

# Seahorse Tales

TERM 3, ISSUE 1

JULY 24, 2008

## FROM THE PRINCIPAL'S DESK

### WELCOME BACK

What a fantastic start to the term we have had. I would particularly like to welcome our new families that have chosen to enrol here at Woolgoolga Public School. (We continue to grow in enrolments.) I hope all families had a wonderful holiday.

### STAFF DEVELOPMENT DAY, LAST MONDAY

The staff spent the day discussing and sharing ideas on various topics. One topic was the teaching of text types (recounts, information reports, narratives etc.), to students across the Kindergarten - Year 6 continuum.

We also refined our Student Welfare and Discipline Policy to better develop consistency across Kindergarten -Year 6.

The afternoon was spent by staff exploring Visual Arts, by creating works and delving into various resources to help teachers in classrooms. A day that we all think was incredibly valuable.

### THE WOW + ARTS PROGRAMS

This term we are very excited to be able to offer some new programs to students. The WOW program is a program for selected Stage 3 students to participate in enrichment activities with a teacher. It will occur in class time with these students being withdrawn, for a session a week on Wednesday.

There will be Maths, Reading, Poetry, Science and Creative Arts sessions depending on individual student 'flair'. Nomination of students will occur by classroom teachers.

On Fridays, Mr Chris Browne will be conducting specialist Arts sessions for a variety of nominated students, ranging from Kindergarten – Year 6. There is no cost to students involved in these programs.

### CONSOLIDATION OF 'EXTRA' COST PROGRAMS

Over the past few years our school has offered gymnastics, dance, swimming etc as additional programs to all students in Kindergarten – Year 6. These programs have incurred costs, and not all students have been able to participate in them all.

Beginning this term programs such as these will be focussed at particular stages only, with participation expected by all students in that stage.

Dance will begin next week for all students in Stage 2 (years 3 – 4), and in coming years Dance will continue to be a Stage 2 program.

Gymnastics will become a Stage 1 program commencing next year in term 2.

Stage 3 will continue to have the specialist swimming and dance program. Both involve the Rock and Water program.

In other words we are trying to reduce the costs to you as parents and carers, while offering a program that is accessible by all students, in a more predictable way.

*Cheers*

*Graeme Ross, Principal*

## SCHOOL ATHLETICS CARNIVAL

On the last day of Term 2 we held the running events of our WPS school athletics carnival.



It was a wonderful sunny day and the athletes were keen to compete under almost ideal conditions. I was very impressed with the level of participation and sportsmanship of all competitors. From this carnival we are able to send a strong team to compete at the district level next week (Thur, 31 July). A note will come out very soon for these students who came 1st, 2nd or 3rd in our finals. Many thanks must also go to the parents who came to support their children and cheer the athletes.

Yesterday we held our half day field events carnival. Conditions were COLD, especially when the misty rain started ... so not all events were completed. We still have some high jump events to finish asap. First and second place getters in field events will be eligible to go to the district carnival. When all events are completed we will add up the points and then declare the winning house and the age champion athletes, so watch for results in next week's newsletter.

*John Carter, Coordinator*

## CALENDAR OF EVENTS

National Tree Day	Fri 25 Jul
UNSW Maths Comp	Tue 29 Jul
District Athletics	Thu 31 Jul
Stage 2 Dance Commences	Thu 31 Jul

## CONGRATULATIONS!

### Certificate of Merit

- ◆ Byron Hartin-Singh KD
- ◆ Georgi Curtis KF
- ◆ Jaxon Elliott KF
- ◆ Alex Greenhalgh KF
- ◆ Reece Mitchell KF
- ◆ Jaide Topp KF
- ◆ Sevak Clair 1B
- ◆ Adam Hill 1B
- ◆ Lachlan Jenkins 2G
- ◆ Kartar Singh-Thiara 2G
- ◆ Dejana Lalli 2R
- ◆ Harkeerat Heera 3/4E
- ◆ Chris McIntosh 3/4M
- ◆ Parveen Singh 3/4M
- ◆ Ricki-Lee Skinner 3/4M
- ◆ Heavenly Hand 4/5C
- ◆ Tyla Medcalf 4/5C
- ◆ Jake Rovere 4/5C

### Certificate of Excellence

- ◆ Tyler Wisdom 3/4M
- ◆ Drew Cardwell 3/4E
- ◆ Akash Singh 2R
- ◆ Imogen McPherson 2G
- ◆ Mani Bates 2G

All parents and carers are welcome to attend 'Friday Assemblies' This week Stage 1 (10:20am) will be hosted by **Sherydan Simson** and **Reece Murden** of 2R Stages 2-3 (12:20pm) will be hosted by the **Student Council**

**WHAT'S HAPPENING****National Tree Day ~ Friday 25 July**

On Friday of this week classes throughout the school will be participating in establishing a new 'green' corner of our school playground.

Trees and shrubs will be planted in the SW corner of the fenced area behind the school hall. During the day each class will plant a tree or shrub which will grow and become part of a garden for students to enjoy in years to come.

**Some interesting tree tips and trivia:**

- ◆ Since European settlement, Australia's forest cover has reduced from 69 million hectares to 41 million hectares.
- ◆ Trees first appeared on Earth long before the dinosaurs did, about 400 million years ago!
- ◆ Trees are the largest of all living things and some species can grow 100 metres tall & weigh 600 tonnes.
- ◆ Trees combat the greenhouse effect and slow the effects of global warming. They soak up carbon dioxide and give out oxygen for us to breath.
- ◆ Car owners need to plant seven trees every year to counter the greenhouse emissions of their cars.
- ◆ Trees improve water quality by acting as a filter to unwanted nutrients and pesticides.
- ◆ Many trees can outlive humans and some are more than 1000 years old.
- ◆ Eucalyptus trees are Australia's most common tree species and can grow up to 500 metres .

**Information obtained from Planet Ark****Stage 2 Dance Program ~ Commencing****Thursday 31 July**

During Term 3 all Stage 2 students will be involved in a weekly dance program that will be delivered by fully qualified and experienced dance teachers from Woolgoolga Dance Studio. Please note permission notes were sent home yesterday.

Students will participate in 9 weekly lessons that cover elements in the mandatory NSW Personal Development, Health & Physical Education (PD/H/PE) program.

The program will culminate with a dance concert in Week 10, where all students will perform the dance sequence they have learnt, for family and friends to enjoy.

**VOLUNTARY SCHOOL CONTRIBUTION**

WPS's Voluntary School Contribution is only \$20.00 per year, per student.

Only \$5.00 per term! All monies are used to purchase much needed resources.

Please consider contributing if you haven't already done so. **Many thanks.**

**WPS WEBSITE OF THE WEEK****Virtual Keyboard**

A fun way to make your own music. Just follow the link below and you will have a virtual keyboard at your fingertips. If you love music you will love this site. Don't forget to 'click and read' the instructions before you begin.

[http://www.bgfl.org/bgfl/custom/resources\\_ftp/client\\_ftp/ks2/music/piano/flute.htm](http://www.bgfl.org/bgfl/custom/resources_ftp/client_ftp/ks2/music/piano/flute.htm)

**ABOUT OUR SCHOOL NEWSLETTER**

We are always looking for new ways to make our weekly newsletter both interesting and 'read-worthy'. Together with the weekly principal's report, school news, calendar dates, class activities and photographs we endeavour to keep our school community up to date with school happenings. Recently we introduced some new items, for the benefit of our students, with the aim to encourage students to become more interested in the Seahorse Tales, to look forward to taking it home and to explore what may be of interest to them personally.

Last term for example we introduced 'WPS Website/s of the Week' and 'Cooking with Kids'. We hope that our readers, parents, caregivers and students alike have been enjoying trying out some of the recipes, or visiting some of the recommended websites. If you have experienced any problems when re-tying the links it may be easier to head to our WPS website, click on 'Newsletters' and then click on the hyperlink from the relevant issue, to take you directly to the 'Website/s of the Week' <http://www.woolgoolga-p.schools.nsw.edu.au/>

This term we will be including some brain teasers for families and students to work through together. Perhaps the brain teasers may become an interesting talking point around the evening dinner table, or to share with friends? However, everyone will have to wait until the following week to find out the answers!

If there are any other items you would like to see included in future newsletters please do not hesitate to contact me, I'd love to hear from you.

**Maxine McClelland, Administrative Manager**

**THE 'WOW' PROGRAM**

A new initiative, called the 'WOW' program is being introduced at WPS to offer selected Stage 3 students the opportunity to participate in a range of sessions that extend learning opportunities.

Some of the sessions will include:

- ◆ Time to Think
- ◆ Hot Maths
- ◆ Woopi Writers
- ◆ Buster Kids
- ◆ Pottery
- ◆ Poetry
- ◆ Double Helix

A note will be sent home, in advance of the program, to notify the lucky students.

**Jan Martin, Assistant Principal**

## Library Matters

### BOOK WEEK



Welcome back to the school library for a new term. Term 3 is very exciting as we celebrate Book Week.

Book Week is the longest running children's festival in Australia, celebrating it's **63rd Birthday** this year.

The dates for **Book Week** are **16th to 22nd August**.

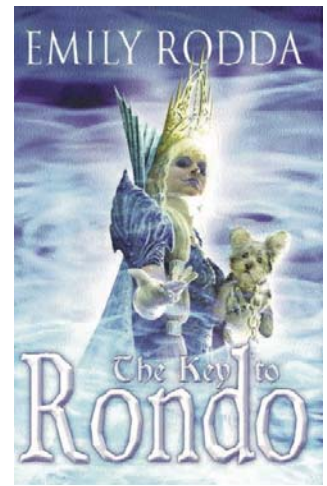
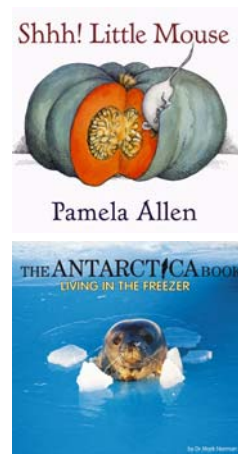
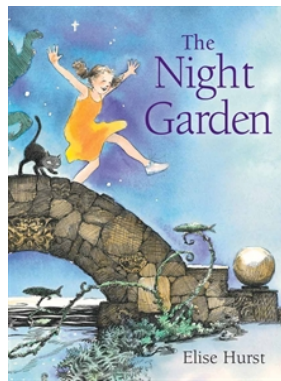
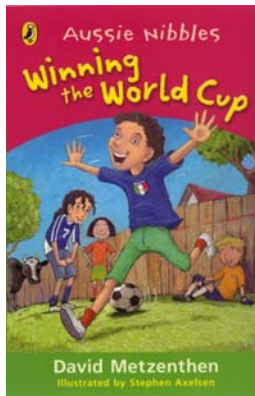
The theme for 2008 is **Fuel Your Mind**.

Each year at Woolgoolga school we spend the week celebrating books and Australian authors and illustrators. We will be holding a **Book Fair** during the week and a special day will be chosen when students can come dressed as their favourite book character.

The Australian Children's Book of the Year Awards will be announced prior to Book Week. The books on the award short list will be enjoyed by all students during library sessions leading up to Book Week.

More detailed information about the week will be available in future newsletters.

**Some of the short listed books include:**



## NSW Premier's Reading Challenge 2008

The Premier's Reading Challenge aims to encourage in students the love of reading, and enable students to experience quality literature.

It is not a competition but a challenge to each student to read, to read more, and to read more widely. Many students have been enjoying reading the books during the previous terms.

The challenge for 2008 will **finish on Monday 1st September**.

Students will be entering their record of books read online during this term.

All students who enter the challenge, and successfully complete the challenge, receive a Premier's Reading Challenge Certificate and their name will be published on an Honour Roll which may appear in a special publication from the Sun-Herald and may also appear on the Premier's Reading Challenge website.

It is advised that parents and caregivers please make themselves familiar with the privacy information on the Premier's Reading Challenge website prior to September when the students names are sent in.

The website address is: <https://products.schools.nsw.edu.au/prc/home.html>

Please contact me at school if you have any concerns.

**Tanya Molloy, Teacher/Librarian**



**BRAIN TEASERS**



**Q.1** ~ A cowboy rides into town on Tuesday. He is tired, so he decides to stay at the town's hotel. He rides out of town on Sunday. He hasn't left town in the meantime or stayed anywhere else, but he only pays the hotel for two nights. How does he do it, without breaking the law?

**Q.2** ~ Rearrange the following letters so as to form one word: NEW DOOR

*Watch for the answers in next week's newsletter!*

**HEALTHY DRINKS**



A short walk down the supermarket aisle shows how popular sugary drinks are, and there's no point denying that many children like them. But there is a point in limiting their intake and encouraging and offering healthier alternatives.

**Encouraging healthy drinks ~ water and milk**

Drinking water is the best way to quench thirst without providing additional sugar and

kilojoules. Children should be encouraged to drink plenty of water each day. To make this easier, keep chilled water in the fridge and provide a jug of water with a slice of lemon or lime in it with dinner.

Reduced-fat milk (except for children under age 2) is a good source of protein as well as nutrients such as calcium and vitamin B12, important for strong teeth and bones. Reduced-fat milk contains the same level of nutrients as whole milk, but less saturated fat. Plain reduced fat milk is preferable, but flavoured reduced fat milks are also acceptable. Milk drinks with fruit added, such as smoothies, are a good healthy option.

**Reducing sugary drinks**

Cordial, fruit juices, flavoured mineral waters, sports drinks and soft drinks are usually high in some form of sugar. They contain few nutrients and may lead to tooth decay, excess energy (kilojoules) intake and weight gain. Even fruit juice, which has some nutritional value, still contains sugar and should be limited to small amounts.

**Tips for parents**

- Only buy soft drinks and other sugary drinks occasionally
- Dilute cordial drinks more than usual
- Use small glasses for sugary drinks
- Carry a bottle of water with you at all times for when children become thirsty
- Offer fruit, not fruit juice

<http://www.healthykids.nsw.gov.au>

Woolgoolga Public School

PO Box 523, Woolgoolga NSW 2456

Ph: 66541305 Fax: 66540028

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

Website: [www.woolgoolga-p.schools.nsw.edu.au](http://www.woolgoolga-p.schools.nsw.edu.au)



**CANTEEN ROSTER**



Maree Hartin Raelee Wright	Fri 25 Jul
<b>CLOSED MONDAY</b>	<b>Mon 28 Jul</b>
Maree Hartin Lorraine Webb	Tue 29 Jul
Maree Hartin Dot Falzon	Wed 30 Jul
Maree Hartin Sandy Butler	Thur 31 Jul

**COOKING WITH KIDS**

**Fruit Smoothie**



**Ingredients**

- ◆ 1 cup reduced-fat milk
- ◆ ¼ cup low-fat vanilla yoghurt
- ◆ 1 cup drained canned peach slices in natural juice
- ◆ 1 ripe banana
- ◆ 2 teaspoons honey cinnamon

**Method**

- ◆ Put ingredients into blender and blend until smooth.
- ◆ Pour into two glasses and sprinkle with cinnamon.
- ◆ Serves 2.



**COMMUNITY NEWS**

*Woolgoolga Public School does not endorse or make any recommendation concerning community notices*

**INTERESTED IN SCOUTS?**

The 1st Woolgoolga Scout Troop is looking for boys and girls that want to have fun, enjoy problem solving, use initiative, want to go fishing, bike riding, want to learn new skills and enjoy adventure! If you think this might be you then contact Scout Kate Ph: 6654 7687.

**TRIVIA NIGHT ~ CORINDI RED ROCK SOCCER CLUB**

On Saturday 26 July at 7:00pm, at the Corindi Community Hall, the Corindi Red Rock Soccer Club will be hosting their annual Trivia Night. All funds raised will provide new shirt strips for the players. No bookings needed. Tables of six (6) per team @ \$5.00. Great prizes, food and drinks available plus lots of fun and laughs. For more information Ph: 0409 768 182.

**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