Dear parents, carers and friends of our school,

Thank You! Thank You! Thank You!

Thank you those families that have paid the school contributions either over the counter or online via our school website. Resource packs will be issued to students as soon as payment is received.

Many thanks to Mr Scott Rodham and Mrs Joan Simson who presented our school with a $150 Mitre 10 gift card on behalf of the Woolgoolga & District Garden Club. We will put your gift to good use to educate our students and to improve our amazing school environment.

Thank you to the parents of our 52 Kindergarten enrolments for meeting with us yesterday. It was a lovely catch up and it was so nice to hear that you have appreciated the great start to big school that is being enjoyed by your children. I am sure that we will see a lot of you at our first P&C meeting for the year, next Monday at 7pm in the Staffroom. You’re welcome!

Today our students from Years 3-6 (and a few 8 year olds from Year 2) are competing at our annual Swimming Carnival. In 2016 it concerns me that we do have non swimmers in Years 3-6 but we have provided Novelty events for these participants and we hope that they will take advantage of our highly subsidised Intensive Swimming Program later in the year.

I note that the cost of our annual Swimming Carnival is now $11 per head including bus travel and pool entry. Next year we will attend the Woolgoolga pool for our carnival and that should reduce some of the costs. Thank you for your understanding and support around the cost of the carnival this year.

Thank you to the staff, especially organiser Mr Sam Murgatroyd, and all of the parent helpers who have worked to deliver a safe and effective Swimming Carnival this year.

We are all here to LEARN to UNDERSTAND our world, ourselves and others, to accept challenges, to create and to be the best that we can be.

Regards, Ray Rincheval, Proud Principal
Have You Paid Your School Contributions Yet???

School Contributions are levied on the families of the school to increase the opportunities available to the students. The fees for 2016 are unchanged from 2014 and are set as:

- **$70 for one child** including 1 X Resource Pack valued at $45
- **$120 for two children** includes 2 x Resource Packs valued at $90
- **$160 for three or more children** includes 3 Resource Packs worth $135

Did You Know?
We will be providing **EFTPos facilities in the front office** in the next week or tow. This will enable electronic payments over the counter. This facility will complement the online **Make a Payment** facility that is available via our school website.

Did You Know?
Our next **P&C meeting is scheduled for next Monday in the Staffroom at 7.30pm**. How about making this year YOUR year to get involved? See you there!

Did You Know?
Last year’s **Surfing for Sport for Year 6** was such a success, we plan to run it again in term 4.

Did You Know?
A number of our students play under the trees on north oval. We have had an inspection of our trees and removed and pruned any trees or branches that were considered dangerous. None of our remaining trees were identified as dangerous. We do a visual check of our trees regularly sometimes branches fall.

> Our trees appear safe and our students just love playing cubbies amongst the trees near north oval. We currently accept the low risk associated with playing under these trees. Do you agree?

> Do you agree or disagree that our students should be allowed to play under the trees? We’d love to hear your opinion at our next P&C meeting on Monday night.

Did You Know?
Sometimes, rarely, we find that unauthorised visitors to our school may have left items around the buildings or grounds, e.g paint cans, bottles, cigarettes, alcohol, or even drug use paraphernalia (bongs). Our staff do keep an eye out and remove such found objects when discovered but sometimes the children find the items before we do.

While we have never had any sharps left in our school, we do recognise that children can be attracted to the “unusual”.

That’s why we regularly reinforce with the children that they should **report** and **never touch any materials that they find in or around the school** (including that found on their way to or from the school). Can you please reinforce our health and safety messages around “found items” with your children? Thanks.

Did You Know?
For health and safety reasons including allergen management, we actively **discourage students from sharing food and drink**. Can you support us by reinforcing our message with your children? Thanks.

**Book Club**
Book Club orders are due on Friday 19th of February. Please return your orders to the office with details of LOOP payment or a cheque made payable to Scholastic Australia. Payment information is included in each brochure. **NO CASH** can be accepted.

Edwina Reynolds
Teacher Librarian
Natalie Watson
Book Club Coordinator
JUDO
COFFS HARBOUR PCYC

Learn how to defend yourself and fall safely while having fun in both recreational and competitive judo. Judo is a martial art and Olympic sport, ideal for males and females.

Meaning ‘the gentle way’ in Japanese, Judo has a strong emphasis on safety.

$8 a lesson pay-as-you-go

Improve:
• flexibility
• balance
• posture
• co-ordination

Build:
• confidence
• self esteem
• discipline
• self control

Classes Tuesday and Thursday school terms
Phone: PCYC on 6651 9961

Woopi Netball
REGO FOR 5 YEARS TO SENIORS

SENIORS: Tuesday 16th Feb. 5.30-7.30pm.
Comp starts Tuesday 23rd Feb.
NETSEGO! 5-8 YRS, JUNIORS & INTERMEDIATES 9-17 YRS (age splits TBA):
Satu 27th February and 5th March 9.30-11.30am
Enquiries: Sandra 6654 2743
Come and join our Woopi Netball “family”
You play at WOOPi every week!

PLAY ON OUR AWESOME NEW COURTS!
Some Rep Team opportunities still available!
www.woopinetball.com or Facebook Woopi Netball

The simplest way
...to bake a healthy lunch box treat.

Homemade muffins are a great way to add a fruit or veggie-filled treat to lunch boxes.

Apple and date muffins

Ingredients: 3 apples, chopped; 1 cup boiling water; 200g dates, chopped; 50g butter; 2/3 cup brown sugar; 2 tsp mixed spice; 1 egg; 1 tsp baking soda; 1 tsp baking powder; 2 cups wholemeal flour.

Method: Preheat oven (180°C). Chop apples and dates. Add boiling water, butter and sugar. Mix until butter melts and sugar dissolves. Add spice and allow to cool. When fruit mixture is warm, not hot, add spice and egg. Mix well. Add baking soda, baking powder and flour. Mix, but do not overbeat. If mixture is too dry, add a little milk. Spoon into the prepared muffin tin. Bake for about 15 minutes.

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

The simplest way
...to encourage healthy eating.

If you’ve got a fussy eater in the family, a behaviour reward chart can be a great way to get them eating and enjoying new foods and more fruit and veg.

Praise from parents or the offer of small rewards is a good motivator for many children.

A behaviour reward chart can work wonders too. Remember to decide on rewards and goals in advance and keep them realistic and motivating.

Want more great tips and strategies to overcome fussy eating? Register for a Fruit & Veg Sense workshop online: eatittobeatit.com.au

Find this chart and others online too.

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

The simplest way
...to keep lunch foods fresh.

Food packed at home in the lunch box needs to stay fresh and safe to eat at school.

Meat, fish, poultry, eggs, noodles, rice, pasta, custard, yoghurt, cheese and milk need to be kept very cold to prevent food poisoning.

Pack lunches in a cooler bag with a cold brick.

Freeze items such as sandwiches, milk poppers, yoghurt, custard tubs, muffins, or fruit segments to pack on hot days.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
AMY Gravino will be offering group Guitar tuition at Sandy Beach Public School in 2016. This is available every Friday during school hours at a cost of $10 per week. Guitars are available to hire. Limited places. Please fill in and return note below to school office ASAP or contact Amy directly on 0438 121 276.

Name: ..............................Class: ..........................................

Parent Name: .......................... Contact Number:..........................

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Aboriginal Family Wellbeing Service
112 Grafton st Coffs Harbour
NSW 2450

All Children Being Safe Program

The all children being safe program is 6-8 week culturally appropriate program which provides primary school students from ages 5 to 8 years old with non-threatening ways to help them feel safe and stay safe in their communities by utilizing local native animals.

Aim:
- Empowers children to understand what it means to feel safe and unsafe so they can identify when they are at risk of abuse
- Provides communication strategies to talk about abuse if it is occurring
- Gives children the skills to make themselves safe in an unsafe environment
- Improves resilience - identifying their strengths and their families strengths
- Builds children’s assertiveness and self esteem
- Raises children’s awareness about, build trust with, support services and counselling services in their community

This course will cover

- **Session 1** - Introduction of animals in the program
- **Session 2** - Recognising safe and unsafe feelings (Kangaroo: The listener and watcher)
- **Session 3** - Safe and unsafe places (Echidna: The protector)
- **Session 4** - Feelings of being safe and unsafe (Kookaburra: The communicator)
- **Session 5** - Building on strengths (The Koala: The thinker)
- **Session 6** - Celebrating Safe Communities (The King Parrot: Bringing everyone together)
- **Session 7** - Display of all children’s work (morning tea or lunch with children Parents, Principal and AEO)

Each session runs for 1 hour per week

This program has been developed by NAPCAN and FAMILIES NSW.
Facilitated By Rachel Morris Assisted by Melitta Fuller