

CONNECT



Lake Cathie
Public School

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MINISTERIAL ANNOUNCEMENT

It was marvellous to showcase our wonderful students and school for the Minister for Education, Rob Stokes, on Tuesday.

What a proud moment when our choir, led so professionally by Mrs Egan and our Stage 1 dance group choreographed by Mr Pringle performed with such entertainment and excitement for the Minister and our local member, Leslie Williams. They were absolutely amazed.

Our student leaders Molly and Tobias certainly displayed the spirit and excellence representative of the students at our great school.

An announcement was made to fund the construction of 17 new learning spaces for our school.

We are extremely excited that the school is growing with the community and the community is growing with the school. This investment from the New South Wales government will involve planning, designing, consultation and serious long term decisions to allow our school to meet the learning needs of all our students well into the future.

A large part of this process will be to ensure that the learning of our students during the building phase is as uninterrupted and normal as possible.

If you would like to find out further information, please contact me at school on 6584 8060.

DANCE GROUP CONGRATULATIONS



What a fabulous year it has been for our very talented dance groups who have worked tirelessly under the very artistic Mr Pringle. Late last term students participated in the very competitive Port Macquarie District Eisteddfod. Up against some amazing dance groups from a variety of other schools. Our fabulous Stage 2 dancers took out 3rd place in their competition; the wonderful Stage 3 dancers placed 3rd in their category and the forever smiling and very energetic Stage 1 dancers took out 1st in the Infants Category. With results like this is it any wonder the Stage 1 dancers were asked to perform for the Minister of Education, Mr Rob Stokes, who visited our school on Tuesday 24 October.

Well done, to everyone involved in helping our children to achieve their best.

DATES TO REMEMBER

<i>Wednesday 1 November</i>	CANTEEN OPEN
<i>Thursday 2 November</i>	Lego League Competition CANTEEN CLOSED TO STUDENTS
<i>Friday 3 November</i>	Grandparents Day K-2 Carwash volunteer meeting CANTEEN OPEN
<i>Wednesday 8 November</i>	Remembrance Day Service
<i>Mon 6 - Fri 17 November</i>	School Swimming Scheme
<i>Thursday 9 November</i>	Formal Assembly KG
<i>Tues 14 - Fri 17 November</i>	Canberra Camp
<i>Sunday 19 November</i>	Carwash Fundraiser
<i>Thursday 23 November</i>	Formal Assembly 1W
<i>Friday 24 November</i>	Kinder 2018 Drop in Day

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

DAY FOR DANIEL

A very big thank you to Miss Jesser who organised for Emergency service personnel to come to the school and talk to all students about how to stay safe within the local community. Children enjoyed the buzz and excitement of sirens and big machines as we learnt about our emergency services and how to ensure we can look after ourselves when out and about. Congratulations students, we raised \$255.00 for the Daniel Morcombe Foundation.



GRANDPARENTS DAY 3/11/17

Our very excited Kindergarten, Year 1 and Year 2 students are looking forward to our inaugural Grandparents Day. Grandparents Day is an internationally celebrated event which acknowledges and celebrates the contribution grandparents make to their family and the broader community. Students have been working tirelessly this term preparing to entertain you as a way of acknowledging your contribution. We hope you are able to join us for our Grandparents Assembly, an activity within the K – 2 classrooms, followed by a morning tea in the library.

Grandparents please remember to have your RSVP into the office by Friday 27 October for catering purposes. See you at 9:00 am.

ROBOTICS – FIRST LEGO LEAGUE 2/11/17

A very exciting day is planned for the regional competition of the First Lego League. With 17 teams registered, this tournament focuses on building an interest in science and engineering in children. This is the first time this event has been held within our region, allowing schools who haven't been able to get to other regions in the past to participate for the first time. Mrs McCleary has been working tirelessly to bring this event to our school with the winners moving towards a spot in the state finals to be held in Sydney. Good luck to all participants.

CAR WASH - SUNDAY 19 NOVEMBER

A fabulous fundraiser for the school which will save you having to wash your car! Sunday 19 November. The more we wash the more we raise. Please encourage your friends, neighbours, cousins to bring their cars down to the school for a clean. While the car is being cleaned you can put your feet up and enjoy a BBQ or some yummy treats that will also be on sale. If you are able to donate a bit of time to help out with washing a car or two please contact Kelly Jesser through the office on 6584 8060. All help would be appreciated. Remember to send in your donations of drinks to sell please.

CANTEEN DATES

Just a reminder the canteen will be closed on Thursday 2/11/17 due to the 'First Lego League', however, will be open on Wednesday 1/11/17 and Friday 3/11/17 for student lunch orders.

WORLD TEACHERS DAY AWARDS

Congratulations to Mrs Haste and Mrs Bailey who are both recipients of this year's World Teachers' Day Awards. This award acknowledges the skills and effort of both of these fabulous teachers who work tirelessly to better the educational outcomes of our children. We are blessed to have such committed, caring, quality teachers here at LCPS.

SWIM SCHOOL SCHEME

A great opportunity for children to participate in an intensive swim school program. Targeting water safety and survival skills this program comes at an ideal time as the weather warms up and summer quickly approaches. Places are available to Year 2 and Year 3 students with any unfilled spots being offered to Year 4.

REMEMBRANCE DAY SERVICE

Remembrance Day encourages all Australians to observe one minute's silence at 11.00 am on 11 November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts.

As the 11th falls on a weekend this year we will be honouring this tradition as a school community on 8 November at 2pm.

CANBERRA EXCURSION

Only 18 more sleeps until our Years 4 – 6 students venture off to Canberra for their excursion. Final payments were due on the 23 October. If you have not done so please ensure this payment is made ASAP. Many of the activities children will be experiencing will need to be paid for before they leave so it is critical we have all payments up front. If you are experiencing financial hardship please feel free to contact Jock Garven to discuss in further detail.

CANTEEN ROSTER

Friday 27 October	9-2pm	Linda Barnett
Friday 27 October	10-2pm	Christie James
Wednesday 1 November	9-2pm	Mary-ann Grant
		Denielle Dietrich
		Nat Yen
Thursday 2 November	9-2pm	Mary-ann Grant
		Michael Whiting
		Denielle Dietrich
		Emma Grant
		Pepa Evans
		Melissa Riley
Friday 3 November	9-2pm	Denielle Dietrich
		Amanda Butler
Friday 3 November	10-2pm	Louise May



Assembly Awards



Term 4 Week 2

	CLASS AWARD	SPORTS AWARD	STUDENT OF THE WEEK	WORK OF THE WEEK
1P	Misty Connors Jake Savage	Cody Collins	Stevie-Lee	Ciana Jones
1W	Ava Giles Ekana Pemberton	Evie Hall	Kye Randall	Locke Williamson
2B	Talis O'Brien-Oliver	Haidyn Taylor	Juliet Bone	DJ McCabe
2J	Roy Dunn Marli Carmichael	Aurora Briscoe	Lily Fellowes	Rochelle Grant
3/4B	Deekoda Reynolds Jye Cochrane-Hartas	Brylee Pollard	Sarah Fiorenza	
4/5C	Haylee Watt Amelia Summers	Sean Robinson		Laine Tougher
5/6M	Skie McDonald Heidi Simmons	Bailey Molenkamp Cora Puttick	Dylan Gordon	Vincent Miller
KE	Elizabeth Collett Darwin Wainwright	Summer Prophet	Quinn Miller	Chloe Higgins
KG	Maia Sykes Stirling Henderson	Hailey Collins	Mila Rae	
KH	Amy Drury Noah Smith	Riley Knight	Angus Castle	Amie McCulloch



Bus Pass Applications

Applications for 2018 School Student Transport Scheme (SSTS) travel entitlements are now open.

Application needs to be made before 31 December 2017.

Please note: Students who are changing grade band and are remaining at the same school do not need to reapply (the system now automatically validates a student's on-going eligibility if at the same school and going from infants to primary or primary to secondary). Where a student meets the new eligibility the system will automatically update their entitlement and card.

<https://apps.transport.nsw.gov.au/ssts/applyNow>

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 & FRIDAY 3 NOVEMBER FOR STUDENTS.

DUE THIS TERM

School Swimming Scheme payment

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.)

Home Readers due Friday 1 December

As the end of the year draws near we will begin the process of auditing all of our resources. Home Readers form a part of this process. Teachers will continue to send home readers home until Friday 1 December 2017. As of this date all home readers will need to be returned to the school. This does not mean your child should stop reading at home. Books you have at home or have borrowed from the library can still be used to ensure reading progression does not drop off over the school holidays.

Please note that lost or unreturned books will need to be replaced at a cost of \$9.95 per book.

Thank you for supporting your child with their home reading throughout the year.

Robyn Bishop
Assistant Principal

READ

LAKE CATHIE PUBLIC SCHOOL



NAME: _____
ADDRESS: _____
PHONE: _____

TICKET PRICE \$10 EACH

PRIZE PACKAGE:
\$2000 TURTLE BEACH RESORT VOUCHER
\$100 WOOLWORTHS CARD PETROL VOUCHER
\$100 WOOLWORTHS GROCERY VOUCHER

Win A FAMILY HOLIDAY
TURTLE BEACH RESORT
GOLD COAST QLD
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Lottery
Parents and Citizens
No. 1

P&C RAFFLE



The simplest way

...to ensure you use sunscreen correctly.

Regular use of sunscreen has been shown to reduce the incidence of melanoma and squamous cell carcinoma, both in the short and long term.

What does sunscreen do?

Sunscreen protects against the damaging effects of the sun by reducing or filtering the amount of ultraviolet (UV) rays that reach the skin.



What is the most effective way to use sunscreen?

- Use at least **SPF 30+ broad spectrum water-resistant** sunscreen.
- **Patch test** sunscreen on a small area of skin – especially if you have not used the product before.
- **Apply and re-apply.** Apply sunscreen 20 minutes before going outside and re-apply every two hours.
- **Apply generously.** Dosage will vary depending on the size of the child. However on an average size child, it is recommended to apply ½ a teaspoon of sunscreen to each arm, leg, front of body, back of the body and the face (including ears and neck).
- **Remember** sunscreen filters out most but not all UV radiation. Use sunscreen in combination with other sun protection methods, including broad brimmed, bucket or legionnaire style hats, sun safe clothing and staying in the shade. Sunglasses are recommended to protect children's eyes.

For more information on sunscreen visit: <https://www.cancercouncil.com.au/cancer-prevention/sun-protection/>

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



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)

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



Helping Your Child to Read

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?

Hidden

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?

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.



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.

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.

CATS Cathie Accounting & Taxation Services



- ▶ Basic returns \$100
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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.

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Remedial Massage Therapy

Clinical Aromatherapy

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Call Fiona Garrett on 6584 8250

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

Lake Cathie Children's Cottage

83 Kenwood Drive
6586 3233

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admin@lakecathiechildrenscottage.com.au

Hastings Accommodation Solutions Presents

Bringing Up Great Kids

Facilitated by Sara Phillips – Mindful Parenting Mindful Coaching
Proudly supported by Newcastle Permanent Charitable Foundation

A reflective parenting program developed by the Australian Childhood Foundation.

LONG DAY CARE 0-6YRS
ENROL NOW 2018
CALL OR VISIT TODAY
BEFORE & AFTER SCHOOL CARE 4-12YRS

Our Languages Matter

Hastings Aboriginal Education Consultative Group

2-9 JULY 2017

are having their Annual General meeting on Thursday 26th October starting at 4pm. at the Birpai Land Council.

When: 10:00am – 12:00 pm Wednesday 1st November, Wednesday 8th & Wednesday 15th 2017.

Where: Hastings Accommodation Solutions Resource Room
**** Morning Tea is provided****

FREE!
& RESOURCES PROVIDED

A Fun & Interactive Workshop For Parents / Carers To Learn About:

- The Bringing Up Great Kids' program and resources support parents and carers to:
- learn more about the origins of their own parenting style and how it can be more effective;
 - identify the important messages they want to convey to their children and how to achieve this;
 - learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
 - understand the meaning of children's behaviour;
 - discover how to overcome some of the obstacles getting in the way of them being the kind of parent they would like to be; and
 - discover ways for parents to take care of themselves and to find support when they need it.

Self-Care and ways for you to de-stress will be a core part of this workshop.

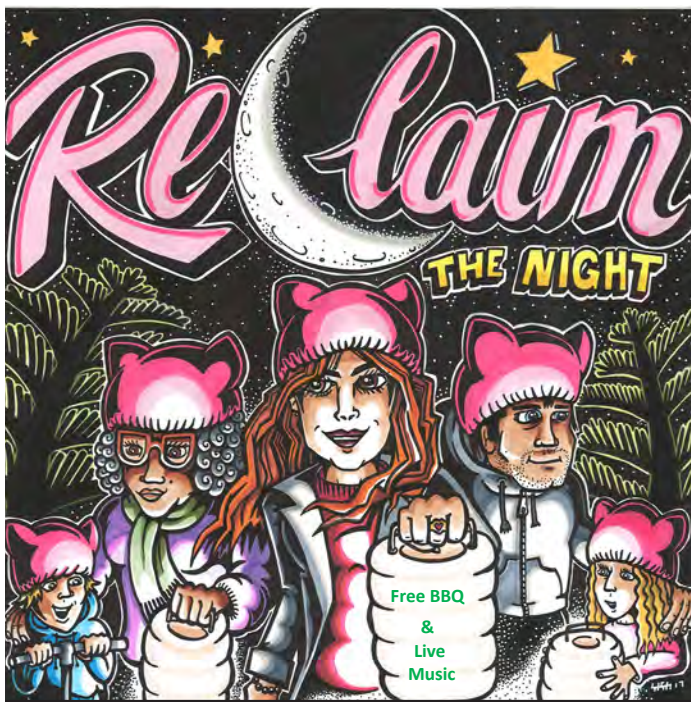
Please phone 4922 1824 to reserve your place.

T20 BLAST

Come along and enjoy T20 Blast Cricket next Monday the 23rd October at Laurieton Oval starting at 4:30 pm. All welcome. We look forward to seeing you all there.

FUTSAL FUTSAL FUTSAL !!!

Come and try Futsal at the Camden Haven High School Hall on every Friday till end of term. Time 4.30pm. Ages 5 to 12 yrs If you can't make a team come along and we will place you into a team. Cost for season and registration is \$100. Come and try cost \$10. Call Alison on 0412 191923.



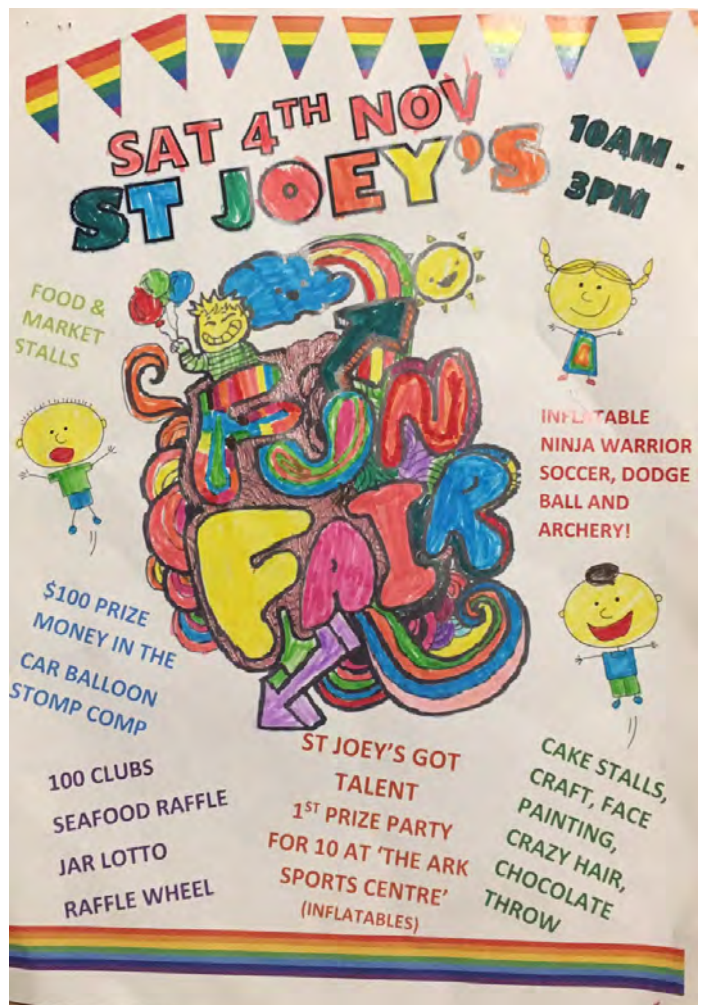
Reclaim the Night March

Supporting the right to feel safe at night

THURSDAY 26 OCTOBER 6:30PM TO 8:00PM

Meeting point: Glasshouse Forecourt

Put on your walking shoes, bring your family and friends and together lets make a difference



WELCOME TO GO4FUN

Go4Fun

Healthy • Active • Happy • Kids

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.



WHAT RESULTS ARE WE LIKELY TO SEE?

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:

- have a reduced waist circumference
- eat more fruit and vegetables each day
- 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 joining. 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**



ENROL TODAY!

Registrations for Term 4, 2017 programs are now open with limited places available in our Camden Haven, Port Macquarie 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