

# Seahorse Tales

TERM 1, ISSUE 1

JANUARY 29, 2009

## FROM THE PRINCIPAL'S DESK

### Welcome Back

A special 'welcome back' to all of our students and families, in Years 1 to 6. It's wonderful to see everyone's smiling faces again and we look forward to a great and productive 2009. Kindergarten students will be welcomed to our school next Monday.

### Classes 2009

Preliminary classes have been formed with all students from last year's Kindergarten to Year 5. This has resulted in 11 classes.

Two kindergarten classes are anticipated next Monday when all of those 'new' five year olds arrive!

At this stage the enrolment numbers would suggest that there will be 13 classes formed.

I will write more about the classes next week when I am certain this will be the class structure for 2009.

### Charities 2009

At Tuesday's staff meeting it was decided that as a school we will look to support one charity each term, as part of our civics and citizenship program.

These charities include:

Term 1 ~ Stewart House

Term 2 ~ Cancer Council

Term 3 ~ Children's Medical Research

Term 4 ~ Woolgoolga Junior Surf Life Saving Club

### Cheers

*Graeme Ross, Principal*

## WHAT'S HAPPENING THIS TERM

### Swimming Carnival ~ 5 February

The Swimming Carnival for 2009 will be held at the Woolgoolga Swimming Pool on Thursday 5 February.

A permission note is currently being prepared to send home soon.

### Visiting Performance ~ 10 February 'Excuse Me I Was Here First'

*Promoting positive ways to resolve conflict.*

What happens when two different performers with two totally different shows turn up at the same time? Well, when it happens to Jess and Jared they don't cope with the situation well at all.

Throughout the performance students are introduced to and explained strategies like: win-win; non-violent conflict resolution; talk, don't tell and yell; and put yourself in the other person's position.

The aim is for students to come away with strategies they can confidently implement themselves and if they fail, to know they can seek outside help to resolve conflicts they find themselves involved in. A permission note will be sent home soon with more details.

### Smile's all round

It's wonderful to see lots of smiling faces again at WPS. Pictured below is Jarred Benn of 3/4G who just loves helping to run messages. Jarred didn't waste any time at all to resume this responsibility this term.



Thank you Jarred for all your assistance.

### Monthly Calendar of Events

A February Calendar of events will be sent home with next week's newsletter.

### Voluntary School Contributions

This is the contribution each family pays to the school each year to buy specific materials for students to use in class. Every student benefits by the contribution and every family benefits by not having to purchase items their child's needs in class. The amount is set by our school's Parents and Citizens Association.

Voluntary School Contribution is \$20.00 per year, or \$5.00 per term. This can be paid at the school office.

**Thank you for your support .**

## CALENDAR OF EVENTS

Kindergarten Commences	Mon 2 Feb
Swimming Carnival	Thur 5 Feb
Visiting Performance	Tue 10 Feb
AFL	Mon 16 Feb

**Welcome back to another great year at WPS**

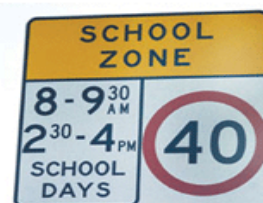
## CONGRATULATIONS!

### Certificate of Merit

- ◆ Lynette Hand
- ◆ Lachlan Jenkins

### Certificate of Excellence

- ◆ Jasraj Sidhu 2G



**Let's All Keep Our Students Safe**

All parents and carers are welcome to attend 'Friday Assemblies'

Stage 1 (10:20am)  
Stages 2-3 (12:20pm)

**NOTE: Assemblies will recommence in Week 2**

# Woopi Netball



## Woolgoolga District Netball Association

[www.woopinetball.com](http://www.woopinetball.com)

P.O. Box 194, Woolgoolga, 2456. Email: [woopinetball@gmail.com](mailto:woopinetball@gmail.com)

### January 2009

Happy New Year everyone. Just letting you know the registration details for Woopi Netball for 2009.

For further information contact: Sandra Thorpe: 6656 2474. Karen Prosper: 6656 2135.

Coaching: Mark Jones: 6656 0906. Umpiring: Vicki Lee: 6656 1644/Marg Nolan 0409916864

### PROGRAMS & COMPETITIONS:

**Net Set Go** (new Netball NSW program replacing Nettas & FunNet) 7-9 yrs.

10-11am Saturdays

**Junior Comp** – 10-12 yrs. Round-robin competition in graded teams + association coach.

11.30 – 12.30 Saturdays, plus one hour training one afternoon per week. Association uniform.

**Intermediate Comp** – 13-16 yrs. Full competition. Your own teams & uniform as approved.

12.45 – 1.45 Saturdays. Plus one hour training one afternoon per week.

**Senior Comp** – 17 + Yrs. Full competition. Your own teams & uniforms as approved.

2- 3pm and 3.15 - 4.15 pm Saturdays

*\*\* Players may be able to play 'up or down' dependent on each individual's merit as agreed by the committee. Intermediate Division strictly 13 yrs + in 2009.*

### 2009 FEES

18 yrs+ \$115

7-17 yrs \$90

*Fees incorporate  
Netball NSW  
affiliation.*

### DATES for your calendar



#### Registration:

Saturday 14<sup>th</sup> Feb: 10am – 12.00

Saturday 21<sup>st</sup> Feb: 11am – 1pm

#### Junior Grading:

Saturday 28<sup>th</sup> Feb: 9am – 10.30

Saturday 7<sup>th</sup> March: 10am – 11am

Saturday 14<sup>th</sup> March: 10am – 11am

Saturday 21<sup>st</sup> March: 10am – 11am

#### Competition + Net Set Go starts:

Saturday 28<sup>th</sup> March: Round 1

Saturday 4<sup>th</sup> April: Round 2

#### **No games in school holidays**

**Thurs 16<sup>th</sup> April – HOLIDAY CLINIC**

Saturday 2<sup>nd</sup> May: Round 3

*Full year's calendar and draws will be in the handbook distributed in Round 1 or 2.*

## OTHER NEWS & INFO FOR 2009

### New Association Uniform!

At last we have our new modern uniform for Juniors and Net Set Go. This will be available to try on and order at registration.

**Shirts:** \$32 kids/\$35 adult sizes. **Skirts:** \$22 kids and \$25 adult sizes.

This year is our phase-in year, so it won't be compulsory for 2009, but we would encourage all juniors to *at least* purchase the black lycra skirt for this season...

### Coaches

As always we need some dedicated individuals to volunteer to coach our Juniors and Net Set Go. This year Coaching Convenor, Mark Jones, has set in place much support for coaches, including manuals for loan, drills and exercises, and assistance at training if required. Talk to us at rego or give him a call, 6656 0906.

### Umpires

Yes! We need to train up more qualified umpires! Like to give it a go? Contact Umpire Convenor Vicki Lee 6656 1644.

### Development

A holiday clinic, 11s Development Squad, u/12s, u/14s and u/17 Rep Teams, the Coffs & Grafton Age Carnivals in August - it's all happening. We keep striving to improve coaching, umpiring and opportunities for our members.

**Can you help?** Apart from coaches and umpires we are *Desperately seeking a Minutes Secretary!* [We are divvying up jobs to make it easier to help and to share the load. Check the board at rego for other *little* jobs.]

### A FEW REMINDERS FOR THE START OF 2009

#### Did you move during the school holidays?

If you moved residence during the Christmas vacation, or if your contact details have changed please let the school office know as soon as possible.



By doing so, you will ensure that we can get in touch with you, or a nominated contact person, should your child get sick, or an emergency arises.

#### Arrival on time

Arriving at school and class on time ensures that students don't miss out on the important activities scheduled early in the day when the students are most alert, it also helps students learn the importance of punctuality and routine and gives them time to greet their friends before class.

Lateness is recorded as partial absence and must be explained by parents or carers in the same way as other forms of absence.

#### Bell Times



8:45am to 9:08am Morning Supervision (No Play)  
 9:08am – 11:05am Morning Teaching Session  
 11:05am-11:36am Morning Recess (Play)  
 11:36am-1:05pm Middle Session (Includes Lunch)  
 1:05pm-1:51pm Lunch Break (Play)  
 1:51pm-3:15pm Afternoon Session  
 3:15pm Dismissal

#### Weekly Assemblies

Parents are welcome to attend the weekly assemblies held in the hall:

- ◆ Stage 1 ~ Friday 10:20am
- ◆ Stage 2 & 3 ~ Friday 12:20pm

#### Sun Safety

Schools try to protect children at school from the damaging effects of the sun's UV rays by providing shelter where possible and having hats as part of the school uniform.

Your child's hat should be worn every day when they are in the playground or on the sports oval. If your child comes to school without a hat they will have to play in the shade.

The Department of Education and Training also suggest, that at home and as part of their morning routine, you should apply sunscreen on your child before they leave for school. This will assist greatly to protect your child during the hot summer months.

#### WPS 2009 Information Booklet

For your convenience we will be updating the WPS School Information Booklet over the next few weeks and will advise when it becomes available at the school office.

#### WE NOTICED THAT ...

- ◆ **WPS** students arrived back at school with huge smiles on their faces.
- ◆ **Everyone** is happy to see each other again!

#### SO-FUN GYMNASTIC CENTRE

Opening 9 February ... Corindi Indoor Sports Hall  
 3yrs to adult boys and girls

Recreational and competition classes

Olympic standard equipment, bars, beams, vaults etc  
 Registration Days 9am-12pm 31 Jan and 7 Feb  
 Ph: Julie Wales 6654 9141 for more information

#### Want To Receive the Seahorse Tales Via Email?



If you would like to receive the weekly newsletter via email, just drop us a line.

It's a great way to see all the wonderful pictures in colour, that will be coming your way in 2009. Just email us at the address below and we will add you to our e-distribution list.

[woolgoolga-p.school@det.nsw.edu.au](mailto:woolgoolga-p.school@det.nsw.edu.au)

#### STUDENT BANKING ~ EVERY TUESDAY AT WPS

##### Why not make your child a Super Saver

Turning kids into super savers for life is every parent's dream - but making it happen is another issue. The good news is, you can get lots of help from school with the Student Banking Program.

##### By opening a student banking account you'll also be helping to raise funds for our school.

The Commonwealth Bank Student Banking Program teaches primary school children invaluable financial life skills in a fun, supportive and interactive environment.

This is so important, as financial literacy is essential for them to make informed and effective decisions later in life about the use and management of money; skills which are crucial for achieving financial independence and thriving to today's tough societies.

Once your child signs up for Student Banking, they will automatically become members of the Dollarmite Club and receive regular club newsletters from the Dollarmites.

For more information, or a Student Banking application pack, please contact the school office.

#### TIME TO LAUGH

**Q:** How do you make toast in the jungle?

**A:** Put your bread under a gorilla!

**Q:** What's worse than finding a worm in your apple?

**A:** Finding half a worm!



**HELPFUL HINTS FOR PARENTS**

**School-age sleep in a nutshell**



By school age, your child is regularly sleeping through the night without waking up. A good night's sleep is important for his or her growth and development.

If your child sleeps well, they will be more settled, happy and ready for school the next day.

Getting enough sleep will strengthen your child's immune system and may reduce the risk of infection and illness. Children aged six to nine need 10-11 hours sleep a night. They are usually tired after school and may look forward to bedtime from about 7:30pm. A bedtime routine is very important at this age so your child can wind down from their day. Keep the bedroom dark, cool and quiet so that your child can drift off easily.

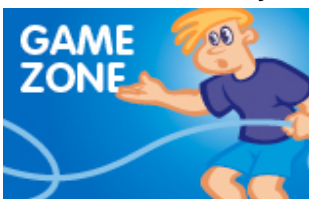
A bedtime routine might look like this: 6:30pm put on pyjamas, brush teeth, go to the toilet ~ 7:00pm quiet time in their room with a book and a bedtime story or quiet chat ~ 7:15pm 'Goodnight' and lights out!

After a big day at school, many of the day's events and worries are still rattling around in your child's head. If they are still unresolved when they go to bed, it can cause a restless night or bad dreams. Many school-age children also sleep-talk, especially if they are excited or worried about something in particular. Sleep-talking is nothing to be concerned about. Talking with them calmly about the event may reduce their night-time chatter.

<http://raisingchildren.net.au>

**WPS WEBSITE OF THE WEEK**

**Games Zone ~ The Royal Life Saving Soc. Australia**



Royal Life Saving has been serving Australia for over 110 years and is the leading water safety, swimming and lifesaving education organisation in Australia.

Check out this cool website for hours of fun activities, great games to play and super competitions to enter! Learn all about Water Safety while keeping busy and having fun! For the littlies too. Test out your skills and knowledge in the entertaining 'water safety games' that you can play right at home on your computer! You'll love this site!

<http://www.royallifesaving.com.au/www/html/444-games-zone>

Woolgoolga Public School

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**WPS SCHOOL CANTEEN**



**OPEN: Tuesday to Friday**

**CLOSED: Mondays**

*If you would like to help out, our canteen manager, Maree Hartin would love to hear from you.*

**COOKING WITH KIDS**

**Yummy Apple Muffins**

**Ingredients:**

- 2 cups self raising flour
- 1 teaspoon cinnamon
- ½ cup caster sugar
- 1/3 cup (80mL) olive or vegetable oil
- 1 cup low fat natural yoghurt
- 2 eggs
- 1 red apple, grated
- ½ cup dates, chopped



**Method:**

- ♦ Preheat oven to 180°C and place paper cases in muffin tray (12 large or 18 cupcake size).
- ♦ Sift flour and cinnamon into large mixing bowl, add caster sugar.
- ♦ In a glass jug, measure out oil, add yoghurt and eggs, whisk to combine.
- ♦ Pour liquid into dry ingredients and mix until just combined.
- ♦ Stir in apple and dates.
- ♦ Spoon mixture into paper cases.
- ♦ Bake for 20-25 minutes until a skewer inserted into the muffin comes out clean.
- ♦ Great for lunch boxes. Enjoy!

<http://www.kidspot.com.au>

**VOLUNTEERS REQUIRED!**



WPS canteen operates four days a week from Tuesday to Friday.

**Can you spare some of your time?**

Or, if not maybe you know someone who can? Last year the school canteen operated with just a small band of volunteers but more are needed.

Dads, Aunties, Uncles, Grandparents are all welcome! Maree Hartin, our canteen manager, would greatly appreciate any offers of assistance.

**AFTER SCHOOL CARE**

For more information about 'After School Care', please contact the program coordinator on Ph: 6654 8554.

Vacation Care is also available each school holiday. Venue ~ Short St, Woolgoolga.

Monday  
to  
Friday