Woodburn Public School

Week 2 Term 4

Week 2 12-16 Oct
Wed Yr 4/5/6 return 6pm

Week 3 19 - 23 Oct
Mon P & C Meeting 6:30pm
Wed KJ, 1/2J & 2/3W Swimming $2:10
Fri Senior Swimming (subject to parent helpers)
Yr 6 Transition to Evans River

Next P & C Meeting
Monday 19 Oct @ 6:30pm

Good Luck Chloe, Chloe & Damien

Chloe Trustum, Chloe Dunne and Damien Rojcevic are all competing at the State Athletics Championships in Sydney today! Chloe T is competing in the Discus, Chloe D 13 yrs 100m and Damien in the Shotput. We hope you have an awesome time!

Swimming for Term 4 2015

School Swimming Scheme will be held from November 16 through to November 27. All students in year 2 will be eligible and students in years 3-6 who require further instruction and stroke correction will be eligible also.

Weekly swimming will commence in Week 3 (21 October) if we have enough parent helpers. For weekly swimming to take place we will need parent helpers for swimming on Wednesday and Friday afternoons. Adult to student ratio

email: woodburn-p.school@det.nsw.edu.au Web: www.woodburn-p.schools.nsw.edu.au
must be kept at all times. This will involve parents working with a small group. If you are able to assist please send in the note at the end of the newsletter or ring the school to let us know.

Cost of admission to the pool - $2.10

Some reminders:
- All students are expected to wear a rash shirt as part of our Sun Safe Policy.
- Footwear needs to be worn to and from the pool. A suggestion is to pack some thongs with the swimmers and towel (thongs are not to be worn to school).
- Swimming is part of our school curriculum and therefore it is expected that all students will swim. If there is a valid reason why a student is not swimming a note of explanation is required from home. Regular classroom consequences will apply for students who choose not to participate.

Susan Johnston
SPORTS COORDINATOR

Limit Screen time to Two Hours

- 40% of children aged 5 - 12 years watch an average of two or more hours of television or videos a day. This does not include time on other kinds of screens.
- Studies have shown that we use less energy watching TV than just sitting still.
- TV influences the food choice of kids – Australia has a high rate of food advertising during children’s viewing hours.
- TV replaces time a child can be active and enjoy the Great Outdoors.
- There is an association between TV watching and being overweight.

Canteen News
Lunch orders must be placed into the Canteen Order Box which is located in the school office no later than Thursday morning in a brown paper bag with your child's name and class clearly labelled on it and the correct money inside. NO orders will be accepted after 10am Thursday morning. Samantha Trustum
Canteen Coordinator

Community Stuff

The Evans Head Hammerheads Cricket Club is looking for enthusiastic junior players for the up and coming 2015/16 cricket season. The age groups competing in the Lismore District Cricket Association are 12, 13, 15 and 17 years. The 12 and 13 years age group can be combined. If you are interested in playing or have any further enquiries please do not hesitate to contact Paddy Wilde on 0468827697.

The Richmond Valley Swim Club will be trialling a new pilot program this year through Swimming NSW. The program will enable all children aged 7 and under to be able to come to swimming club and swim for free. All costs involved with joining our club have been waived. We would love to encourage as many young swimmers from our area to come and try swimming club to increase their water awareness and skills. We will be offering kickboard races, fin races and 25m races for all young children with older swimmers able to be in a lane beside them to offer them support and assistance. Phone Evans Head Aquatic Centre 66 825 885 or Bec Yourell on 0452 212 432 or email rvsceh@hotmail.com

Final weeks for free TAX HELP!!
The Tax Help Program provides a trained volunteer who will do your simple tax return for you FOR FREE (finishes end of October). All returns will be done via MyGov and MyTax. Tax Help will be offered out of the Mid Richmond Neighbourhood Centre. Please phone 02 6682 4334 to book your appointment.
Swimming

Yes, I would love to help Junior/Senior swimming on Wednesday/Friday.

Name:_____________________
Phone:_____________________

ThemeParks.com.au
Our School Ticket Sale

Village Roadshow Theme Parks is offering our school community a limited time ticket offer. Simply visit ThemeParks.com.au/promocode and enter our promocode “CPC615” to gain access to these ticket offers.

Terms & conditions apply, offer valid for limited time.

A PLACE TO GROW
Exceeding National Quality Standards
Taking Enrolments for 2016
Phone 02 66825235
evansheadwoodburnpreschool@gmail.com

Canteen Roster

<table>
<thead>
<tr>
<th>Rostered Week</th>
<th>Friday 9:30 - 12:30pm</th>
<th>$5 meal that comes with 1 hot food, 1 drink and a snack</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Week 2</td>
<td>Rachel Trustum</td>
<td>Sausage Roll</td>
<td>Friday 16 Oct</td>
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<tr>
<td></td>
<td>Melissa Gillett</td>
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<tr>
<td>Week 3</td>
<td>Natalie Piggott</td>
<td>Ham Salad Wrap</td>
<td>Friday 23 Oct</td>
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<td></td>
<td>Rebecca Dicinoski</td>
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