



SEAHORSE *Tales*

Woolgoolga Public School

TERM 3 ISSUE 5

23rd August 2018



Mid North Coast Zone Athletics

Congratulations to all our students for their efforts at the Mid North Coast Zone PSSA Athletics last Friday. Further congratulations are extended

to Balam, Riley, Jordyn-Belle and Lola who have qualified to progress to the North Coast carnival in September – well done!

Book Fair and Book Parade

Congratulations on a fantastic day! It was wonderful to see so many students participate in our Book Character parade. A big “thankyou” to the parents for helping their children with their costumes - they looked fantastic. Don't miss more great photos on the back page!

Also, a special thank you to all the parents and students who have purchased books from the Book Fair.

Ms Molloy and her helpers have, as always, done an exceptional job in organising the Book Fair, which brings enormous benefits to our school.

Recipients of the Book Parade \$15 vouchers were:

Early Stage 1 – Dearnar

Stage One – Maple

Stage Two – Manjinder

Stage Three – Riley



Thank You –Woolgoolga Public School P & C Association

A huge thank you again to our hard-working P & C Committee for their \$6000 donation to extend our robotics program. Community support of P & C fundraising enables them to make these valuable contributions to our school.

Thank you all for your support.

Yr 5 Great Aussie Bush Camp Excursion

Wed 29th Aug to Friday 31st Aug

Students attending the Year 5 major excursion will be travelling to the Outdoor Education Experience Fitness Camp at Tea Gardens, just north of Newcastle, next week. A reminder for parents/carers who have children attending this excursion:

All medical information notes should have now been returned and ALL medication (**in a clearly labelled bag**) should be delivered to the school office by Tuesday (28th August).

We appreciate your cooperation with these final details and we trust that students will have a fantastic time at camp. *Thank you.*

Kindergarten 2019


Enrolments now being taken!

Transition activities begin on Tuesday 28th August.

Do you have a child at home or know of a child who will be commencing Kindergarten in 2019?

Please call into the school office or call us on 6654 1305 so we can add their name to our 2019 Kindergarten enrolment list. Our Kindergarten transition program starts next week and information is available from the school office.

Woolgoolga Public School Week Ahead

Week 6	Week 7	Week 8	Week 9
Monday 27th August 1B to Woolgoolga Retirement Village Bookclub week Tuesday 28th August Kinder 2019 Transition 12:15pm - 2:00pm Fathers Day Stall 9:05am in hall Wednesday 29th – Friday 31st August Yr 5 Major Excursion Friday 31st August Choir/Recorders to Red Cross	Monday 3rd September 2S to Woolgoolga Retirement Village Wednesday 5th September Yr 3 to Arrawarra 	Monday 10th September 2A to Woolgoolga Retirement Village Monday 10th – Tuesday 11th September Yr 4 Cascade Excursion Wednesday 12th September Kinder 2019 Transition 12:15pm - 2:00pm Meal Deal Day Friday 14th September NC Athletics	Monday 17th September KW to Woolgoolga Retirement Village Monday 17th September – Thursday 20th September Yr 6 Major Excursion

SCHOOL ASSEMBLIES

Stages 2 & 3 - Fridays @ 12:00

Stage 1 – Fridays @ 12:45pm

Father's Day Stall

Students will be able to purchase a gift for their father from the Father's Day stall which will be held in the hall on Tuesday 28th August from 9:05am.

Gold Award

Congratulations to Taj Stainsby of 5M who will receive his Gold Award on Presentation day.

AWARDS

CONGRATULATIONS

To this week's
Award Winners

Certificate of Merit

- Harnoor Kaur KM
- Hurleigh McKechnie KM
- Addisyn Smith KM
- Audrey Crowley KW
- Pippa Tucker KW
- Heath Wood KW
- Sehajdeep Singh 1A
- Damanpreet Dhillon 1B
- Mannatpreet Dhillon 1B
- Levi Dawe 2A
- Jotveer Kaur 2M
- Kawanjot Singh 2M
- Kirat Sohal 2M
- Ryan Gallagher 2S
- Emma Featherstone 3A
- Khalemu Haberland 3A
- Herkiran Kaur 3A
- Malakye Kilpatrick 3R
- Sukhdeep Dhillon 4D
- Eliza Gallagher 4D
- Emma Mahon 4D
- Acacia Tucker 4D
- Nicholas Pepper 4S
- James Stratton 4S
- Chloe Webb 4S
- Leo Worthing 4S
- Manraj Sangha 6B



Certificate of Excellence

- Alex McGinty 1B
- Ekamjot Sidhu 2A
- Taranpreet Kaur 2M
- Ryan Gallagher 2S
- Sahib Singh 3A
- Darion Holzhauser 4D
- Simran Kaur 6A





Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

Visit healthylunchbox.com.au for recipes & information you can trust.



Book Parade 2018

