



# PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

5 SEPTEMBER 2013

*"Your safe and caring community school"*

[www.pacificpal-p.schools.nsw.edu.au](http://www.pacificpal-p.schools.nsw.edu.au)

ISSUE 7 | TERM 3 | WEEK 8

## PRINCIPAL'S NEWS

### Attendance

Parents we need your help with two things in relation to attendance:

Firstly it is most important that children are at school every day unless they are unwell. Apart from the importance of good routines and attitudes about being at school every day, so much learning takes place. Just being away for a day means children can miss important activities. Being away for a 'birthday' or 'to go shopping' are not valid reasons so please assist us with this. While there has been quite a lot of sickness recently it was concerning that 50 children were away last Thursday and 60 on Friday.

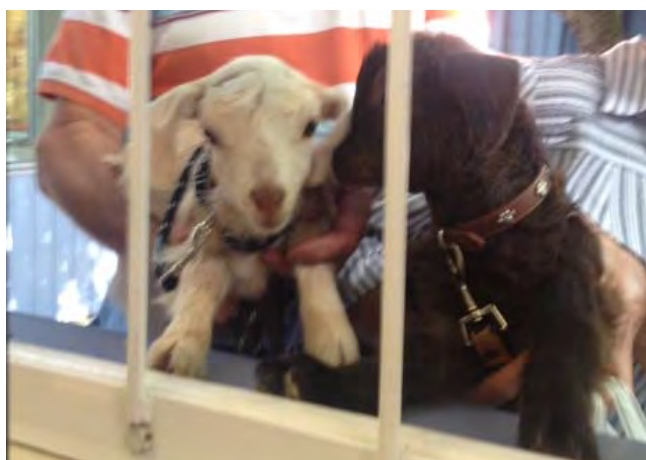
Secondly let us know when your child is away and why:

If your child is away you can:

- ✓ email the school
- ✓ phone the school
- ✓ send a note

### Two New Kids

Two new kids trying to get into the principal's office! Lucy and Molly's pet baby goats came to school.



**Kerry Tulloch**  
**Principal**

## CLEAN HANDS THE KEY TO BEATING GASTRO

There have been students unwell recently and a number of these have been cases of viral gastroenteritis. A reminder to the community of some simple hygiene precautions people can take to avoid a nasty case of gastroenteritis. There are three things people can do to protect themselves and their families: taking care with hand washing, staying home while they recover and avoiding food preparation.

The best way to avoid viral gastroenteritis is by washing your hands thoroughly with soap and running water before handling and eating food. It is also important to always wash your hands after using the toilet. Alcohol-based hand gel is an effective alternative if soap and water are not readily available.

Hospitals, aged care facilities, child-care centres and schools are susceptible to outbreaks. It is unwise to visit people in hospitals or in aged care facilities if you have diarrhoea. Babies are another vulnerable group. It's important to remember that babies can become dehydrated very quickly with gastro, any baby less than six months old who has gastro should be taken to your GP or emergency department immediately. Rehydration is the cornerstone of treatment for school students with gastro.

Gastro is a common illness which is caused by a number of different bugs. Viral gastroenteritis due to norovirus and rotavirus is more common in winter and early spring.

Some of these viruses, particularly norovirus, are highly infectious and can be spread very easily from person to person. They can also be spread through indirect contact with contaminated surfaces. Symptoms of viral gastro usually last between one and three days, but sometimes longer.



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## INFORMATION FOR OUR PARENTS

### Jump Rope for Heart - Friday, 6 September

Our Jump Off day is tomorrow. Students will be involved in a range of skipping activities at the following times.

TIME	YEAR
9.10 - 9.45 am	Year 2
9.50 - 10.30 am	Year 3
10.40 - 11.20 am	Year 4
Lunch	
12.20 - 1.00 pm	Year 1
1.00 - 1.35 pm	Kindergarten
Recess	
2.10 - 2.50 pm	Year 5

Parents/carers are most welcome to come in and support the students. **REMEMBER: Come to school dressed in RED.**

Students can begin to collect their sponsorship money after the jump off day and return it to school during the following week.

## WELCOME TO THE DAYS AHEAD

The following events are happening over the coming days and weeks:

UP AND COMING EVENTS CALENDER	
Fri, 6 Sept	Jump Rope for Heart - <b>students come dressed in RED</b> - (see newsletter for more info)
Sat, 7 Sept	Fundraiser / Disco for Sophie @ the Recky from 6 pm. \$20 per family. Hope to see you all there.
Mon, 9 Sept - Fri, 12 Sept	Swim School - Yr 2 and some Yr 3 students.
Fri, 12 Sept	Netball Gala Day @ Forster
Sun, 15 Sept	School Fete - Come along and enjoy a day full of fun. Rides, cakes, fairy floss, stalls and lots more.

### Disco for Sophie - Saturday, 7 September

Our community family fundraiser for Sophie is on this Saturday at The Recky from 6 - 9 pm. Cost is \$20 entry per family. The Recky Bistro will be open from 5.00 pm for meals and 50c from each child's meal and \$1 from each adult meal will be donated to Sophie's fund. Thank you to everyone who has returned the raffle tickets which will be drawn on Saturday night. We have had fantastic local community support and we have loads of Raffle prizes. We also have an Auction on the night with great items up for grabs. **BRING YOUR MONEY WITH YOU!!!!** We are hoping for a big turnout to support Sophie and her family.



### Swim School - 9 to 13 September

Swim School will begin on Monday, 9 September to Friday, 13 September for Year 2 and some Year 3 students. The lessons will be held at the Great Lakes Aquatic and Leisure Centre. Children will travel by bus leaving school at 11:00 am and returning by 3:00 pm each day.

Your child will need to wear their school uniform to school and bring the following items:

- Swimmers
- Towel
- Recess and Lunch (NO CANTEEN OR LUNCH ORDERS)
- Drink bottle
- Goggles if your child has a pair
- NO money or things to be brought to the pool

**Could any outstanding fees please be paid to the front office this week.**

If you have any queries please contact the school.



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## **Forster Running Festival**

The Forster Running Festival will be held on Main Beach on Sunday, 8 September. Mrs Yule and her running group have been having fun running every morning at Pacific Palms school. Students from all years are welcome to join. The group meet at 8:45 am in the cola.

To enter go to the Forster Running Festival website [www.forsterrunningfestival.com.au](http://www.forsterrunningfestival.com.au)

On the day there is a 5 km at 9:45 am, a 4 km (9-12 year old) at 10:30 am, a 2km (4-8 year olds) at 10:50 am and longer events for mums and dads. Every child receives a medal and fun bag.



## **School Fete!!! - Sunday, 15 September**

Our school fete is fast approaching and will be held on Sunday, 15 September. It is time to start thinking about booking a stall and items you might be able to donate to the Chocolate Wheel!! Stalls are \$20. For enquiries and bookings please contact *Melanie Ledgett* on 0424 625 238.

If you have any old books and magazines at home that you would like to donate to be sold at the fete please drop them into Dom in the Canteen.

The class stalls are as follows. Look out for your class roster if you are able to assist on your child's stall or see your child's class teacher.

Class	Stall
Kindergarten	Fairy Floss
1T & 1R	Snow Cones, tattoos and children's hand painted portraits
2W & 2/3G	Cake Stall

3W	Chocolate Wheel Buckets
4W	Cards and emu drawings
4/5B	Badges
5M & 6W	Traditional fete games

Enjo T-Towel Fundraiser Drive - Petra will be holding an Enjo stall at the Fete selling Pink Bamboo Kitchen T-towels. For every t-towel sold Enjo will donate \$1.50 to our school and an extra \$1 to the McGrath Foundation. (An Enjo Fundraiser Drive form is attached at the back of the newsletter.)

## **Fruit & Veg Month continues....**

Our school is celebrating Fruit & Veg Month! This is a great program that will educate your child about the benefits of eating fruit and vegetables as part of a healthy lifestyle.

During our daily 'Crunch and Sip' break we will be conducting fruit and vegetable tasting sessions in the classroom, encouraging students to try produce they may not have tasted before.

To ensure we have a variety, and enough fruit and veg to share, we hope that parents will be able to contribute by providing extra fruit or whole fruit that can be cut up and added to the tasting plate for your children's class.



For more info please visit: <https://healthy-kids.com.au/category/63/fruit-and-veg-month>

Tasting plate dates for each class		
Week 9	Tuesday, 10 September	3W, 4W
Week 10	Tuesday, 17 Sep	4/5B, 5M, 6W





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To encourage children to eat more fruit and vegetables at break times, teachers will be giving stickers and green award certificates to students making healthy eating choices. There will be a draw each Friday for 4 weeks, for anyone who has won a green award. The prize is a \$20 gift voucher to **Farmers Patch** Fruits & Vegetables, 38 Lake Street, Forster.

Our first two (of four) 'fruit sharing & tasting' sessions took place in Week 7 & 8, they were a great success!! Thank you to the Kindergarten, Year 1 and Year 2 teachers and parents for their support. Also, a huge thanks to Mel S who is coordinating and the Year 6 students who did a great job supporting by collecting, cutting, arranging and making fruit platter and skewers.

The **school canteen** is getting involved too, running the 'Fresh For Kids' canteen campaign, with lots of incentives for buying healthy food. There are many fruit & veg options available too. [www.freshforkids.com.au/](http://www.freshforkids.com.au/) Thanks again for your support, Healthy eating everyone!



It's easy to find a way  
to get some  
extra fruit and vegies  
in your day.

## **Year 5 NAPLAN Online Trial**

On Thursday, 29 August 44 Year 5 students took part in an online trial, as a result of decisions taken by Education Ministers and the Australian Curriculum, Assessment and Reporting Authority (ACARA).

The trial is about investigating the possibility of administering the annual NAP Literacy and Numeracy (NAPLAN) assessments online, instead of the tradition pencil and paper method. Only non-identifiable student data will be collected and stored.

The students all had individual laptops for the activities, all information and questions were online, interactive and were paced for the individual student.

The test was designed and tailored for Reading and Numeracy, and is expected to provide better information about student performance by better engaging students in the assessment experience. These tailored tests will be trialled with students in Years 3, 5, 7 and 9 throughout August and September, with 300 schools participating across Australia.

Thank you to our Year 5 students for their patience and willingness to try something new.

**acara** AUSTRALIAN CURRICULUM,  
ASSESSMENT AND  
REPORTING AUTHORITY





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## Newcastle Permanent Primary



### Maths Competition

Last Wednesday all Year 5 and 6 students joined thousands of other children from the Hunter and Northern Region schools, who took part in the Newcastle Permanent Primary Mathematics Competition. Our school had approximately 70 students participate and we were very proud of the way they applied themselves to the task. The results will be sent to us, including certificates of Merit, Distinction and High Distinction.

Congratulations to all of our students who sat the competition, a participation certificate was awarded to each student on the day.

### Year 5 & 6 Leadership Camp

Our Year 5 & 6 Leadership Camp will be held in the school grounds (side oval) on Thursday, 17 October and Friday, 18 October (overnight). The camp is held to build leadership capacity. Activities are designed to enhance and build their skills as leaders, build teams to develop their confidence in preparation for their final years of Primary School. More details will be available soon.....

### Earn & Learn Points update

As you know our school participated in the Woolworths Earn & Learn program this year. We have now been allocated our reward points and the Year 6 Support Team are helping to survey all classes for a 'wish list'. We will then make an order using the online catalogue and the children's requests (where possible) and input from staff and parents too. We are hoping to have delivery of our resources sometime in Term 4. Thank you again for all your support!



**NO WASTE WEDNESDAY**  
coming to PPPS in Term 4!

Disco  
for  
Sophie



## Community Family Fundraiser

Saturday 7th September, 2013

**The Recky**

Commencing @ 6pm

\$20 per family

**Raffles, Auctions & Hang Fire Disco**

Sponsored by Pacific Palms Recreation Club

Bistro open @ 5pm

50c from each Child's meal and \$1 from each Adult's meal

will be donated to the fundraiser.





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## Pacific Palms Public School

# Fete

SUNDAY SEPTEMBER 15<sup>TH</sup> 2013

9-1 at PACIFIC PALMS SCHOOL

Boomerang Drive, Boomerang Beach

**GIANT 9M SLIDE, MECHANICAL RIDE AND  
JUNIOR JUMPING CASTLE WITH SLIDES,**

**BELLY BUMPER TOURNAMENT, GAMES ZONE,  
TEMPORARY TATTOOS, CHILDRENS CRAFT,  
FACE PAINTING, MARKET STALLS, MEGA BBQ, CURRY  
AND NOODLES, CAFÉ AND CAKES, SNOW CONES,  
SNACKS, FAIRY FLOSS!**

**LIVE PERFORMANCES -music, dancing...,  
2<sup>ND</sup> HAND BOOKS AND DISCS, PLANTS, CHOCOLATE  
WHEEL PRIZES GALORE**

Stall enquiries welcome (no takeaway food or drinks)

3m x 3m undercover space --\$20.00 (byo tables)

Enquiries - Melanie 0424 625 238 or school office 6554 0249

(Please make all cheques payable to Pacific Palms P&C Association)

**ALL PROCEEDS BENEFIT THE FANTASTIC CHILDREN OF  
PACIFIC PALMS PUBLIC SCHOOL**



STEP RIGHT  
UP!  
FUN FOR  
ALL AGES  
HOURS OF  
FUN



## RIDES AT THE FETE

Get your tickets  
in advance and  
save!



4hours unlimited  
access to 3 rides  
\$20 1 ticket  
\$15 2nd ticket



\$50 family ticket  
2 adults , 4 kids  
Extra tickets \$10  
within same family



Please pay at the school  
office. Place money in  
envelope with Fete Rides  
on the front and your  
name, phone and types of  
tickets required. THANKS!



### LOCAL BUSINESSES

WOULD YOU LIKE TO  
SPONSOR THE COSTS OF  
HIRING THESE RIDES?

\$100 INCLUDES A FAMILY  
PASS

Tickets on the day will be \$8  
unlimited access per ride per  
person

MORE INFO? Melanie  
0424 625 238



Pacific Palms Public School Fete Sunday 15th September 2013 at the school.





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## PACIFIC PALMS PUBLIC SCHOOL

### Minutes of P & C Meeting

Date: Monday 26<sup>th</sup> August 2013

#### 1.0 Welcome, Attendance, Apologies

#### ACTION

- 1.1 Meeting Opened: 1:40pm
- 1.2 Present: Virginia Healey, Melanie Ledgett, Wendy Natoli, Kerry Tulloch, Jill McSweeney, Kate McLean

Apologies: - Becky Muenger

#### 2.0 Agenda: Omissions/Alterations/Matters for General Business

- 2.1 Alteration to the Agenda –
- 2.2 Matters for General Business: -

#### 3.0 Minutes of Previous P & C Meeting

##### 3.1 Business Arising

**Tables** – delivery will be at the end of September. Once tables are in we will create a laminated instruction sheet to ensure they are used correctly and do not break.

Acceptance of the Minutes of the P & C Meeting held on Monday 22<sup>nd</sup> July, 2013

Moved: V Healey Seconded: M. Ledgett Carried

#### 4.0 Correspondence

##### 4.1 Inwards tabled –

##### 4.2 Outwards Tabled –

Acceptance of the correspondence inwards & outwards as tabled.

Moved: V. Healey Seconded: M. Ledgett Carried

#### 5.0 Finance Reports

##### P&C Account 1<sup>st</sup> July to 31<sup>st</sup> July

Opening Balance	\$4144.64
Income:	\$ 0
Expenditure:	\$2666.87
Closing Balance	\$1477.77

##### Canteen Account 1<sup>st</sup> July to 31<sup>st</sup> July

Opening Balance	\$1745.64
Income:	\$3969.85
Expenditure:	\$3038.60
Closing Balance	\$2676.89

##### Uniform Account 1<sup>st</sup> July to 31<sup>st</sup> July

Opening Balance	\$4209.94
Income:	\$1275.05
Expenditure:	\$ 376.40
Closing Balance	\$5177.59

##### Chaplaincy Account 1<sup>st</sup> July to 31<sup>st</sup> July

Opening Balance	\$506.46
Income:	\$ 0.00
Expenditure:	\$346.00
Closing Balance	\$160.46

##### Long Service Leave Account 1<sup>st</sup> July to 31<sup>st</sup> July

Opening Balance	\$461.64
Income:	\$ 0.00
Expenditure:	\$ 0.00
Closing Balance	\$461.64

Finance Reports: Moved: M. Ledgett Seconded: V. Healey

#### 6.0 Presidents Report – Melanie Ledgett

**Voluntary Contribution** – The P&C suggested \$50 for the first child and \$10 per child thereafter.

**Heating in the hall** – Kerry to investigate why the hall heating isn't working when heating is on around the school.

**Fete:** Petra will run an Enjo stall and sell tea towels with some funds coming back to the school. Beanie kids and lunch wraps can be on the same stall. Stalls are as follows:

- KC/KR Fairy Floss
- 1R/1T Snow cones
- 2W/2/3G Cake Stall
- 3M Buckets/selling plants
- 4W Emu pictures/card making
- 4/5B Badge making
- 5M/6W Games



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Sponsorship – Mel will follow up last year's sponsors for the rides.

Dom to order bacon and eggs/sausage sandwich items. Curries will also be available for lunch.

**Father's and Mother's Day stalls:** we will review the purchasing of items for these stalls for next year.

**Acceptance of the Presidents Report as tabled.**

Moved: K. McLean      Seconded: W. Natoli

## 7.0 Principals Report – Kerry Tulloch

**Education Week Feedback:** Classroom literacy sessions were excellent. A little more time for open classrooms would have been helpful to parents with a few children at school.

**Challenge Triathlon:** 8 adults and 24 children required for 4 hours to give out drinks at Tiona. P&C to discuss with the leadership team. Saturday, 23<sup>rd</sup> November in the afternoon from 2 - 6pm.

**Writing group and Chess club** have started. Kerry is looking into children learning instruments to form a band with other schools next year.

**Acceptance of the Principals Report as tabled.**

Moved: V. Healey      Seconded: M. Ledgett

## 8.0 General Business

NIL

## 9.0 Meeting Closed – 2:45 pm

Next meeting Monday September 16<sup>th</sup> at 1:30pm

## NIPPERS REGISTRATION

The 2013 – 2014 season of Nippers will kick off on the beach on **Sunday 13 October, 2013.**

Registration will be open to all children between the ages of 5 – 14. (Child must turn 5 before 30 September 2013.)

### Registration Dates:

Registration days will be held at the school on the following dates:

- ❖ Sunday 15 September - School Fete
- ❖ Wednesday 18 September - School canteen (3 - 5pm)
- ❖ Wednesday 9 October - School canteen (3 - 5pm)

Clothing will be available for purchase at these registration days.

### Registration costs:

- 1<sup>st</sup> child: \$35.00
- 2<sup>nd</sup> child: \$30.00 etc
- Parent: \$15.00 1 parent per family to be registered

Please note there will be no registrations taken the morning of the 1<sup>st</sup> Nippers day. Your children **MUST** be fully registered before they are allowed to participate in activities.

### Proficiency tests:

Children who are entering the age groups of Under 8 (turning 7 before 30 September 2013) and above are required to undertake a swimming proficiency test. This test **MUST** be undertaken and the completed certificate supplied before Nippers will be allowed to enter the water.

For further information please contact:

Melanie Ledgett (Registrar) 0424 625 238  
Iona MacKenzie (Registrar) 0410 789 701

*Pacific Palms*  
SLSC





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## NO MORE POWER BILLS EVER AGAIN!!!

Get the abundant free power from the sun with stand alone solar & become self sufficient.

**STAND ALONE SOLAR POWER**



**STARTING FROM \$6000.00**

we are also fully cec accredited to install

- solar pv grid connect
- solar hot water
- solar airconditioning

- residential, commercial & rural for a no obligation free quote, call your local accredited aussie installer. Speak with the qualified, accredited designer/installer only, not just the salesperson, also a local. call luke wakefield 0427 958666 / 02 65542316 or [purecoastalsolar@tpg.com.au](mailto:purecoastalsolar@tpg.com.au)



## Parents help your child get ahead at school!

No more tears at homework time!!

'Handwriting without Tears' is an evidence based program guaranteed to show results for your child's handwriting!

There are two programs to choose from...

**Get Set for School** – preparing 4 to 5 year olds for school

**Handwriting Without Tears** – Improving and developing existing handwriting and language skills.

Mention this advert when booking your Child's initial appointment and receive a **FREE Nuff Weight** to assist with handwriting.

Courses are run by **Occupational Therapists** Debbie Hopper and Cassie Cousland weekly during term and intensively during school holidays.

For more information contact:  
[www.lifeSkills4Kids.com.au](http://www.lifeSkills4Kids.com.au)

Ph: 02 6555 9877

Email: [therapy@lifeSkills4Kids.com.au](mailto:therapy@lifeSkills4Kids.com.au)

2/4 Enterprise Court, Forster – next to Kids Spot



# A TOTAL BLAST!

THE CRAZY-COOL DANCE-FITNESS WORKOUT FOR KIDS (AGES 4-12) SET TO HIP-HOP, SALSA, REGGAETON AND MORE.



**FOR CLASS DETAILS**  
CONTACT YOUR LICENSED ZUMBA® INSTRUCTOR:

**Rachel Dickey**  
**0435713937**  
[rachncraig@gmail.com](mailto:rachncraig@gmail.com)



Hey Kids its "Zumba time", so lets dance & have a blast, please call or email for class times oh yeah :)

[zumba.com/zumbatomic](http://zumba.com/zumbatomic)

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**JOIN THE party**





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### UPT POKER SUNDAY 8 SEPT 6.30PM

+++++



**\$10  
BEER &  
BURGER**  
(ONLY VALID IF  
YOU PLAY POKER)



[www.pacificpalmsbowlingclub.com.au](http://www.pacificpalmsbowlingclub.com.au)  
[pbbowlingclub@westnet.com.au](mailto:pbbowlingclub@westnet.com.au)  
A 12 SEATER COURTESY  
BUS IS NOW AVAILABLE  
FOR PICK UP AND TAKE HOME  
PLEASE ENQUIRE  
AT THE CLUB FOR DETAILS.  
INFORMATION FOR MEMBERS

### WEEKS EVENTS

**MON**

Darts 7pm

**TUES**

BINGO 11.00am

Members Happy Hour

3.30pm-5pm

**WED**

Ladies Bowls 10.00am

**THUR**

Men's Bowls on 1.00pm

**FRI**

Raffles & "Super 100"

Tickets on sale from 6.30pm

**SAT**

TAB Racing

**Sun**

IS GAMBLING  
A PROBLEM FOR YOU?  
G-LINE (NSW) IS A  
CONFIDENTIAL  
ANONYMOUS & FREE  
COUNSELLING  
SERVICES FREECALL  
1800 633 635

### Friday Night Raffles

Tickets on Sale  
at 6.30pm

Drawn at 7.30pm

**SUPER 100** TC LTPS 13/04467

15 Chances to Win

(Can reach a maximum of \$2000),

INCREASES \$100 EVERY

WEEK IF NOT WON

As at 6/9/13

# \$200

in cash

### Lunch Specials

\*\*\*\$10\*\*\*  
Great Variety

### \*Bingo\*

Tuesdays at 11.00 am



All welcome!

### LOWER HUNTER AREA - SPRING 2013

Glenrock State Conservation Area

Awabakal Nature Reserve

Hunter Wetlands National Park/ Ash Island

Blue Gum Hills Regional Park

Werakata National Park

## DISCOVERY WALKS, TALKS AND TOURS



NSW National Parks  
and Wildlife Service

### 'WilderQuest Warriors'

Blue Gum Hills Regional Park

Calling all WilderQuest Warriors- join a  
Discovery Ranger to search for the  
towering red flowers of the gymea lily or  
the shy purple flowers of the happy  
wanderer. Lots of hands on activities for  
the kids. Visit the WilderQuest website  
today- a great way for families to  
experience nature.

When: Thursday 3<sup>rd</sup> October

Time: 9:30am-11:30am Grade: Easy

Meet: Blue Gum RP carpark, off Minmi Rd.

Cost: \$15 child, adults FREE

Suitable for 5-12 year olds

### Wildflower Nature Diary

Awabakal Nature Reserve

Be inspired at Awabakal, record your  
journey as you go! Discover the diversity  
of wildflowers at Awabakal- you will be  
amazed! Start your own Nature Diary to  
take home

When: Friday 4<sup>th</sup> October

Time: 10am-12pm Grade: Easy

Meet: End of Ocean Street, Dudley

Cost: \$10 per person

### Island Explorer-Camera Quest

Hunter Wetlands National Park/Ash Island

Explore Ash Island and bring your  
camera with you. Discover and learn  
about the natural wonders of life within  
the mangroves. Record your adventure  
on camera

When: Tuesday 24<sup>th</sup> September

Time: 10-12pm Grade: Easy

Meet: Hunter Wetlands NP- Ash Island

Cost: \$10 per person

### BIODIVERSITY DAY

Blue Gum Hills Regional Park  
Celebrate the biodiversity of the Green  
Corridor stretching from the Watagan  
Mountains to Stockton Bight.

#### Activities;

Free BBQ lunch

NPWS Discovery Ranger activities  
Wetlands on Wheels live Animal Show

Tree planting, Guided walks,

Orienteering

Information stalls

Time: 10am-3pm

When: Thursday 26<sup>th</sup> September

Where: Blue Gum Hills regional Park, off  
Minmi Rd, Minmi

### Walks for Women

Glenrock SCA -1<sup>st</sup> & 21<sup>st</sup> Sept

Awabakal NR -2<sup>nd</sup> & 12<sup>th</sup> Oct

Hunter Wetlands NP -23<sup>rd</sup> Oct & 2<sup>nd</sup> Nov

Blue Gum Hills RP-13<sup>th</sup> & 23<sup>rd</sup> Nov

### Abernethy Biodiversity Bash Werakata National Park

Join the Abernethy Healthy  
Lifestyle Association &  
Discover Werakata National  
Park. Information stalls,  
displays and activities. Plus  
BBQ and prizes

When: Sunday 20<sup>th</sup> October

Time: 2pm

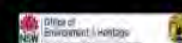
Cost: \$5 per family, \$10 per  
individual

For details and registration visit:  
<http://abernethyhealthybiodiversitybush.com.au>



**FOR ALL TOURS:**  
Please bring water,  
snacks and wear fully  
enclosed footwear.

For bookings and information call:  
NPWS NEWCASTLE on 49464112







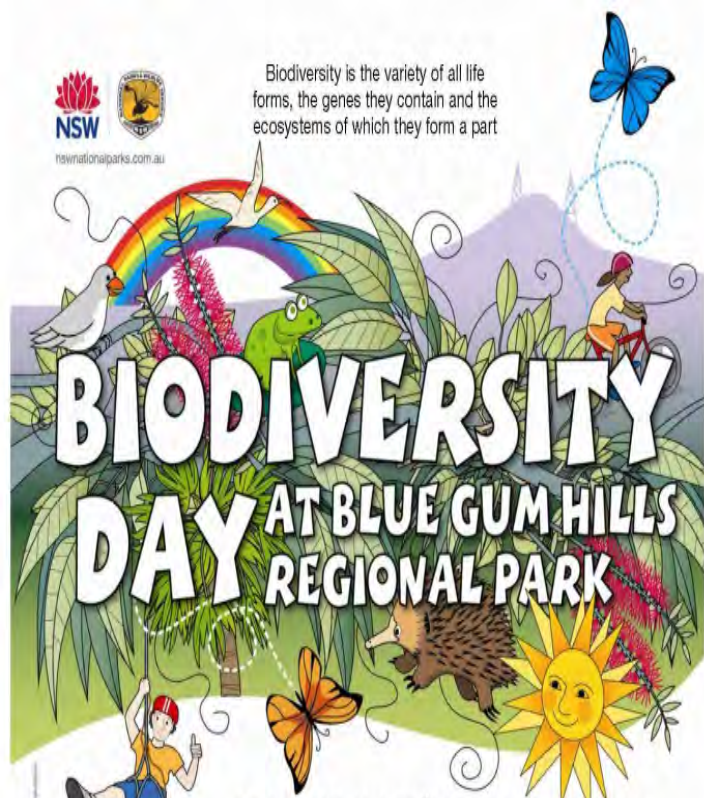
# PACIFIC PALMS PUBLIC SCHOOL NEWSLETTER

5 SEPTEMBER 2013

*"Your safe and caring community school"*

[www.pacificpal-p.schools.nsw.edu.au](http://www.pacificpal-p.schools.nsw.edu.au)

ISSUE 7 | TERM 3 | WEEK 8



THURSDAY 26<sup>th</sup> September, 2013  
10.00am-3.00pm  
Blue Gum Hills Regional Park, Minmi

- Wetland on Wheels (live animals from the Wetland Centre)
- NPWS Discovery Ranger Activities
- Tree planting
- **Free BBQ lunch** with Jesmond Lion's Club
- Try orienteering with the Newcastle Orienteering
- Coffee and Drinks from M & K Coffee
- Passport activity for kids
- **Prizes to be won**
- Bush poetry with the Minmi Magster
- Information stalls and activities from many Environmental Organisations



Many thanks to our Major Sponsors



MCMS



## Triathlon is returning to Forster and we need you!!!

Challenge, on an international scale, is IRONMAN's big sister, and is an extremely exciting time for your local community, with Challenge launching in Forster later this year.

Challenge Forster will attract thousands of triathletes, with hundreds of world class competitors gracing the shores of Forster Keys to take part.

As in previous years, we cannot run this event by ourselves and we are looking to involve the local community and in turn assist in raising much needed funds for your clubs/charities/schools.

Over the 2012/13 season, Elite Energy, through our events, donated over \$90,000 to sporting clubs, community groups and charities.

Elite Energy is passionate about involving the local community in each of their events. We endeavour to support as many different groups as possible to inject funds into well deserving local causes.

## **We Would Love To Have You On Board!**

**When:** Saturday 23<sup>rd</sup> November (times will vary depending on role)

**Where:** Forster Keys Reserve, Forster

**What:** Volunteer your sporting club, school, community group or charity (please see Volunteer Brochure)

### **What do you get?**

Lunch, drink, show bag, official event shirt, a donation towards a not for profit organisation and of course a fun, exciting day.

**Who:** Volunteers over the age of 12 are able to volunteer for a donation  
Adults (18+) \$50 donation  
Children (12-17yrs) \$25 donation  
There is no minimum or maximum number of people required from each group.

**Why?** What better way to raise money whilst having an amazing day out. The volunteer roles are in no way strenuous; each year our volunteers coming back for more. Volunteers are the face of our event team and are highly recognised as the driving force behind each of our races.

To get involved or to find out more please contact the Elite Energy office on 02) 44237775 or [volunteer@eliteenergy.com.au](mailto:volunteer@eliteenergy.com.au)

Enjo Bamboo Kitchen T-Towel Fundraiser Drive



Softer, greener and more absorbent than its cotton counterparts, the combination of bamboo and cotton fibre dries dishes, cutlery, glasses, cookware and more. Available in yellow, grey, red or for a limited time pink T-Towels to support the McGrath Foundation. For every pink T-Towel sold between 1 September - 31 October, ENJO will donate an extra \$1 to the McGrath Foundation.

**\$12 each (\$1.50 is donated from each T-Towel sold)**

Money and orders due back: 11 October 13 Proceeds go to: Pacific Palms Public School Name: \_\_\_\_\_





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## KIDS CAMP 2013

**Sunday, 22 September to Friday, 27 September 2013**

**1st week of the NSW school holidays**

**For children in grades 2-6**

**Sponsored by**

*Community of Christ*

**Venue: Sundowner Tiona Tourist Park**

**The Lakesway, Pacific Palms via Forster NSW**

**Registration:** \$250 per child, \$230 per sibling  
**(\$50 per day includes, all food, snacks, accommodation, craft, events....)**

**Transport:** Bus to camp departs from Sydney, Central Coast, and  
Newcastle \$30 per child (return trip)

Sports, swimming, games, drama, craft, worship, beach & lake carnival,  
and lots more.....

**Please bring:**

- Sleeping Bag & Pillowslip
- Beach towel & Bath towel
- Toiletries & Torch
- Swimmers & Sunscreen
- Dress up clothes for Concert
- Dress up –Hippie!
- Warm jacket
- Clothes for warm & cool weather
- Shoes for wet and dry conditions

**PLEASE NAME ALL BELONGINGS!**

**TO REGISTER:** return the registration  
form with payment to:

**Tiona Children's Camp  
Community of Christ  
12 Taylor St,  
West Pennant Hills NSW 2125**

For more information contact:  
**Wendy Ballard:** 6555 9843 0411 036  
171 or [wballard@cofchrist.com.au](mailto:wballard@cofchrist.com.au)  
**Brodey Collins** 0432 556923  
**Registrations Close 6 September**



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## Registration & Medical and Consent Form (One per camper please)

Surname..... Given names..... Preferred Name on Name Tag.....

Address..... Postcode.....

Date of birth..... Age this year..... School Year..... T-Shirt-Size S M L XL.....

### Swimming Ability (please circle)

**Strong** – 50 metres unaided   **Average** – 25 metres unaided   **Poor** – 10 metres unaided   **Non-swimmer**

### Parent/Guardian details

Full name of parent or guardian.....

Home phone..... Work phone.....

Mobile.....

Email.....

### Medical Information

Please describe any medical, emotional, psychological, dietary or physical conditions that could affect your child's experience at camp, or that need to be brought to the attention of the staff at the Children's Camp. If your child has medication for any of these conditions, please give them to staff in charge with written instructions for use.

Diet/Allergies.....

Medications.....

Disabilities/ Behavioural Problems.....

Bedwetting   ☐ Yes   ☐ No   Asthma   ☐ Yes   ☐ No

Paracetamol can be administered if necessary   ☐ Yes   ☐ No

### Note to Parents

- In case of an emergency, every effort will be made to contact persons prior to taking action or receiving treatment.
- We regret that we are unable to care for sick children or children with contagious illnesses.
- Staff will only administer medication to children under written authorisation from parent's and/or medical practitioner.

*Privacy Statement: "We respect your privacy. The information on this form will only be used for the purposes of contacting you to provide you with information concerning church camps or activities. It will not be sold or forwarded to other organizations."*

Community of Christ

Community of Christ, sponsoring organisation of this camp are pleased to continue to provide a substantial subsidy towards accommodation, staffing costs, and transportation for the camp, allowing us to offer a high quality camping experience that is exceptional value for money.

### 1. REGISTRATION

**Full price:**                      **\$250 per child, \$230 for each subsequent sibling**

**Transport:**                      **\$30 per child (return trip)**

*N.B. Please ensure you have added transport costs to the total where applicable.*

I enclose payment of \$..... by (please circle) Cheque/ Cash/ Money Order/ Credit Card (make cheque and MO's payable to "Community of Christ") Direct Deposit Bank Details:

BSB No: 032 182 Account No: 00-0031 Reference No: "TCC + camper name"

(If you choose payment by Direct Deposit, please e-mail [accounts@cofchrist.com.au](mailto:accounts@cofchrist.com.au) immediately payment is made, supplying the date, amount, and camper name)

Credit Card Payment Details Card Type (please circle)   Mastercard   Visa

Name on Card..... Card Number.....

Expiry Date..... Signature.....

### 2. TRANSPORT

A fully chartered bus will transport those children coming from Sydney and Newcastle to camp. The subsidised cost of the bus is \$30 per person for a return trip.

My children..... will travel on the bus and will be picked up from the nearest stop to:

#### Please tick box

- ☐ Sydney                      Community of Christ, 12-14 Taylor St, West Pennant Hills  
☐ Newcastle                      BP Service Station, John Renshaw Drive, Beresfield

### Parent's/Guardian's Consent

I,..... give authority for the above child to attend Tiona Children's Camp.

I,..... consent to my child's participation in all activities offered by the Tiona Children's Camp including, but not limited to canoeing, swimming, surfing and sporting events.

I,..... parent/guardian of the above, give permission for any photographs/video taken of my child while they are attending this camp to be used in any Community of Christ related publication or presentation, and am aware that they will not be used for any other purposes.

In the event of my child receiving injuries requiring urgent medical treatment, I authorise the care providers and staff to obtain medical assistance, which they deem necessary, and agree to pay medical and transport costs incurred on my behalf. I further authorise qualified practitioners to administer anaesthetic if the need arises.

Signature of Parent or Guardian..... Date.....

Print Name of Parent or Guardian.....

Community of Christ