

WYANGALA DAM PUBLIC SCHOOL

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Term 4 of 2019

Week 2

22nd October 2019



Dear Parents, Carers and Community Members,

Nobody's
PERFECT,
that's why
PENCILS
have
ERASERS!

What a fantastic time everyone had at the inaugural Cowra Primary School Lawn Bowl Competition at the Cowra Bowling Club! This competition was for Stage 3 students (Years 5 & 6) but since we don't have 3 kids in Years 5 & 6, our Yr 3 and 1 students stepped up to compete and boy! Did they do a good job!

Teams from Cowra Public School and St Rachael's School had been practising at the club all year, while it was our first time on the green. Mrs Carter did a great job teaching the students the rules using our Jack Attack game at school, and with each end, our students became more competitive. Mr Munn from Cowra Bowling Club has offered to come out and coach our students at the bowling green in the village to help prepare for next year's competition. I'd like to congratulate the students on their behaviour and sportsmanship. I am very proud of you!

While I am speaking about achievements, well done to the students, Mrs Carter, Mrs Sue and Rob for being the Bunnings Broccoli Champions AGAIN! Next year, we might try and enter some categories, as the students really enjoy creating and displaying their talents.

This Thursday, we are having the Living History people coming to our school. This hands on experience will fit in with our Gold Unit as we see artefacts from bygone times.

Don't forget it's our Day for Daniel on Friday. Please wear red and bring a gold coin donation for the Daniel Morcombe Foundation to help keep our kids safe.

As always, have a wonderful week! You can find more information here <https://danielmorcombefoundation.com.au/>

Next week, Mrs Nottingham will be here on Tuesday and Wednesday as I attend the NSW Primary Principals Conference in Sydney. Mrs Carter and Mrs Sue will be holding the fort on Thursday and Friday.

As always, have a great week!
Cheers,

Sue Clark
Relieving Principal



Dates to Remember

October

- 24th Living History WWI incursion
- 25th Day for Daniel Fun Run

November

- 5th Primary Industries Fishing with Greenthorpe
- 7th Outdoor classroom day
- 8th PCYC Bike Day
- 12th School Photos
- 15th Wyangala Fishing with Koorawatha

December

- 2nd - 6th School Swim Scheme
- 3rd Arabian Nights Show
- 17th Presentation Night
- 18th Last Day for Students

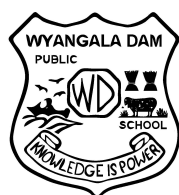
Imagine
With all
your mind.
Believe
With all
your heart.
Achieve
With all
your might.



Winning Broccoli



Our Lawn Bowls Team



OUR COWRA SHOW DISPLAY



Tahlia (Man of the Match)





from Mrs Ruth

Term 4 rolled around quick enough and Chais, Felicity and Tahlia, Miss Sue and I were back into cooking. We prepared curry chicken and it proved to be a winner.

Chais did a fabulous job of preparing the onions. He set about chopping them, and he was certainly prepared for the activity as the image shows.

Everyone participated in the food preparation and the children are to be commended for the fantastic way they conducted themselves through teamwork to produce the final dish.



NEW SESSIONS: Tuning into kids

Emotionally Intelligent Parenting

A six-session program for parents of 0-10 years children

STARTING DATE: Monday 28 October 2019

Would you like to learn how to:

- * be **better at talking** with your child?
- * be **better at understanding** your child?
- * help your child learn to **manage their emotions**?
- * help to **prevent behaviour problems** in your child?
- * teach your child to **deal with conflict**?

STARTS: 28 October 2019

TIME: 10:30am – 12:30pm

**AT: LiveBetter Office
Shop 6/119 Kendal St
Cowra**

**RSVP: ASAP to Kim Henry
0418 115 383**

**Certificate given for
successful completion!**



Call LiveBetter on 1800 580 580 (Monday to Friday)
or visit livebetter.org.au

Tuning
in to
Kids



Wyangala Country Club P & C Meat Raffle

Friday 22nd November 2019 6.00pm

Tickets on sale from 6.00pm and raffle drawn approximately 7.30pm

If you are available to assist in the selling of tickets please come along to the Wyangala Country Club.
All assistance greatly appreciated.


SunSmart Snippet

The simplest way

... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.

Protect yourself in five ways when the UV is 3 and above.

SLIP SLOP SLAP SEEK SLIDE

Sun protection is required today from _____ to _____
Maximum UV Index _____

When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!

Go to www.sunsmartnsw.com.au/resources to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

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


Nutrition Snippet

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	Homemade bliss balls
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	Homemade fruit muffins

For snack ideas visit healthylunchbox.com.au

healthylunchbox.com.au

Wyangala Dam Public School has a mobile phone for excursions, etc. Please only use in case of emergency whilst we are away from school. The number is **0401 614 184**



ORANGE INDOOR TENNIS CENTRE

2019 CENTRAL WEST PRIMARY SCHOOLS CHALLENGE

TERM 4

SATURDAY, 23RD NOVEMBER

5.00 - 9.00 PM at Orange Indoor Tennis Centre

Entries Close: Sunday, 17 November 2019

Calling all
Wyangala Dam
Public tennis
enthusiasts

We are looking for players from
Wyangala Dam for this
tournament.

You don't need to play regular competition tennis
but should be of competition standard.
The evening is casual and lots of fun!

Online Registration is available only at orangeindoortennis.com.au

> Challenges
> Register

Please be quick ... **player entries close Sunday, 17th November**



CENTRAL WEST PRIMARY SCHOOLS CHALLENGE - INFORMATION

This is a team event played amongst primary schools from the central west of New South Wales. Teams consist of 3 doubles pairs with each pair being graded into a round robin division. Ranking points are awarded to each pair of each team.

- **FORMAT** GRADED ROUND ROBIN DOUBLES
Each division will consist of 5 or 6 pairs so that each pair will play 4 or 5 'matches'. Each 'match' will consist of 5 (or 4) games, with sudden death deuce.
- **TEAMS** Each team to consist of 6 players, ranked in pairs from 1 to 3 in order of standard. Schools may enter more than one Team. If a school does not have three pairs then individual players from the same school can still enter as a pair and play in the round robin.
- **MEDALLIONS** Awarded to winners and runners-up in each division.
- **COST** \$10 per player, incl GST : payable when completing Registration at orangeindoortennis.com.au > Challenges > Register
- **DINNER** A BBQ and canteen facilities will be available on the night.
- **WET WEATHER** Not a worry. The Challenge will be played, regardless.
- **ENQUIRIES** For more info, go to orangeindoortennis.com.au > Challenges

Future Tournament Dates: Term 4 Challenge: 23rd November



1800 FUN RUN (386 786) ☎
Info@schoolfundraising.com.au ✉
schoolfundraising.com.au 🌐

The Fundraising Group (Australia) Pty Ltd
ABN 44 090 756 488

Dear Parent/Guardian,

As a way to give back to our community we will be holding the *School Fun-Run* on **25th October 2019**. The funds raised will be donated to **Daniel Morcombe Foundation**. They aim to **make Australia a safer place for children** and we're very privileged to be able to help them.

About the Program

The *School Fun-Run* promotes healthy and active lifestyles while helping us raise funds! It's all about participation, with students treated to a great day as a reward for their fundraising efforts. Family support is key to our fundraising success and we encourage everyone to get involved.

How Does My Child Fundraise?

Firstly, go to schoolfundraising.com.au and create a student profile page. Everything to do with your fundraising revolves around this page. Once you have completed this, read through your Sponsorship Form, which has instructions on how to raise money and order prizes.

Students who raise just \$10 will receive a reward for their effort. The more they raise, the better their reward – don't forget to check these out in the sponsorship form! We have educated students on the dangers of door knocking without adult supervision, and we encourage you to reiterate this at home. The best people to ask for sponsorship are people you know (e.g. friends, family, work colleagues and neighbours).

Online Fundraising

The easiest way to help your child raise money is through online fundraising, where students raise an average of \$150. On top of raising more money, it's also safer and easier than doorknocking and you don't have to worry about handling money! To start fundraising online, go to your student profile page at schoolfundraising.com.au and share your online fundraising link.

Getting Involved

Not only can you support the school and students with your sponsorship – but you can join in on the fun! We would love to welcome parents and family members to attend the *School Fun-Run*. If you would also like to volunteer to help on the day, please contact me on the details below. I can't wait to see you at our event!

Ordering Prizes – ALL PRIZES MUST BE ORDERED ONLINE

Prizes MUST be ordered between the **1st November 2019** and **8th November 2019**. Simply visit schoolfundraising.com.au to create / log into your Profile Page between these dates. Then click on the 'CLAIM YOUR PRIZE' button and follow the prompts. If you have any questions, please contact the *School Fun-Run* team on 1800 FUN RUN and they will gladly assist!

Thank you, good luck and happy fundraising!



Lids4Kids

Please become a collector today

Leave us the plastic lids from your milk, water, juice and soft drink bottles and they'll be converted into prosthetic hands for kids.


From this



To this



For more information check out:

 @Lids4KidsAU
@EnvisionESI

<https://envision.org.au/envision-hands/>

1) COLLECTOR

These volunteers offer to collect their plastic bottle lids from their home, school, workplace or community group (that isn't publicly listed) then deliver their lids to a local collection point (and can also help recruit new collection points).

2) These volunteers offer their workplace, school or community group as a publicly listed collection point for their town or suburb then deliver their lids to a regional coordinator.

3) LOCAL COLLECTION POINT— WYANGALA DAM PUBLIC SCHOOL



- * DIRTY
- * Vegemite Lids
- * Pop Up Lids
- * Coffee Pods
- * Wine Bottle Lids
- * Plastic Rings
- * Plastic Inserts



- * Rinsed
- * Number 2 or 4
- * Milk Bottle Lids
- * Soft drink Lids
- * Water Bottle Lids
- * Bread Clips