

# WASSUP

## W O O N O N A



Term 1 | Week 4 | 19 February 2019

### Principal's Report

#### Newsletter – New Day

Due to some changes to our Administrative team at WPS we have had to adjust the distribution of our Newsletter. The Newsletter will now go out to our community each Tuesday fortnight. This will occur as of our Week 6 edition. Happy reading!

#### Open Door Policy

As Principal of Woonona Public School, an important part of my job is to support students and their families in having a successful and enjoyable schooling experience. From time to time incidents do occur, or issues arise, as is the nature of any working environment. If you have any concerns you would like to discuss, please contact the school to organise a time to come and speak with me.

I appreciate when parents contact me, as this is the best way in which we can resolve concerns and move forward for the benefit of everyone.

#### Staff As Learners

The last two weeks has seen and the next two weeks will see lots happening for our staff, with all teaching staff involved in professional learning. During Week 3, teachers in Stage 1 to Stage 3 had "Data Days" where they analysed their student data, under the guidance of their supervisors and Instructional Leaders, made plans for targeting student learning and planned cycles of learning to address areas of need. Kindergarten teachers have their data day this Friday.

In addition, several staff attended Dylan Wiliam sessions on Monday and Tuesday of Week 4. Dylan Wiliam is a world renown educationalist who presented on two main themes; improving student learning and leading the improvement in the quality of the teaching.

Evidence shows that the quality of the teaching creates the highest impact on student achievement. At WPS we are committed to ensuring every teacher continues to improve and is given time and quality professional learning so that every student under their care will benefit.

#### School Swimming Carnival

Our annual swimming carnival was held in Week 2 and I thank Mr Michael Arrighi, Mr Matt Argæt and all staff for your organisation. I am hoping that all students who attended, no matter your involvement, had a thoroughly enjoyable day challenging yourself, cheering for your friends and enjoying one of the very special annual events on our school calendar. I would like to thank all parent helpers for your support – without such support, this event genuinely would not be possible.

WOONONA PUBLIC SCHOOL  
5A GRAY STREET  
WOONONA NSW 2517

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website: [woonona-p.schools.nsw.gov.au](http://woonona-p.schools.nsw.gov.au)



## District Swimming Carnival

Next Thursday, 28 February, our School Swimming team will compete at the District Swimming Carnival. I wish all our students good luck as they compete against the best swimmers across the North Wollongong area. I am sure you will be fantastic representatives of Woonona Public School.

## African Drumming

The office has had a number of questions regarding the implementation of the African Drumming Program. The program, set to run in Term 2, is an opportunity for students to be taught by qualified instructors and will support the school and staff in addressing outcomes in the NSW Creative Arts Syllabus. For 2019, this program will replace the Sports in Schools program that had run previously. Understandably there is a significant cost involved, especially for those families with more than one child at school. If you require support in payment, please organise a meeting with me to discuss options to ensure your child does not miss out on a program that we are very confident will be fun, enjoyable and have great learning content.

## P&C News

Last Wednesday saw our first P&C Meeting of 2019. It was wonderful to see lots of parents attend the meeting, including a few new faces keen to be involved. For those parents who didn't attend the last meeting, I would encourage you to join us for the next meeting. Our next meeting falls on Wednesday, 13 March at 6:30pm and just happens to be our P&C AGM where all positions on the P&C executive will be declared vacant. I encourage those parents thinking about taking on a leadership role on the P&C for 2019-2020 to do so with excitement.

I firmly believe that a productive, positive working relationship between a school and its P&C enhances a school in so many ways. The 2018-2019 P&C executive has done a wonderful job and I look forward to working with a new executive in 2019 and beyond.

## School Captains

At the end of 2018, our School Captains for 2019 were announced. These students were democratically elected and will have a huge responsibility in leading the student population of Woonona Public School. Congratulations to the following students who were elected:

Boy Captain: Fletcher

Boy Vice Captain: Samuel

Girl Captain: Abbey

Girl Vice Captain: Annabelle

## Prefects

Our School Prefects will have a number of leadership opportunities throughout the 2019 school year in supporting our School Captains. Congratulations to the following students who were elected:

Boy Prefects: Luke and Kambell

Girl Prefects: Layla and Mikayla



## School Leadership Team

In 2019, we will be trialling an extended Leadership Team consisting of students who will be called on to support the School Captains and Prefects. Congratulations to the following students who were elected:

Boys: Keiran and Harrison

Girls: Aurianna and Hannah

## House Captains

Each year students elect two House Captains and two House Vice Captains. These students take a leadership role within their House as the students participate in the School Swimming, Cross Country and Athletics Carnivals. Congratulations to the following students who were elected:

### Hume

Captains: Montana and Noah

Vice Captains: Kingston and Sara

### Oxley

Captains: Tealeya and Keiran

Vice Captains: Courtney and Lachlan

### Sturt

Captains: Alanah and Kyan

Vice Captains: Hayden and Aleah

### Mitchell

Captains: Maddy and Jack

Vice Captains: Bentin and Adelaide

## Student Representative Council

Each year students elect SRC representatives for their class. These students have an important role, as they represent “the voice” of their class and fellow students, by enhancing their school life through promoting engaging opportunities within the school setting. Congratulations to the following students who were elected:

1B – Madelyne and Vincent

1G – Isla and Toby

1L – Matthew and Pia

1M – Ashton and Maya

2P – Isaac and Ryley

2W – Lennox and Cleo

2C – Isla and Xander

2M – Neo and Sophia

# WASSUP

## W O O N O N A



### Student Representative Council cont:

3-4P – Maddie and Jett  
3-4N – Eden and Campbell  
3-4B – Amaya and Ashton  
3-4M – Lachlan and Sabina  
3-4R – Henry and Jemma  
3-4J – Tyler and Keira  
5-6A – Mitchell and Chelsea  
5-6M – Amy and Jackson  
5-6O – Hannah and Joseph  
5-6L – Harrison and Charli  
5-6W – Emily and Jayden

Please visit the Woonona Public School website to view all events, permission notes and information as it becomes available at <https://woonona-p.schools.nsw.gov.au/>

Enjoy your week!

Mr Tim Fisher  
Principal

### 2019 Induction Assembly

Our annual induction ceremony for our student representatives will be held on Friday 1 March 2019.

Letters with further details have been sent out to invite family members to join us for the ceremony. Family members of School Captains, Vice Captains, Prefects, SRC representatives, House Sport Captains and House Sport Vice Captains are all warmly invited to attend.

Hope to see you there

Ms Strinic

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## W O O N O N A



### Social Media

Currently, Woonona Public School is utilising the closed school Facebook group and a private Instagram page.

To see our Facebook posts, simply join our closed group – Woonona Public School. Please do not add us as a friend, as this will not allow you to see the posts.

Thank you to everyone who has joined the Instagram page, and especially for those who we checked that you had students that do attend our school. Everyone was very understanding. We have 44 followers, and we are still counting! If you have Instagram and haven't followed us yet, check it out @woononaps

### Sentral Parent Portal

In 2019 Woonona Public School will be trialling a new initiative, the Sentral Parent Portal. The Sentral Parent Portal allows parents and carers to engage with different aspects of their child's education. The first step will be for parents to register for access to the Parent Portal. In the next week, you will receive an email from the school detailing what steps need to be taken to register. Bookings for our Parent-Teacher interviews in Week 10 will then be made available via the Parent Portal later this term.

If your email is not current and needs to be updated please email  
[woonona-p.school@det.nsw.edu.au](mailto:woonona-p.school@det.nsw.edu.au)

### Headphones

This year, we are very excited to offer our own Woonona Public School Headphones. The headphones were on the student invoices. They cost \$12 and this is a one-off payment. Those students who purchase, will be issued with a set of headphones that will be kept in a tub in the classroom. It will be labelled with their name and will stay at the school for the duration of their enrolment. The headphones will be used for various learning tasks, including using technology in the classroom, during PAT testing and NAPLAN testing. The school has spent great time sourcing a product that we believe is good quality at a reasonable price and is compatible with school technology. Parents are welcome to purchase their own set outside those supplied by the school, but we believe that those that purchase the product provided will be very happy with its quality.



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## Headphones



CO-OPERATION - RESPECT - EFFORT - RESPONSIBILITY

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### Annual Swimming Carnival



On Friday 8 February we held our Annual Swimming Carnival at Corrimal Pool. It was an extremely hot day and the competitors were truly tested. We had approximately 140 students competing in a variety of events, striving to record their best times to qualify for district selection. Their competition was fierce in most heats and all swimmers should be congratulated for their efforts. A squad of approximately 35 students has been selected on qualifying times to represent our school. We wish them the best of luck.

A huge thank you to all the parents who came along to support their children and especially all those family members who volunteered to time keep on the day. We are so incredibly lucky at Woonona Public School to have a community that supports all that we do at our school.

A special mention to Mr Fisher, Ms Strinic, Mr Argæt, Mr McMullen, Mrs Bailey and Mrs Borst for volunteering their time to officiate at the carnival.

Again, these events are a team effort and we are so lucky to have such a fantastic team.

Mr Arrighi  
Organiser



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## W O O N O N A



### Annual Swimming Carnival



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### Annual Swimming Carnival



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# Woonona Public School

## Events Calendar 2019

Date	Title
21/02/2019	WHSPA Expo Evening- Bookings Essential
22/02/2019	District Tennis Trials
25/02/2019	Year 6 Fundraising Meeting 6:30pm - 8:00pm
25/02/2019	District Football (soccer) Trials Girls and Boys
25/02/2019	Illawarra Sports High Open Night 6:00pm - 7:45pm
27/02/2019	Zone AFL Trials
28/02/2019	District Swimming Carnival- Corrimal Pool
11/03/2019	11 years and Opens Rugby League Trials
13/03/2019	Regional Swimming Titles
13/03/2019	P&C Meeting 6:30pm
13/03/2019	Yr7 (2020) WHSPA Applications close
14/03/2019	Selective Schools Yr7 2020 Placement Test
18/03/2019	Rugby League- Legends Gala Day
20/03/2019	Zone Hockey Trials
20/03/2019	StEPS Vision Test - Kindergarten
21/03/2019	District Netball Trials
29/03/2019	Cross Country Bulli Park
2/04/2019	Parent Teacher Interviews 3:00PM - 8:00PM
10/04/2019	P&C Meeting 6:30pm
11/04/2019	Easter Hat Parade

Calendar subject to change due to unforeseen circumstances.

Please visit the website to view all events, permission notes and information.

<https://woonona-p.schools.nsw.gov.au/>

Uniform Opening Hours Term 1  
 Tuesday 2:30pm - 3:15pm (odd weeks)  
 Friday 8:30am - 9:30am

## Uniform Shop

### Woonona Public School Uniform Shop Roster, Term 1 2019

Afternoons 2:30 – 3:15 pm		Mornings 8:30 – 9:30 am	
Tuesday 19th February	Kim and Renae	Friday 22nd February	Karlie and Terri
		Friday 1st March	Sally and Megan
Tuesday 5th March	Sam and Jane	Friday 8th March	Trish and Nicole
		Friday 15th March	Jayde and Charmaine
Tuesday 19th March	Kim and Lisa	Friday 22nd March	Karlie and Amy
		Friday 29th March	Sally and Megan
Tuesday 2nd April	Hayley and Sam	Friday 5th April	Renae and Jo
		Friday 12th April	Jayde and Charmaine

## Canteen

### Woonona Public School Canteen Roster

#### Roster

Term 1 2019

1	Monday 28-Jan	Tuesday 29-Jan	Wednesday 30-Jan	Thursday 31-Jan	Friday 1-Feb
	PUBLIC HOLIDAY	PUPIL FREE DAY	CANTEEN CLOSED	CANTEEN CLOSED	CANTEEN CLOSED
2	Monday 4-Feb	Tuesday 5-Feb	Wednesday 6-Feb	Thursday 7-Feb	Friday 8-Feb
	Amanda Hawker Trent Shepherd	Megan Cracknell Emilia Barabach	Larissa Dufty Melissa Saunders	Carla Edwards Paul Robson	Kellie Simpson Bever Williams Karen Williams
3	Monday 11-Feb	Tuesday 12-Feb	Wednesday 13-Feb	Thursday 14-Feb	Friday 15-Feb
	Vanessa Mailhammer Angelika Wachs	Tanya Gerada MS Mary Borg MS Sherrie Gallagher AS Kim Walker AS	Amy Sugden Shaw Amy Banks	Elke Cummings Leonie Smith	Loren Marsh Bronwyn Sedgwick
4	Monday 18-Feb	Tuesday 19-Feb	Wednesday 20-Feb	Thursday 21-Feb	Friday 22-Feb
	Belinda Jones Samantha Mclean	Sharon Beauchamp Emilia Barabach	Kathi Fellowes Melissa Saunders	Kylie Owen (HR Mum) Rebecca Ellis	Jade Molenmaker Bec Welsh Gorica Tsekouras
5	Monday 25-Feb	Tuesday 26-Feb	Wednesday 27-Feb	Thursday 28-Feb	Friday 1-Mar
	Vanessa Mailhammer Nataasha Cornelli	Megan Cracknell Paul Watson	Jennifer Cowie Ellena Street	Debbie Neal Leonie Smith	Sarah Foord Bronwyn Colmer Kate Harris



Please be aware that there are students in our school with allergies to nuts. We ask that you give consideration to voluntarily agreeing not to send nut products, in particular peanuts and peanut butter, to school.

Week 6	Monday 4-Mar Jodie Cleaves Amanda Hawker	Tuesday 5-Mar Sharon Beauchamp Emilia Barabach	Wednesday 6-Mar Kirstie Knight Melissa Saunders	Thursday 7-Mar Elke Cummings Paul Robson	Friday 8-Mar Amy Holland MS CANTEEN CHAMPION NEED CANTEEN NEWBIE NEEDED Nicole Byrne AS
Week 7	Monday 11-Mar Debbie Boyd CANTEEN NEWBIE NEEDED	Tuesday 12-Mar Ashley Garcia Chris Paul	Wednesday 13-Mar Deanne Harrison Natalie Hoyle	Thursday 14-Mar Jenni Ludewig Leonie Smith	Friday 15-Mar Kylie Owen Andromeda Lembo Aki Holmes
Week 8	Monday 18-Mar Cecilia Wallis Emilia Barabach	Tuesday 19-Mar Jackie Pipe Kevin Smith	Wednesday 20-Mar CANTEEN CHAMPION NEED Melissa Saunders	Thursday 21-Mar Elizabeth Phillips Maija Deveney	Friday 22-Mar Sarah Foord Marg Nichols Angela Sargeant MS Nicole Byrne AS
Week 9	Monday 25-Mar Samantha Mclean CANTEEN NEWBIE NEEDED	Tuesday 26-Mar Emilia Barabach Sharon Beauchamp	Wednesday 27-Mar CANTEEN CHAMPION NEED Charmaine Dober	Thursday 28-Mar Paul Robson Leonie Smith	Friday 29-Mar Amanda Macaulay CANTEEN NEWBIE NEED MS Kathryn Postill AS Maseya Baatjes
Week 10	Monday 1-Apr Coby Davis Samantha Mclean	Tuesday 2-Apr Megan Cracknell Amanda Sandoe	Wednesday 3-Apr CANTEEN CHAMPION NEED Melissa Saunders	Thursday 4-Apr Kristen Cuthbert Wendy Benson	Friday 5-Apr CANTEEN CHAMPION NEED Erin Davey Stephanie Earl
Week 11	Monday 8-Apr Emilia Barabach CANTEEN NEWBIE NEEDED	Tuesday 9-Apr Sonya Kinsey MS Sharon Beauchamp Kim Walker AS Sherrie Gallagher AS	Wednesday 10-Apr Deanne Harrison Charmaine Dober	Thursday 11-Apr Elke Cummings Leonie Smith	Friday 12-Apr Amy Holland MS CANTEEN NEWBIE NEEDED Sarah Foord Nicole Byrne AS



## The simplest way

### ... To make Japanese veggie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

#### Ingredients

½ small cabbage, very thinly sliced  
4 medium carrots, grated  
2 cups baby spinach, thinly sliced  
4 spring onions, thinly sliced  
½ cup wholemeal plain flour  
6 large eggs, lightly beaten  
Pinch of salt  
Olive oil spray



#### Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt.

Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side.

For a video on how to make this recipe, visit our [website](https://www.healthy lunchbox.com.au).

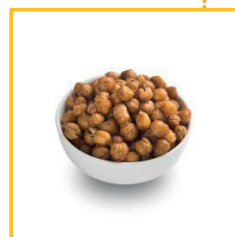
[healthy lunchbox.com.au](https://www.healthy lunchbox.com.au)



## The simplest way

### ... to swap a packet of chips

Chips are high in saturated fat and salt, are not very filling and do not contain the nutrients needed to fuel your kid's for the school day.



#### SWAP chips FOR:

- Plain popcorn
- Plain rice crackers
- Dry roasted chickpeas
- Baked pita bread triangles
- Baked veggie chips

For more snack ideas, swaps and recipes visit our [website](https://www.healthy lunchbox.com.au).

[healthy lunchbox.com.au](https://www.healthy lunchbox.com.au)



# ILLAWARRA SPORTS HIGH

SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

## 2019 Information & Open Night

Monday 25th February 2019

6.00pm til 7.45pm

Illawarra Sports High School Hall

Guru Street, Berkeley



The Open Night will provide parents and students with information regarding local enrolments and the Talented Sports and Development Program.

Information for students in years 5 to 10.

Register your interest online [www.illawaspor-h.schools.nsw.gov.au](http://www.illawaspor-h.schools.nsw.gov.au)

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1-5 APRIL 2019



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A: 253 Princes Hwy, Bulli NSW, 2516 | P: 4284 3878 | E: bulli@pcycnsw.org.au

GYMNASTICS ENROLMENT FORM | TERM 1 | 2019

## ATHLETE DETAILS

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Sex (circle): Male Female Other D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postcode: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

## PARENT/GUARDIAN DETAILS

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

*{-Please circle your activity-}*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kindergym Ages 2-5 10:00 - 10:45am Per Term \$100 <i>*EOI for 11am</i>	Kindergym EOI* Ages 2-5 10:00 - 10:45am Per Term \$100 <i>*EOI for 11am</i>	Kindergym Ages 2-5 10:00 - 10:45am Per Term \$100 <i>*EOI for 11am</i>	Kindergym Ages 2-5 10:00 - 10:45am Per Term \$100 <i>*EOI for 11am</i>	Kindergym Ages 2-5 10:00 - 10:45am Per Term \$100 <i>*EOI for 11am</i>
Junior Gymnastics Ages 4-7 4:00 - 5:00pm Per Term \$125	Junior Gymnastics Ages 4-7 4:00 - 5:00pm Per Term \$125	Junior Gymnastics Ages 4-7 4:00 - 5:00pm Per Term \$125	Junior Gymnastics Ages 4-7 4:00 - 5:00pm Per Term \$125	Boys Gymnastics Ages 4+ 4:00 - 5:00pm Per Term \$125
Gym Skills Ages 8 - 11 5:00 - 6:30pm Per Term \$175	Gym Stars (Competition-Development) 5:00 - 7:00pm Per Term \$225	Gym Skills Ages 8 - 11 5:00 - 6:30pm Per Term \$175	Stage 1 Tumbling Ages 4+ 5:00 - 6:00pm Per Term \$125	Parkour/Free G Ages 8-12 5:00 - 6:30pm Per Term \$175
Team Gym (Competition) 5:00 - 7:00 pm Per Term \$225 plus competition costs	Level 1 / Level 2 WAG (Competition-Selective) 5:00 - 7:00pm Per Term \$225 plus competition costs	Parkour/Free G Ages 8-12 6:30 - 8:00pm Per Term \$175	Stage 2 Tumbling (Skills Based) 6:00 - 7:30pm Per Term \$175	
Parkour/Free G ADVANCED (Skills Based) 6:30 - 8:00pm Per Term \$175	Dance Acro Ages 8+ 7:00 - 8:00pm Per Term \$125		GymFit Ages 15+ 7:30 - 8:30pm Per Term \$125	

## ASSOCIATED COSTS

2019 Gymnastics Australia Yearly Membership	\$60	{Fees remain the same for 9, 10 or 11 week terms   Does not operate on public holidays   Expressions of interest for Kindergym Tues, Thurs and 11.00am classes welcome.}
Gymnastics Australia Competition Yearly Membership	\$100	
PCYC Junior Membership (<18)	\$10	
PCYC Senior Member (18+)	\$25	

RECREATIONAL GYMNASTICS	
<b>KINDERGYM (Ages 2-5)</b>	Kinder Gym is a movement-based learning experience for young children and their parents or caregivers. The class provides a safe environment for children to develop physical skills in a fun and playful way while learning fundamental movement; ensuring they can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies.
<b>JUNIOR GYMNASTICS (Ages 4-7)</b>	Junior gymnastics is the perfect introduction to gymnastics for primary school-aged athletes. During each class, athletes develop amazing skills while getting strong and flexible in fun, challenging ways. Members of this class also learn to play lots of fun, gymnastics games and receive achievement stickers each lesson.
<b>GYM SKILLS (Ages 8-11):</b>	Gym Skills incorporates the Women's Gymnastics Apparatus of Beam, Bar, Floor and Vault. This class was created to suit upper primary school aged athletes to enhance co-ordination and agility, for body awareness and balance while also developing posture and confident body movement, including the ability to land safely. In these classes, we try to develop strength and flexibility as well as healthy minds and bodies for now and later life.
<b>STAGE 1 TUMBLING (Ages 4+):</b>	Tumbling is a sport that focuses on the Floor element of Gymnastics only. In our Stage 1 Tumbling class, we cater for beginner athletes who are learning basic skills, including rolls, handstands, cartwheels and walkovers. Once these skills have been mastered, we move athletes into the Stage 2 Tumbling class.
<b>STAGE 2 TUMBLING (Skills-based):</b>	Stage 2 Tumbling focuses on the Floor element of Gymnastics. This group is the highest level of tumbling at our club, catering for athletes who have already mastered Stage 1 skills. This class focuses on handsprings, somersaults layouts and aerial tricks.
<b>BOYS GYMNASTICS (Ages 4-18):</b>	Boys gymnastics channels masculine energy to develop power, strength and control. Mastery of the apparatus requires the skillful combination of flips, balance, stretch, spin and landings. Athletes build their strength and enhance their co-ordination and agility, allowing the body to move like lightning! There also benefits for developing good posture and confident body movements, including the ability to land safely.
<b>PARKOUR/FREE G (Ages 8-12 / Advanced):</b>	Free G fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts. It will get your heart racing and develop a heightened sense of spatial awareness that can be put to good use in a variety of other sports, including boarding, biking, skiing, climbing and surfing. Our Beginner class focuses on developing fundamental skills to the discipline. Our Advanced class is targeted towards older, more advanced athletes aiming to work on difficult skills, like somersaults and flips, and improve their technique
<b>GYM FIT (Ages 15+):</b>	The Gym Fit program utilizes the entirety of the PCYC Gymnastics equipment, drawing influence from core gymnastics skills and drills, to provide an easy to follow, dynamic class aimed at helping anyone get fit. If you want to improve your fitness, endurance, and get the body you have always wanted, this class is for you.
<b>DANCE ACRO (Ages 8+):</b>	Dance Acro is a gymnastics program that focuses solely on practicing and perfecting the gymnastics-based skills that are sought after in the dance world. Skills like walkovers, cartwheels, baranis and other aerial tricks are popular to achieve among young dancers. This program allows them to learn these skills in a safe environment without needing to learn skills on all gymnastics apparatuses.

DEVELOPMENT AND COMPETITION GYMNASTICS	
<b>GYM STARS (Ages 4+)</b>	The Gym Stars class is a development program for athletes who are interested in working toward competitions. Athletes in this class should be motivated and focused toward developing their strength, flexibility and coordination. During lessons, athletes work toward establishing a strong foundation for a future of competition gymnastics.
<b>LEVEL 1 + 2 WAG (Ages 7+)</b>	Students selected for level 1 Women's Artistic Gymnastics are encouraged to attend regular, Gymnastics NSW sanctioned competition events. Athletes train specific routines on the Beam, Bars, Floor and Vault to compete against clubs across the region. Once athletes have mastered the Level 1 skills, they will progress into Level 2 WAG, learning more advanced routines
<b>TEAM GYM (Ages 7+)</b>	This class is ideal for athletes looking to participate in competitions, while also enjoying the social side of recreational gymnastics. The team perform three routines as a group to music in the areas of Tumbling, Mini Trampoline and Floor. During class, coaches work to the strengths of each athlete to include the full range of skills in the group.

**PS...DID YOU KNOW THAT YOU CAN HAVE A GYMNASTICS BIRTHDAY PARTY AT BULLI PCYC? ASK US HOW!**



grasshoppersoccer.com.au  
illawarra@grasshoppersoccer.com.au  
facebook.com/GrasshopperSoccerIllawarra

**CALL NOW  
FOR A  
FREE TRIAL**

## Soccer Fun For Girls & Boys Aged 2 to 12!

**TERM 1, 2019 PROGRAM starting from February 16**

Locations: Figtree, Corrimal & Lake Illawarra

**CALL NOW TO BOOK YOUR PLACE! 0412 428 195**

### Mite-E Soccer (2-3yo)

A great introduction to Soccer!  
Children work with their parents to learn new soccer skills and develop their motor skills! Lots of fun games in a non-competitive environment

35 minute classes  
\$120 for 8 weeks



### Pint Size Soccer (4-5yo)

Children take their first kicks in soccer! They'll be introduced to shooting, dribbling, goal keeping and more. Children get to play lots of fun, skill based games. Grasshoppers get introduced to the Pint Size 1v1 Big Game!

50 minute classes  
\$135 for 8 weeks



### Intro to Micro (5-6yo)

The ultimate challenge for young soccer players! They'll learn the rules of the Grasshopper Soccer Big Game and develop their skills in passing, dribbling, shooting and more.

Intro - 60 mins \$145 for 8 weeks  
Micro - 75 mins \$150 for 8 weeks



### Micro Plus (8-12yo)

This program focuses on skill development and teamwork in preparation for club soccer. Children will enjoy all the favourite soccer based games, fine tune their skills as well as play the Grasshopper Soccer Big Game!

75 minute classes  
\$150 for 8 weeks



**NOW  
OFFERINGS!**

## Preschool & Primary School Programs

Enquire now for more information!



CELEBRATING THE JOY OF RESCUE...

# PUPPIES + *pinot*

**THURSDAY 21ST FEBRUARY**

12.30 - 10.30pm

19 Market Street, Wollongong

**EVENT NOT TO BE MISSED!**

You'll be smothered in kisses and cuddles as you enter our exclusive puppy cuddle area.

Why not stay and enjoy lunch or dinner and drinks afterwards at the doggie loving restaurant and bar that is Dagwood.

**BOOKINGS ESSENTIAL**

Visit Wollongong Animal  
Rescue Network  
Facebook page to purchase



## WOLLONGONG JUNIOR CHESS CLUB

## JNR CHESS TOURNAMENT 2019 SUMMER SUNDAY (Under 18 Year Olds)

### 7 ROUND SWISS

**WHEN:** *Sunday 24-Feb-2019* (10:00am to 4:00pm)

**WHERE:** FAIRY MEADOW COMMUNITY CENTRE - KEIRA ROOM  
Guest Park - Cnr Cambridge Ave and  
Princess Hwy Fairy Meadow  
(Opposite Woolworth)

**Trophy Prizes:** 1st, 2nd, 3rd + Age Groups

Games will be rated by NSWJCL

Results will influence qualification to  
NSWJCL Country Championship

Entry Fee: \$10

**Lunch:** Players should bring their own lunch and refreshments.

**Arbiter and Information:** **JOHN MAZZIERI**  
**Phone:** (02) 4283 3080  
**e-mail:** [mazzieri@exemail.com.au](mailto:mazzieri@exemail.com.au)

WOLLONGONG JNR CHESS CLUB  
meets Thursdays 4:00-6:00pm (not school hols)  
Fairy Meadow Community Centre

**Future SUNDAY TOURNAMENTS**  
26-May AUTUMN Sunday  
25-Aug WINTER Sunday  
10-Nov SPRING Sunday

**BUY TICKETS ONLINE NOW!**

**wings over illawarra**  
The Flying Festival

**4 - 5 MAY 2019**

Illawarra Regional Airport, Albion Park  
Gates open 10am | See website for details

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