

WASSUP

W O O N O N A



Term 4 | Week 8 | 6 December 2018

Principal's Report

Staffing Update - 2019 - Mrs Leanne Hebden

As is always the case, changes occur each and every year with our staffing. At the end of 2018, we will say farewell (possibly forever or for a short time) to Mrs Leanne Hebden. Mrs Hebden has been an outstanding classroom teacher and highly valued member of the school executive at Woonona Public School for several years and she will be sorely missed. Mrs Hebden and her husband have bought a block of land in Tasmania and are looking forward to a new and exciting change for their family. Mrs Hebden will be taking leave in 2019. All going well, Mrs Hebden may make Tasmania home. However, don't discount the fact we may not see Mrs Hebden again just yet - the pull of Woonona Public School will be strong and it could well be that we see her again back at Woonona Public School in the future.

Congratulations Ms Strinic and Mrs Curry

On Monday, 3 December I attended the Regional South Operational Directorate Awards at Panorama House. At these awards, two of our staff received recognition for their outstanding contributions to Woonona Public School.

Ms Alison Strinic received acknowledgement as the Executive Teacher of the Year in the Wollongong Network of Schools. Her citation below truly reflects the amazing impact she has had on staff, students and families at Woonona Public School:

Alison Strinic is the Deputy Principal of Woonona Public School. Alison has fulfilled a number of roles at Woonona Public School, including teacher, Assistant Principal, Deputy Principal, Relieving Principal and Acting Principal. She is admired by staff, students and the community as an outstanding educator and innovative leader who displays exemplary conduct and professionalism in all her interactions.

Alison's ability to develop a team of learners, whether that be students or staff, is exceptional. She has led professional learning across a school that has been acknowledged for its outstanding academic results and ability to maximise student growth. Her pedagogical leadership is a passion she enthusiastically shares with her colleagues and the community in ensuring every student is provided with the opportunity to exceed their potential.

Mrs Karina Curry received acknowledgement as the School Administrative and Support Staff (SASS) member of the Year in the Wollongong North Network of Schools. Her citation below reflects the way in which she has led the Administrative team to support the smooth running of our school for the staff, students and families at Woonona Public School:

Karina Curry is the School Administrative Manager of Woonona Public School. Karina's financial, managerial, personal and professional leadership of a growing school has created a collaborative, high functioning and extremely efficient administrative team.

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W O O N O N A



Congratulations Ms Strinic and Mrs Curry cont'd:

Karina has built the capacity of her staff through compassionate, knowledgeable leadership that is grounded in trust and respect.

Karina's ability to build the capacity of others is highly admirable. Beyond her school, Karina is called upon as a leading School Administrative Manager mentor for new and relieving SASS, those requiring additional support in administrative processes, as well as being the SASS Reference Group Warilla Treasurer and Coordinator.

I congratulate both Ms Strinic and Mrs Curry for receiving this recognition. It is truly deserved and I know staff, students and families will join me in recognising this outstanding achievement.



Final P&C Meeting for 2018

Last night was our final P&C Meeting of the year and I would like to take this opportunity to thank our P&C for their outstanding achievements in 2018. You should be very proud of what you have been able to achieve for our school not only with the fantastic fundraising, but for the opportunities you provide for our students, staff and community on a regular basis. There was no "meeting" as such, but rather an end of year dinner at Woonona Bulli RSL, which was a fitting way to conclude a successful year.

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W O O N O N A



Reports go home Friday, 14 December

Reports happen twice per year at all public schools in NSW. Our staff have written extensive reports that cover all Key Learning Areas. These subjects have all been assessed through a range of techniques, with students abilities compared to relevant syllabus outcomes for each Stage of learning.

Remember:

- * Teachers plan teaching and learning programs using syllabuses developed by the NSW Education Standards Authority.
- * The syllabuses describe standards that apply across the state for each learning area.
- * Your child's teacher uses their knowledge of syllabuses and knowledge of the children in their class to plan their teaching and learning programs.
- * Teachers use their professional judgement, internal and external data gathering about each child's achievement against the statewide standards to award the grade.

If your child has achieved a Sound on their report then he/she has achieved what is generally expected. If your child has achieved an Outstanding or High then he/she has achieved more than is generally expected. If your child has achieved a Basic or a Limited, then he/she has not yet achieved what is generally expected compared to other children of a similar age.

Presentation Day Assembly

Next Wednesday, 12 December, we will be holding our annual Presentation Day Assembly where we celebrate the 2018 successes of Woonona Public School with our school Community. The assembly begins at 9:30am and is being held in Woonona High School hall.

New Demountable

Yesterday, after school, our new demountable arrived. This is perfect timing, as we prepare for the new year and increasing to a 23rd class in 2019. In the coming days and week, some staff will begin to prepare to move as we make preparations for our anticipated staffing for the coming year.



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Grant

I would like to congratulate all those families who busily voted for our P&C in the recent Greater Bank "Greater Illawarra" promotion. Our school P&C were successful and have received a grant of \$2000 to purchase a new oven for our school canteen; something that from all accounts is well overdue. Thank you again to everyone involved, especially Renee, for initiating this worthwhile project.



Parent Helper Morning Tea

Today we invited the many members of our school community who have volunteered throughout the year to our Parent Helpers Morning Tea. This is an opportunity for the students and teachers to recognise and thank our parent helpers as we truly value and appreciate this support. It was wonderful to hear so many volunteers were in attendance (unfortunately I was unable to attend). Thank you for all you do to support our students and staff.



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Swim Scheme Has Concluded

The annual School Swimming Scheme took place in Week 6 and 7, with 60 students in Years 2 - 3 participating daily for two weeks. I have heard wonderful reports from the supervising teachers, who spoke highly of the students' behaviour and attitude as well as their willingness to get in and give things a go. In addition, I have heard that many students achieved some huge improvements in their swimming and I encourage all those who attended to continue to seek opportunities to improve their swimming (of course ensuring it is done in a safe and supervised environment). Thanks must also go to Ms Strinic who attended and to Mr McMullen who was our trusted swim coach throughout the program.

Final WASSUP WOONONA for 2018

I want to remind parents that students' last day for the school year is Wednesday, 19 December. Students will resume school on Wednesday, 30 January 2019. We look forward to seeing our Year 1 to Year 6 students on this first day. Our Kindergarten students will begin Big School on Monday, 4 February, after their Best Start Assessments have been conducted in Week 1.

As this will be the final newsletter for 2018, I would like to take this opportunity to thank you all for your support throughout the year. I wish you and your families a happy and safe holiday. Merry Christmas!! I hope Santa is good to you!!

Mr Tim Fisher
Principal

November Citizens of the Month

Congratulations to our outstanding November Citizens of the month, Hayden, Hudson, Audrey and Samuel.

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





Deputy Principal's Report

School Swimming Scheme

The School Swimming Scheme has concluded for yet another year. Mr McMullen, Mrs Peary and myself enjoyed taking 60 swimmers to Corrimal pool each day to learn valuable swimming and water safety skills. It was amazing to see the phenomenal progress that occurred each and every day. Swimming is such an important part of our lives whilst living on the coast, and it was wonderful to see all students push the boundaries and try different things. They all gained so much confidence as the days went on. Special mention must go to Mr McMullen who taught a group every day, often enjoying the cool water on those warm days. Mrs Mitchell, Mrs Northwood and Mrs Lynch, the other swimming teachers, were so impressed with not only the progress our students made in the pool but also extremely complimentary of how lovely our students were. Even the bus driver commented on how well-mannered the students from Woonona are. The swimmers certainly did us proud! It is such a valuable program that has existed for many years and is more relevant than ever, with many families having pools at home. Students who participated will receive their certificates by the end of the week.

Picnic day

Next Tuesday is our annual Picnic Day. A day for students to be rewarded for all of their hard work throughout the year and celebrate a great year at school.

Kindergarten, Year 1 and Year 2 are being treated to a 'Jollybops' Science show, which should be very exciting. Year 3, Year 4 and Year 5 students are going ten pin bowling, which should be a whole lot of fun. Our Year 6 students are heading off to Jamberoo to enjoy a fun and action packed day.

The cost of all of these activities has been covered by numerous fundraising efforts throughout the year, such as 'Spare Change Friday' and cake stalls. The P&C has kindly covered the outstanding amount. As a result, all students are participating in these exciting events free of charge!

Being the last newsletter for the year I would like to extend my sincere thanks and appreciation to you all for another wonderful year at Woonona, and in particular the support I was offered when in acting principal role. It certainly was a year full of change!

I wish you and all of your families a safe and happy Christmas. I look forward to seeing you all again for an exciting 2019.

Merry Christmas!
Ms Alison Strinic

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School Swimming Scheme



CO-OPERATION - RESPECT - EFFORT - RESPONSIBILITY

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SRC Reading Book Donation Drive

Well done Woonona Public School students. We have collected heaps of books for the 'Reading Book Donation Drive' that Mr Paul Scully, Local Member of Parliament, has been organising. The books will be donated to the students of Illawarra Public Schools who don't have anything to read over the holidays.

Mr Scully came in to collect them from us and was very grateful for our efforts. Thanks again Woonona students for your generosity and thoughtfulness towards others.

Woonona Public School SRC



Stage 1 Christmas Showcase

Yesterday, Stage 1 had their Christmas Showcase. We saw a lot of different creative pieces from all classes, ranging from percussion, to dance, to singing. This term, Stage One has been focusing on their dance and drama skills and this sure showed in the performances from the classes. One of the most anticipated acts was the Stage One dance. We have been practising the dance for nearly the entire year, and students have worked hard to perfect their moves. The dance was created by Mrs Barnaby and it is to the song 'Come Alive' from The Greatest Showman. Well done to the students for their hard work in Creative and Performing Arts, and a big thanks to Mrs Barnaby for teaching and organising the dance!



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New Demountable Arriving



P&C End of Year Report

WOW where has the year gone. I'm sure it was only January yesterday and we were just starting the year.

The P&C have held many fundraising events this year - Hot Cross Bun Drive, Mother's and Father's Day Stalls, Stationery Orders at the start of the year, Entertainment Books, Bunnings BBQ and our Donation Cards. All these events require a lot of effort so a massive thank you to all the people gave up their time to assist us.

I would especially like to thank our committees:

Executive – Andromeda, Kristy, Lesley and Jackie;

Canteen – Liz, Kristy, Beck, Andromeda and Bec;

Uniform – Terri and Renae;

School Banking – Maryann and Dannielle;

Scholastic Books – Penny and Jayde;

Fundraising – Terri & Jayde.

It is very much appreciated for all the time & effort you put in week in, week out to keep things running smoothly.

In the last month, we have been fortunate enough to be awarded 2 grants:

- From the NSW Government's 2018 Community Building Partnership Program, we received \$14,652 to extend our current playground equipment. We will be working with the school on this exciting project and look forward to seeing it completed next year.
- We also received a \$2,000 grant from Greater Bank's Stronger Community Program which will allow us to upgrade the oven in the canteen.

Thank you very much to Marg & Renee who applied for the grants on behalf of the P&C.

With all our continuing fundraising efforts,

- We have committed \$50,000 to the school library refurbishment which is a long-term project and we continue to work with the school during planning stages;
- We also agreed match grant received for the playground equipment which will give us a total of approx. \$30,000 to upgrade this area;
- And we also donated a class set of iPads.

So, as you can see all money raised goes directly back into the school which is an amazing achievement for our school community.

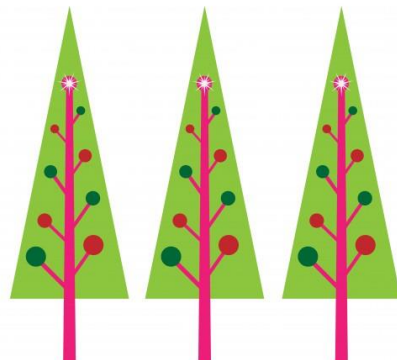
I would also like to thank Tim, Lorraine and all the teachers for their continued support throughout the year.

We encourage everyone to be involved in the P&C, so please come along to our meetings on the 2nd Wednesday of the month (not during holidays). It's a great way of being involved and to find out what's happening at the school. Our first meeting for next year is 14th February.

If you are unable to attend the meetings, please contact us as we are always needing volunteers to help in many ways and remember many hands make light work 😊

Once again, thank you for another great year at Woonona Public School. Have a wonderful Christmas and a safe and relaxing break and see you again next year.

Amanda Hawker
P&C President



Afternoons 2:30 – 3:15 pm		Mornings 8:30 – 9:30 am	
		Friday 7 th December	Renae and Liz
Tuesday 11 th December	Kim and Lisa	Friday 14 th December	Renae and Jo

Canteen

Woonona Public School CANTEEN MENU TERM 4 2018 - Issue No.1

THE CANTEEN IS COMPLETELY RUN BY **VOLUNTEERS**

Themed Days

- Mexican Monday
- Pizza Tuesday
- Super Sushi Wednesday
- Muffin Madness Thursday
- FriYAY!

You can now order online...

www.quickcliq.com.au

It makes ordering lunches quick and easy!

NOTE: cut off for orders is 9:00am on the day



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.

CANTEEN FOOD

available over the counter and for ORDER

Fresh Seasonal Fruit - Whole	\$0.70 each
Fresh Fruit Salad Cup	\$2.00
Fruit Smash (smoothie)	\$2.00
Toasties	\$0.50
(Bread with tomato paste & melted cheese)	
Popcorn	\$0.50
(Freshly Air Popped in the Canteen)	
Cheerio's in a Bag	\$0.50

FRESHLY MADE TREATS

when available, over the counter ONLY

Freshly Made Muffins with Fruit	\$1.00
Zucchini Slice - DELISH	\$1.00
Bliss Balls - 2 Bliss Balls for	\$0.50
Other Various Canteen Made Treats	
as advertised on Facebook	

FROZEN TREATS

available at Lunch over the counter ONLY

Frozen Watermelon piece	\$0.20
Fruit Cups - frozen fruit juice	\$0.20
Large Fruit Cups - various flavours	\$0.50
Frozen Juicies - various flavours	\$0.50
Vanilla Ice Cream Cup	\$1.00

DRINKS

available over the counter and for ORDER

Water 600ml	\$1.50
Flavoured Milk	\$2.00
(Chocolate/Strawberry)	
Poppers	\$1.50
(Apple/Orange/Apple Blackcurrant/Tropical)	

available over the counter ONLY

Warm or Cold Milo	\$1.00
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LUNCH

available for Lunch - for ORDER ONLY

HOT FOOD

Chicken Chippies (max 5)	\$0.50 each
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Wrap	\$3.50
Flame Grilled Chicken Tender (lettuce and mayo)	
Burger	\$4.00
Flame Grilled Chicken Tender (lettuce and mayo)	

Sausage Roll	\$3.00
Sauce Tomato or BBQ	\$0.20

Beef Lasagne (GF)	\$3.00
Vege Lasagne (GF)	\$3.00
Macaroni and Cheese (GF)	\$3.00
Twista Pasta	\$3.00

SANDWICHES - all on wholemeal bread

Bread - Includes 2 slices	\$1.00
Roll	\$1.50
Wrap	\$1.50

Toasted (Sandwich Press)	\$0.50
With butter	\$0.00
No 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	\$1.00
Salad (4 salad items)	\$1.60
Lettuce	\$0.40
Cucumber	\$0.40
Carrot	\$0.40
Tomato	\$0.40
Beetroot	\$0.40
Mayo	\$0.10



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.

Woonona Public School Canteen Roster
Roster
Term 4 2018

Week 1	Monday 15-Oct Andromeda Lembo Belinda Jones	Tuesday 16-Oct Megan Cracknell Corrine Lamont	Wednesday 17-Oct Kirstie Knight Jill Boyd MS Emilia Barabach AS	Thursday 18-Oct Marg Nichols Deborah Neal	Friday 19-Oct Loren Marsh Bronwyn Sedgwick
Week 2	Monday 22-Oct Elke Cummings CANTEEN NEWBIE NEED MS Nicole Byrne AS	Tuesday 23-Oct Chris Paul Leonie Smith	Wednesday 24-Oct Jennifer Cowie Ellena Street	Thursday 25-Oct Samantha Mclean Colby Davis	Friday 26-Oct Kate Harris Chantelle Obrien Hayley Doyle
Week 3	Monday 29-Oct Amanda Hawker Jodie Cleaves	Tuesday 30-Oct Tanya Gerada MS Mary Borg MS Kim Walker AS Sherrie Gallagher AS	Wednesday 31-Oct Emilia Barabach AS Amanda Sandoe Jill Boyd MS	Thursday 1-Nov Bianca Ladurner Monique Hosoglu	Friday 2-Nov Bec Welsh Jade Moleenmaker Gorica Tsekouras
Week 4	Monday 5-Nov CANTEEN NEWBIE NEEDED Elke Cummings	Tuesday 6-Nov Jackie Pipe Kevin Smith	Wednesday 7-Nov Jayde Neal Phillip Barden	Thursday 8-Nov Kathi Fellowes Paul Robson	Friday 9-Nov Chantelle Obrien CANTEEN CHAMPION NEEDED CANTEEN NEWBIE NEED MS Jane Paul AS
Week 5	Monday 12-Nov Leslee Griffiths Leonie Smith	Tuesday 13-Nov Deanne Harrison Natalie Hoyle	Wednesday 14-Nov Cecilia Wallis Larissa Duffy	Thursday 15-Nov Lauren Collings Deborah Neal	Friday 16-Nov Kellie Simpson Karen Williams Bevan Williams
Week 6	Monday 19-Nov Debbie Boyd Elke Cummings	Tuesday 20-Nov Ashley Garcia Leonie Smith	Wednesday 21-Nov Vanessa Mailhammer Shona Mcanally	Thursday 22-Nov Samantha Mclean Paul Robson	Friday 23-Nov Kylie Owen (HR Mum) CANTEEN NEWBIE NEEDED Rhianon Stone
Week 7	Monday 26-Nov Amanda Hawker Leonie Smith	Tuesday 27-Nov Megan Cracknell Corrine Lamont	Wednesday 28-Nov Emilia Barabach Maree Vella	Thursday 29-Nov Jenni Ludewig Jill Boyd MS CANTEEN NEWBIE NEED AS	Friday 30-Nov CANTEEN CHAMPION NEED MS Amanda Macaulay Hayley Doyle Kathryn Postill AS
Week 8	Monday 3-Dec CANTEEN NEWBIE NEED MS Elke Cummings Nicole Byrne AS	Tuesday 4-Dec CANTEEN CHAMPION NEED CANTEEN NEWBIE NEEDED	Wednesday 5-Dec Vanessa Mailhammer Ian Fulton	Thursday 6-Dec Kathi Fellowes Deborah Neal	Friday 7-Dec Jenny Harding Mandy Tyler CANTEEN NEWBIE NEED MS Jane Paul AS
Week 9	Monday 10-Dec CANTEEN CHAMPION NEED Leonie Smith	Tuesday 11-Dec Melinda Tucker Ashley Garcia	Wednesday 12-Dec Cara Monangle Emilia Barabach	Thursday 13-Dec Samantha Mclean Paul Robson	Friday 14-Dec Andromeda Lembo Kylie Owen Aki Holmes
Week 10	Monday 16-Dec Kristie Wilson CANTEEN NEWBIE NEED MS Nicole Byrne AS	Tuesday 17-Dec Deanne Harrison Natalie Hoyle	Wednesday 18-Dec CANTEEN CLOSED FOR CLEANING	Thursday 19-Dec SCHOOL HOLIDAYS	Friday 20-Dec SCHOOL HOLIDAYS



FREE FOOTBALL TICKETS

Hyundai A-League 2018/19 Western Sydney Wanderers v Sydney FC Saturday 15 December, 7:50pm ANZ Stadium

Thanks to the Western Sydney Wanderers, the NSW Premier's Sporting Challenge and ANZ Stadium, students and staff at your school have the opportunity to witness these two foes go head to head!

As your school participated in this year's NSW Premier's Sporting Challenge, up to **four (4) FREE tickets** are available for *each* student and staff member to redeem for the match.

Tickets are limited so be sure to secure them quickly for what will be a great evening of football. To take up this fantastic offer, students and their parents should follow the steps below:

1. Simply go to the website: <http://www.anzstadium.com.au/premiers-sporting-challenge/>
2. Register their details
3. Print out the voucher and bring it with them on the day to enter ANZ Stadium via the gate listed on their vouchers to sit in general admission seating.

For additional information, please visit the ANZ Stadium website by [clicking here](#).

Please note:

- *Students must have parental permission to participate in this offer.*
- *Each student is entitled to up to four (4) free tickets (limited to one registration per student).*
- *Match ticket voucher must be printed and presented at Stadium entry gates for entry to this match.*
- *There is a limit of 8,000 vouchers/tickets (redemption available to 2,000 individuals).*
- *Entry may be refused if match ticket vouchers are damaged or defaced in any way or redeemed in an unauthorised manner.*
- *If a match ticket voucher is resold or redeemed in an unauthorised manner it may be cancelled and the bearer of the ticket refused entry.*
- *Accessible seating is available within the allocated general admission seating area.*



CREATIVE KIDS PROGRAM A STEP CLOSER

Families across NSW will soon be able to access the new **\$100 Creative Kids voucher** unlocking the creative abilities of a new generation across the State **from 1 January 2019** when the program takes effect.

All relevant providers have been asked to register with Service NSW so they can participate in the program.

Parents will be able to use **one voucher for every school-age child per year** to help meet the cost of structured creative and cultural activities, such as **music lessons, languages, coding, drama and theatre, photography and graphic design.**

So far more than \$200 million has been returned to households this calendar year through various cost of living incentives. Creative Kids will provide parents with even more hip pocket relief.

There are thousands of organisations out there who could be eligible for the program. I am calling on them to register with Service NSW so that parents can claim their \$100 vouchers with them in the New Year.

This is a fantastic initiative that is only made possible because of the strong economic position of the NSW Government.

We can afford to deliver real savings that help the working families of NSW and reduce barriers to healthy activity.

This program compliments the hugely popular Active Kids voucher and for a family with two children, Creative and Active Kids combined will save them \$400 a year.

Creative Kids is one of a raft of NSW Government initiatives helping to ease cost of living pressure for households. Others include cheaper Green Slips and refunds, free car registration for regular toll users and the FuelCheck app.


Further information including guidelines for providers is available at www.service.nsw.gov.au/creativekids. I encourage parents to speak to the providers of their children's creative activities and ensure that they register.

GARETH WARD MP

Member for Kiama

Parliamentary Secretary for Education

Wollongong City Council's Lifeguard Service



**NO FLAGS
NO SWIM**

stay safe this summer
wollongong.nsw.gov.au/beachsafety

City of Wollongong @Wollongong_City

PCYC WOLLONGONG

JAN 2019
STARTS JAN 2

SCHOOL HOLIDAYS

**LIMITED PLACES
BOOK NOW**

ARROW TAG	\$12	8 years
Mon to Fri 9.30am - 10.30am & 11.00am - 12.00pm		
PARKOUR	\$40	8 years
Wednesdays 9am - 3pm		
LITTLE NINJAS	\$30	5-8 years
Thursdays 9.00am - 3pm		

SEE PCYC WOLLONGONG FACEBOOK PAGE FOR DETAILS

PLEASE WEAR SPORTS CLOTHES & ENCLOSED SHOES. BRING ALONG A WATER BOTTLE AND FOOD FOR THE DAY.

BOOKINGS 42294418
EMAIL: wollongong@pcycnsw.org.au

Kids Aqua

Don't miss out on the Big Fat Smile Kids Aquathon this Australia Day. This fun, family friendly community event has something for everyone.

With two swim distances to choose from and a flat scenic run – it is the perfect event for kids aged 6-12 years. Parents can participate with their kids and everyone gets a finishers medal!

If you don't want to do the full event, grab a friend and do a Tag Team. For more information and to register, visit:
<http://aquathon.com.au>

WOLLONGONG HARBOUR, Sat, 26th Jan



Big Fat Smile

KIDS AQUA

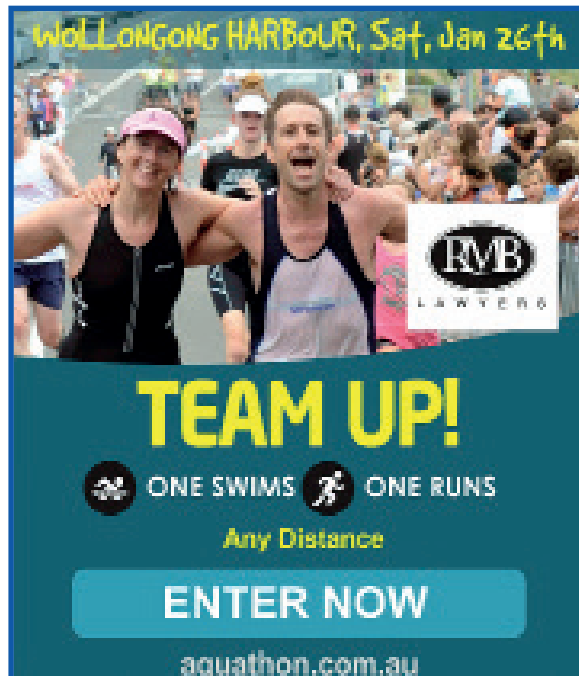
SWIM + RUN = FUN!

Individual Tag Team
Finisher medals

AUSTRALIA DAY AQUATHON

ENTER NOW aquathon.com.au

WOLLONGONG HARBOUR, Sat, Jan 26th



RMB LAWYERS

TEAM UP!

ONE SWIMS ONE RUNS

Any Distance

ENTER NOW

aquathon.com.au

NEW POOL INFLATABLE

Berkeley	Corrimal	Western Suburbs	Dapto	Beaton Park
Swimming Pool Free Entry	Heated Swimming Pool \$4.90 per child	Swimming Pool Free Entry	Heated Swimming Pool \$4.90 per child	Heated Swimming Pool \$6.60 per child
Tuesday 8 January 9 - 11am	Thursday 3 January 10am - 12 noon	Tuesday 15 January 9 - 11am	Thursday 10 January 10am - 12 noon	Wednesday 16 January 2 - 4pm
Tuesday 22 January 9 - 11am	Thursday 17 January 10am - 12 noon	Friday 25 January 9 - 11am	Thursday 24 January 10am - 12 noon	Wednesday 23 January 2 - 4pm

Conditions apply: Participants must be under 90kgs, no taller than 170cm.



wollongong
city of innovation

Swimming Pools and Beaton Park are a service of Wollongong City Council
www.wollongong.nsw.gov.au

FOOTBALL SOUTH COAST

FLARE FOOTBALL SCHOOL

HOLIDAY CLINIC

21 - 24 JANUARY


9.00AM - 12.00PM

For kids aged 5-12 years
Allison Park / Balgownie / Thirroul

\$95
PER PERSON
(includes a free training shirt)

REGISTRATIONS
NOW OPEN

FOR MORE INFORMATION:
W www.flarefootballschool.com
E office@footballsouthcoast.com P 42881923




Super Moves Super Foods is a 10-week group-based program designed specifically for children with Autism Spectrum Disorder and hypermobility disorders.

'Super Moves' is a movement program aimed at safe and effective activity to improve the function and physical needs of kids diagnosed with ASD and hypermobility disorders.

'Super Foods' is a nutrition program which helps parents and carers to understand the impact of food choice on children's mood, behaviour and task-focus.

Super Moves Super Foods will get your kids moving whilst you are learning. The children will be coached by an Exercise Physiologist, and the parents will be guided by a Nutritionist & Food Scientist.

Super Moves Super-Foods commences Term 1 2019.
For more information, to discuss NDIS funding options or to book your spot contact: Heidi@bodydynamics.com.au




Saltwater Swim Lessons

January School Holidays

14th-25th

4283 6333
ECsportz.com.au



