# CONNECT

Jock Garven - Principal 1240 Ocean Drive, Lake Cathie NSW 2445 PO Box 279 Lake Cathie NSW 2445

T (02) 6584 8060 F (02) 6584 8070

E lakecathie-p.school@det.nsw.edu.au

W lakecathie-p.schools.nsw.edu.au



## WHOLE SCHOOL PHOTO

Continuing in our annual tradition, our Whole School Photo will be taken next Tuesday 17 October. Please dress as usual in full school uniform. These large photos are donated by our school photography friends at MSP Photography and are in our school office area on proud display.

### **DAY FOR DANIEL - THURSDAY 19 OCTOBER**

We are joining in with over 2700 other schools across Australia to learn more in the area of child protection whilst remembering and relating back to the disappearance of Daniel Morcombe many years ago. This ties into the child protection lessons last term across the school. We have also invited our emergency services into our school to inform and educate our students about the vital role these community organisations play in our lives and in particular to support children and families. Please wear something red on Thursday next week as part of our Day for Daniel activities and bring a gold coin donation.

## **P&C VOLUNTEER TERM 3**

The P&C will select at random, from all volunteers each term supporting P&C activities, a volunteer to receive a voucher for something yummy at Caramels, Lake Cathie. From all the volunteering in Term 3, Susie Storm was randomly selected and will receive this little token of appreciation for her commitment and Spirit towards our great school. Thank you Susie Storm!



### **DATES TO REMEMBER**

Friday October 20 Kinder 2018 Drop in Day

Thursday 26 October Formal Assembly KE

Thursday 2 November Lego League Competition

Mon 6 - Fri 17 November School Swimming Scheme

Thursday 9 November Formal Assembly KG

Tues 14 - Fri 17 November Canberra Camp

Sunday 19 November Carwash Fundraiser

Thursday 23 November Formal Assembly 1W

Friday 24 November Kinder 2018 Drop in Day



On Friday 3 November, students from the Infants classes will be celebrating Grandparents Day. We are inviting all grandparents to join us for some light entertainment followed by a morning tea.

Children will be coming home over the next few weeks learning new entertainment items which they will be presenting at our grandparents day celebration. Could you please assist them to learn anything classroom teachers send home.

Thank you for supporting your child and encouraging them to give a little back to our grandparents.

If you know of any grandparents that would like to join us on the day, please feel free to share this information with them.

Robyn Bishop



Lake Cathie Public School closed group

Term calendar available to view at <a href="http://www.lakecathie-p.schools.nsw.edu.au/calendar">http://www.lakecathie-p.schools.nsw.edu.au/calendar</a> and on Skoolbag App



## "SAFE ON SOCIAL MEDIA" PARENT INFORMATION SESSION

All parents in our Hastings Valley Community of Schools are welcome to attend.

We thoroughly recommend this to all parents.

Hastings Secondary College – Port Macquarie Campus Multi Purpose Centre, Owen Street

Tuesday 17 October 6-7pm

## **STUDENT LEADERSHIP TEAM - 2018**

Shortly we will start the process for the shortlisting and voting of student leaders for 2018, to be announced at the 2017 Presentation Day on Thursday 7 December. Details will be made available to all current Year 5 students.

### FIRST LEGO LEAGUE - ROBOTICS TEAM CHALLENGE

Our school is hosting a Regional competition on Thursday 2 November. Currently we have 18 teams from across our area registered to compete. We look forward to this day and will be busily preparing for a successful tournament. If you are interested in helping out, please contact the Tournament Director, Hayley McCleary on 6584 8060.

The canteen will be closed to our students on this day but will be open on Wednesday 1 November instead.

## **P&C CAR WASH CAFÉ FUNDRAISER**

After a successful wash last year, it's on again. Sunday 19 November. Bring your cars, bring the neighbours' cars, bring your friends' cars. We are calling on all parents and kids (Year 3 and up) to help out on this day. There will be plenty to eat and drink as we will have the Car Wash Café running too. Yummy treats and a BBQ. Please contact Kelly Jesser through the office on 6584 8060 to get your name in to help out. Come on, everyone can wash a car! Help out for an hour or two.

## **P&C MAJOR RAFFLE 2018**

Tickets are available for our \$1000.00 Turtle Beach accommodation and Woolworths Fuel and Food package competition. HELPERS are certainly required to help sell tickets outside Woolworths with our small band of parent raffle organisers led so ably by Lisa Ellis. Contact the office on 6584 8060 if you can spare an hour or two on Fridays or Saturdays. Tickets for this major prize raffle are available at the office for \$10.00.

### **GRANDPARENTS DAY K-2**

Advanced notice of our 2017 Grandparents Day celebrations and concert/morning tea on Friday 3 November. Invitations coming out very soon.

## **SCHOOL SWIMMING SCHEME (YEAR 2 AND SOME YEAR 3)**

Notes are coming out next Monday for our Intensive School Swimming Scheme for 2017. Once again the P&C will support and subsidise this absolutely worthwhile program leading up to another great summer. Swimming school runs from Monday 6 November to Friday 17 November.

## **CANTEEN VOLUNTEERS**

Tough time for canteen volunteers. We need more help please! Many spots available this term.

Private message Kylie Whiting or call the office on 6584 8060.

#### MID COAST GARDEN FRIENDS DONATION

Lucy Miller and Kathy Regan from Mid Coast Garden Friends have generously donated two native trees to plant at our school as part of the National Gardening Week celebrations. Thanks to Kaden Marshall and Mr Hutchinson for digging and planting them. They will also monitor the watering and mulching for these plants over the coming weeks.



## **CANTEEN ROSTER**

Friday 13 October	9-2pm	Linda Barnett	
Friday 13 October	10-2pm	HELP REQUIRED	
Wednesday 18 October	10-11.30am	Hayley Murphy	
Thursday 19 October	10-2pm	HELP REQUIRED	
Friday 20 October	9-2pm	Mary-ann Grant	
Friday 20 October	10-2pm	HELP REQUIRED	



THE CANTEEN WILL BE CLOSED ON THURSDAY 2 NOVEMBER DUE TO THE HOSTING OF THE FIRST LEGO LEAGUE TOURNAMENT. PLEASE DO NOT SEND CHILDREN WITH LUNCH ORDERS ON THIS DAY.

THE CANTEEN WILL BE OPEN ON WEDNESDAY 1
NOVEMBER INSTEAD.



## **Assembly Awards**



## Term 3 Week 9

ROLL CLASS	CLASS AWARD	SPORTS AWARD	STUDENT OF THE WEEK	WORK OF THE WEEK
1P Jude Stricker		Kaitlyn Latham	Ava Miller	Tora Smith
	Lachlan Jones			
1W	Cooper Boese	Jessi Dixon	Willow Houston	Maydee Anderson
	Benji Day			
2J	Nate Stricker	Liam Henderson	Rochelle Grant	Beau Tougher
	Aurora Briscoe			
KE Harlow Madden		Cameron O'Callaghan	Flynn Briscoe	Elizabeth Collett
	Summer Prophet			
КН	Tilly McDonald	Elise Grein	Riley Knight	Stephanie Gould
	Luke Mance			



Issue 6 order forms were handed out last week and orders are due in by Thursday 26 October 2017.

Place your order online at www.scholastic.com.au/LOOP and pay with your credit card. You can order for multiple children and you don't need to return order forms or payment receipt details to school. If you order using LOOP you may be able to get bonus books with Scholastic's "Keep it Rolling" program.

## **DUE THIS TERM**

Invoices are being sent home today for:
Outstanding School Fees
Outstanding Band Fees Term 3
Band Fees Term 4

**Final payments for Canberra Camp** 

Payments can be made by cash, cheque, EFTPOS and POP (Parent Online Payment on the School Website.)

## Save the Date!

Our Annual Carwash Fundraiser will be held on **Sunday 19**<sup>th</sup> **November 2017, 10am-3pm.** 

Our goal this year is to raise funds to provide outdoor learning spaces for students at LCPS, to make our wonderful school and even better place to play, grow and learn together

A note will come home early next week requesting volunteers on the day and your support would be greatly appreciated.

We look forward to seeing you there!

Kelly Jesser
Co-ordinator



## **Helping Your Child to Read**



The 3H Strategy: 'Here, Hidden, Head'

'Here, Hidden, Head' is a helpful technique that you can use with your child to help them find answers in their reading. When you are discussing a story with your child, ask questions then give a clue by saying the answer is here, hidden or head.

#### Example

Janeli ran quickly through the dark and gloomy forest. The branches drooped dawn low and seemed to be protecting her. She looked behind her but so far she appeared to be alone. Was he far behind? Had she lost him? Her chest hurt as she pushed

herself to run on and on. She felt like a little mouse being chased down by a lion. She was scared and tired but could not stop running until she had reached the woodcutter's hut, where she would find safety. The hut loomed ahead like a lighthouse. Janeli could not believe her sanctuary was so close and yet so far away.

#### Here

These are the simplest comprehension questions as the answer can be found right there in one of the sentences in the text. Most of these questions begin with 'What did ...?', 'Who did ...?', 'What was ...?', 'Who are ...?', 'What does ... mean?'.

For example

- · Who is the character in the story?
- Where is she running to?

#### Hidder

When the answer is 'hidden' it is in the text but information from two or more places must be joined together. Your child needs to think and search the text to find the answer. These questions might start with 'How do you ...?', 'What if ...?', 'What happened to ...?', 'What happened before/after ...?', 'How many times ...?'.

For example:

- · How do you think Janeli is feeling?
- · What makes you think this?

#### Head

Your child will have to use their background knowledge and relate it to the text to answer these types of questions. These questions might start with 'Have you ever ...?', 'If you could ...', 'In your opinion ...?', 'Do you agree with ...?', 'Why?'. For example:

- · If you were Janeli what would you do?
- · How else could Janeli handle the situation she is in?
- · What do you think Janeli is running from? Why?

## When children have trouble with reading

Many children reach middle and upper primary school with reading difficulties. They struggle to make the transition between learning to read and becoming independent readers who are able to read to learn,

Limited reading ability affects a child not only in English lessons but also in their comprehension of other subjects such as mathematics, history or science.

Children who are not reading at their stage or age level often require different types of help depending on their individual needs. They may need to:

- read more often to develop accuracy and fluency
- practise sounds, letters and words so they can learn to recognise words automatically
- · work on spelling
- · develop comprehension skills
- learn how to use features such as headings, subheadings, indexes, tables of contents, graphs, maps and diagrams to gain information.

Work in partnership with your child's school to ensure you are both supporting your child's needs.

- Contact your child's school.
- . Work with the class teacher.
- · Identify areas that need assistance.

Older children who have difficulty hearing sounds should have a medical checkup. Consult with your family doctor, school and class teacher to determine if your child's eyes or ears need testing.

You can also encourage your child to talk about characters and events in texts, to make sound effects for the characters and events or to think of alternative beginnings and endings for stories that they have read or heard.

Comprehension isn't limited to books. Your child can develop comprehension skills by reading a recipe to you as you cook or reading the instructions for a computer or board game. Watching films and videos of books they have read is also helpful for comprehension when you discuss the ways in which a film version of a book compares with the print version.

For more comprehension activities refer to page 42.

Reading a recipe helps your child develop comprehension skills.



## Strategies to build reading skills

If your child is having difficulty with reading one of the most useful things you can do to help is to put aside some time each day for reading.

Read with your child and read to them. Read anything that interests them. Try to enjoy your reading time together and remain calm and relaxed. If there are pictures, don't cover them up but use all possible cues to help your child gain meaning and confidence from reading. Ensure that what you are reading is not too difficult for your child to read independently.

Set up regular reading times when you're not rushed, and don't be too ambitious. Children work hard at school to master new words and concepts and don't need to be challenged further at home.

Let them relax and enjoy reading with you while they build their skills and confidence.

Reading with your child should be fun. Look beyond the 'home school readers' they have as part of their homework and make sure they have a choice of reading material that interests them and is suitable for their reading level. This means they can recognise most of the words in the book and can understand its meaning when they read it. Let them read comics and magazines as well as books. If everything you own has been read a million times, take a trip to the local library or school library or perhaps try swapping some books with a friend.

If for any reason reading time becomes difficult, stop the activity. For example, it's very hard to read with a child while you cook dinner and supervise another child. While it would be good to have 15 to 20 minutes each day, one really positive, fun session with a book each week is better than seven stressful sessions.

## LAKE CATHIE PUBLIC SCHOOL MOVIE POSTER FUNDRAISER

Jungle Book Size: 1m x 2.5m



## **OPEN Auction**

2 vinyl movie posters advertised per WEEK

#### Posters advertised at

Lake Cathie Public School- Facebook North Haven Public School- Facebook

Lake Cathie Children's Cottage- Facebook

Cowarra Park Preschool- Facebook

## Bids close 3PM every FRIDAY

## HIGHEST bidder will win individual poster

2 weekly winners will be named and shared with each School/ Preschool

This will allow individual community organisations to share the winners name on their Facebook Page

Photos will be taken of MOVIE Posters and A3 posters will be displayed in each community organisation



Tomb Raider Poster Size: 1.5m x 2.4m
Please email or call Mrs Haste (KH) if you have any questions

## SCHOOL FUNDRAISER

## IdleWilde

## Open Range Farm Eggs



**IdleWilde** is a family owned and run 100 acre farm on the Bulga Plateau.

As a school fundraiser they are offering a dozen Free Range eggs for \$6.00, with \$1.00 from every dozen sold donated back to the school.

(Cash only) the school.

Collect your eggs from the office each week and support this family business as well as our great

school.









Tuesday 17 October 5.30pm - 6.30pm Westport Campus Hall

## **INVITATION TO PARENTS AND CARERS**

Everything you wanted to know about keeping your kids safe in an ever changing digital world.



Hastings Secondary College presents expert facilitator Kirra Pendergast and invite parents and carers to attend a FREE workshop on on the good the bad and ugly of social media

- Using social media with awareness
- Keeping personal information private

- Cyber-bulling











## Live Life Well @ School



## Tips for reducing kids screen time:

Keep TV's and computers in a central room, turning them off during meal times and eating at the table together.

For more information go to www.raisingchildren.net.au



Mid North Coast Local Health District



WELCOME

TO GO4FUN



### Dear parent

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's absolutely FREE.

### WHEN DOES GO4FUN RUN?

Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

## WHAT DO WE DO AT GO4FUN?

Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practise.

### START UP PACK

Your child will receive a start-up pack including a:

- Go4Fun backpack,
- Go4Fun t-shirt,
- Go4Fun water bottle, ball and wristbands. Your child will also earn up to 3 bonus attendance rewards over the ten Go4Fun sessions.

### Parents receive a \$15 fresh fruit and vegetable

voucher for each session you attend, plus a folder full of weekly session information, activities, recipes and more, Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child's progress and health improvements following Go4Fun.





Since Go4Fun began in July 2011, we have helped more than 300 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4fun children now:

- nave a reduced waist circumference
- eat more fruit and vegetables each day
- e drink less soft drink
- are more active and meet the physical activity guidelines
- spend less time in sedentary activities
- have improved self-esteem

### WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?

"I think by far the reason Chloe did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents.'



"Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joini Give it a try it could change your lives." Sue, Port Macquarie

"Even though we knew the nutrition and exercise information before we started, it's helped us so much.

Matilda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." Tracey, Coffs Harbour



Registrations for Term 4, 2017 programs are now open with limited places available in our Camden Haven. Port Macauarie and Coffs Harbour programs. We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

Camden Haven Term 4 program will run: Thursdays 4pm to 6pm starting October 12 Venue: North Haven Public School



To register: freecall 1800 780 900 or online: www.go4fun.com.au



## **Andrew Jones**

m 0422 953 624

e info@agjplumbing.com.au

- Hot water systems
- Natural & LPG Gas
- · Kitchen / Bathroom renovations
- · General plumbing and drainage



ABN: 272 0159 2843 Licence No: 239368c

## Trish's Family Day Care

Are you looking for a safe, fun, caring learning environment for your child? I have over 5 years experience as an Early Childhood Educator and I have my own children aged 11 and 15. I am registered with Hastings Family Day Care and I currently have vacancies for children 0 - 5 years of age between 7:30 am and 5:30 pm Monday, Tuesday, Thursday and Friday. Call me Trish Joyce on mobile 0421 451 887 or Hastings Family Day Care on 6583 4660 for more information.



Contact Kathryn on 6584 8060 to place your advertisement in the School Newsletter



## Please join us...

## Light it Red for Dyslexia 15 October 2017

Dear Jock

PLEASE JOIN US at sunset to see Tacking Point Lighthouse once again shine a light on the 1 in 5 children who struggle to learn to read, write and spell.

Date: Sunday 15 October 2017

Time: 6.30pm - 8.30pm

Venue: Tacking Point Surf Life Saving Club

Dyslexia Support Mid North Coast has reserved an area at the Tacking Point Surf Club Deck to watch the Lighthouse set the sky ablaze in RED as the sunsets over Lighthouse Beach. For those who feel energetic, we will walk along the beach and up the stairs to take a closer look at approximately

Beverages will be available for purchase from the Club. Bring a friend. Kids welcome.

We hope you can join us as we raise awareness for dyslexia in our local community.

Best regards,

Dyslexia Support Mid North Coast



## Lake Cathie Children's Cottage

83 Kenwood Drive 6586 3233

AWARDED EXCEEDING NATIONAL QUALITY STANDARDS admin@lakecathiechildrenscottage.com.au

LONG DAY CARE 0-6YRS **ENROL NOW 2018** CALL OR VISIT TODAY

**BEFORE & AFTER SCHOOL CARE 4-12YRS** 

## CATS Cathie Accounting & Taxation Services

- ▶ Basic returns \$100
- Gold card holders & under 21's \$70
- ▶ Mobile accounting service for rentals, personal returns, small business

CALL LYNDALL WARD ON 0404 483 685 WWW.CATHIETAX.COM



Mini Mania -NON Obstacle Challenge

Brand new for 2017 is a special kids only non obstacle beach challenge.

Focused on having fun and team building Mini Mania is perfect for the 5-12 year olds.

Pricing - Individual Child 5-12 years - \$10.

Every entrant gets a medal.

Parents welcome to come and cheer.

For more details about the event and to register go to our new website www.sandmaniapmq.com

Like swimming??? Want to improve your swimming times? Or just have some fun with your friends?

Come join the Port Macquarie Swimming Club!

Season Starts: 5.45 pm for 6pm start - Wednesday 11 October 2017

Where: Port Macquarie Olympic Pool - 28 Gordon Street.

Food: BBQ dinner available (pay) \$4.50 swimmers \$1.50 spectato

Open to all swimmers who can swim 15 m or more

For further details please contact: Warren Phillips President 0414 781 565 (ipco



## TERM 4 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
	Students return	P & C Meeting 6:30pm - 12am		Newsletter	
1					
	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
2		Whole School Photo	Kinder interviews with Principal	Day for Daniel	Car Wash Volunteers 03am - 12am Meeting
		Kinder interviews with Principal			Kindergarten 2018 09am - 10am Drop in Day
	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
3				Newsletter	World Teachers day
3				Formal Assembly KE 2pm - 2:30pm	
	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
4			CANTEEN OPEN TODAY FOR LUNCH ORDERS AND RECESS	Lego League Competition	Grandparents Day K-2
				CANTEEN CLOSED TODAY	
	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
5	Swimming 09:30am - 11:45am Scheme	Swimming 09:30am - 11:45am Scheme	Rememberance 02am - 12am Service	Newsletter	Swimming 09:30am - 11:45am Scheme
			Swimming 09:30am - 11:45am Scheme	Swimming 09:30am - 11:45am Scheme	
			Scheme	Formal Assembly KG 2pm - 2:30pm	
	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
	Swimming 09:30am - 11:45am Scheme	Canberra Excursion 06am - 12am departs 6.00am	Canberra Camp	Canberra Camp	Carwash Sunday 19
6		Swimming 09:30am - 11:45am	Swimming 09:30am - 11:45am Scheme	Swimming 09:30am - 11:45am Scheme	Canberra Camp - children return
		Scheme			Swimming 09:30am - 11:45am Scheme
	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
7		P & C Meeting & Dinner Out		Newsletter	Kindergarten 2018 09am - 10am Drop in Day
				Formal Assembly 1W 2pm - 2:30pm	
	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
8					Year 6 Fundraising Day
				_	
	Dec 4	Dec 5	Dec 6		Dec 8
9		High School Orientation		Newsletter  Presentation Day	Reports sent home
				r resontation Day	
40	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
	Year 6 Farewell Dinner		Newsletter		Last day of term 08:45am - 2:45pm
10			Rewards Day 08:45am - 2:45pm		Water Fun Day K- 08:45am - 2:45pm 2
					Pool Day Year 3-6 08:45am - 2:45pm
	<del></del>				

<sup>\*</sup> Subject to change. Please check the school website or Skoolbag App for the most up to date information.