize: *Ballingers Garage* Car Service to value of \$180, Car Mats, *Cake n Plate* \$20 voucher, Family Pass to *Monkey Mania*

6th Prize: *Ourimbah Tennis Academy* – one term of free lessons to the value of \$100, Tennis Raquet & Balls, *Gosford City Bowl* Family Pass, \$50 voucher for *Mun Shing Chinese Restaurant*

7th Prize: *Nutrimetics* Gift Pack valued at \$100, *Cargo Coffee* \$20 voucher, Singed *Julie Goodwin* Cookbook, \$25 voucher for *Laritta's Hair Salon*

8th Prize: *Sapphire Hair Design* Mingara Pamper Pack valued at \$80, *The Book Forest* Voucher valued at \$25

9th Prize: *Highway to Hair* Gift Basket valued at \$65 and 2 passes to *Awezone*, Tuggerah

10th Prize: *Ourimbah Newsagency* \$50 voucher, Sports Backpack, 2 x passes to *Awezone* Tuggerah

11th Prize: 2 x *Clip n Climb* Gold VIP Passes, \$50 voucher for *Mun Shing Chinese Restaurant*

12th Prize: Introductory Flight with *Central Coast Aero Club*

All prizes include Easter Eggs and Goodies

Thank you to all the businesses who kindly donated prizes

Raffle tickets and money to be returned ASAP. More raffle tickets are available at the office.

Donations of chocolate eggs, bunnies, bunyips plus baskets, chicks, soft toys, Easter craft packs Easter lollies etc can still be donated at the office.

UNIFORM SHOP

Operating Hours – Mondays & Thursdays

The opening hours for the uniform shop 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.

P&C ANNUAL GENERAL MEETING TONIGHT

14th March – see below



WELCOME TO OURIMBAH PUBLIC SCHOOL P&C ASSOCIATION

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



GENERAL MEETING DATE: Wednesday 14th March 2018
TIME: Follows AGM **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. Facebook removal of comments function
 5. social media policy
 6. Sensory Garden
5. Correspondence
6. Reports (Committees TBA)

1. Treasurer	6. R.A.P
2. President	7. Social Convenor
3. Uniform Shop	8. Nitbusters
4. Fundraising	9. CC Council of P&C Rep
5. Class Coordinator	10. Principal
7. General Business
 1. Annual School Report and Annual Financial Statement.
 2. School bags for children
 3. School crossing at pick-ups & drop-offs
 4. Parent contributions to Newsletter
 5. Lost property within school & possible solutions
 6. P&C Newsletter
 7. Mozzies Personalised Products' school fundraising event

9. Date of Next Meeting - Wednesday 11th April 2018 and 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: ourimbahpando@gmail.com

President – TBA
Treasurer – TBA
Vice Presidents – TBA
Secretary – TBA (Correspondence), (Minutes)



WELCOME TO OURIMBAH PUBLIC SCHOOL P&C ASSOCIATION

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



ANNUAL GENERAL MEETING
Wednesday, 14 March 2018
TIME: 6.45pm for 7.00pm start **VENUE:** Staff Room

AGENDA

(10 minutes reading time prior to commencement of business)

1. Welcome and Apologies
2. Acknowledgement of Country
3. Minutes of AGM 2017
4. Business Arising
5. Presentation of Annual Reports
 - Treasurer
 - President
 - Uniform Shop
 - Fundraising
 - RAP
 - Nitbusters
 - Class Program Coordinator
 - Social Convenor
 - Principal
6. Declaration of all Positions Vacant- Appointment of Returning Officer for elections
7. Election of Official Positions
 - President
 - Vice Presidents (2)
 - Treasurer
 - Assistant Treasurer
 - Correspondence Secretary
 - Minute Secretary
 - Uniform Shop Coordinator
 - Fundraising Coordinator
 - RAP Co-ordinator
 - Nitbuster Coordinator
 - Class Program Co-ordinator (2)
 - Social Media Coordinator
 - Social Convener
 - P&C Delegates for Central Coast Council of P&C Associations of NSW (2)
8. Appointment of Auditor
9. Fees for P&C members
10. Date of next AGM
11. Close Meeting

EASTER RAFFLE SPONSORS

Thank you to the following businesses who have all donated prizes to our Easter raffle. Your support is very much appreciated.



SAPPHIRE HAIR DESIGN MUM'S PAMPER PACKAGE

Let the kids play for FREE at the Playhouse Child Minding Centre, while you enjoy a cappuccino & a selection of biscuits/cakes while having your regrowth colour, ladies haircut, equilibrium treatment which includes a lavender hot towel, eye mask & blow dry.
From Only \$85.00

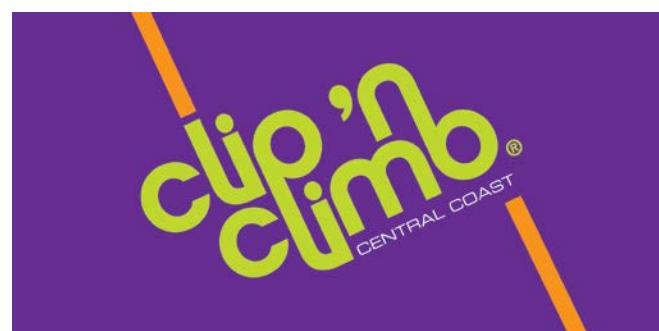
SAPPHIRE HAIR DESIGN MINGARA DRIVE, MINGARA TUMBI UMBI NSW 2281 | 0243407730 **DE LORENZO**



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Conquer the skies with the Central Coast Aero Club



We offer flight training, scenic joyflights and adrenaline flights over the Central Coast from only \$150
www.ccac.com.au

Join our Easter Family Night

FREE



THURS 22ND MAR 6PM TO 8PM

Bring the family along for a great night of fun!

- Easter D.I.Y. Workshops
- Visit from Easter Bunny
- Fun Easter egg hunt
- Easter activities for the whole family
- Light refreshments will be provided

- Laughing Clowns, Ride On Animals
- Balloon Twister, Popcorn, Fairy Floss
- BBQ Dinner - The Entrance Mens Shed
- Pizza Oven - Berkeley Vale RFS
- DJ, Pony Rides, Photo Booth
- Spin & Win, Kids Craft, Face Painting

Bookings recommended. For more information or to book ask one of our team in-store or visit www.bunnings.com.au




COMMUNITY NEWS AND ADVERTISEMENTS

Avoca Beachside Markets

HEAZLETT PARK, FORESHORE 9AM TO 2PM

SUNDAY 25 MAR

UPCOMING MARKETS:
APR 22 > MAY 27 > JUN 24 > JUL 22
AUG 26 > SEP 23 > OCT 28 > NOV 25

Live Music
on the Fairplay Stage
from 9am

Free Shuttle Bus
@ the
Avoca Beach Hotel








BECOME AN INTERNATIONAL FAMILY IN 2018!

Hosting overseas students promotes an exchange of cultures, languages and traditions and will enrich your family's lifestyle. Students, aged 15-18, are wonderful role models for Australia's future generation. Become a volunteer host family with WEP!



1,537 Aussie families hosting 10,000 Tim Tams consumed
Countless memories made

"Our daughter has a big sister now, someone to talk to other than mum or dad! If you're thinking about hosting, do it! It's the most rewarding experience for your family!"
Nicole, three-time host mum.

REQUEST YOUR FREE INFO PACK TODAY!

WEP.ORG.AU
INFO@WEP.ORG.AU
1300 884 733



SunSmart Snippet

The simplest way

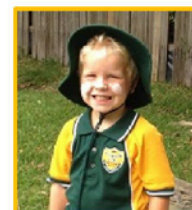
...to use sunscreen!

What does sunscreen do?

Sunscreen acts as a barrier, filtering UV radiation by absorbing and reflecting UV rays away from your skin.

Make sunscreen a habit!

In the morning, check if the UV will be 3 or above and apply sunscreen before heading out for the day.



Use SPF30+ broad-spectrum water-resistant sunscreen 20 mins before going outside. Make sure you reapply at least every 2 hours.

Sunscreen is just one part of sun protection! Remember to use sun-safe hats, clothing and sunglasses and seek out shade.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Coastal Valleys Girl Guides

Girl Guides have lots of FUN! We camp, cook, craft, play games, earn badges and learn skills for life.

Girl Guides meet in a suburb near you!

For more information:

please call Sandra Herbert on 0418 160 402 or go to www.girlguides-nswact.org.au



GIRL GUIDES AUSTRALIA
NSW & ACT



Nutrition Snippet

The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



In our free 60-minute sessions, you will learn:

- How to save money at the shops.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- Strategies to manage fussy eaters.
- How to save time with easy, family-friendly recipe ideas.
- How to improve the long-term health of your family... and much, much more!

Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

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

