

CONNECT



Lake Cathie
Public School

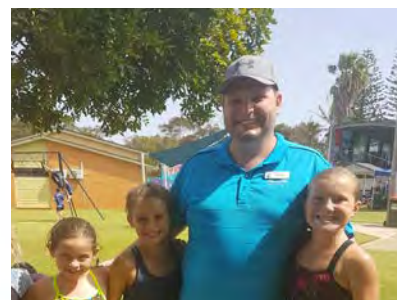
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2019 – ANOTHER SUCCESSFUL YEAR

I would like to take this opportunity to congratulate all students, parents and staff on a wonderful year with many individual, group and whole-school triumphs. We have seen significant academic growth and achievements through our student reports, NAPLAN results, Australasian Competitions, Public Speaking, Debating and Robotics programs. Learning Exhibitions have become part of our learning culture and we have been amazed at the deep knowledge demonstrated through these presentations. Our sporting successes include highly placed mixed teams in Futsal as well as many individual achievements in Swimming, Cross Country and Athletics Carnivals, with several students competing at state PSSA championships. Across the creative arts we have witnessed vocal ensemble, drama, band and dance performances of the highest calibre, some even placing in trophy positions at local eisteddfods. We are continuing to achieve our goal of providing a comprehensive range of academic, sporting and cultural opportunities for our students. Looking forward to an impressive 2020 with almost 320 enrolments. Building will start early next year in the process of providing 17 new learning spaces, new hall and upgraded library and landscaping with completion expected in July 2021. With all of this constant change, may we welcome all new students and families to our school to continue the tradition of Spirit, Opportunity and Excellence. My humble staff, you are amazing. You make the difference in the lives of our students, their families and our community. We certainly serve our community well. This coupled with amazing volunteers including our P&C who have raised a lot of money this year, evidenced by cheques totalling \$36,000.00 contributing to the purchase of valuable resources and experiences for our students. Merry Christmas!!

THANK YOU MR CODY BAKER

What an outstanding experience we have all had with our super Lake Cathie friend, Mr Baker. We have been mesmerised by his accent, enthusiasm, professionalism, laugh, knowledge and friendship during his time with us in 2019. Cody has left an enduring memory in our minds and hearts and he will be greatly missed as he returns to Canada to -15 to -30 degrees temperatures and snow. Lots of snow. 4B have been exposed to such a wonderful style of teaching and teacher personality this year. Good luck Cody and you may even have some visitors in the future, with beanies and gloves!



CHRISTMAS HAMPER RAFFLE

A huge thank you to all of our families for supporting the Christmas hamper raffle by donating prizes and purchasing tickets. 21 lucky winners were announced at the Presentation Day.

A total of \$1380.00 was raised which will be used to purchase fabulous resources for our growing school.

Hamper winners are as follows:

| | | |
|-----------------|-----------------------|------------------|
| Tao Connors | Victoria Miller | Vincent Vickery |
| Milla Barnett | Amali McLaren Ritchie | Fallon Gilford |
| Bohdi Rae | Sienna Love | Dekyrah Everson |
| Juliet Bone | Mr H | Charlie Grierson |
| Mrs Cady | Sue Brown | Beth |
| Jaxon Gillespie | Kirra Harris | Richard Cowin |
| BJ Weldon | Donna Fiorenza | Amie McCulloch |

CAROLS BY THE LAKE

Thanks to the many families who supported their children performing at this year's Carols event. It was super to see our families being a huge part of the carols. It is so important that we take time to gather as part of the community.



LIONS CLUB DONATION

We are very fortunate to have such great support from our local Lake Cathie Bonny Hills Lions Club. Phil Smith, President of the local club, presented us with a \$2000.00 donation to help us purchase additional sporting uniforms for 2020. Thanks Lions Club!



2020 STUDENT LEADERSHIP TEAM

Congratulation to the successful nominees who have been announced as Captains and Prefects elect. 2019 and 2020 leaders will join me for a special breakfast next Tuesday, with their teachers and SLSO's as part of the official leadership handover.

CHRISTMAS CONCERT

Outstanding! Congratulations to our students and staff for the great performance night at Camden Haven High School. We filled the hall and it was delightful to see our families supporting the performances of all children, not just their own. Massive thanks to Margaret Hutchinson, Principal of Camden Haven High School for her generosity in opening the school for our rehearsals and performance night. Mr Peter Dick, Deputy Principal, who supported us from 7.00am to 10.00pm with his student volunteers from CHHS running all sound, lights and stage management. Gold coin donations raised \$1000.00 which we proudly presented to the Lake Cathie RFS at our Presentation Day. K Green students also presented \$200.00 from their Return and Earn program, collecting hundreds of milk cartons and bottles sold through the canteen this year. Well done everyone!



BUILD UPDATE

All going to expected plan, AW Edwards will commence site operations for our school upgrade on the 6 January. During construction in 2020 and 2021, we will be outlining traffic, parking and pedestrian access changes to ensure the safety of all students, families and visitors. Please follow the requests for zero parking in the bus bay starting when school resumes next year. The bus bay will become a small part of the play space during school hours when not used for bus access.

We anticipate the following timeframes during construction:

Stage 1 completion – Mid to Late October 2020

15 new class spaces and associated landscaping. Potentially Wallum Drive bus bay. Removal of demountable classrooms after this stage as required and safe.

Stage 2 completion – April 2021

New Hall and additional playground spaces

Stage 3 completion – July 2021

Upgraded Library and creation of Special Education class spaces.

Final completion of site landscaping. Final occupancy.



Note: These are construction schedules that could be influenced by weather etc. and may vary where necessary.



YR 6 TUNNEL FAREWELL CELEBRATION

Please join us on Wednesday 18 December at 2.20pm as we witness our graduation Year 6 students navigate their way through the huge tunnel in our playground as a special goodbye and good luck before they move forward to high school. We may even send one of our special Year 4 teachers through the tunnel as well!

ICAS

This year students in Years 2 to 6 had the opportunity to participate in the University of New South Wales International Competitions and Assessments for Schools (ICAS). The ICAS Assessments are designed to assess students' ability to apply classroom learning in new contexts, using higher-order thinking and problem-solving skills. Congratulations to the students that took part and received the following results.

| | |
|----------------------|---|
| Ben Spencer | High Distinction – Maths |
| Harrison Eglon | Distinction – English, Writing, Digital Technologies Credit – Maths, Science Merit - Spelling |
| Robert Power | Distinction – Writing, Spelling Credit – Maths, Digital Technologies Merit - English Participation – Science |
| Amie McCulloch | Distinction – English |
| Brooke Instrell | Credit- Writing Merit – English, Science Participation – Maths, Spelling |
| Blake Higgins | Credit - Science Participation – English, Maths, Writing, Digital Technologies, Spelling |
| Tyler Little | Credit – Maths, Spelling |
| Quinn Miller | Credit - Maths |
| Chloe Higgins | Merit - Science Participation – English, Maths, Spelling |
| Kye Dunkley | Participation – Maths, Science, Digital Technologies |
| Hayden Gunn | Participation – Digital Technologies, Science, Spelling |
| Angus Castle | Participation – Maths, Science |
| Elizabeth Collett | Participation – Maths, Science |
| Isla Dunkley | Participation- English, Science |
| Brooklyn Northcott | Participation – Maths, Spelling |
| Julian Bowen | Participation – Maths |
| Jye Cochrane | Participation – Maths |
| Christopher Williams | Participation – Maths |

STUDENT BANKING

Student banking has finished for the year. We would like to thank our volunteers for coming each week to process the students' banking.



DATES TO REMEMBER

Monday 16 December

Band try outs
Year 6 Farewell dinner North Haven Bowling Club 6.30 pm

Tuesday 17 December

Years 3-6 sport make up sessions

Wednesday 18 December

Year 6 tunnel
Final day for students

Term Dates 2020

Term 1 Tuesday 28 January - Thursday 9 April

Tuesday 28 January Staff Development Day
Wednesday 29 January Students in Years 1-6 return
Monday 3 February Students in Kindergarten commence

Term 2 Monday 27 April - Friday 3 July

Monday 27 April Staff Development Day
Tuesday 28 April Students return

Term 3 Monday 20 July - Friday 25 September

Monday 20 July Staff Development Day
Tuesday 21 July Students return

Term 4 Monday 12 October - Friday 18 December

Monday 12 October Students return
Wednesday 16 December Last day for students
Thursday 17- Friday 18 December Staff Development Days

CLASSROOM NEEDS FOR KINDERGARTEN

The following items will be needed by each child.

Please label all items.

- 1 x box of tissues
- Set of 4 Staedtler whiteboard markers (black, red, blue, green for use on individual student whiteboards)
- 2 x Bostik glue sticks
- 2 x Extra large sturdy pencil cases to be used for home reading and technology supplies
- USB flash drive minimum 4GB
- Paint shirt (a big old T-Shirt is suitable)
- Drink bottle to stay at school
- Back Pack - 2 division, double zip suggested – big enough to hold lunch box, home reading folder, library bag etc (school back pack available for purchase).
- Please pack a change of underwear and uniform into your child's bag in case of little mishaps.

CLASSROOM NEEDS FOR YEAR 1 – YEAR 6

The following are the requisites for all students. More specific lists may be given out by your child's teacher during Term 1.

Please label all items.

Year 1 -6

- 10 x HB pencils (Staedtler or Columbia)
- 2 x Sets of coloured pencils (pack of 12 suggested)
- Set of coloured textas (pack of 12 suggested)
- 2 x Sets of 4 whiteboard markers (black, red, blue, green for use on individual student whiteboards)
- A quality rigid 30 cm ruler (not flexible)
- Pair of children's scissors
- 1 x Double sided clipboard
- Sharpener - barrel type which contains the shavings
- 4 x Pencil Erasers
- 8 x Large Glue Sticks (Bostik)
- 2 x boxes of tissues
- Small to medium size pencil case
- Library Bag
- Paint shirt

Extra items required by Year 3 - 6

- 4 x Blue pens
- 4 x Red Pens
- 2 x Plastic document wallets
- 1 x Post it notes
- Basic Calculator
- USB stick

Excess items will be stored in your child's classroom for use as required over the course of the year.

Merry ★ ★
★ **CHRISTMAS**



LIBRARY

Premier's Reading Challenge (PRC)

Congratulations to the 90 LCPS students who completed the 2019 PRC.

A special mention goes to the following students who completed the challenge for the 4th time and received a gold certificate.

| | | |
|----------------|-----------------------|-----------------|
| Freya Briggs | Jayden Hulm | Tora Smith |
| Lexi Drury | Chloe Kapila | Ben Spencer |
| Harrison Eglon | Eva McKerrow | Oscar Wardle |
| Sarah Fiorenza | Amali McLaren-Ritchie | Sophie Wheatley |
| Mikayla Haste | Sam Pagotto | |

2019 PRC fun facts

310 773 students across NSW completed the challenge

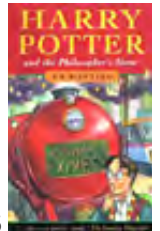
Most read books



K-2

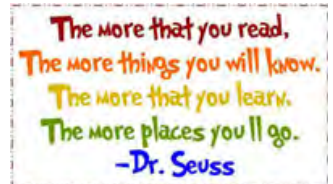


3-4



5-6

Thank you to all those who have brought back their library books. If you still have books at home please return them ASAP. Lost books can be paid for at the office. Remember to keep reading over the holidays!



Discover stories that inspire, amuse and delight with Summer Reading Club. Join this free holiday program that runs from 2 December 2019 to 19 January 2020 for a chance to win great prizes. Head over to to mnclibrary.org.au/beanstack to register and start logging your reads today!

If you can't use the Beanstack service, you can collect a log sheet from your local Mid North Coast library.



CANTEEN news

CANTEEN OPENING TIMES

The last day canteen will operate this year is **Thursday 12 December**, only ordered meal deals will be available on Monday 16 December.

VOLUNTEERING IN THE CANTEEN

If you would like to help out in the Canteen please contact the school on 6584 8060, message through the canteen facebook page or speak to Kylie Whiting.

Lake Cathie
Public School



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

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



REUSABLE LUNCH WALLETS

****Please Remember****

Your Lunch Wallet holds food. Please empty and wipe it clean internally & externally after each use as you would your child's lunch box.

Once your child has used their Lunch wallet, simply wipe clean with a damp cloth inside and outside after each use.



Bus Pass Applications

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>



Nutrition Snippet

The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:



- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit healthylunchbox.com.au

healthylunchbox.com.au



Insulated Lunch Bags available from the Canteen \$10.00 each (cash only)



Presentation Day 2019

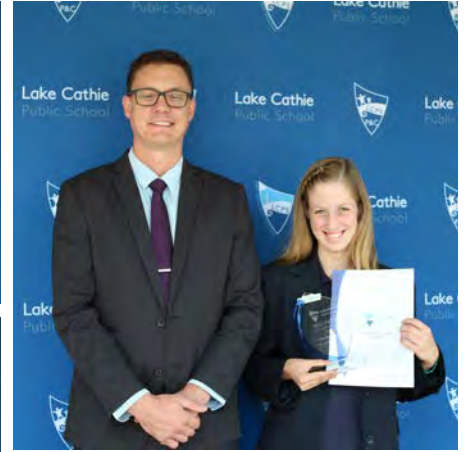
| AWARD | RECIPIENT |
|--|-----------------------|
| Junior Encouragement Award | Eva Butler |
| Senior Encouragement Award | Charli Carr |
| Junior Band Award | Nate Downing |
| Senior Band Award | Brooke Instrell |
| Stage 1 Dance Award | Talula Carey |
| Stage 2 Dance Award | Makayla Powick |
| Stage 3 Dance Award | Talarah Randall-Kojta |
| Vocal Ensemble Award | Eliza Sutherland |
| Vocal Ensemble Award | Talia Kapila |
| Junior Performing Arts Award | Gabrielle Barnett |
| Senior Performing Arts Award | James Garrett |
| Junior Literacy Award | Sam Pagotto |
| Senior Literacy Award | Eva McKerrow |
| Junior Numeracy Award | Ben Spencer |
| Senior Numeracy Award | Eva McKerrow |
| Critical Thinking and Problem Solving Award | Sophie Barton |
| Technology Award | Tao Connors |
| Port Macquarie Hastings Council Leadership Award | Laci Garvey |
| Junior Sports Award - Girl | Annabelle Broderick |
| Junior Sports Award - Boy | Locke Williamson |
| Senior Sports Award - Girl | Eliana Pagotto |
| Senior Sports Award - Boy | Jayden Hulm |
| Senior Sports Award - Boy | Korbin Giles |
| Premier's Sporting Award | Blair Carroll |
| Mr Hutchinson's Helper Award | Ioan Williams |
| Junior School Citizenship Award | Locke Williamson |
| Senior School Citizenship Award | Jade Houston |
| Lions Club Community Award | Brooke Instrell |
| Principal's Spirit Award | Eliana Pagotto |
| Dux Award for Academic Excellence | Eva McKerrow |



2020 LEADERSHIP TEAM

| | | |
|-----------------|---------------|------------------|
| CAPTAINS | Lexi Drury | Mitchell Whiting |
| PREFECTS | Lucy Hope | Harlen Thomas |
| | Chloe Kapila | James Garrett |
| | Mikayla Haste | Hayden Gunn |

Presentation Day 2019



Presentation Day 2019

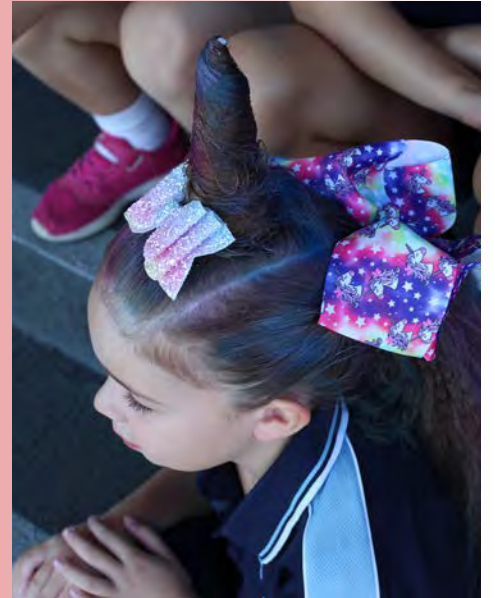
| CLASS AWARDS | |
|--------------|-------------------|
| ROLL CLASS | RECIPIENT |
| 1F | Jaxon Gillespie |
| | Emily Instrell |
| | Aria Knight |
| 1W | Robbie Lucas |
| | Elodie Briggs |
| | Jacob Collins |
| 1_2H | Tom Spencer |
| | Elka Williamson |
| | Angus Castle |
| 2D | Iris Lee |
| | Tilly McDonald |
| | Archer Waite |
| 2H | Elizabeth Collett |
| | Indi Garvey |
| | Chloe Higgins |
| 3H | Michael Tinker |
| | Jules Bowen |
| | Grace Broderick |
| 3P | Riley Knight |
| | Amie McCulloch |
| | Jasmine Bi |
| 4B | Ethan Bouldin |
| | Harrison Eglon |
| | Alexandra Ellis |
| | Sophie Wheatley |
| | Bailey Haste |
| | Lily Havron |
| | Evelyn Hope |
| | Willow Houston |
| | Talia Kapila |
| | Max Fellowes |
| | Brenton Mance |
| | Lexi Puttick |
| | Beau Tougher |
| | Summer Waite |

| CLASS AWARDS | |
|--------------|---------------------|
| ROLL CLASS | RECIPIENT |
| 4H | Hayley Austin |
| | Annabelle Broderick |
| | Charli Collins |
| 5_6E | Lily Fellowes |
| | DJ McCabe |
| | Tao Connors |
| 5_6W | Lexi Drury |
| | Jasmyn Everingham |
| | Hayden Gunn |
| KG | Marissa Haynes |
| | Lily Butterfield |
| | Ella Gillbanks |
| KH | Declan Hall |
| | Chloe Kapila |
| | Nate Towns |
| | Cameron Gunn |
| | Ashlee Havron |
| | Josie Lawton |
| | Lilly Withers |
| | Hari Peach |
| | Isabella James |
| | Eliza Rouland |
| | BJ Weldon |





CRAZY HAIR DAY





2019 Christmas Concert

Presented by
Lake Cathie Public School

GAMDEN YIPEN, TONY SEVIER,
OCEAN DRIVE, LAUREN TON

ARRIVE 6PM
START 6:30PM

MON
DEC
2

ENTRY DONATION FOR OUR
RURAL FIRE SERVICE



Year 6 Fun Day



Helping children on and off the bus safely

Your children are most at risk in the minutes after getting off the bus. Here are some ways you can reduce this risk:

- Always meet your child at the bus stop. Never meet them on the opposite side of the road and call them across.
- Wait until the bus has gone, then choose a safe place to cross the road. Remember to Stop! Look! Listen! Think!
- If you cannot meet your child, organise for another trusted adult to take your place.
- Wait at the bus stop and stand at least one step back from the edge of the road.
- Always wait until the bus has gone, then use a safe place to cross.
- Buckle up if the bus has seatbelts.

Model safe pedestrian behaviour. Children learn safe road user habits from you and will continue them later on when they are old enough to travel alone.

Until your child is at least eight years old, hold their hand on the footpath, in the carpark and when crossing the road. Up until at least 10 years old, supervise your child very closely, holding their hand when crossing the road.

STOP!

one step back from the kerb

LOOK!

continuously both ways

LISTEN!

for the sounds of approaching traffic

THINK!

whether it is safe to cross and keep checking until safely across

Messages to share with your children in Kindergarten to Year 2

Hold a grown up's hand when:

- you cross the road
- you're on the footpath
- you're in a car park

Messages to share with your children in Years 3 and 4

- Hold an adult's hand when you cross the road
- Use a safe place to cross the road

Messages to share with children in Years 5 and 6

- Stop! Look! Listen! Think! every time you cross the road and keep checking until safely across

Kindergarten to Year 6

- Wait until the bus has gone and then use a safe place to cross

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Lake Cathie

Public School

Parents and Citizens

| MEETING DETAILS | |
|---|---|
| Purpose | P & C Meeting |
| Date and Time | Tuesday 3 December, 2019 Opened 6.00pm Closed 6.35pm |
| Location | Lake Cathie Public School – Library |
| Attendance | Attendance: as per attendance book Apologies: as per attendance book <i>Minutes: Linda Barnett</i> |
| ITEMS | ACTION |
| Minutes of previous meeting reviewed | Minutes accepted – Kim McNiff Seconded – Roger Bussell |
| President's Report | <ul style="list-style-type: none"> • It has been a busy few weeks sorting the volunteer's night which was changed due to the fires. Not sure what the turn up will be but hopefully tonight is still a success. • An email was sent to Camden Haven P&C about providing a BBQ for the Christmas concert as suggested at the last meeting, but unable to make contact. It was a great night and no pressure for families to have to help at a BBQ or arrive earlier than needed. The Christmas concert was a fantastic performance. Thank you to all the teachers and staff for making it happen. • Bec will give a speech at the end of year final assembly. It will be kept brief and be more of a thank you for all families who have supported and donated gifts for our raffles. • Looking forward to the build next year and will be putting our thinking caps on for future fundraising ideas to help raise money for the school. |

| | |
|---------------------------|---|
| | <ul style="list-style-type: none"> • Thank you to all the executives and the committee for all your support over 2019. Without your support we don't have a P&C so thank you and hope to see you all in 2020. |
| Treasurer's Report | <ul style="list-style-type: none"> • Roger presented the account balances – Canteen \$6344.34 – Main \$2242.65 – Savings \$19355.18 Total account balances \$27942.17 • Payments \$347.82 for the Canteen display board and \$250 to the Canteen for kindy orientation. • Jock – clarified the monies from the savings account that are required. Rachel has sent a request for the remainder of the trivia night monies. Ipads have been ordered and will be paid for from trivia night monies. • \$16,000 to transfer out of the savings account and about \$5500 for the oven. • Roger has been having troubles with the current Auditor. They have not been returning calls or answering emails. They are also located in Kempsey which is difficult. It's not possible to operate with people who don't get back to you. Roger requested consideration be given to finding an alternative Auditor. Motion: Roger Bussell Seconded: Bec Bouldin |
| Principal's Report | <ul style="list-style-type: none"> • Jock requested canteen support on Presentation day. It was requested Kylie be paid to do preparation on Wednesday. Motion: Katy Haste Seconded: Roger Bussell • Hand sanitiser dispensers. Should not be using these in schools. There is the possibility of children burning themselves with the product. The school will be providing pump soap dispensers on sinks in classrooms rather than sanitisers. • \$1000 was raised at our Christmas concert last night. These funds will be given to the RFS. A request has been made for a member to attend our Presentation day where a cheque will be presented. • Swimming caps have been ordered. An executive decision was made and one design was ordered. Both the school and P&C logos are included, one on either side. • Jock thanked everyone for what has been a really busy year. A very successful year. The Christmas concert last night was a representation of great things happening in our school. • Love the comradery of this group and the togetherness and spirit of what we are here for. • Jock will be receiving \$2000 from Lions Club tonight which will be used to purchase additional sporting strip. Will look at a different cut for sporting tops as some of the young girls are feeling a little uncomfortable with the cut of the current ones. • A full set of images should be received by Friday of the new buildings for consideration. 9 months for first phase. 18 months altogether. |
| Canteen Report | <ul style="list-style-type: none"> • Last day of canteen will be Thursday of next week (12 December). The canteen will be closed Friday for cleaning, as students will be at the reward day activities. • Monday 16th will be a meal deal only day. Nothing else available to order. Recess will not be available. Free fruit will be held on Monday rather than Wednesday. • The new oven will arrive during the holidays. The oven trolley will be collected last week of school to be cut down. Installation of the oven and other works will be done on a Monday or Wednesday so Adrian can be available to assist. Kylie to coordinate with Jock as to installation etc. |

| | |
|--------------------------------|---|
| Fundraising Information | <ul style="list-style-type: none"> • Kim McNiff reported there have been two major fundraisers for the term. • 'The Other Chef' jam and relish packs have been hugely successful. 209 packs ordered with approximately one third of students ordering. \$2090 profit for the school. A post will be put on Facebook when the packs arrive. Hopefully the packs will arrive on Friday after Presentation day. • Christmas Raffle – As at 26 November \$917 dollars has been raised. • Thanks to Katy Haste for wrapping all the hampers. 12 have been made up so far. • Office staff will draw the winners on Presentation day and hampers can then be collected from the office. • Consideration and discussion will be held on where monies raised will be spent to benefit school programs. |
| General Business | <ul style="list-style-type: none"> • No general business items were raised. |
| Upcoming Meetings: | Next Meetings: Tuesday 11 Feb Wednesday 11 March followed by the Annual General Meeting |

Support our local businesses



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: 239388c

sait
COMMUNITY CHURCH

5pm Saturdays at LCPS

Creche for 0-5 year olds

Kids' program for children in years K-6

Supper and kids' dinner provided

Everyone welcome!

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

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

School Office Hours 8.15am - 3.15pm

COMMUNITY NOTICES

Hastings Sustainability Showcase



The Hastings Sustainability Showcase Committee would like to congratulate all school students in the Hastings region who entered the Hastings Sustainability Art Competition back in March 2019. There were 197 entries from over 10 schools and preschools across the Hastings region. The theme "What sustainability means to me" enabled students to showcase their creative talent, ideas & understanding. The message was clear, sustainability means something to the students of the Hastings. Students ranged from Preschool to Year 12. Costa Georgiadis had a difficult time as judge and was moved and inspired by all the works. All winners have been informed and have received their gifts.

A digital gallery has been created to further showcase all the art works <http://www.pmhsn.org.au/hastings-sustainability-showcase/sustainability-showcase-student-art-competition/>

Kind Regards,
The Hastings Sustainability Showcase Committee
pmhsustainabilitynetwork@gmail.com

Dear parent or carer,

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.

WHAT DO WE DO AT GO4FUN? Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session the parent or primary carer attend, to a maximum 10 vouchers. School-aged siblings welcome.

Registration for Term 1, 2020 is open with limited places in FREE, FUN Camden Haven Go4Fun which runs Thursday afternoons from 3.30 - 5.30pm at Kendall Community Swimming Pool, starting Thursday February 6th 2020.

Register NOW at Free call 1800 780 900 or at www.go4fun.com.au

GO4FUN
HEALTHY ACTIVE HAPPY KIDS





Lake Cathie Community Hub Family Fun Day and Community Expo 2020



Wednesday 22nd January
2020

34 Mullaway Rd Lake
Cathie (Next to the hall)
10:30am-1:30pm

- Entertainment
- Activities
- Face Painting
- Jumping Castle
- BBQ lunch
- Picnic Races
- and much more.....

- **FAMILY FUN DAY. SOMETHING FOR THE WHOLE FAMILY**
- BBQ lunch
- Loads of info and activities with Local Community Services
- Bring a picnic rug or chairs and enjoy the day



**Gold coin donation per family
(all proceeds go to Rural Fire Service and
Lake Cathie skatepark)**

Children must be accompanied by an adult

INFORMATION GUIDE Issued 25 November 2019



Level 3

VERY HIGH



WATER RESTRICTIONS NOW IN FORCE*

RESIDENTIAL

What days can I water? If your house is an even number you can water on even dates (the 2nd, 4th, 6th etc.) and if your house is an odd number, you can water on odd dates (the 1st, 3rd, 5th etc.). There is no residential outside water use on the 31st day of the month.

Handheld hoses, fitted with a water cut-off trigger or control nozzle can be used for up to a **total of 10 minutes before 9am OR after 4pm on the allotted day** for:

- > Watering gardens and lawns (including new turf); or
- > Cleaning out garbage bins on a grass or gravel area; or
- > Topping up of pools or spas; or
- > Washing car or boat on a grass or gravel area. Boat motor flushing is permitted for 5 minutes only on day of use.

The following activities are **BANNED** for water use:

- > Using fixed hoses, water sprinklers, micro-sprays and drip irrigation systems; and
- > Cleaning windows, walls, roofs and gutters; and
- > Cleaning driveways, paths and hardstand areas (unless for health and safety reasons only); and
- > Filling or topping up temporary inflatable or portable pools.

Watering cans and buckets filled with suitable grey water (i.e. shower or sink) or rainwater can be used at any time. Use of potable water in watering cans and buckets can be used during your allotted time only.

PUBLIC AREAS

- > Sporting fields: only recycled water can be used.
- > Community gardens: only recycled or rainwater can be used.
- > Fountains and garden ponds: handheld hose can be used for up to 10 minutes before 9am OR after 4pm.

COMMERCIAL AND INDUSTRIAL

- > Plant nurseries, bowling greens and market gardens: sprinkler systems can be used for a maximum of 1 hour before 9am.
- > Water can only be used for essential production or to continue core business activities e.g. high-pressure water cleaning businesses. Water-saving efficiencies are strongly encouraged.
- > All other businesses can use a handheld hose with cut-off trigger or control nozzle for up to 10 minutes before 9am OR after 4pm.
- > Dust suppression is permitted with recycled water only.

* Water Restriction levels current on the date printed above. Please check the website below for updates.

PENALTIES WILL APPLY FOR DELIBERATE BREACHES OF WATER RESTRICTIONS

Port Macquarie-Hastings Council adopted revised water restriction trigger levels and the Uniform Regional Water Restrictions at the Ordinary Council meeting of 20 July 2016. For further information on water restrictions visit:

pmhc.nsw.gov.au/water



Camden Haven Concert Bands



and Laurieton Voices U3A Choir
present

Christmas Concert & Community Carols

Sunday 15th December, 2 pm
Laurieton School of Arts

Free Entry!



Community carol singing



Christmas music & message



Afternoon tea included!



Lucky door prizes!



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January School Holidays 2020

SUPER SUMMER



Snaur - Dale Symons

Author Visit — All ages welcome

Join us for a morning of delight with local author Dale Symons as she talks about her book, *Snaur*.

Laurieton Library: Wednesday 8th January — 10am

Wauchope Library: Thursday 9th January — 10am

Copies of the book will be sold at the event for \$20 per copy.



Action Reaction Superhero Training

Professional Workshops and Performance

Workshop: Saturday 11th January at 9am

Performance: Saturday 11th January at 10am

Workshop: Saturday 11th January at 10:45am

Port Macquarie Library Bookings essential.

Reading Is my Superpower

Literary Society

Reading Circle

Ages 8 - 14 years

Tuesday 7th January — 10:00 - 11:00am

Port Macquarie Library

Morning tea provided. Bookings essential.

VR on the road @ the Glasshouse

Glasshouse Regional Gallery

Tuesday 14th January - 10am-12pm

Tuesday 21st January - 10am-12pm

All ages welcome. Bookings not required.

Writing Super Powers

Superhero themed writing workshop with a local author

Wednesday 15th January: 2:00-3:30pm

Port Macquarie Library

Ages 8 - 12 years

Bookings essential.



Crafternoons

Laurieton Library

3:00 - 4:00pm

Tuesdays 7th, 14th, and 21st of January

All ages welcome. Bookings essential.

Lake Cathie Family Fun Day

Lake Cathie Community Hub

Wednesday 22nd January - 10:30am - 1:30pm

Join us at the Library Van for craft & stories.

These events and MORE at the library!

All bookings via mnclibrary.org.au/school-holidays

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

Before School: 7am - 9am

\$16 | \$3.08 with full CCS rebate

After School: 2.45pm - 6pm

\$20 | \$3.85 with full CCS rebate

Vacation Care: 7am - 6pm

\$56-\$75 | \$10.78-\$14.44 with full CCS rebate



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