

CONNECT



Lake Cathie
Public School

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DATES TO REMEMBER

Monday 15 October - Friday 2 November

Parent Teacher Conferences

Tuesday 23 October

Student Banking

Thursday 25 October

Kindergarten Orientation/Showcase of Excellence 9.30am

Tuesday 30 October

Student Banking

P&C Meeting 6.30pm

Thursday 1 November

Formal Assembly 2.00pm - KH

Tuesday 6 November

Student Banking

Thursday 8 November

Kindergarten Drop in 9.00 - 10.00am

Monday 12 - Friday 23 November

School Swimming Scheme

Lake Cathie Public School

invites families commencing school in 2019
to attend our

Showcase of Excellence

followed by

Kindergarten Orientation

Thursday 25 October
commencing at 9.30 am

*morning tea for parents will be provided after this event



Lake Cathie Public School



Drop in Days

Thursday 8 November 9.00 - 10.00 am
Thursday 22 November 9.00 - 10.00 am
Thursday 6 December 9.00 - 10.00 am



Enrolment Forms

Available from the school office or
Lake Cathie Public School website
lakecathie-p.schools.nsw.edu.au

**"Celebrating
Spirit, Opportunity
and Excellence"**



Contact the school on 6584 8060
lakecathie-p.school@det.nsw.edu.au



Uniform shop is open on Tuesday 8:30-9:15 am & Thursday 2:30-3:00pm

Canteen is open on Monday, Thursday & Friday

Student Banking is on Tuesday

CANTEEN VOLUNTEERS

Please Help. We are in real need of volunteers. Parents, grandparents, retired friends... Just need a free Volunteers Working With Children's Check. It's quite easy.

Make A Difference



VOLUNTEERS - CANTEEN

Massive Term 2 and Term 3 thanks to two of our very regular canteen volunteers!

Melany has cut up so much fruit and prepared so many lunches we are so very thankful for her commitment to our school and all of our children.

Mary-ann continues to be the regular filling in with her own shifts but also covering many others too. A super regular at our carnival canteens at Laurieton too.

As a small token of appreciation, we will present these two great volunteers with a Caramels at Cathie voucher.



SAFE ON SOCIAL MEDIA – PARENT SESSION

A reminder for parents and carers of students in Year 4 - 6.

The Safe on Social Presentation by Kirra Pendergast, accredited trainer through the Office of e-safety, will be held Monday 22 October at 6.00 pm at Tacking Point Public School.

This session is free to all parents and carers and will provide information on the ever changing nature of the internet including the challenges for parents particularly around online safety and apps.

The interactive presentation will provide practical tips and there will be plenty of time to have all your burning questions answered.

PRE SERVICE TEACHERS

Welcome to Miss Jamie Hart who is undertaking her third year practicum session from Charles Sturt University. Miss Hart will be working alongside Mrs Drury on 2J with some well organised and collaboratively planned teaching and learning activities. We will work Miss Hart very hard and hope she enjoys her teaching experience with 2J.

WORLD TEACHERS' DAY AWARDS

It is my absolute pleasure to inform our school community that Bernadette Ainsworth, our marvellous Teacher Librarian, is being awarded a World Teachers' Day award next Friday afternoon in Port Macquarie. This award is a wonderful recognition of Bernadette's great career and her total commitment to the ideal of valuing quality literature as a means of pleasure and information. Bernadette's continued positive commitment to and support of our school sees her as a highly valued team member full of spirit and a great educator for our students and for the many to come. Congratulations Bernadette.



STAFF PROFILES @ LCPS

School Learning and Support Officers (SLSO's)

Kim McNiff, Lisa Clark, Amanda Butler, Tara Ritchie, Trisha Joyce, Ben Stricker, Lauren Miller and Ros Sewell.

These staff members play a vital role supporting students and teachers. Previously called Teachers' Aides, the position involves having a deep knowledge of the support needs of students and working in collaboration with classroom teachers and the Learning Support Team. SLSO's are funded mostly for temporary positions based on the school's application for Individual Funding Support – for students with additional learning needs. The SLSO's are on the playground at recess and lunch to support the physical, social and emotional needs of our students, a vital part of the overall support of our students. They all live locally and contribute significantly to the success of the students they support and the school as a whole. We certainly thank them for their ongoing professionalism and collegiality.



TERM 4 STAFF DEVELOPMENT DAYS

As with most schools, the two days of scheduled staff development at the end of term 4 have been conducted throughout the year. Our staff has decided to participate in four x 3 ½ hour training sessions in lieu of these days after all of the students have finished school for the year. Our training sessions have included CPR and Anaphylaxis training, Literacy and Numeracy Progressions training, student and staff wellbeing training and the new Science and Technology Syllabus training. This is in addition to our weekly professional learning sessions. On these days – Thursday 20 and Friday 21 December the school will not be operating as usual. The last day for students is Wednesday 19 December.

HALLOWEEN DISCO - KINDER, YEAR 1 AND YEAR 2

Wednesday 31 October 4.30-6.00pm

Details on poster in this newsletter



TELL THEM FROM ME SURVEY - PARENTS

The Tell Them From Me Parent Survey is anonymous, voluntary, and easy-to-use. The survey is designed to measure, assess and report insights from the parent point of view at the school and system levels. The focus of this NSW survey is on student wellbeing, engagement and effective teaching practices. The survey typically takes 15 minutes and is conducted entirely online through a secure website operated by the survey developers, The Learning Bar. You can complete the surveys on desktop computers, laptops, iPads, tablets and smartphones. The survey window will be open until October 26th, 2018 and we would like to invite all parents and carers of Lake Cathie PS to participate.

Please use this link to complete the survey:

<https://nsw.tellthemfromme.com/ttrg7>



LAKE CATHIE PUBLIC SCHOOL EXCELS AT PORT MACQUARIE DANCE EISTEDDFOD

Lake Cathie Public School went to the Port Macquarie Dance Eisteddfod with three entries and proudly returned with three trophies. Jay Pringle, a dedicated teacher at Lake Cathie Public School, choreographs and spent many hours with the three dance groups. His passion for dance is filtered through to the students. Many hours of preparation are spent but well worth it when the Lake Cathie 'Spirit' shone brightly for us.



Stage 1: 2nd Place. Performed a fast moving dance to 'Jail House Rock'



Stage 2: 1st Place. Congratulations! Third year in a row for this group to win at Port Macquarie Dance Eisteddfod. A fabulous upbeat dance to 'Don't Stop the Music'.



Stage 3: 2nd Place in a highly competitive section with 17 entries in total. Stage 3 performed a moving lyrical to the song, 'Apologise'.



Lake Cathie Public School Kindergarten 2019

Important Dates 2018

Showcase of Excellence/Kindergarten Orientation Thursday 25 October 2018 9.30 am - 11.30 am

Kindergarten enrolments for 2019 and 2020 are invited to come along to our school with their families to be entertained by students at our Showcase of Excellence.

After the showcase children for 2019 enrolment will participate in transition activities with our Kindergarten teachers while parents attend an information session.

Children are required to bring a packed morning tea. They will share their morning tea with their buddies and enjoy getting to know one another.

Parents are invited to enjoy a cuppa and a yummy morning tea provided by the school.

Drop in visits 9.00 am - 10.00 am

Thursday 8 November 2018

Thursday 22 November 2018

Thursday 6 December 2018

Children are invited to be dropped off for our transition sessions where they will participate in structured 'getting ready for school' activities with our kindergarten teachers.

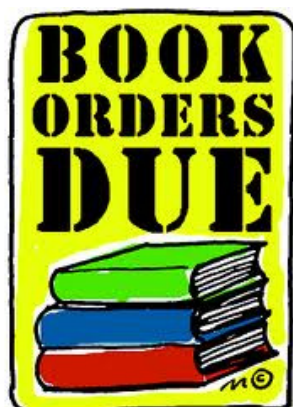
Important 2019 Dates

Best Start Interviews

Best Start assessments will take place over the first three days of the first school week in Term 1.

Parents will be able to select an interview time at the 2018 orientation day.

**2019 Kindergarten students start school on
Monday 4 February 2019.**



**FRIDAY
26 OCTOBER**

CANTEEN news

Lake Cathie
Public School



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/lakecathieps

MEAL DEAL MONDAY

We are offering a Monday only Meal Deal - available to purchase online at

<http://www.myschoolconnect.com.au> or orders can be sent in on a brown paper bag.



Meal Deal - Beef Ravioli in a tomato based sauce including a popper - apple, orange or apple & blackcurrant - \$6.00

To join the Canteen Facebook page search for LCPS Canteen and click on Join.



CANTEEN ROSTER

Thursday 18 October	10-2pm	Erin Mudford
Friday 19 October	9-2pm	HELP REQUIRED
	10-2pm	Melissa Riley
Monday 22 October	10-2pm	HELP REQUIRED
Wednesday 24 October	10-11.30am	Catherine Connors
Thursday 25 October	9-2pm	Erin Mudford
	9-12pm	Mary-ann Grant
	9-12pm	HELP Required
Friday 26 October	9-2pm	HELP REQUIRED
	10-2pm	Kate Pagotto
Monday 29 October	10-2pm	HELP REQUIRED
Wednesday 31 October	10-11.30am	HELP REQUIRED
Thursday 1 November	10-2pm	Erin Mudford
Friday 2 November	9-2pm	HELP REQUIRED
	10-2pm	HELP REQUIRED





Bus Pass Applications

School student applications for 2019 open from Monday, 15 October 2018.

Students progressing to year 3 and year 7 do not need to re-apply if they:

- are continuing at the same school
- are residing at the same address
- have not been sent an expiry notification from Transport for NSW.

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

If students need to update their information or re-apply, they should go online to <https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2018 to ensure student entitlements are updated and their current entitlement/card is not cancelled. If their application is submitted after 31 December 2018, the system will automatically cancel a card and a new one will need to be issued.

Students residing in Rural and Regional (R&R) areas should receive their travel pass at the commencement of the new school year from Busways.

Bus pass applications can be submitted online from the following link. If your application is rejected due to living within the walking distance radius, please contact the school office on 6584 8060 for assistance.

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



Assembly Awards

ASSEMBLY WEEK 9				
ROLL CLASS	CLASS AWARD	SPORTS AWARD	STUDENT OF THE WEEK	WORK OF THE WEEK
1F	Cameron O'Callaghan	Charlotte Hill	Marci Peterson	Chelsea Hodges
1W	Lily Meredith	Breanna Butt	Darwin Wainwright	Isla Dunkley
KE	Paige Brown	Dusty Anderson	Sienna Little	Emily Instrell
KG	Paisley A'Beckett	Jacob Collins	Duke Brown	Archer Waite

ASSEMBLY WEEK 10				
ROLL CLASS	CLASS AWARD	SPORTS AWARD	STUDENT OF THE WEEK	WORK OF THE WEEK
1F	Charlotte Drury	Zac O'Brien	Amy Drury	Stephanie Gould
1W	Amie McCulloch	Summer Prophet	Tilly McDonald	Nathan Azerberzin
2_3H	Cody Collins	Locke Williamson		
KE	Karson McKinnon	Chloe Shrimpton	Ellie Bugledich	Robbie Lucas
KH	Sunny Butler	Tahlia Azerberzin	Jaxon Gillespie	Dekyrah
	Anzac Grant-Waters			

KINDERGARTEN ENROLMENTS ARE NOW BEING TAKEN FOR 2019

If you have a child or know someone with a child who will be starting Kindergarten at Lake Cathie Public School in 2019 please call in to the office to collect an enrolment form.

LCPS P&C Years K-2 Halloween DISCO

Wednesday 31 October, 4.30pm-6pm
LCPS School Hall

\$5 per child
(includes popper and bag of chips)
Pay at the door
Kiss and drop/ OOSH transfer OK!
glowsticks \$1 for 2
Best dressed & dancing prizes
All funds raised will buy
student learning resources



Concerned about your children's safety on social media? Looking for the answers but not sure where to turn? The Safe on Social Media face-to-face presentation and Q&A session delivers real life case studies and strategies to help parents support their children.

Topics covered but not limited to:

- Using social media with awareness
- Keeping personal information private
- Online grooming
- Posting photos and sexting
- Safe social networking
- Cyber-bullying
- Privacy settings
- What your posts say about you
- Identity theft
- Legal responsibility
- Gaming dangers
- Learning to read tween/teenager behavior online
- Managing digital footprints
- Strategies to build resistance and resilience

"Your presentation was simply awesome! You not only opened my eyes up to how I can keep my kids safe, you helped keep me safe too. More importantly, your style helped me come home and create a safe conversation with my kids about what we'll do moving forward rather than disconnecting the electricity and beginning to churn our own butter!!!"
Stacey - Banora Point - NSW

ACCREDITED
TRAINING
PROVIDER

Office of the
eSafety Commissioner

Date: Monday 22 October 2018

Time: 6.00pm - 8.00pm at Tacking Point Public School Hall, Bangalay Drive, Port Macquarie



Term 4 update.

School Banking. Helping kids develop savings skills.

Teaching children the value of money in a cashless world.

It's so common now to buy things in a few clicks online or with the tap of a card or phone at the shops. And with little eyes watching, it's no wonder that two in three parents believe that digital/cashless transactions make it difficult for their child to understand the value of money*. That's why we'd like to share a few tips that other parents have found useful to show kids the connection between cash and cashless transactions.



Show kids the cost of 'tap and pay'.

When you tap and pay at the supermarket, ask your kids to guess the total of your purchases (from a few multiple choice options). This can help you reinforce that there's a dollar amount attached to the simple 'tap' action.



Show how clicks impact their savings.

It's important for kids to understand that paying for things online has an impact on their savings balance. They can experience this first hand if they pay you back for small online purchases out of their own savings.



Introduce a digital piggy bank.

Consider paying pocket money as a mix of cash and an online transfer. That way children can make the link between coins, notes and online money. As they get older, show them how to check how much money is in their account in the same way they count their coins and notes.

Term 4 Super Savers Rewards.

Remember, if your child is in the habit of saving regularly, they can redeem a reward after they've made 10 School Banking deposits. Here are the new reward items for Term 4 (while stocks last):

- Slushie Cup
- Zoom Flying Disc



Find-a-word

S	A	V	I	N	G	B	D	J	K	Z	C	X	W
Q	C	W	S	E	T	I	M	R	A	L	L	O	D
A	C	O	I	N	S	S	B	G	A	E	E	R	T
F	O	X	F	W	V	D	M	U	U	P	T	H	S
R	U	C	H	O	R	E	S	A	D	O	O	T	V
K	N	A	B	U	A	E	S	K	Y	G	N	A	U
S	T	A	O	E	G	N	I	N	R	A	E	G	E
R	I	Q	G	O	A	L	S	I	W	E	I	T	U

Can you find all the words?

- | | | |
|---------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> SAVING | <input type="checkbox"/> WANTS | <input type="checkbox"/> GOALS |
| <input type="checkbox"/> CHORES | <input type="checkbox"/> EARNING | <input type="checkbox"/> DOLLARMITES |
| <input type="checkbox"/> COIN | <input type="checkbox"/> BANK | <input type="checkbox"/> NEEDS |
| <input type="checkbox"/> BUDGET | <input type="checkbox"/> NOTE | <input type="checkbox"/> ACCOUNT |

To find out more about the School Banking program, and how to get your child involved, visit commbank.com.au/schoolbanking
And for more tips and activities for teaching your kids about money, visit commbank.com.au/beanstalk

*School Banking Research conducted by Filthyfive5, May-June 2018, Parents of Australian primary school-aged children n=1344.
Commonwealth Bank of Australia ABN 48 123 123 124



LAPTOP BAGS FOR SALE

\$10.00 EACH

Brand new laptop bags for sale

11.6" size hard
style case



standard size laptop
bag with shoulder
strap



Limited numbers available.
Available to purchase from the school
office.



Lake Cathie Public School
closed group

Lake Cathie Public School Term 4 Week 1 Issue # 17

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	Monday	Tuesday	Wednesday	Thursday	Friday
1	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19
	Parent Teacher Conferences	Parent Teacher Conferences	Parent Teacher Conferences	Newsletter	Band Tutorials
	Stage 3 Camp	Student Banking	Satge 3 Camp	Parent Teacher Conferences	Parent Teacher Conferences
		Stage 3 Camp	New Build Info Booth Lake Cathie Woolworths #2	Satge 3 Camp home Band Practice 08am - 08:45am	
2	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26
	Parent Teacher Conferences	Parent Teacher Conferences	Parent Teacher Conferences	Parent Teacher Conferences	Band Tutorials
		Student Banking		Band Practice 08am - 08:45am	Parent Teacher Conferences
				Kindergarten 09:30am - 11:30am Orientation/Showcase of Excellence	Tell Them From Me Survey Closes
3	Oct 29	Oct 30	Oct 31	Nov 1	Nov 2
		Student Banking	Parent Teacher Conferences year 5-6	Newsletter	Band Tutorials
		P&C Meeting 6:30pm - 8pm		Formal Assembly KH	
				Band Practice 08am - 08:45am	
4	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9
		Student Banking		Band Practice 08am - 08:45am	Band Tutorials
				Kindergarten 2019 Drop In Visit 09am - 10am	
5	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
	School Swimming Scheme	School Swimming Scheme	School Swimming Scheme	School Swimming Scheme	School Swimming Scheme
		Student Banking		Newsletter	Band Tutorials
				Formal Assembly KE Band Practice 08am - 08:45am	
6	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
	School Swimming Scheme	School Swimming Scheme	School Swimming Scheme	School Swimming Scheme	School Swimming Scheme
	Stage 2 Camp	Student Banking	Stage 2 Camp	Band Practice 08am - 08:45am	Band Tutorials
	Hogs Ride Salvation Army Kindergarten 2019 09am - 5:30pm Interviews with Principal	Stage 2 Camp Kindergarten 2019 09am - 5:30pm Interviews with Principal	NO PL Kindergarten 2019 09am - 5:30pm Interviews with Principal	Kindergarten 2019 09am - 5:30pm Interviews with Principal Kindergarten 2019 Drop In Visit 09am - 10am	Kindergarten 2019 09am - 5:30pm Interviews with Principal
7	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
	Kindergarten Excursion TBC	Student Banking	Grandparents Day 09am - 11:30am	Newsletter	Band Tutorials
				District Cricket Trials	
				Band Practice 08am - 08:45am	
8	Dec 3	Dec 4	Dec 5	Dec 6	Dec 7
		Student Banking		Band Practice 08am - 08:45am	Band Tutorials
				Kindergarten 2019 Drop In Visit 09am - 10am	
9	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14
		Student Banking		Newsletter	Water Fun Day/ Pool Fun Day Y3-6
		Term 4 Reward Day		Presentation Day	
10	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21
	Year 6 Farewell		Last day of term 08:45am - 2:45pm	Staff Development Day	Staff Development Day

COMMUNITY NOTICES



wish FOR willow

JOIN US IN RAISING FUNDS TO HELP WILLOW GET THE SURGERY SHE NEEDS TO restore her hearing!

SATURDAY 17TH NOVEMBER FROM 6PM

\$50 PER PERSON INCLUDES 3 COURSE MEAL & DRINK ON ARRIVAL

GET YOUR TABLE OF 8 TOGETHER BY MONDAY 12TH NOVEMBER

TICKETS AVAILABLE FROM CLUB RECEPTION CALL 6559 9110.

DJ MARCUS ULRIK FROM PACIFIC BLUE ENTERTAINMENT

GREAT RAFFLE PRIZES & AUCTION ITEMS ON THE NIGHT.

Nemo's Little fin didn't Hold him back Neither will My Little Ears

Planet X

MAJOR SPONSORS

LUSC



Wish for Willow

Camden Haven Charity Touch Football Day
Sunday, 28th of October 2018 at Laurieton Sporting Fields
Kick off will be at 9am!

If you could give a child the gift of hearing would you help?

Willow was born with a rare condition called Atresia; meaning she needs surgery to allow her to hear again.

Nemo's Little fin didn't Hold him back Neither will My Little Ears

- Teams of 11 with 7 on the field (\$10 pp.)
- Competitors must be 12 years and over
- 2 points will be awarded for female tries
- Each team will have refereeing duties throughout the day
- All proceeds will go towards supporting young Willow with her medical/travel expenses
- Teams must be at the ground by 8:30am for registration
- Please nominate teams to Bec by Oct 21st - 0403 909 799

All welcome for a great family fun day

Other activities that will be included on the day: jumping castles, kids activities, Dash for Cash (juniors and seniors), novelty races, DJ Jet, novelty games and great prizes for all ages.

Don't forget your Gumboots!

JET

Please Note: Alcohol must not be consumed on the playing fields due to State Law!



Get your kids active this summer

Summer sports season is heating up and the Active Kids program can help you save.

If you've created an Active Kids voucher don't forget to **use it before 31 December 2018**. It's \$100 towards sport, fitness and active recreation for your kids.

Using your voucher is easy: find a registered Active Kids provider on the Service NSW website and simply present your voucher when registering.

Did you know parents and carers can apply for a new Active Kids voucher every year until 2021?



Reclaim the Night

THE NIGHT

FREE BBQ & LIVE MUSIC

Reclaim the Night March
Supporting the right to feel safe at night

THURSDAY 25 OCTOBER 6:00PM TO 7:30PM

Meeting point: Glasshouse Forecourt

Put on your walking shoes, bring your family and friends and together let's make a difference.



Education

Information Booth School Upgrade at Lake Cathie Public School

The NSW Department of Education is upgrading Lake Cathie Public School on Ocean Drive in Lake Cathie.

If you would like more information about the project or would like to provide feedback, please visit the information booths on either

Saturday 13th October 2018

Wednesday 17th October 2018

Saturday 3rd November 2018 at the time and venue noted below:

Location: Woolworths Lake Cathie

Time: 10:00am – 12:00pm

WELCOME A SLICE OF THE WORLD INTO YOUR HOME IN 2019!

HOST AN
OVERSEAS
EXCHANGE
STUDENT!

REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633



HEAR FROM A HOST MUM

Hosting has been one of the most rewarding and exciting experiences for our family. Immersive, but students were definitely one of the most kind and pleasant people we have met and right from the start had a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children.
Host mum: Catherine

HOSTING AT A GLANCE:

- Hosting is voluntary
- Full school year program
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the world
- Students come from all over the world and stay for a short term (2-10 weeks) or a semester or a year

MORE INFO: WEP.ORG.AU/HOST

Lake Cathie Bowling & Recreation Club Sunday Brekkie & Lawn Bowls 21st October 2018

We invite individuals, couples & families to join us for this fun and exciting day!

Bookings Welcome

Phone 0412 917 658 or 6585 5701

8.30 – 9:00 Breakfast

9.30am Start Bowling

Adults \$12.00

KIDS PLAY & EAT FOR FREE

All bowls supplied

Everyone Welcome!



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 or on weekends 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, 2018 programs are now open with limited places available in our Port Macquarie, Wauchope, South West Rocks, Nambucca Heads and Coffs Harbour. We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

Port Macquarie Term 4, 2018 program will run:
Wednesdays, 4pm to 6pm starting October 17th
Venue: Port Macquarie Public School

Register at Freecall 1800 780 900 or online www.go4fun.com.au

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27 Bayside Circuit, Laurieton | Phone: (02) 6559 7446 | www.bigaplust.com.au | www.tilepower.com

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.



Thank you to the following local businesses for supporting the Lake Cathie Public School P & C Trivia Night



**ACCREDITED
CLEANING & PEST
SOLUTIONS**

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info@accreditedcps.com.au

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Caroline Loumeau 0458 330 852
Roland Loumeau 0408 480 733

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tick that box.

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JENA DYCO

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MEMBER




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Angels with Wings
...be touched by an...



Angel

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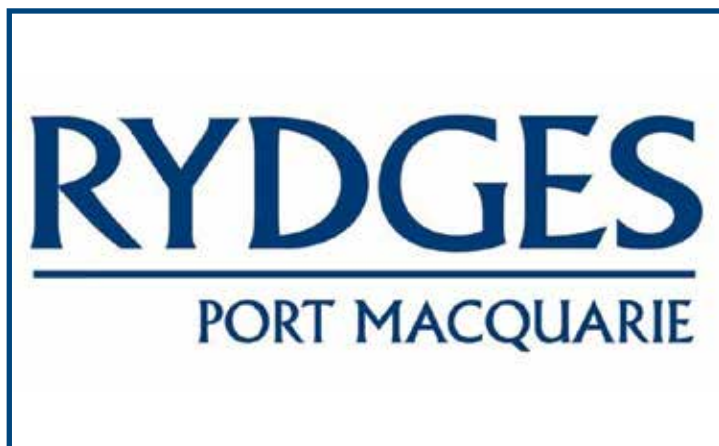
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