

# Tacking Point PS Newsletter

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Week 2, Term 4 2019

25 October 2019

## APPROACHING CALENDAR EVENTS

2019	
<b>Mon 28 Oct – Fri 8 Nov</b>	Year 2 Swim School
<b>Tues 29 – Thurs 31 October</b>	State Girls Cricket - Raby
<b>Thursday 31 October</b>	Kinder 2020 Orientation
<b>Friday 1 November</b>	P&C Run4Fun Colour Explosion
<b>Wednesday 6 November</b>	Lego League Junior Expo
<b>Wed 6 – Thurs 7 November</b>	State Athletics, Homebush
<b>Thurs 7 – Fri 8 November</b>	Year 3 Camp
<b>Friday 8 November</b>	K-2 Assembly – <b>Hosted by 1R</b> , 9.15am in the Hall Kinder 2020 Transition
<b>Thursday 14 November</b>	Yr1: Dinosaur Beach Excursion
<b>Friday 15 November</b>	K-2 Assembly – <b>Hosted by 2J</b> , 9.15am in the Hall Kinder 2020 Transition STEM Expo and Power Up – Melville HS Lego League – Regional Qualifier Stage 2 Assembly – <b>Hosted by 3/4M</b> , 1.45 in the Hall
<b>Friday 22 November</b>	K-2 Assembly – last general assembly for 2019 Kinder 2020 Transition
<b>Tuesday 26 November</b>	HCH Boys Cricket Trials
<b>Thursday 28 November</b>	Bel Canto Performing – Count Down to Christmas
<b>Friday 29 November</b>	Stage 2 Assembly – <b>Hosted by 3/4B</b> , 1.45 in the Hall
<b>Tuesday 3 December</b>	High School Transition day
<b>Wednesday 4 December</b>	Band: Evening Concert
<b>Friday 6 December</b>	First Lego League Junior Expo
<b>Wednesday 11 December</b>	Presentation Ceremony, 9.15am – 11am Bel Canto Awards concert, 6.30pm
<b>Thursday 12 December</b>	Year 6 Farewell
<b>Friday 13 December</b>	K-2 Christmas Concert
<b>Monday 16 December</b>	Kinder Graduation
<b>Wednesday 18 December</b>	Stage 3 – Pool Party Last School day for 2019

## 2020 DATES TO REMEMBER

2020	
<b>Tuesday 28 January</b>	Staff Development Day – no students to attend school
<b>Wednesday 29 January</b>	First day of school for Year 1 – 6 students, 2020.
<b>Wednesday 5 February</b>	Kinder 2020 start school

Welcome back to Term 4 on what will be a busy one, I'm sure.

Our new look Grandparents Day was held this week and was a huge success. K-2 grandparents travelled from afar to join their grandchildren and share the morning comparing school from the past to the present. It was a wonderful morning of sharing and it was a joy to hear the laughter and stories. A huge thank you to our adoptive grandparents who made our children feel so special because their grandparents couldn't join us on the day.

My congratulations to our K-2 team for coordinating the morning and making it such a joyful one.

Our school is part of a pilot program working with Microsoft for the next 2 terms, working closely with Westport Campus from Hastings Secondary College. It's a project-based learning initiative linking our Year 6 and Year 7 students using technology. Microsoft have supplied 40 laptops to be shared, as well as Apple iPads, for students to create their high-tech projects. More information will be known as the project expands but we are indeed a very lucky school to be involved in this initiative. It will showcase our school and public education across the state.

Mrs Toft, Mr Thompson and Mrs van Klink were on leave in Week One and Mrs Harvey, Mrs Lindley and Mr Cornish are still on leave. I am also on family leave this week and next. Mrs Jordan is Relieving Principal, Mrs Moritz is Relieving Deputy Principal and Mr de Braun is Relieving Assistant Principal (Year 4) during this time.

Our Kindergarten Orientation is on Friday 31st October and we look forward to meeting our new parents. Numbers appear to be lower this year and we urge any families who have not yet enrolled children to do this immediately. We anticipate dropping at least one class next year and, if our Kinder enrolments are low, there is the possibility that we may be 2 classes smaller than this year. As you can imagine, this affects staff and we are closely monitoring enrolments. Likewise, if you are aware of any families moving into the area this year or for 2020, please have them contact the office as soon as possible.



The assessment and reporting cycle has now commenced and teachers will soon be commencing report writing for Semester 2.

As we near the end of Term 4, children are asked to ensure all their commendations are handed in to qualify for their Lighting the Way Awards. Our #369 initiative continues to be a very worthwhile initiative with school contacting parents to celebrate the positives that happen at school. This happens every Week 3, 6 and 9 of every term.



We wish all our children the very best for Swimming School commencing next week. The next 10 days will all be about improving skills and increased water safety. My many thanks to our parents for supporting this. As we live near the ocean, it is imperative that our children have the ability to swim and be safe in the water. A reminder to be organised on Monday morning with swimmers, towel, goggles and to have sun protection applied before coming to school.

It's World Teachers Day today and I would like to thank all the staff at Tacking Point for making a difference to the children under their care. Our children are blessed with the staff we have, who go above and beyond on so many levels. The ACE World Teachers' Day Awards will held in Port Macquarie today and we congratulate Mrs Kelly Jordan, Mr Trevor Thompson and Mrs Nicole Chilcott who will be receiving awards, along with other staff from all our schools in the Port Macquarie area.



A reminder about driving safely around the school. The rangers and even the police have been to the school and witnessed parents illegally parking, doing U-turns in front of the school, calling children across the road to come to the car, children riding bikes without helmets and even young children riding scooters with their parents, but without helmets and on the wrong side of the road. Our greatest fear is that one day a child will be hurt. Please always use common sense and observe road safety rules near the school at all times.

### **Phil Harris Principal**

#### *Message from the Deputy Principals*

Yesterday we had the great pleasure of having our K-2 grandparents in the school to share experiences with their grandchildren - from using the technology with iPads and Beebots to having their portraits drawn, to playing games from yesteryear and present day. It was heartwarming to see the connections and relationships between the two generations.

Grandparents fill an irreplaceable role in a child's development: Pillars of wisdom and sources of support, they possess a unique understanding of a family's history and traditions. They love their grandchildren with unconditional affection that matches that of a child's own parents, and though some families are separated by distance or circumstance, being able to connect with a grandchild frequently fosters a relationship that can influence a child to define values, flourish in self-confidence and strengthen the bonds of family.

Feedback from K-2 staff was very positive and the event will definitely be one that staff and students in K-2 look forward to each year.

### **Trevor Thompson and Dayna Moritz Deputy Principals**

#### *From the Library*

Congratulations to the children and their families who have completed their Read Aloud Bookmarks this week Term 4 Weeks 1 and 2:

**K/1W** Isa Balkin, Isaac Chapman, Indigo English, Josh Harris, Florence Lutz, Hamish Pope, Georgia Robinson **KC** Amelia Pirie, Daisy Powell **KE** Macie Barry, McKenna Robertson **KO** Maisy Chetwynd **KP** Lucas Johnson **1K** Eden Barnes, Louis Burton, Samantha Pomroy **1R** Flynn Apthorpe, Kayla Button, Piper Chippendale **1V** Chloe Moye **2J** Mahalia Anderson, Ellis Bibel, Cooper Hollis, Adler Robinson **2S** Madeleine Chung, Ruby Konik, Fraser Lutz, Ethan Noble, Olive Tait **2T** Karsanth Mohanaranjan **3/4M** Grace Ashton, Siena Button, Nessa Kinchington, Keegan Pope **3H** Josh Ball **3J** Jarryd Morgan **4B** Lucas Boath **5/6N** Riley Pope **5B** Anastasia Griffiths **6T** Kelli Williams

### **Ms Lea Tracy**

## Teacher Librarian

### Year 2 Swimming School

Year 2 swimming school begins next week and runs for two weeks. Could you please make sure that your child is organised each day with the following items labelled clearly with your child's name and class.

Thank you

**Year 2 teachers**

### Congratulations Chloe Hall

Congratulations to Chloe Hall in KO!!! We are so proud of this little artist who produced an artistic octopus which was full of character and fun. Chloe's artwork was selected to represent Tacking Point Public School for this year's Operation Art, an initiative run by the Department of Education and Westmead Children's Hospital. Our school has participated in Operation Art for the last ten years. We have selected four students each year and their works have been exhibited in Sydney alongside about 1000 other entries from various schools around NSW, Kindergarten to Year 12.

Chloe's artwork 'Octopus' has been selected by the Operation Art judges in the 2020 Touring 50 Exhibition. This means that Chloe's artwork will tour various regional galleries across the state in 2020. Following the tour, Chloe's artwork will be donated to The Westmead Children's Hospital. We are confident that her artwork will help to cheer the young patients there.

This is a huge achievement! Well done Chloe!

We would also like to acknowledge and thank the other artists from Tacking Point Public School whose artworks were selected this year. Your work was absolutely stunning! We had such a difficult time selecting only four students as there were so many beautiful artworks produced. Congratulations to Ella Ross, Amelia Mace and Sophia Horan Juzenas for your incredible contributions to Operation Art this year. We are so proud of the work you have produced to represent our school at the Armoury Gallery in Sydney this year for Operation Art. You are truly talented artists!

**Kylie van Klink and Nicole Chilcott**  
**Operation Art Co-ordinators**

### What to Bring for Swimming School:

- Strong zip-up bag for towels etc.
- Plastic bag for swimmers
- Swimmers (not to be worn to school)
- Towel/s
- T-shirt or rash shirt
- Goggles, ear plugs, comb, hair ties
- Jumper or jacket
- Waterproof sunscreen
- NO money, flippers or food.





## Concert of Excellence

On the 25<sup>th</sup> September, talented Tacking Point Public School performing arts students had the privilege to perform on the professional stage at the Glasshouse. There was great excitement and expectation as the students took their turns at sharing their joy of performing at this prestigious venue. Performances included junior and senior choirs, bands, guitar group, Year 6 drama, public speaking and of course the perennial favourite, our dance groups.



The COE was the creative vision and collaboration of previous school leaders Terry Robinson, Glenn Pleasance and Robyn Ryan with its inception 15 years ago. Tacking Point has led the way in the Port Macquarie community by being the first school to utilise the Glasshouse for such an event. Mrs Elynne Toft has been the coordinator in chief and cornerstone of this major celebration of performing excellence. This year yet again Mrs Toft delivered another delightful, polished and professional production to the delight of parents and friends.

The Glasshouse experience for the children means they are equipped with life skills, knowledge and confidence. The students are taught to understand all aspects of bringing artistic concepts to life for an audience. This can be quite a life altering experience for many students, opening new windows of learning pursuits and pleasures. For example some students go on to pursue performing arts for their HSC studies.

*'This is an amazing showcase of talent that promotes not only our school, but also public education. We are very blessed to have a truly dedicated whole school teaching staff, to enable this gala event to be presented. We greatly appreciate their gift of time in going above and beyond to allow our children of Tacking Point to have this life experience.'* Phil Harris, Principal

Our Performing Arts programs are achieved in cooperation and participation with not only talented classroom teachers, but also our external professional teaching staff and the generous support of parents. This includes band practices, dance costumes, commitment to private tuition throughout the year, weekly early mornings and lunchtime rehearsals etc.

The school would like to acknowledge and thank the professional staff at the Glasshouse. Every year it is a pleasure to see familiar faces and enjoy the collegiality of the crew. Nothing is ever a problem. They are such a tight outfit, it really makes the performance enjoyable for everyone. Thank you!

For now as the year winds down and eisteddfods, competitions and performances are all but done, the teachers shall take a quick breath and then start ruminating about artistic concepts for next year!

**Lea Tracy - Teacher Librarian**



Mrs Elynne Toft, Performance Director and Stage Manager, and Mrs Kelly Jordan, Co-coordinator

## Boys Cricket

The season for our boy's cricket team has come to a close. We were defeated by a very good Narranga PS on Wednesday, 23<sup>rd</sup> October. We won the toss and elected to bowl first. Our opening bowlers were luckless and the team dropped some difficult catches. Narranga's openers got off to a good start, losing only one wicket before the 10<sup>th</sup> over. Then our luck began to turn. Harry Hudson got the ball rolling, taking two wickets in as many overs. Joel Covetz bowled amazingly well, taking two wickets and almost claiming a hat trick in the same over. Campbell Page was the stand-out claiming 5 wickets off his allotted overs. Narranga were bowled out for a total of 195.



Although they were chasing a massive total, the boys were in high spirits and knew with some clean hitting and clever running between the wickets they could chase down the runs. We started off well with our openers surviving the first few overs and getting the ball the boundary a few times. Then the wickets started falling at regular intervals. Campbell was hitting the ball with extreme ferocity and had to retire on 41. Huxley Stewart provided the highlight of our innings, hitting an enormous six! Narranga had to find a replacement ball.

In the end the total was just too big and our boys were bowled out for 154. I'm super proud of their efforts this year and each game has provided me and them with fond memories. Well done, boys. You have done yourselves and Tacking Point proud!

Also, a huge thank you to all the parents who were able to provide assistance with transport and scoring for our games throughout the year. It was a tremendous help and I am greatly appreciative!

**Mr de Braun**

## UNSW Global - REACH English Results

Out of this year's 80 participants, 32 students received a Commendable award and 5 students were awarded an Outstanding award. The school achieved at above state average in most grades. The following students achieved Commendable and Outstanding certificates.

### Commendable Awards

Siena Button, Otis Dunbar, Sam Hewens, Wilson Huang, Logan McNeill, Lillie Merrell, Anna Piri, Lachlan Ramm, Xavier Romero, Ziva Balkin, Daisy Dunbar, Natalie Ertl, Luca Giddins, Nessa Kinchington, Mabel Mace, Aurora Mavros, Milla Northam, Gabby Turner, Sophie Woodin, Drake Houghton, Oliver Houghton, Jarrod Manning, Arshak Martirosian, Charlotte Memmott, Callum Rowe, Miya Freeman, Marley Glover, Lily Hughes, Cameron McLean-Prosser, Riley Pope, Erin Rapley, Lita-Rai Secombe,

Year Level	Average Score Australia	TPPS score
Year 3	21.8	24.4
Year 4	21	22.1
Year 5	24.3	24.4
Year 6	24.8	25.9

### Outstanding Awards

Grace Ashton, Brodie Carter,  
Francis Neild, Cory Thiele, Amelia Mace

### Qkr! Important Information

A reminder that all the QKR orders cut off at **9.15am**.

You are also able to process multiple students and orders in one transaction, it is as easy as selecting the next child's initials at the top of the screen. As you add different items, for recess, lunch and uniform shop all in the one transaction.

**[CLICK HERE FOR Qkr! Instructions](#)**

<b>TUCKERBOX ROSTER</b>		
You can place lunch orders via the P&C's Qkr! App		
Mon 28/10	R. Brennan	
Tues 29/10	R. Brennan	
Wed 30/10	H. Ryan	
Thurs 31/10	F. White	R. Brennan
Fri 1/11	R. Ferguson	M. McNulty
Mon 4/11	<b>HELP PLEASE</b>	
Tues 5/11	K. Schmidt	
Wed 6/11	H. Ryan	
Thurs 7/11	D. Johnson	J. Johnson
Fri 8/11	M. Brumby	H. Ryan
In accordance with WH&S regulations, it would be appreciated if volunteers could please wear enclosed footwear and have long hair tied back. Thanks Leanne and Sandy.		
<b>UNIFORM SHOP</b>		
Open Mondays & Wednesdays 8.30 – 9.00am		
Location: Assembly Hall		
Uniforms can be viewed and purchased via the P&C's Qkr! Payment site		

## P&C Messages

### **Run4Fun Colour Explosion**

It's time to get excited! Hands up if you like prizes... Hands up if you want to get covered in colour powder?

Our school will be holding a School Run4Fun Colour Explosion on **1<sup>st</sup> November** to raise money for **sporting marquees, iPads and readers for our school**. The best part about the fundraiser is not only will it be an explosion of colour, but everyone gets a prize simply by raising \$10 or more. How easy is that?

If you haven't already started fundraising, it is time to ask a parent or carer to assist in raising funds for our school. Simply go to [www.myprofilepage.com.au](http://www.myprofilepage.com.au) and set up a Student Profile Page. Linked to online fundraising, you can share your Profile Page and request donations from family and friends anywhere around the world. You can also select your fundraising goal by choosing up to five (5) incentive prizes.

You have **1 WEEK** from today to help raise money for our school and to earn yourself awesome prizes... so happy fundraising!

Don't forget, the class that raises the most funds will **WIN a CLASS PARTY**.

The P&C are also looking for volunteers to assist on the day between 1.30pm and 3pm. If you are able to help, please email [events@tackingpointpandc.org.au](mailto:events@tackingpointpandc.org.au)

## Merit Award Recipients

Congratulations to our Merit Award Recipients for Term 3, Weeks 9 and 10:

Year 5-6 Week 2		
5B	LJ Whitehead	Jack Martin
	Jaydan Rootes	Harrison Gray
5G	Ethan Gladwin	Cooper Martin
	Ahmed Hasan	Matthew Mitchell
5L	Anton Kelly	Xanthia Petrou
	Lachlan Browne	Enakai Smith
5R	Alex Nicholson	Oscar Charlton
	Lucy Robinson	Tane Bartlett
6N	Max Gardner	Jazz Jakeman
	Annalise Elder	Riley Berecny
	Ashton Buchanan	
6S	Caitlin Marotte	Emma Burge
	Jett Buckley	Rhys Jones
6T	Kate Miller	James Kuchling
	Evie Dailey	Noah McGowan
5/6N	Bella Riches	Lily Hughes
	Jarrold Manning	Erin Rapley

Year 3-4 Week 1		
3D	Summer Jackson	Sam Hancock
	Amy Fitzgerald	Zayden Keedle
3H	Jack Harrison	Piper Brennan-Riley
	Levi Cooper	Jake Gainsford
3J	Nicholas Maetzig	Riley Ross
	Dennison Cavanagh	Thomas Newman
3/4B	Kalan Sampson	Robert Montgomery
	Madison Munro	Harry Henderson
3/4M	Aurora Mavros	Mikayla Campbell
	Otis Dunbar	Wilson Huang
4B	Riley Dailey	Jasmine Kelly
	Jai Young	Albie Watson
4H	Frieda Dudfield	Ben Evans
	Lani Warren	Anthony Okpegbue-Hedge

K-2 Week 1	
KC	Tyson Delaforce
	Emily Ashton
KE	Mackenzie-Jane Kleeman
	Lily Cooke
KO	Jessica Gainsford
	Jake Pritchard
KP	Tully Wicks
	Tyler Ruse
K/1W	William Etchells
	Zac Richardson
	Van Watson
	Will Ritchie
1K	Riley
	Leo Mathieson
1R	Sofia Hewens
	Lilly Boss
1V	Soetkin Nuytens
	Maverick Hyde
2I	Mason Jones
2J	Olivia Hamilton
	Max Browne
	Roxy Holmes
2S	James Mace
	Olive Tait
2T	Kobie Smith
	Declan Jones

K-2 Week 2	
KC	Thomas Soeyland
	Ella Hamilton
KE	Macie Barry
	Lanegan Fairburn
KO	Myla Barrett
	Mason Smith
KP	Marcel McShane
	Talitha Ferguson
K/1W	Felicity Wallace
	Florence Lutz
1K	Braxton Bink
	Reuben Stack
1R	Aiden Cole
	Lucy Archibald
1V	Deklon Gratton
	Chloe Moya
2I	Rayce Groves
	Maia Soeyland
2J	Mahalia Anderson
	Hudson Peir
	Sienna Marsh
2S	Maxim Aubret
	Rohan Nicholson
2T	Noah Harris
	Logan Booth



## Lighting the Way Award Recipients



K-2 Lighting the Way awards, Week 1



K-2 Lighting the Way awards, Week 2



Stage 2 Lighting the Way awards, Week 1

## SOUL SURFING

HAPPY, HEALTHY KIDS! Join Soul Surfing these holidays (Fab Fun Days) and Term 4 after School Surf and Earth for all the benefits on offer! Soul Surfing provides nature play, cleansing, uplifting, fun, fitness and ocean awareness. Throw in the earth play, games and activities and Happy, Healthy Kids return.

TERM 4 After School Surf and Earth 10 lesson program with collection, afternoon tea and surf lesson and play till 5.30pm \$225. Active kids vouchers welcome.

Call, message or email Corey or Loren. 0428480266 or [corey@soulsurfing.com.au](mailto:corey@soulsurfing.com.au)



Hearts 'n Minds  
Learning

### Parents and Carers Meeting

Does your child have ASD, learning or intellectual difficulties?

Are you looking for encouragement and reassurance in helping them reach their full potential?

#### CAMDEN HAVEN

Friday 8<sup>th</sup> November, 10am

Café Chance

Shop 2, 524 Ocean Drive,  
North Haven

#### PORT MACQUARIE

Friday 15<sup>th</sup> November, 10am

The Westport Club

25 Buller St,  
Port Macquarie

**NEW: WAUCHOPE MEETING FRIDAY 22<sup>nd</sup> NOVEMBER at 10am**

Waterman's Café Shop 2/56 High St, Wauchope

RSVP: Glenda Cooper 0402 998 316 [glenda@heartsmindslearning.com.au](mailto:glenda@heartsmindslearning.com.au)

- ✚ Meet others who also look after special needs people
- ✚ Share the highs and lows, the joys and not-so-joys, the challenges and delights
- ✚ Tea/Coffee provided

Look forward to seeing you there,

*Glenda Cooper*

(Educational Therapist, Founder and Director of Hearts 'N Minds Learning)

PORT MACQUARIE  
**Mums, Bubs & Kids Market**

**SUNDAY 3RD NOV 9AM-1PM**  
**HIBBARD SPORTS CLUB**  
52 BOUNDARY ST, PORT MACQUARIE

Preloved and new  
clothes • toys • books • games • baby items  
• furniture • & lots more!

For more information or to book a stall email  
**[portmacquariemarket@gmail.com](mailto:portmacquariemarket@gmail.com)**  
or find us on facebook  
**[@PortMacquarieMumsBubsandKidsMarket](https://www.facebook.com/PortMacquarieMumsBubsandKidsMarket)**



# Program of events

Saturday  
26 October  
10am - 8pm



Australian Design Centre ADC On Tour

10am - 11am

Ground Floor

## Sprouts

Ages 4-9 years (and their carers)  
A fun & inspiring exhibition inspired making session with our local artist Lucy Pascale.  
\$7.50

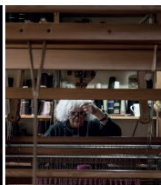


10am - 2pm

Art Lab

## Design emergency for kids

Ages 8-12 years  
Today you are a designer!  
Kids will learn to use their design thinking skills working with a designer educator in this hands-on workshop.  
\$20 Booking essential  
\*Limited numbers



11am - 1pm

Glasshouse Studio

## Designers Obsessed: Vipoo Srivilasa, Liz Williamson & Gabriella Bisetto

Join exhibiting artists Vipoo Srivilasa, Melbourne based ceramicist; Liz Williamson, weaver; and Gabriella Bisetto, glass artist; as they share their arts practice and discuss the importance that making has on their lives.  
Free. Bookings essential, reserve your place.

2pm - 3pm

Glasshouse Studio

## Making meaning: Dr Sarah Rice

How do artists make meaning, and create concepts? Join Canberra poet and art theorist Dr Sarah Rice to get obsessed with making in any art form. Sarah will reveal her ekphrastic practice - writing creatively about art.  
Free. Bookings essential, reserve your place.

3pm - 8pm

Mezzanine Foyer

## Makers Market

Join local makers who will be showcasing their skills and selling their wares inside the foyers of the Glasshouse! Grab a drink from the Glasshouse bar whilst listening to local Nathan Healey spinning tunes. Kids are welcome and we will have an activity station to keep them busy.  
Free



GLASSHOUSE REGIONAL GALLERY

FOR BOOKINGS  
(02) 6581 8888 or glasshouse.org.au

PORT MACQUARIE ASTRONOMICAL ASSOCIATION  
PRESENTS

# A TALK BY ASSOC. PROF. JOHN O'BYRNE FROM SYDNEY UNIVERSITY

SPACE! CRACKING THE FINAL FRONTIER  
FEATURING EXOPLANETS, BLACK HOLES AND ASTROPHOTONICS

## An Evening Of

- Stargazing
- Live music
- Food stalls
- Science displays
- New observatory display
- Raffle
- Merchandise

A FUNDRAISING EVENT FOR THE NEW OBSERVATORY

SATURDAY 2 NOVEMBER, 6 - 10PM

ST COLUMBA ANGLICAN SCHOOL AUDITORIUM  
3 IONA AVE PORT MACQUARIE

TICKETS \$30 ADULTS | \$15 STUDENTS - FROM TRYBOOKING.COM

Contact - pmobs.info@gmail.com or 0431 753 220

**HONK!**  
A MUSICAL COMEDY  
Broadway Junior Collection®  
JR.™

Based on Hans Christian Anderson's "The Ugly Duckling"  
**Fun for the whole family!**

**22nd-24th November**

Tickets available at  
[www.playerstheatre.org.au](http://www.playerstheatre.org.au)

Music by  
**GEORGE STILES**

Book & Lyrics by  
**ANTHONY DREWE**

Presented by  
**theatreOZ port macquarie**

**Hastings Relay For Life 2019**

Sat 2 - Sun 3 November

Oxley Oval,  
Port Macquarie

[hastingsrelayforlife](https://www.facebook.com/hastingsrelayforlife)

[cancercouncil.org.au/hastingsrelay](http://cancercouncil.org.au/hastingsrelay)

**Register Now**

Relay For Life is a community fundraising challenge for the Cancer Council NSW. We raise money in the lead up to an overnight event, where team members take turns walking around a track to signify that cancer never rests, so neither do we.

**RELAY FOR LIFE**  
Cancer Council





## PARENTING GROUPS - TERM 4 2019

GROUP	START DATE	TIME	DURATION & LOCATION
<b>CIRCLE of SECURITY</b>	<b>Wednesday 23 October</b>	<b>10am to 12pm</b>	<b>6 Weeks: Burnside Office</b>
<b>RAGE</b>	<b>Wednesday 23 October</b>	<b>5pm to 7pm</b>	<b>4 Weeks: Burnside Office</b>
<b>TUNING in to TEENS</b>	<b>Friday 25 October</b>	<b>10am to 12pm</b>	<b>5 Weeks: Wauchope Uniting Church</b>
<b>TRIPLE P</b>	<b>Thursday 07 November</b>	<b>10am to 12pm</b>	<b>4 Weeks: Burnside Office</b>

### For more information

#### Get in touch

#### Uniting Burnside Port Macquarie

7 Sherwood Road  
Port Macquarie

T: 6581 6600

F: 6581 2210

E: [ewall@uniting.org](mailto:ewall@uniting.org)

#### Hours

Monday to Friday, 8.30am to 5pm

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**Uniting**

## The simplest way

... to ensure your child is eating from the five food groups

Try our nutritious [Chicken Burrito Bowl](#) which ticks off three of the five food groups.



Together with a piece of fruit and some dairy, such as a tub of reduced-fat yoghurt, lunch is sorted!

[healthylunchbox.com.au](http://healthylunchbox.com.au)