CORRIMAL PUBLIC SCHOOL

A small school making a big difference!

THE CORRIMAL CONNECTION

PRINCIPAL'S REPORT

What a way to finish off the week last Friday. A fabulous Education Week celebration to spite the cold winds blowing. It was fabulous to see so many parents and carers attend and engage with their children in the classroom and enjoy the picnic lunch. Thank you to Mrs Cocks who orchestrated the event with the support of all of the staff. There were many photo opportunities captured and they will be uploaded to our Website for all to enjoy.

The lunch hampers were a huge success again and it was wonderful to see volunteers helping to get this ready on Thursday and Friday. We were very lucky to have the Uniting Church offer the use of their kitchen for preparation. What a wonderful community we have. (More information following in the newsletter from Mrs Cocks)



SCHOOL DENTIST

The School Dentist arrived today and will be at our school until Wednesday, 7th August. The dental van will be parked in our playground where the Life Education van normally parks.



UPCOMING EVENTS

Week 4			
12/8/19 to 14/8/19	School Dentist		
15/8/19	Responsible Pet Program 12am Kindergarten only		
2/8/19	School Banking		
Week 5			
19/8/19	Stewart House clothing Collection due		
20/8/19	Book Club orders due		
21/8/19	School Assembly 2.00pm-3.00pm		
22/8/19	Basketball Program		
23/8/19	Basketball Program		
9/8/19	School Banking		

PLEASE NOTE: These dates are subject to change.
The school will endeavour to contact the community should this be the case.

RESPECT

SAFETY

CHORAL FESTIVAL

It was fantastic to attend the annual Choral Festival and I thoroughly enjoyed watching our fabulous choir perform. There is a lot of hard work that goes into preparing for the performance and watching them up there on stage proved it was well worth the time and effort of the students and teachers. I would like to thank Mrs Veljanovski and Mr Erskine for leading the choir and also all of the students that performed on the night and the parents who supported such a worthy experience for their children.



STAFF LEARNING

I am proud to lead a school where our staff are committed professionals who are always trying to improve their practice in the best interests of our students. This involves attending professional learning, collaborating and planning together. To be able to facilitate this, staff need time and that means there will be times when they need to not be teaching their class. We always try our best to access casual teachers who are known to the students but it is becoming increasingly difficult to always get the same casual teacher. Our teachers always leave work to be completed unless it is a day where they have called in sick. This ensures the least amount of disruption to student learning. The teachers at Corrimal Public School are a fabulous team who are dedicated to providing the best education to your children.

NEW GATE

After some discussion with our Asset Management Unit, we have successfully negotiated the installation of a new gate to relieve some congestion when entering and leaving the school in the morning and afternoon via Wilga St. The gate will allow pedestrian access via the existing path alongside the driveway even when the double driveway gate is closed. The work is meant to be starting in the next few weeks.

SCHOOL FACEBOOK PAGE

The school is in the process of creating its own official Facebook page as another means of communication. More details to come soon.



DISTRICT ATHLETICS CARNIVAL

How fantastic that many of our students represented our school in the District Athletics Carnival. There are six students who will be representing again in the Regional Athletics, more information following from Mr Martin.

RESPECT SAFETY LEARNING

TOP BLOKES MENTORING PROJECT

LAST CHANCE TO VOTE – Vote now to help decide which projects get government funding in our area.

VOTING CLOSES – Thursday 15th July





Corrimal Public School will partner with Corrimal High School, Towradgi Public School and the Top Blokes Foundation to deliver a number of mentoring programs throughout the 2020 school year. Over this time, the programs will address emerging social issues such as bullying, mental health and digital activity. The programs will take place at schools, and be delivered by qualified youth workers.

HOW CAN YOU HELP? Follow the link and vote for our school.

https://mycommunityproject.service.nsw.gov.au/project?projectId=cjy158e901gj20856tcp9p74d

STUDENT SAFETY AFTER SCHOOL

It has been brought to my attention by some concerned citizens of our community that there has been some unsafe riding behaviour by some of our students on the way home from school. All students who ride a bike or scooter to school should be wearing a helmet and should never be riding in the middle of the road. Unfortunately last week there was an incident where students were doing just this, as well as not holding the handle bars safely but holding their arms in the air. When the driver beeped the horn to have the students move, they ignored it and continued to ride unsafely in the middle of the road. We would appreciate it if you could discuss this with your child/children if they ride to school.

Ms Karen Vincenzini Principal

RESPECT SAFETY LEARNING

EDUCATION WEEK OPEN DAY

What a fabulous day Friday was! A big thank you to our parents and carers for braving the cold, windy weather and joining us in celebrating the learning at CPS.

The students thoroughly enjoyed working collaboratively with their parents in their classrooms, participating in a range of inquiry based Mathematics activities. Student voice was highlighted during these sessions, as it was a great opportunity for the students to showcase and share their learning with their parents.

At lunchtime, the hall was a big hit! Our art gallery was bursting with colour and our visitors were very impressed with all of the work that our students have completed in art and music. It was so lovely to see how eager our students were to take their families to the hall. Many people also stayed in the hall to listen to our students talking about why Corrimal Public School is special and what they enjoy most about the learning in our classrooms.

Our volunteers who helped on the day deserve a special mention as they worked tirelessly to organise the picnic lunch. Thank you for preparing such a delicious lunch for our school community. The money raised on the day will go towards Stage 2 of our school playground, which is very exciting!

Thanks again to all our visitors for attending and continuing to foster a positive and collective partnership in your child's education.

Mrs Cocks **Event Coordinator**

















RESPECT

SAFETY LEARNING

TERM 3 SPORT – BASKETBALL

Just a reminder that this term The Illawarra Basketball Association will be running a 4 week program for all students K-6. The program is aimed at encouraging students to become active and participate in sports. Qualified basketball coaches will teach students various skills, over a four-week period. The program will start on Thursday 22nd August for 3-6 and Friday 23rd August for K-2 (Week 5) and will continue every Thursday and Friday until September 12th and 13th (Week 8). Students are to wear their sport uniform on their allocated day. Below is the timetable for all classes. Please note that there has been some time changes for 3-6 students.

Thursday

Time	Class	
9:00- 9:40	Omaroo	
9:40 – 10:20	Tulang	
10:20 - 11:00	Euroa	
Lunch		
12:30 – 1:15	Birrung	
Recess		

Friday

Time	Class	
9:00- 9:40	Akama	
9:40 - 10:20	Cooinda	
10:20 – 11:00	Marring	
Lunch		
11:45 – 12:30	Arinya	
12:30 – 1:15	Illuka	
Recess		
2:00 – 2:45	Dulili	

Troy Martin Organising Teacher

SPOTLIGHT ON LEARNING

Last week some students worked with Mr Penno to write about his pet-Sticky! Sticky is a spiny leaf insect that loves to munch on eucalyptus leaves. She has had 2 of her eggs hatch already. The students loved learning about Sticky and all the facts about her like- Did you know that she 'dances' from side to side when she is scared?

Students created amazing pieces of writing with a focus on their individual learning goals.

John Penno Assistant Principal







RESPECT

SAFETY

THE SCHOOL DENTIST TEAM VISIT

Thanks to all the parents for taking the time to complete their child's consent form in relation to *The School Dentist Visit* which is planned for this week. It's a great opportunity for the children to receive some education and one of the two 6 monthly cleans, done at school saving precious time.

On consent, they provide comprehensive dental services including:

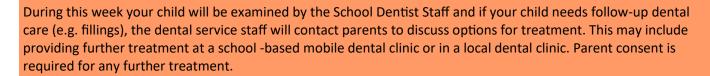
- Dental health education
- * Clean, scale and fluoride application
- Comprehensive oral examinations

And if required

• Fissure seals, fillings, extractions, and X-Rays

Children from families receiving Family Tax Benefit A, may be eligible for up to \$1000 of FREE dental over a 2 year period.

If not eligible, the dental team can provide:
Oral examination, scale, clean, and fluoride for \$99
Oral examination, scale, clean and 4 fissure seals *\$179



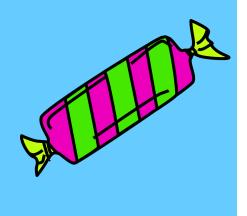
Jackie Everson
Organising Teacher

SRC LOLLY GUESSING COMPETITION

Congratulations to Samuel from Illuka for winning the lolly guessing competition.







RESPECT

SAFETY

2019 DISTRICT ATHLETICS CARNIVAL

Congratulations to all students who participated in the Northern Illawarra District Athletics Carnival on Monday 29th and Tuesday 30th July. All students did exceptionally well and represented Corrimal Public School with pride. We had some fantastic results with Keisha Baldwin, Jack Johanson, Kahui Chase, Oscar Boyle, Dylan Nutschnig and Alleira Walker all being selected in the Regional Athletics team to compete on **Friday 13th September** in Canberra. A further congratulations to Jack Johanson who was named Junior Boy Champion for the carnival. An outstanding achievement, Well done Jack!

Keisha Baldwin

Senior Girls Discus

Jack Johanson

Junior Boys 200m 10yrs Boys 100m Junior Boys Long Jump Junior Boys Relay

Kahui Chase

10yrs Boys 100m Junior Boys Relay

Oscar Boyle

Junior Boys Relay

Dylan Nutschnig

Junior Boys Relay

Alleira Walker

8yrs Girls 100m











FATHER'S DAY BREAKFAST

On Friday 30th August, we will be hosting our annual Father's Day BBQ Breakfast from 8am. It is our way of recognising the great job our dads do every day. Invitations will be going home with your child this week. We look forward to a relaxing and enjoyable morning.

Angie Giesajtis Event coordinator



RESPECT

SAFETY

FROM THE OFFICE

MAKING PAYMENTS

Payments for any school related activities (e.g. Excursions, Voluntary School Contributions, PSSA, SRC Fundraisers and Year 6 Fundraisers) can be made by cash, cheque or online payment system (POP) *see attached instructions below*. Please quote payment reference number on your child's permission slip.

If you do not have online access, payment envelopes are available at the office.

When paying by cash please ensure correct money is sent in as change is not available straight away. Once receipting and banking has been completed receipts and change are sent back to the class teacher to hand back to your child.

All payments and permission slips are to be placed in our payment box located on the wall in the office.

It is also important to have any permission notes and payments handed in by the due date to ensure the smooth running of our school related activities.

Please note: School uniforms are completely separate and all money goes to the P&C Account.

Payments for Uniforms can be made to the uniform shop by cash, cheque (made out to Corrimal Public School P&C) or Direct Bank Transfer:

BSB: 062 528

Account: 00900065

Account Name: Corrimal Public School Parents and Citizens Association Reference: CPUS (insert your last name and invoice No here). Please email

corrimalpsuniformshop@gmail.com with receipt# of payment.

CREDIT NOTES

Credit notes will be sent out to those students who have paid for Athletics Carnival and NAIDOC Day and could not attend. Credit notes can be used towards any school related activities (excursions, PSSA, sports carnivals, incursions) just not SRC or P&C fundraising days. Credit notes can also be used towards another sibling in the same family.

Thank you for your understanding and continued support.

Mrs Griffiths, Mrs Walder and Miss Davidson School Administrative Staff

Did you know that you can make payments to your child's school online?

We have launched a new online payment portal linked to your school's website to make it easier for you to pay for school related payments. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

- Voluntary School Contributions
- Subject Contributions
- Excursions
- Sport
- Creative and Practical Arts
- Sales to Students
- Other

When?

This payment method is available now

How?

Log onto School site at: www.corrimal-p.schools.nsw.edu.au Click on "Make a Payment" and follow the prompts to make a payment via Visa or MasterCard.





Professional Learning at Corrimal Public School



As we encourage students to be life-long learners we also provide our teachers time for professional learning so they can provide quality learning to all the students at Corrimal Public School. As the Instructional Leader I work with all teachers to deepen their learning around Mathematics and in particular reSolve, Maths by Inquiry. This happens three times a term, where they are released from teaching time for 3 hours and in this time they are learning about and developing rich and engaging Math lessons for their classes. They also look at assessments and decide where to next for their students. Last week teachers from K-2 were involved in looking more deeply into the mathematical proficiency reasoning. Reasoning involves more than explaining it involves: noticing patterns, comparing and contrasting, conjecturing, generalising, constructing arguments, justifying, verifying, inferring and proving.

'Reasoning enables children to make use of all their other mathematical skills and so reasoning could be thought of as the 'glue' which helps mathematics makes sense.' (Nrich, 2014)

Becoming a proficient mathematician requires working with all of the mathematical proficiencies – fluency, problem solving, reasoning and understanding – from the beginning. And by mathematician here I mean anyone using mathematics in his or her life.

> Everyone is a Mathematician (Askew, 2012)







Mrs Moore Instructional Leader

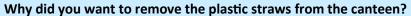
RESPECT

SAFETY LEARNING

ECO WARRIOR - MAX

Last week we celebrated education week with the theme of— Every student, every voice. Max has been on a mission at Corrimal Public School for quite some time, trying to eradicate plastic straw use in our school. He displayed persistence, resilience, perseverance, initiative and patience whilst fighting for his cause. Max was able to successfully convince the student body, through the SRC, to convince the school canteen to provide alternatives to plastic straws. I'm sure you would agree that this is a fine example of, Every student, every voice.

Mrs Pennisi interviewed Max to find out why he feels so passionate about this initiative.



I first found out about straws and the harm they cause when Mum and I watched this

video about a girl who found a large amount (I think nearly 1000) straws in the environment in just a week. In this movie, the girl visited an aquarium and she found out how much damage that just one small piece of plastic straw caused to turtles. When I went to a playground, I saw this lump in the ground and I saw a head of a plastic straw.



It made me feel bad.

So I thought why don't I try to save the environment. I talked to Mr Fisher and then Mr Hailstone and then to Ms Vincenzini about getting rid of plastic straws in our canteen. I got a petition and a lot of kids signed it and I also talked to the Canteen. Ms Vincenzini said, "This is really good but we need to go through the SRC "[Student Representative Council). So I took it to the SRC and they voted for getting rid of the straws.

You feel very strongly about looking after our environment, don't you Max!

Yes, I believe plastic straws should go. It's not fair that humans get to live longer than animals because us humans are not caring about the environment or the animals in the water and wild.

How do you feel now that we are using paper straws?

I reckon it is better because we had lots more plastic straws than last year and now we don't.

I would like other schools to do the same. That's why Mum and I have gone to Woonona to tell them what we have done here. Next, I'm going to go and talk to St. Columbkille's School.

Do you have any other ideas about the environment?

Humans here at Corrimal (actually all schools) should get recycling bins. If we tell the students how to use them the right way. We could use them properly.

What about the future?

In the future I want to talk to other people about this. I'd like to learn about this so I can talk to them.

If the students are doing what the grown ups are doing the animals will be harmed.

Mrs Pennisi

Coordinating Teacher

RESPECT SAFETY LEARNING

K Cooinda	K Akama	K/1 Dulili	1/2 Arinya
* Alexander & Stefen	* Luca & Kohl	* Leo & Misha	* Kya & Peter
* Zahli & Leah	* Jacob & Jed	* Koen & Hunni	* Nathan & Larni
1/2 Illuka	1/2 Marring	3/4 Omaroo	3/4 Euroa
*Asher & Emily	* Mia & Connor	* Josehpine & Bethany	* Lacey & Harry F
* Samuel & Levon	* Maddisyn & Lewis	* Charli-Rose & Kahui	* Harry G & Zan
5/6 Tulang	5/6 Birrung		
* Keisha & Taya	* Cruz & Annie		Merit Awards For
* Sonny & Aidyn	* Samuel & Teagan		Week 2 & 3





RESPECT

SAFFTY



Tahlia W, Bailee, Isha, Harrison G, Maggie, Harvey, Keisha, Teagan, Tahlia P, Taua, Mitchell, Jacob, Jed, Tyla, Joel M

SILVER

Nia, Bryson, Mia P, Bodhi, Dylan, Isla, Lewis, Eli, Aidyn, Asher, Teagan, Leo M, Rhys, Kade, Willow, Keisha, Lucy, Elsie, Mason, Sohpia Alleira, Mataahu, Amber, Audry, Storm

GOLD

Daniel, Rora, Connor J, Dane, Tamara & Ryan





RESPECT

SAFFTY

VALUES FOCUS

Teachers are looking for students who have

PRIDE IN LEARNING AND

PRIDE IN OUR LEARNING ENVIRONMENT

VALUES TOKENS

In Week 3 students achieved 702 tokens!

This has taken our whole school tally to 4282.

Congratulations to the following classes for gaining the

most "Values Tokens" in

Week 3

1st: 1/2 ARINYA

2nd: K/1 DULILI

3rd: KAKAMA

BONUS VALUES TOKEN DRAW

Congratulations Koen who is our most recent winner.

CONGRATULATIONS OMAROO

FOR BEING THE BEST CLASS OF WEEK 3 ASSEMBLY

3-6 CHOIR - WEEK 3 ASSEMBLY



CANTEEN ROSTER

DATE PARENT HELPERS

TUESDAY CLOSED

13/08/19

WEDNESDAY KAYLENE & JAN

14/08/19

THURSDAY DEBBIE & HELEN

15/08/19

FRIDAY AYMEE & KAYLENE(AM)

16/08/19 PM NEEDS FILLING

MONDAY CHLOE & NICOLE(AM)

19/08/19 PM NEEDS FILLING

TUESDAY CLOSED

20/08/19

WEDNESDAY RACHELLE & KAYLENE

21/08/19

THURSDAY AMANDA J & HELEN

22/08/19

FRIDAY HELEN & AMANDA K

23/08/19

MONDAY JANECE & KYLIE

26/08/19

YOU WILL BE NOTIFIED THE NIGHT BEFORE
OF ANY ROSTER CHANGES

ASSEMBLY ITEM

TERM 3

WEEK 5 - EUROA

WEEK 7 - ILLUKA

WEEK 9- DULILI

RESPECT

SAFETY

LEARNING

PRINCES HIGHWAY, CORRIMAL 2518

P 4284 4231

E Corrimal-p.school@det.nsw.edu.au







Friday 9th of August was our second platter day to celebrate Education Week. This time things ran very smoothly with lots of volunteers turning out to help. Thursday afternoon saw Rhiannon M, Debb W, Helen, Keisha, Suman, Annantika, Arihant, Mark D and Mrs Vincenzini with our new friend Del from Wollongong Older Women's Network cut and prepare 150 fruit salads ready for Friday. We also had Amber H pop by and drop off 170 freshly made apple and cinnamon muffins for the platters, and anther 20 for the volunteers to enjoy.

Early Friday morning we had Zara M, Kim D, Jan R, Makiya A, Mei-ling P, Stephanie P and Brooke D, along with Wollongong Older Women's Network's Jeurne and Dell make 150 sandwiches and package them up ready for eating. Stephanie delivered all of their children safely to Corrimal public while they worked.

A huge thank you must go to our community for donations from Caesars Chickens, Leisure Coast Fruit and Deli; and Woonona Fruit Basket. Coles Corrimal also donated a \$50 gift card.

A huge thank you to the Uniting Church Corrimal for the use of there kitchen and hall for making the platters. **EDUCATION WEEK**

FRUIT PLATTER SPONSORS





EDUCATION WEEK

PLATTER TEAM























CORRIMAL PUBLIC SCHOOL

P&C NEWS



Date to be confirmed AUGUST.

Its that time of year again and we are asking parents/guardians to please make a small donation for

this years Fathers Day Stall. The stall will be occurring in approximately 3 weeks time at the school.

Most children like to buy a couple of presents each, so to make sure we have enough gifts for every child in every class, we kindly ask that all families at the school donate 2 or 3 small inexpensive items - new or handmade. These should be small items, newly bought (\$2 shops are a great source) or, if you are crafty, homemade items - the kind of thing you'd be happy for your child to bring home. No idea what to donate? Why not use our year specific lists below for ideas:

YEAR SUGGESTED ITEMS:

Kindy: Chocolates, Socks, Ball caps, mini Travel kits or toiletries

Year 1: Pens, Little Notepads, Measuring Tape, playing cards

Year 2: Keyrings, Mini Multi Tool, BBQ Tools, gardening items

Year 3: Small Picture Frames, Iollies/chocolates, soaps

Year 4: Mugs, Stubby Holders, Bottle openers

Year 5: Small puzzles books or puzzles, Torch, books

Year 6: Car Cleaning supplies (ie sponges, buckets, wax etc) , small Tech gifts

These are just suggestions; the possibilities endless. (Please are remember that we are an allergy aware school so no peanuts or nut based products). We work hard to make sure each class gets a good selection at a range of price points from \$1 to \$5 and the children love this stall. But it only works if we all Please donate. send in your donations to the school office no later than the week before. If you would like to help sort and wrap these gifts (a service that would be very much appreciated) or help to sell on the day- please see Lenora C Helen or email or volunteer@corrimalpspandc.org.au

COME ALIVE FOR SOUTHERN STARS 2019

Rehearsals for Southern Stars 2019 **COME ALIVE** are in full swing, with public school students taking part in a wide range of dance, music, drama and vocal rehearsals around the Illawarra - and the state.

COME ALIVE, featuring 3000 public school students, will take place over four performances at the WIN Entertainment Centre in Wollongong on Friday August 23 (10am and 7.30pm) and Saturday August 24 (2pm and 7.30pm).

This year **COME ALIVE** features circus, the NSW Millennial Marching Band, 2000 dancers, a 600 strong choir, a full orchestra, our hugely popular boys vocal ensemble, the Aboriginal Dance Ensemble Yanggaa Garaba, and the amazing talents of the best featured student vocalists and performers in Southern NSW, and much, much more!

You don't have to know someone in the show to buy a ticket. Southern Stars is a worldclass arena spectacular show which is suitable for all ages, and most of all is entertainment at its finest. Buy your tickets now before they sell out!

Remember to purchase your tickets ONLY through the registered ticket seller - Ticketmaster at: www.ticketmaster.com.au

You can keep up to date with the show's progress with pictures and video from rehearsals uploaded daily to our Facebook page **Southern Stars – The Arena Spectacular** and our Instagram page at **southernstarsarenaspectacular**.





DOUBLE DELIGHT FOR ACTIVE KIDS

Thanks to the Active Kids vouches local kids are keeping active while their parents are keeping the cash.

I am so pleased to advise that from 01 July 2019 each school-enrolled child will now be able to access two \$100 Active Kids vouchers per year.

The money will help you pay registration costs for sport and recreation, so that your kid(s) can participate and stay active all year-round.

Families across the region keep telling me how much the Active Kids Vouchers help them manage the cost of living. Now with two Active Kids \$100 vouchers per school enrolled child, you can keep even more money in your back pocket while your kid(s) stay happy and healthy.

Since the Active Kids program was launched in 2018, more than one million vouchers have been redeemed and more than \$100 million saved by NSW families.

It is a big win for NSW when more kids can participate in sport because of the Government's drive to take down the barriers to expensive registration costs.

Whether it is soccer, scouts, AFL, rugby, netball, golf or volleyball, you're sure to find an activity your kid(s) will love. Active Kids really is making a difference to children's participation in sport and active recreation in NSW.

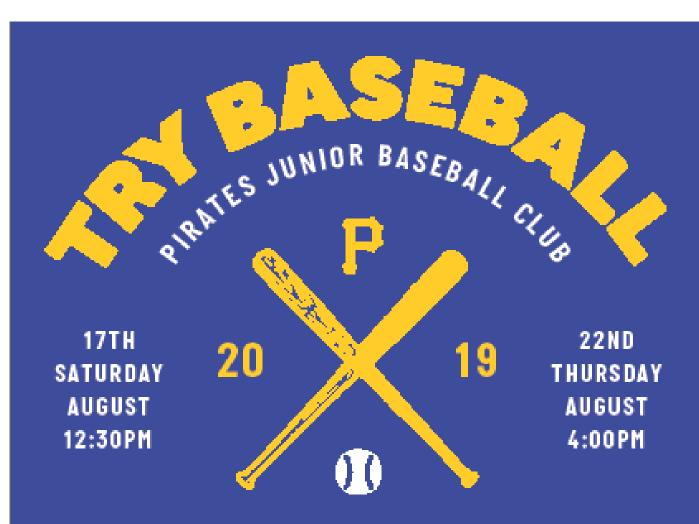
From January – June there was an overall increase of 13 per cent in the number of Active Kids' vouchers created, including a 17 per cent rise in vouchers created for girls following an influx of registrations for dance, gymnastics, tennis and swimming Active Kids providers.

These are incredible results and demonstrate why the NSW Government is investing an additional \$40 million this year to expand the Active Kids program."

From 01 July, parents of school-enrolled children can access a second \$100 Active Kids voucher to use towards registration and membership fees for sport and active recreation each year. For further information visit sport.nsw.qov.au/activekids or call 13 13 02.

GARETH WARD MP Member for Kiama





WE INVITE GIRLS AND BOYS AGES 3+
TO TRY BASEBALL. A RANGE OF EXCITING
GAMES BASED AROUND THE SKILLS OF
HITTING, CATCHING, THROWING AND BASE
RUNNING WILL BE RUN BY OUR
ACCREDITED COACHES.

LOCATION: THOMAS DALTON PARK, FAIRY MEADOW



Contact

EMMA: 0414-354-246
WWW.PIRATESJUNIORS.TEAMAPP.COM



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LLAWARRA SPORTSHIGH

SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

2019 Sports Program Year 6 Trials

Trials are open to year 6 students looking to enrol in year 7, 2020 and students currently in years 7 - 10 for enrolment in 2020. Athletes must be enrolled in a community club. Register online www.illawaspor-

h.schools.nsw.gov.au







Wednesday 14th August 8.00am - 11.30pm Illawarra Sports High School Gym

Hockey Surfing Netball Basketball



On Monday 26th August 2019 Fernhill District are having an open day for girls 6-12 years so you can experience what happens at Girl Guides. It will be an afternoon of Fun, Friends, and Adventure.

The Girl Guide hall is at 2 Douglas Rd Fernhill The adventure will start at 4pm and finish at 5:30pm You will need to wear enclosed shoes and have long hair tied back Bring: a smile and a warm jumper Cost: Nothing, Trial Fun Day is FREE

For booking or more details, contact Kerry in 0437 230 751 or email wattle@ihug.com.au

Normal meeting times

3rd Fernhill Jr Guides Ages 6-10 Meet Monday 4-5:30pm Contact Wattle 0437 230 751

1A Fernhill Guides Ages 10-14 Meet Wednesday 5:30—7:30pm Contact MoonBeam 0407 512 110 (txt preferred)

Nutrition Snippet



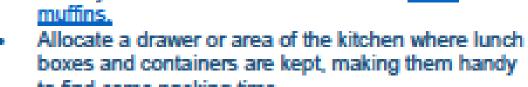
The simp√est woy

... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.

Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes suck as poppletana.
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezerfriendly lunch box items such as fruit or vegie muffins.
- boxes and containers are kept, making them handy to find come packing time.





healthylunchbox.com.au



3 Lix Cations

Ian McLennan Park Mon night - U6 & U7* Tues night - U8 & U9* Wed night - U10 & U11* Thurs night - U12 & U13* Thomas Dalton Park Fri night - U12 - U18* Fri night - U12 / U14**

Holy Spirit College Sat morning - U6 - U11*

*mixed tournament **girls only tournament

- Number of teams per age group will be limited at each venue
- Active Kids Vouchers accepted
- Registrations close FRIDAY 6th SEPTEMBER

For more information go to www.footballsouthcoast.com

HOMEWORK HUB

for

Homework Help **Tutoring and**

Small Group Programs open to:

Primary Students

Junior Secondary Students

Senior Secondary Students

HOMEWORK HUB IS AVAILABLE ON *FUESDAY AFTERNOONS*

For enrolments, email <u>pkyp@bigpond.net.au</u> or phone Port Kembla Youth Project 02 4276 1229 Sponsored by: BlueScopeWin, Port Kembla Youth Project & Macedonian Welfare Association Supported by: WCC & FACS CO-Punito











Splash Swim Program

- Water Babies
- Water Confidence Learn to Swim
 - Stroke Correction

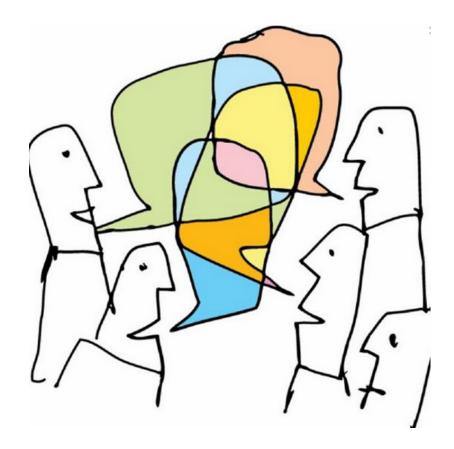
MONDAY AFTERNOONS Indoor Heated Pool

AustSwim Qualified Instructors North Wollongong

Active Kids Provider (up to \$100 paid for school aged children) Cost is \$11 per lesson with Concessions Available

Youth Project on 4276 1229 Phone the Port Kembla





There are many voices we hear in society about Christianity. It might be difficult to decipher fact from non. If you'd like to have a look from its source, the Bible, at what Christianity is – please come along to a course doing exactly that – Explaining Christianity.

'Explaining Christianity' is a

4 week course in September

midday on Mondays 2nd, 9th, 16th, 23rd – 'the Hub', at Corrimal Anglican Church, our café-style traditional church building just across the road from school.

A relaxed lunch included each week child-minding available

All welcome.

Nothing will be required of you – you don't have to read out loud, you don't have to ask any questions or answer them.

But you can.

Let me know if you'd like to come or want more info.

Carol Esdale 0401 647 942.