

WASSUP

W O O N O N A



Term 2 | Week 4 | 21 May 2019

Principal's Report

It certainly has been a busy start to the term, it's hard to believe that it is only Week 4! We've already had some Stage Showcases, an excursion and numerous sporting events.

I had the privilege of attending the kindergarten excursion last Monday to Sydney Aquarium, and what a wonderful day it was! Taking approximately 80 students on buses to the centre of Sydney is certainly a huge adventure that would terrify many teachers, but not our Kindergarten staff led by Mrs Bleeker, they were up for the challenge! The students had a fun filled day, seeing many sea creatures up close and personal for the very first time. I was extremely proud to stand alongside our students, who were highly engaged, inquisitive and highly respectful. Their behaviour was impeccable, they certainly did a great job at representing Woonona Public School. Great job kindergarten!

I would like to take this opportunity to thank the wider school community for the support that has been offered to me whilst fulfilling the Relieving Principal role. It's always with great pleasure that I have opportunities to lead such a wonderful school. I would also like to extend my thanks and appreciation to both Ms Phillips, who stepped into the Deputy Principal role and Mr McMullen who relieved as the Stage 2 Assistant Principal. Both staff members took on these roles and fulfilled them with extremely high levels of dedication and professionalism. Mr Fisher returns next Monday 27 May. I'm sure he will be looking forward to returning and hearing about all the great things that have been happening around Woonona Public School.

Staffing

We recently had a permanent teacher classroom teaching position filled through the merit selection process and I am happy to announce that Mr Matthew Argaet was the successful applicant. Mr Argaet is an asset to our school, who brings with him a wealth of knowledge and experiences and can now call Woonona Public School home. I am sure you will welcome and congratulate Mr Argaet upon his successful appointment.

In other staffing news, Ms Westbrook is taking on a new teaching challenge, recently accepting a position at Picton High School. This Friday 24 May will sadly be Ms Westbrook's last day at Woonona. Ms Westbrook has taught many classes over the years, ranging from Stage 1 to Stage 3, even teaching Science and Technology RFF classes for a period. She has provided students with many valuable experiences over the years and her dedication to welfare and building relationships with students is something of great credit to her. Whilst this is a sad loss for Woonona Public School, it is certainly an exciting new adventure for Ms Westbrook. I would like to thank Ms Westbrook for all that she has offered to Woonona Public School over the years and I know that Picton High School will most certainly benefit from her diverse skill set. Ms Laura Pullen will be teaching 5/6W until the end of the term and I know that she will take very good care of the students. Many of the students already know Ms Pullen and I know that you will all join with me in welcoming her to Woonona Public School.

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5A GRAY STREET

WOONONA NSW 2517

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Showcases

Stage 1 welcomed all of their special guests into their classrooms last week for their Showcase. The students did a wonderful job in taking the visitors on a journey to some beautiful places across the Illawarra, really showcasing what a wonderful place we live in! Stage 2 will be holding their showcase towards the end of the term, with more details to come. Please come along and join in the learning journey of your child!

NAPLAN

This Friday sees the conclusion of the NAPLAN online assessments. Fortunately, we were a school who experienced minimal disruptions and issues in regards to technology. All Year 3 and Year 5 students are to be commended on their calm and positive approach to the assessments, simply seeing it as part of their learning journey. Results will be available later in the year, with parents being notified as soon as they become available.

Upcoming Events

For the very first time Woonona will be holding their Athletics Carnival at Beaton Park next Tuesday. Notes went home last week, with spares available at the front office. What a wonderful experience it will be for our budding athletes to actually run on an official synthetic track. For the first time in several years, we will have all K-6 students together participating at the same carnival. Something that I can't wait to see! Please bear with us, as it is the first time we have taken our carnival off site and organising 600 students to all participate is a huge job. We are sure there will be things we can learn from this experience and improve upon for next year. Please come along and join in the fun on what I know will be an action packed day!

Enjoy your week!

Ms Alison Strinic
Relieving Principal

April Citizens of the Month

Congratulations to our outstanding April Citizens of the month, Lucy, Thomas, Henry and Evie.

Thank you for displaying kindness, respect for our school, peers and teachers and for being friendly and happy students.

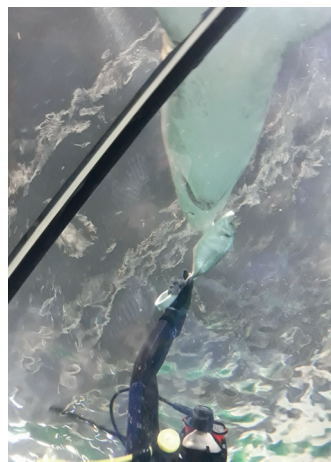


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Kindergarten - Sydney Aquarium Excursion



CO-OPERATION - RESPECT - EFFORT - RESPONSIBILITY

WASSUP

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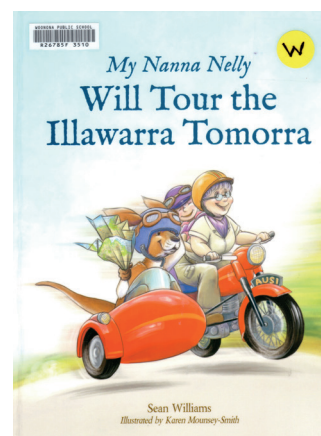
Library News

This week Kindergarten will be enjoying reading together in the Library celebrating National Simultaneous Storytime. This year the book enjoyed together is Matt Cosgrave's "Alpacas with Maracas".



Just a reminder that our annual **Book Fair will be held on Wednesday 5 June and Thursday 6 June!** Due to requests we will be running the Book Fair over 2 days.

Sean Williams will be visiting Stage 1 and Stage 2 on Wednesday 12 June. Sean has written the very popular book "My Nanna Nellie Will Tour the Illawarra Tomorra" which Stage 1 has been using as a base for their Geography for the past few years. Nanna Nellie is also a highly popular library book. Details about Sean's visit will be sent home in the few weeks.



Kinder 2020 Enrolments

We are now taking enrolments for Kindergarten 2020. Please contact the school office to register your child and pick up the required forms.

Term 2 Student Invoices

Term 2 invoices have gone home with one of your children. Please ask them for these or look in their bag.

Only one invoice per family still owing fees is generated so not every child will receive one. If you don't receive one and think you should have please contact the office.

We would appreciate payment as soon as possible by cash or cheque at the office or by our online payment facility accessed on the school website.

Parents Meet Parents Morning Tea

Huge thank you to our P&C led by Marg Nichols and our Year I parents who volunteered to run a special 'parents meet parent's' morning tea. The morning tea ran concurrently with the kindergarten showcase and was aimed to provide an opportunity for Kindergarten families to connect and meet each other. This event was a great way for new and existing families within our school community to meet and establish a parent network that can continue throughout their child's school years at Woonona PS.



Thank you to the year I families who donated yummy morning treats, they were appreciated by all who attended. The morning tea was a great success and something we hope to continue next year.

Mrs Bleeker



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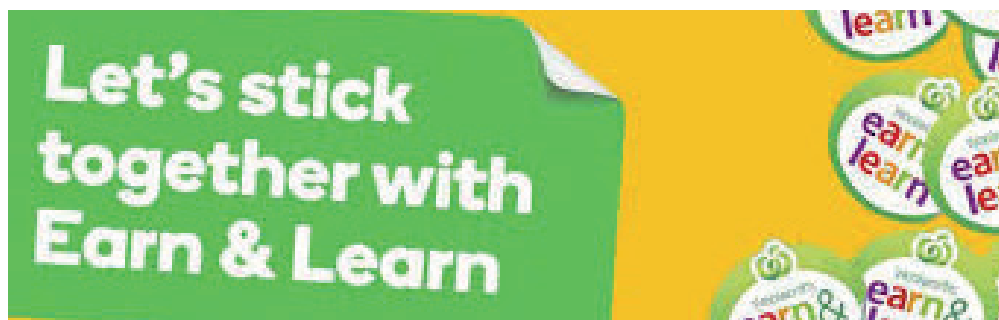


Earn & Learn

With every \$10 spent at Woolworths, one sticker is collected. These can be placed onto the Earn & Learn sticker sheets and dropped into the collection box at Woonona Public School or your local Woolworths.

To help boost your sticker collection, look out for the range of participating products in store which will earn you double stickers.

Points earned are used to purchase equipment such as Arts & Crafts, Digital Technologies and Outdoor Equipment.



Nutrition Snippet

The simplest way

... to add variety to the lunch box

Does your child get bored with their lunchbox?

Making a few small changes can keep it interesting. Try these quick tips to add variety



- **Mix up the breads** - instead of sandwich bread try: rolls, wraps or pita pockets.
- **Fruit** provides endless possibilities for variety, pack: different coloured, fresh, whole, diced, sliced, canned or dried fruit.
- Use our [interactive lunch box builder](#) and get your children to choose what they would like packed in the lunch box.
- Try some new [sandwich filling ideas](#) - visit our website for quick, easy and tasty filling combinations.
- Check out our website for new [healthy snack ideas](#).
- Cook extra for dinner and pack leftovers for lunch.

For more tips, recipes and ideas visit our [website](#).

healthylunchbox.com.au



Nutrition Snippet

The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out throughout the day**.



Breakfast: Start your vegie intake in the morning with avocado or baked beans or tomato on toast

Morning tea: try some [zucchini slice](#) or wholegrain crackers and hummus.

Lunch: Include some salad with lunch. Try our tasty [salad recipes](#).

Afternoon tea: have your favorite piece of fruit.

Dinner: Try our delicious vegie filled [recipes](#).

Dessert: Berries and yoghurt or [healthy apple crumble](#).

healthylunchbox.com.au

Woonona Public School

Events Calendar 2019

Date	Title	Description
24/05/2019	PSSA Round 1	
24/05/2019	Naplan Online Finishes	
27/05/2019	Year 6 at WHS COS Day	
28/05/2019	Athletics Carnival	
3/06/2019	Girls Basketball State Knockout Rd 1 & Rd 2	The Snakepit 9:00am - 2:30pm
5/06/2019	Book Fair	
6/06/2019	ThinkUKnow Presentation	6:00pm - 7:30pm
6/06/2019	Book Fair	
7/06/2019	Regional Cross Country	
10/06/2019	Queen's Birthday - NO SCHOOL	
12/06/2019	P&C Meeting	6:30pm
12/06/2019	Sean Williams Author visit	Stage 1 and Stage 2
14/06/2019	PSSA Week 2	
21/06/2019	PSSA Week 3	
21/06/2019	P&C Trivia Night	
28/06/2019	PSSA Week 4	
5/07/2019	NAIDOC Day	
31/07/2019	Opportunity Class Placement Test	
14/08/2019	P&C Meeting	6:30pm
29/08/2019	Father's Day Stall	
11/09/2019	P&C Meeting 6:30pm	6:30pm
13/11/2019	P&C Meeting 6:30pm	6:30pm
11/12/2019	P&C Meeting 6:30pm	6:30pm

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 2
 Tuesday 2:30pm - 3:15pm (odd weeks)
 Friday 8:30am - 9:30am

Uniform Shop

Uniform Shop Opening Hours - CASH ONLY				
Week	Afternoons 2:30 – 3:15 pm		Mornings 8:30 – 9:30 am	
4			Friday 24th May	Karlie Jo
5	Monday 27th May	Sam Jane	Friday 31st May	Charmaine Amy S
6			Friday 7th June	Trish Nicole
7	Tuesday 11th June	Kim Hayley	Friday 14th June	Sally Megan
8			Friday 21st June	Amy S Amy B
9	Tuesday 25th June	Jane Sam	Friday 28th June	Karlie Rena
10			Friday 5th July	Kristy Jo

Canteen

Woonona Public School CANTEEN MENU TERM 2 2019

YOUR CANTEEN IS RUN ENTIRELY BY VOLUNTEERS

Themed Days

- **Baked Potato Monday \$4.00**
- Ham & Cheese OR Mexican (meat-free)
- **Pizza Tuesday \$4.00**
- Canteen-made
- Ham & Pineapple OR Ham & Cheese
- **Super Sushi Wednesday**
- Various flavours available
- See QuickCliq for options and prices
- **Pizza Thursday \$4.00**
- Canteen-made
- Cheese OR BBQ Chicken
- **Burger Friday \$4.50**
- Beef OR Chicken
- Served with lettuce, tomato & cheese
- Tomato or BBQ sauce optional

Order online...

www.quickcliq.com.au

It makes ordering lunches quick and easy!
NOTE: Cut off for orders is **2:00am** on the day.

CANTEEN FOOD

Available over the counter and for ORDER

Fresh seasonal fruit - whole	\$0.70 each
Fresh fruit salad cup	\$2.00
Fresh fruit salad cup with yoghurt & granola	\$2.00
Fresh fruit salad cup with dairy-free yoghurt & granola	\$2.00
Frozen watermelon wedge	\$0.20
Toasties	\$0.50
- Bread with tomato paste & melted cheese	
Popcorn - Freshly air-popped	\$0.50
Cheerios in bag	\$0.50
Bread Sticks (grissini)	\$0.20

FRESHLY MADE TREATS

When available, over the counter ONLY

Freshly baked fruit muffins	\$1.00
Bliss Balls - 2 bliss balls for...	\$0.50
Other various canteen-made treats daily	

FROZEN TREATS

Available at lunch only, over the counter ONLY

Frozen watermelon wedge	\$0.20
Frozen fruit cups	\$0.20
- Frozen orange juice	
Large Fruit Cups	\$0.50
- apple & blackcurrent or apple	
Frozen Juicies	\$1.00
- Lemonade, Tropical, Wildberry or Orange	
Vanilla Ice Cream Cup	\$1.00

DRINKS

Available over the counter and for ORDER

Water 600ml	\$1.50
Flavoured Milk	\$2.00
- Chocolate or Strawberry	
Poppers (Juice Box)	\$1.50
Apple, Orange, Apple & Blackcurrent or Tropical	

Available over the counter ONLY
Warm or Cold Milo \$1.00

LUNCH

Available everyday for lunch - ORDER ONLY

HOT FOOD

Chicken Chippies - 3 pack	\$1.50
Chicken Chippies - 5 pack	\$2.50
Chicken Wrap	\$3.50
Flame-grilled chicken breast tender	
Optional lettuce and mayonnaise	
Sausage Roll	\$3.00
Sauce - tomato or BBQ	\$0.20
Beef Lasagne (GF)	\$3.00
Vegetable Lasagne (GF)	\$3.00
Macaroni & Cheese (GF)	\$3.00
Twista Pasta Bolognaise	\$3.00

SANDWICHES - all made on wholemeal bread

Bread - Includes 2 slices	\$1.00
Roll	\$1.50
Wrap	\$1.50
Toasted (sandwich press)	\$0.50
With butter	\$0.00
Without butter	\$0.00

FILLINGS

Vegemite	\$0.50
Honey	\$0.50
Cheese	\$1.00
Ham	\$1.00
Tuna	\$1.00
Chicken Flame Grilled Tender	\$1.50
Egg - boiled	\$1.00
Salad- choose 4 salad items	\$1.60
Lettuce	\$0.40
Cucumber	\$0.40
Carrot	\$0.40
Tomato	\$0.40
Beetroot	\$0.40
Mayonnaise	\$0.10



If you have any suggestions, ideas or you are able to volunteer please contact canteen admin at canteen@wppc.com.au
Please check the current roster regularly for any planned closures. This is sent weekly with the term planner or newsletter and is also on the Facebook parents page.



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.



BOTANIC GARDENS DAY AUSTRALIA AND NEW ZEALAND

PEOPLE – PLANTS – POSSIBILITIES
CONSERVING PLANTS FOR THE FUTURE

www.bganzt.org.au

SUNDAY 26 MAY 10AM - 2PM

**Free
event**

What's On:

Tours:

- Behind the Scenes
- Habitat Gardening
- Garden Tours in the Buggy

No More Dodos Play
Native Plant Sale
Botanic Art Display & Stall
Lunchtime Band
BBQ lunch and coffee available throughout the event
Visit wollongong.gov.au/botanicgarden for the full program.

Workshops:

- Kids Seed Planting
- Composting
- Insect Hotel Making
- No Dig Gardening



National Ambassador
Costa Georgiadis

#BotanicGardensDay











CHIPPERS FINISHING SCHOOL

*** Goals win games! ***

IMPACT GARAGE DOORS

JULY SCHOOL HOLIDAY CLINICS

Monday 8th- Tuesday 9th - Shellharbour
Thursday 11th- Friday 12th - Huskisson
Tuesday 16th-Thursday 18th - Bellambi

www.chippersfinishingschool.com.au/register

5-16 years (Boys and Girls)
All levels of abilities welcome

GOALS WIN GAMES



Our Partners:










EYECARE PLUS CORRIMAL OPTOMETRIST - 2/104 RAILWAY ST CORRIMAL - (02) 42840604



MYOPIA CONTROL



What are the signs of myopia?

Yang Wang & Roland Mak
Children's Vision Optometrists at Eyecare Plus Corrimal

Myopia or short-sightedness occurs when there is blurry vision at the distance. Signs of myopia can include:

- Squinting to see far away
- Confusion of small letters and numbers
- Request to sit in front of class
- Slow at copying off the board
- Holding reading material very close

Can it get worse?

Myopia can worsen with age, increasing the risk of eye diseases such as cataracts, glaucoma, retinal detachments and myopic macular degeneration later in life.

What can be done at home?

Children should take regular breaks from looking at screens, ideally every 30 minutes, kids should take a break looking out the window. Prolonged over-focussing of the eyes can lead to myopia progression.

Research recommends kids to spend average of 3 hours per day outdoors and minimize screen time to 1 hour per day to minimize the risk of developing myopia.

Regular eye checks are key:

A yearly eye check is recommended to ensure myopia and other visual problems are picked up as early as possible.

What is Myopia Control?

Myopia control aims to slow down the progression of myopia. There are four main treatments:

- Progressive or Bifocal Addition Glasses - a different prescription is given for distance and near
- Soft myopia control contact lenses - recent advancements allow daily disposable wear
- Orthokeratology - hard contact lenses worn overnight to reshape the cornea, correcting any myopic prescription
- Low-dose Atropine eyedrops - changes the focussing state of the eye muscles

Case Example:

A 6-year old child presents to the optometrist with a prescription of -0.50.

If standard single vision spectacles were prescribed, at the age of 17 her prescription may be:

-5.00

Myopia Control Options:
If treatment options suitable for the child were prescribed, at the age of 17 her prescription may range between:

-2.33 to -3.67
(a reduction of 29% to 59%)

* Example only. Progression is dependent on individual.

For more info:

Myopia Control Clinic at EYECARE PLUS CORRIMAL

Phone (02) 4284 0604

eyecarepluscorrimal.com.au

Shop 2 / 104 Railway Street, Corrimal, NSW, 2528



HEALTHY LUNCH BOX

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healthylunchbox.com.au

Visit healthylunchbox.com.au for recipes & information you can trust.



Cancer Council



HEALTHY LUNCH BOX

*Holden, Brian A., et al. "Global prevalence of myopia and high myopia and temporal trends from 2000 through 2050." *Ophthalmology* 123.5 (2016): 1036-1042.
**Donovan, Senkeridung, Ho et al. "Myopia progression rates in urban children wearing single vision spectacles." *Optom Vis Sci*. 89(1). 2012. 27-32.