

# Tacking Point PS Newsletter

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Week 2, Term 3 2019

2 August 2019

## APPROACHING CALENDAR EVENTS

<b>2019</b>	
Mon 5 – Fri 9 August	Education Week
Monday 5 August	Hastings District Athletics - Wauchope
Tuesday 6 August	Girls & Boys PSSA Basketball Ceremony of Excellence – Glasshouse 7pm
Thursday 8 August	Open Day / Stem Fair
Friday 9 August	K-2 Assembly – <b>Hosted by 2S</b> , 9.15am in the Hall Stage 2 – General Assembly, 1.45pm in the Hall
Monday 12 August	Year K-6: Koomurri Aboriginal visit PSSA Netball
Tuesday 13 August	Year 3 and 4: The Twits, Glasshouse excursion Boys PSSA Soccer
Friday 16 August	K-2 Assembly – <b>Hosted by KC</b> , 9.15am in the Hall LNC Athletics – Wauchope Stage 3 Assembly, 1.45pm in the Hall
Tuesday 20 August	Bel Canto – FOCM Rehearsal 10am-2pm
Wednesday 21 August	Year K-2: Bravehearts visit Newcastle Maths Comp
Friday 23 August	K-2 Assembly – <b>Hosted by K/1W</b> , 9.15am in the Hall Stage 2 Assembly – <b>Hosted by 3H</b> , 1.45pm in the Hall
Tuesday 27 August	Stage 3: Michael Carr-Gregg at Westport Campus
Wednesday 28 August	P&C: Father's Day Stall
Friday 30 August	K-2 Assembly – <b>Hosted by KP</b> , 9.15am in the Hall Stage 3 Assembly, 1.45pm in the Hall
Mon 2 – Tues 3 September	Bel Canto – Opera House
Wednesday 4 September	Book Parade
Friday 6 September	K-2 Assembly – <b>Hosted by 1R</b> , 9.15am in the Hall Stage 2 Assembly – <b>Hosted by 3J</b> , 1.45pm in the Hall
Saturday 7 September	P&C: Trivia Night
Thursday 12 September	Year K-2: Athletics Carnival
Friday 13 September	K-2 Assembly – <b>Hosted by KE</b> , 9.15am in the Hall Stage 3 Assembly, 1.45pm in the Hall
Friday 20 September	K-2 Assembly – <b>Hosted by KO</b> , 9.15am in the Hall Stage 2 – General Assembly, 1.45pm in the Hall
Wednesday 25 September	Concert of Excellence
Thursday 26 September	Dance Eisteddfod
Friday 27 September	K-2 Assembly – General Assembly, 9.15am in the Hall <b>Last day of Term 3</b>

## Dates for the Diary

Monday 14 October	<b>First day of Term 4</b>
Friday 1 November	TPPS Colour Run

## *From the Desk of Mr Harris*

Dear Parents and caregivers

Welcome to Term 3. I trust you all had a wonderful holiday and our children are ready for an exciting Term 3.

My thanks to the many families who have supported their children and attended the Learning Conversations (3 way interviews) at the end of last term or this term. Our children are constantly learning and growing and these opportunities often allow teachers to communicate ways that our children can consolidate and improve their learning and also allows the successes in their learning to be acknowledged.

Our school hall is now complete. The additional doors will enable a better view of performances for parents and guests offering a great facility for everyone in our school and community. The sound system has also been upgraded as the previous system was showing its age.

The highlight this term will be our Concert of Excellence which is Wednesday of the last week of term at the Glasshouse. Please see further information as you continue to read through our eNewsletter. Our children will be busy practising their items ready to present another outstanding concert. The Port Macquarie Dance Eisteddfod will also on the Thursday in the last week of term.

Next week is Education Week and it will be a week to showcase public education. Any week could be Education Week in schools as schools are busy places and there are always events to highlight student learning. Our week will be a busy one and parents are invited to attend our Open Day on Thursday 8<sup>th</sup> August at 10 -11pm. Parents are more than welcome to stay for recess and our school canteen will be open for purchases.

The Ceremony of Excellence is also being held in Education Week. This event is on Tuesday evening at the Glasshouse which celebrates learning success with students 3-6 across all our Hastings Valley Community of Schools.

In the last few weeks we have had some staffing changes. Mrs Ostler is now working at Ivanhoe Central School for the next 18 months as Assistant Principal/Instructional leader. Ms Bond has now stepped into the role of our Learning and Support Teacher and she continues her role as Relieving Assistant Principal for Year 5.

Mr Pees is working with 5B for the remainder of the year and Mrs Esho will now be teaching 1R for the remainder of the year to allow Mrs Reichelt time to concentrate on her health.

Names of children receiving Merit Awards are now being added to our eNewsletter from this term.

A big congratulations to Zac Fonyodi who won the HEM Sold Sign Competition. Zac received many prizes from HEM but our school also received \$250 which will go towards school resources. Great work Zac and thank you for entering this community competition.



Invoices will be issued next week for any owed monies that families may need to finalise. The payment of School Fees assists in buying much needed resources for our students. The fee of \$47 and a \$5 paper levy assist with the purchase of school resources such as ipads, technology, literacy resources and numeracy resources. This payment that equates to \$1.32 a week is vital to assist with purchasing of resources and our anticipated budget which has already been allocated for 2019. Your support with this is truly appreciated.

Year	No. Students paid	No in Yr Group	Percentage
K	43	91	47
1	43	87	49
2	43	102	42
3	64	114	56
4	45	94	48
5	54	126	43
6	56	117	48

NSW Department of Education

**Ed. week**  
Aug 5th - 9th  
**2019**

*Tacking Point Public School*  
**Every student,  
every voice.**

Monday: Morning Assembly, HCH Athletics Carnival at Wauchope  
Tuesday: Ceremony of Excellence at the Glasshouse  
Wednesday: Stage 2 Spelling Bee Finals  
Thursday: Open Classrooms from 10-11am. Parents welcome to stay for recess. 2019 STEM Fair  
Friday: K-2 Assembly & Stage 2 Assembly, Stage 3 Spelling Bee Finals

[education.nsw.gov.au/education-week](http://education.nsw.gov.au/education-week) #EdWeek19

NSW GOVERNMENT

**Yours in Education,  
Phil Harris**

## From the Deputy Principal

Student Agency is strengthening engagement and building empowerment in our learners.

If nothing else, children should leave school with a sense that if they act, and act strategically, they can accomplish their goals. We call this feeling a sense of agency.

This desire for agency persists throughout life and is so powerful, that when people feel there is no relationship between what they do and what happens, they feel helpless (Seligman 1975; Skinner, Zimmerman-Gembeck, and Connell 1998). Having a sense of agency, then, is fundamental. Our wellbeing depends on it.

Teachers' conversations with children help the children build the bridges between action and consequence that develop their sense of agency. They show children how, by acting strategically, they accomplish things, and at the same time, that they are the kind of person who accomplishes things.

Developing in children a sense of agency is not an educational frill or some out-there liberal idea. Children who doubt their competence set low goals and choose easy tasks, and they plan poorly. When they face difficulties, they become confused, lose concentration, and start telling themselves stories about their own incompetence. In the long-run they disengage, decrease effort, generate fewer ideas, and become passive and discouraged. Children with strong belief in their own agency work harder, focus their attention better, are more interested in their studies, and are less likely to give up when they encounter difficulties than children with a weaker sense of agency (Skinner, Zimmerman-Gembeck, and Connell 1998). Feeling competent, these children plan well, choose challenging tasks, and set higher goals. Their concentration actually improves when they face difficulties, and in the process of engaging difficulties they learn more skills. Of course, the whole process is cyclical because these relationships are reflected in their academic success, which then reinforces their sense of agency. When children decide that they have no agency with respect to their learning, their learning is limited in terms of both personal experience and potential trajectory.

As a school we are working towards building this capacity through the students and colleagues that we work with.

Think Big ... Achieve Big!!

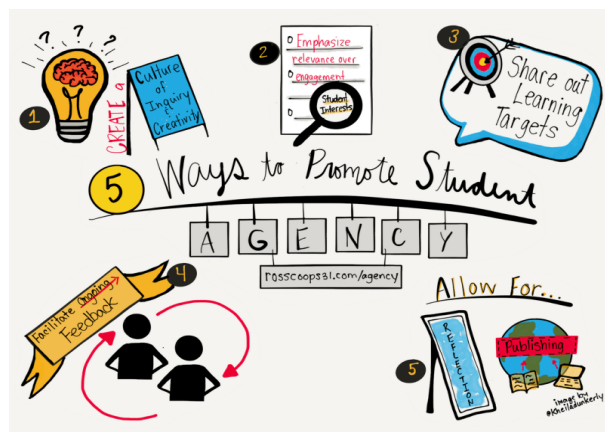
**Kelly Jordan and Trevor Thompson**

## Band News

All Junior Band members are now members of the senior band and need to attend WEDNESDAY 8.00am morning rehearsals. There will be no more Monday rehearsals.

Drummers are encouraged to join drumline rehearsals on Monday mornings at 8.00am. Children need to attend rehearsals to be able to perform at the Concert of Excellence this term. We will be working hard this term!

**Thank you,  
Ann Hamilton**



The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.

Brian Herbert

Education  
Is Not The Learning  
Of Facts But The Training  
Of The Mind To Think

-Albert Einstein



## Stage 2 - Steven Herrick Visit

On Wednesday, Stage 2 welcomed a very special visitor, renowned poet and author, Mr Steven Herrick. Mr Herrick delighted the students with many of his funny and honest poems about his day to day observations as well as personal life experiences. His poems and stories had all the students, in fits of laughter the entire time. In particular, he used audience members names to create a poem 'on the spot' which was greatly received. His stories and creativity was inspiring and I'm sure many students will be experimenting with Mr Herrick's style of poetry. Many thanks for Mrs L. Horan (Librarian) and Mrs J. Cooper (Relieving) for coordinating the visit.



**Mr R. Harris**

## UNSW Global - Digital Technologies Results

Out of this year's 79 participants, 22 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, Sam Hewens, Wilson Huang, Lillie Merrell, Francis Neild, Xavier Romero, Oscar Byrne, Natalie Ertl, Luca Giddins, Keegan Pope, Gabby Turner, Lillian Jeffrey, Jessica Miles, Bella Riches, Callum Rowe, Gilbert White, Mason White, Ashton Cooper, Hunter Ellem, Lily Hughes, James Strahorn, Cory Thiele

### Outstanding Awards

Lachlan Ramm, Milla Northam, Chloe Keedle, Amelia Mace, Cameron McLean Prosser

Year Level	Average Score Australia	TPPS score
Year 3	16.5	16.9
Year 4	19.3	19.8
Year 5	19.5	19.3
Year 6	21.3	22.2

## From the Library Information and Resource Centre

Congratulations to the children and their families who have completed their Read Aloud Bookmarks this week Term 2 Weeks 9 and 10 and Term 3 Weeks 1 and 2:

**K/1W** Isaac Chapman, Florence Lutz, Rose Newman, Georgia Robinson, Zac Richardson, Isa Balkin, **KC** Emily Ashton, Rylee Chambers, Evie Noble, Liam Rowe, Ashlyn Covetto, Annabelle Courtney, Ella Hamilton, Amelia Pirie **KE** Henry Shepherd, McKenna Robertson, Macie Barry **KO** Geo Green **1K** Kaleb Hayter, Willow Giddins, Amelia Ryan, Willow Trethewey **1R** Piper Chippendale, Grace Finney, Flynn Apthorpe, Lilly Boss **1V** Jack Morris **2J** Anneliese de Braun, Olivia Hamilton, Allirah Rootes **2S** Maddie Chung, Fraser Lutz, Ava English, Kye Rickwood, Mikayla Fonyodi **2T** Noah Harris, Lainey Fenton, Chloe Beazley, Logan Booth **3/4M** Nessa Kinchington, Siena Button, Mikayla Campbell, Anna Piri, Aurora Mavros, Keegan Pope, Evie Hewens, Grace Ashton **3D** Zayden Keedle, Amelia Maestri **3H** Piper Brennan-Riley **3J** Annabelle Ashton, Maxine Smith, Alice Beard **5B** Anastasia Griffiths **5/6N** Riley Pope

**Mrs Jenny Cooper**  
**(Rel) Teacher Librarian**

# TPDS Concert of Excellence

## 25<sup>th</sup> September, 2019

Now has Two BIG Performances

Tickets on sale from MONDAY 26<sup>th</sup> August, 2019

You are invited to attend our 15<sup>th</sup> Concert of Excellence on  
**Wednesday 25th September 2019**  
at the Glasshouse.

### **Matinee Performance**

11.15am - 2.15pm (with a short interval)

TICKETS \$16 PER SEAT

CONCESSION and U/18 - \$10

On sale to the general public.

### **Evening Performance**

6.15pm-9.15pm (with a short interval)

TICKETS \$16 PER SEAT

Prior to the evening performance and during interval,  
refreshments will be available in the foyer.

### **MATINEE PERFORMANCE**

**Tickets \$16**

**Concession and U/18 - \$10 PER SEAT**

### **EVENING PERFORMANCE**

**TICKETS \$16 PER SEAT**

**ON SALE FROM MONDAY 26<sup>th</sup> August, 2019**  
**@ GLASSHOUSE BOX OFFICE.**

As the Concert of Excellence will now be holding **two** performances both matinee and evening, parents, grandparents, carers, family and friends may wish to purchase tickets and include taking their own school children to the matinee performance.

Students who are not performing in the Concert of Excellence will have supervised activities at school for the whole day.

## Book Parade 2019

**When:** Term 3: Week 7 Wednesday 4<sup>th</sup> September  
**Time:** 9:15 - 11:00am  
**Who:** K-6

In celebration of children's literature at our annual TPPS Book Parade students, toddlers, teachers and parents are invited to come to school dressed in fancy dress costume of a favourite book character.

Some suggested book characters include:

- Classic fairy tales
- Dr Seuss – Cat in the Hat
- Mr Men series
- Enid Blyton characters
- Harry Potter
- Alice in Wonderland
- Classic poetry - e.g. The Man from Snowy River



### \$10 book donation to our school library

A \$10 donation table will be available on the day where students, staff and parents can select books for a flat price of \$10 per title to donate to the school library for all of our students to share and borrow to read. Your child's name or family name will be printed onto a special donation certificate at the front of the book and your child will be the first to borrow that title. Any donations would be greatly appreciated by all of our students and staff.



Looking forward to sharing this special day and making more wonderful memories!

**Leanne Tracy**  
**Teacher Librarian**

## Tuckerbox Canteen

### TUCKERBOX ROSTER

You can place lunch orders via the P&C's site <http://www.flexischools.com.au>

Mon 5/8	R. Brennan		
Tues 6/8	<b>HELP PLEASE</b>	<b>HELP PLEASE</b>	
Wed 7/8	H. Ryan	R. Brennan	
Thurs 8/8	M. Gavel	A. Brinkman	
Fri 9/8	H. Ryan	M. Brumby	R. Brennan
Mon 12/8	D. Gleave	<b>HELP PLEASE</b>	
Tues 13/8	C. Baker	<b>HELP PLEASE</b>	
Wed 14/8	S. Shepherd	R. Brennan	
Thurs 15/8	R. Brennan	<b>HELP PLEASE</b>	
Fri 16/8	L. Wiggins	D. Tinnock	R. Brennan

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.

## UNIFORM SHOP

Open Mondays & Wednesdays 8.30 – 9.00am

Location: Assembly Hall

Uniforms can be viewed and purchased via the P&C's site <http://www.flexischools.com.au>

### Merit Award Recipients

Congratulations to our Merit Award Recipients for Term 3, Weeks 1 and 2:

K-2 Week 1		K-2 Week 2	
<b>KC</b>	Thomas Soeyland	<b>KC</b>	Emily Ashton
	Ruby Ryan		Ella Hamilton
<b>KE</b>	Macie Barry	<b>KE</b>	Holly Groves
	Harshavardhan Nambiar		Amelia Hatton
<b>KO</b>	Leilani Fitch	<b>KO</b>	Bonnie Charlton
	Ruby James		Tyler Farrugia
<b>KP</b>	Marcel McShane	<b>KP</b>	Sophia Novello
	Lilyarna Monaghan		Tully Wicks
<b>K/1W</b>	Josie Neild	<b>K/1W</b>	Ava Bohlscheid
	Josh Harris		Indigo English
<b>1K</b>	Louis Burton	<b>1K</b>	Eden Barnes
	Coco Cox		Riley
<b>1R</b>	Elizabeth Venter	<b>1R</b>	Kayla Button
	Thomas Magill		Piper Chippendale
<b>1V</b>	Sophia Fox	<b>1V</b>	Regonald Blackburn
	Max Kuchling		Harlow Warren
<b>2I</b>	Layla Buxton	<b>2I</b>	Grace Monaghan
	Maia Soeyland		Lachlan Hamblin
<b>2J</b>	Luca Young	<b>2J</b>	Andrew Wasson
	Ava Webster		Sienna Marsh
<b>2S</b>	Charley Kaddatz	<b>2S</b>	Ruby Konik
	Freddie Letters		Kye Rickwood
<b>2T</b>	Elliot Moen	<b>2T</b>	Ben Ryan
	Jorja Corse		Stella Herring



## Merit Award Recipients continued

Year 3-4 Week 1		
<b>3D</b>	Evelyn Archibald	Lyriq Widders-Sherring
	Jack Lo-Monaco	Karli Goyne
<b>3H</b>	Chelsea Scott	Harry Lawrence
	Jonah Barnes	Charlie Bryant
<b>3J</b>	Leela Hill	Ollie Zavone
	Gia Hudson	Lachlan Guy
<b>3/4B</b>	Harrison Henderson	Toreno Crepaz
	Tia Judge	Jared Oldfield
<b>3/4M</b>	Oscar Byrne	Mable Mace
	Siena Button	Lennox Phillis
<b>4B</b>	Amarni Munro-Blanch	Xavier Dunn
	Ewan McAllister	Jenson Medcalf
<b>4H</b>	Mia Bohlscheid	Charlee Hirt
	Kennedy Buchanan	Ellie-Jo Letters

Year 5-6 Week 2		
<b>5B</b>	Riley McDonald	Blake Liddle
	Benson Glover	Zaide Jones
<b>5G</b>	Sophie Barratt	India Murray
	Arshak Martirosian	Chase Thompson
<b>5L</b>	Jesper Robinson	Brianna Waller
	Lachlan Browne	Marli Connerty
<b>5R</b>	Alex Nicholson	Ella Barker
	Paxton Blake	Milla Kirby
<b>6N</b>	Riley Berecny	Eloise Chetwynd
	Annalise Elder	Marisa-Rose Unasa
	Mia Szumowski	
<b>6S</b>	Hannah Radburn	Kailey Peell
	Layla Castillo	James Watts-Gray
	Jenaya Hoyer	
<b>6T</b>	Tianah McKinnon	Kate Miller
	Rory Johnson	Noah McGowan
	Ben Delaforce	
<b>5/6N</b>	Sophie Soeyland (Yr5)	Amelia Mace (Yr6)
	Callum Rowe (Yr5)	Chloe Keedle (Yr6)

## Lighting the Way Award Recipients



K-2 Lighting the Way – Week 1

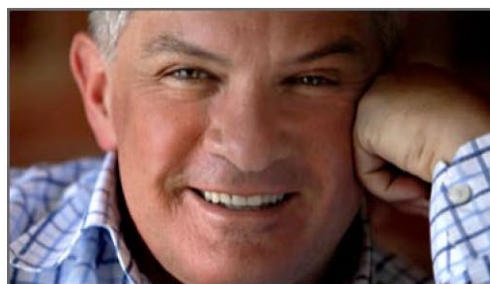
## Stage 2 Lighting the Way – Week 2



Parent Course

## Raising Resilient Happy Children

# Dr Michael Carr-Gregg



Heralded as Australia's highest profile and leading adolescent psychologists, Dr Michael Carr-Gregg will present to the parent and wider community of Port Macquarie on topics to help with building happy, resilient children, practical parenting techniques, mental health issues for young people and their families, cyber-bullying and cyber safety.



### BOOK NOW!

Tickets at: <https://drcarrgreggseminar.eventbrite.com.au>

*Join us for our Parenting Seminar where Dr Michael Carr-Gregg will explore the 5 great challenges of parenting, raising resilient children.*

**Date:** Monday 26 August 2019

**Time:** 6pm - 7.30 pm

**Venue:** Hastings Secondary College Port Macquarie  
Campus Hall Owen Street Port Macquarie



*Proudly Sponsored by*

**HVCS** Hastings Valley  
COMMUNITY OF SCHOOLS  
EXCELLENCE INNOVATION OPPORTUNITY SUCCESS



Term 3, After school Kids Yoga, 'mini movers'  
@yoga.one.nine (Colonial Arcade, L1, Suite 9/58 Horton St,  
Port Mac).

Weds 4:15-5pm. \$11 a class. Until the 25/09/19. Active  
Kids Vouchers welcomed! Book by emailing:  
[sayhello@yogaonenine.com.au](mailto:sayhello@yogaonenine.com.au)

A fun flow of games, yoga poses, breathing exercises,  
partner poses, stretching & making friends!



## 2019 STANSW YOUNG SCIENTIST PAPER PLANE STATE CHAMPIONSHIP

AUGUST 31 – SYDNEY UNIVERSITY



THE UNIVERSITY OF  
SYDNEY



### 2019 PAPER PLANE STATE CHAMPIONSHIP

#### Entry Details

Open to any K-12 Australian student  
who loves to fold and throw their own  
hand-crafted paper plane.

#### Age Levels and Qualifying Details

Year Level	Distance	Airtime
K-2	12m	5s
3	15m	5s
4	15m	5s
5	18m	6s
6	18m	6s
7-12	20m	6s

**BIGGER and BETTER** than ever with medals and  
\$100 money prizes for Distance winners



State Championships held at the Sydney University Sports  
and Aquatic Centre, Bryden's Showcourts:  
a University of Sydney Open Day Event

### 2019 REGIONAL HIGH FLYERS

Students from NSW, other Australian  
States & Territories and other countries  
who can't make it to Sydney, we have a  
separate competition just for you.

#### Regional High Flyers Details

You have until midnight Friday 30<sup>th</sup>  
August to upload a video of your  
qualifying distance and/or airtime throw.

Once the judging panel have approved  
that the throw was not wind assisted, they  
will award gold, silver and bronze medals  
for the top three distance and airtime  
throws in each age group – a total of 36  
medals for the Regional High Flyers  
Challenge.



Organised by the STANSW  
Young Scientist Committee,  
who also run the STANSW  
Young Scientist Awards - NSW's premier  
curriculum-based STEM competition  
web: [www.youngscientist.com.au](http://www.youngscientist.com.au)

For more details: [www.paperplanes.youngscientist.com.au](http://www.paperplanes.youngscientist.com.au)



Major Sponsor  
Helping Hands Network - part of the  
Junior Adventures Group  
Out of School Hours Care  
[www.helpinghandsnetwork.com.au](http://www.helpinghandsnetwork.com.au)



#### Can you beat this!

The current Australian  
Distance Record by a  
school student is 35.20m,  
set by Mitchell Irvine from  
Menai High School in 2017





# JUNIORS

Designed for Children with Disabilities

**EASTCOAST ALL ABILITIES**

**10:30am Sunday Mornings**  
**Port Macquarie Indoor Stadium**

- Making friends
- Learn futsal and football skills
- Building teamwork

**Positive, fun team environment**  
**Limited numbers.**  
**Aged 6-15**  
**Term fee structure**  
**Bring shin pads, water and a smile**



**Contact All Abilities Futsal**  
**Phone:**  
**0422 130 017**  
**Email:**  
**All.Abilities.Futsal@gmail.com**



Eureka Explorers is holding a special event, *Girls Day Out in STEM 2019* for National Science Week. It will be held at the Charles Sturt (CSU) Campus on Sunday August 11, 2019. The day out is designed for girls aged 10 to 14 years. Eureka Explorers has partnered with CSU to create a fun, carnival like day full of interactive learning experiences with industry leaders in STEM (Science, Technology, Engineering and Maths). There are up to 20 masterclasses to choose from and we are even attempting a Guinness World Record! Tickets are limited.



**Girls Day Out**  
SCIENCE • TECHNOLOGY • ENGINEERING • MATHS

**Sunday, August 11th**  
**10am - 5:00pm**

**BOOK NOW AT EVENTBRITE <http://bit.ly/GDOS19PM>**  
**TICKETS ON SALE NOW + SELLING FAST!**

**Suitable for girls 10-14 years old**

**JOIN the #GDOS2019 tribe to meet your future.**

## PARENTING GROUPS - TERM 3 2019

GROUP	START DATE	TIME	DURATION & LOCATION
<b>RAGE</b>	<b>Wednesday 24 July</b>	<b>5pm to 7pm</b>	<b>4 Weeks: Burnside Office</b>
<b>CIRCLE of SECURITY</b>	<b>Wednesday 31 July</b>	<b>10am to 12pm</b>	<b>6 Weeks: Wauchope Uniting Church</b>
<b>TUNING in to TEENS</b>	<b>Thursday 01 August</b>	<b>10am to 12pm</b>	<b>6 Weeks: Burnside Office</b>
<b>The INCREDIBLE YEARS</b>	<b>Tuesday 03 September</b>	<b>10am to 12pm</b>	<b>12 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



## How to help your children learn to read and spell

A half-day workshop for parents and early educators

**Where:** Emerald Downs Community Hall,  
Port Macquarie, NSW 2444  
**When:** Sunday 18<sup>th</sup> August 2019 from 9 am - 1 pm  
**Cost:** \$70 (includes morning tea)

Bookings are essential

This evidence-based, practical workshop will give you some skills and understanding so that you will be able to help your children to learn to read and spell. It has been developed so that you can understand phonics and how our alphabet system works. It will also cover some early spelling / reading rules and some tips to develop reading fluency, vocabulary and reading comprehension. In addition, you will learn some simple and effective teaching strategies and tips.

### Some feedback from past workshops:

- "Wonderful! Super practical workshop giving me step by step instruction in how to teach early literacy skills."
- "So helpful! Cannot thank you enough for today. I'm sad it's over."
- "Very hands on, engaging and informative. It was a great introduction for parents."

Carol Baker (LCST, MSPA) is a paediatric speech pathologist who has had a long career working with children with speech, language, hearing, reading and spelling difficulties. She now gives workshops to support and empower parents to help their children, and to early educators.

To register call Carol on 0405 658 593  
or email [cb.speech@outlook.com](mailto:cb.speech@outlook.com)

More information at <https://www.cbakerspeechpathology.com.au/>



## BURRAWAN FARM OPEN DAY SUNDAY 4 AUGUST 10 AM



### PETTING ZOO

### FARMERS MARKET



### ANIMAL FEEDING

Hastings Secondary College Port Macquarie Campus will open the farm gates to Burrawan Farm Sunday 4 August from 10 am 2pm.

All Welcome! FREE ENTRY BBQ, fresh produce, feed the animals, petting zoo and view our future plans for the farm.

## DISCOVER THE WONDERS ABOVE Sky Stories

Celebrating the  
50th Anniversary of  
the Moon Landing



Friday 16 August, 5pm - 8pm

Sanctuary Reserve, on Rawdon Island Road

#### Announcing Special Guest Speaker

Robert (Bob) Fuller, PhD Candidate, Aboriginal Astronomy, UNSW presenting "The astronomy and songline connections of the saltwater Aboriginal peoples of the NSW Coast"

- ★ Virtual reality moon expeditions
- ★ Wander and explore the scale model of the solar system
- ★ Presenting the talking telescope by Midcoast Astronomy
- ★ Indigenous cultural performances
- ★ Bush tucker tastings
- ★ Free sausage sizzle
- ★ Soup, barista made hot drinks and a selection of cakes and slices available courtesy of Hastings Secondary College senior hospitality students
- ★ Bring a chair or a picnic rug and your curiosity to learn about the wonders above
- ★ Entry Gold coin donation.

Educators and astronomy enthusiasts will present an entertaining and educational night engaging students and our community in learning.

You will learn about the night sky, how to read sky maps and how to identify moon craters and star clusters.

Bring your own telescope or view the night sky through giant telescopes provided. You will also see Venus, Mars, Jupiter, Saturn and the majestic full moon.

Bring the whole family for an exciting fun-filled evening and learn how the night sky connects to Dreamtime stories past, present and future.

Proudly  
presented by



Proudly Supported by



## The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



Cancer Council's website [healthylunchbox.com.au](http://healthylunchbox.com.au) is a one-stop-shop for everything families need to know about packing a healthy lunch box.

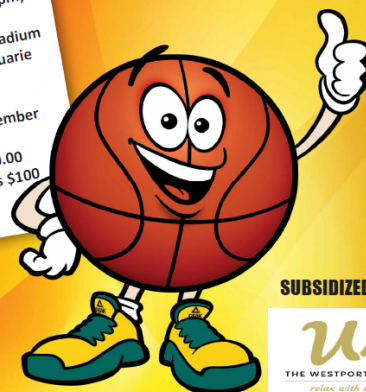
Parents will find information on the five food groups, what constitutes a healthy lunch box, sandwich alternatives, sandwich filling ideas, snack ideas, swaps for unhealthy snack foods, recipes and tips. The website features an [interactive healthy lunch box builder](http://healthylunchbox.com.au) where parents can get their kids involved in planning the lunch box and choosing foods they will eat and enjoy.

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



Who: Under 8's (4:15pm - 5:15pm)  
Under 10's (5:15pm - 6:15pm)  
Where: Port Macquarie Sports Stadium  
1 Hibbard Dr, Port Macquarie  
Dates: Term 3 & 4 (14 weeks)  
15th August - 5th December  
Cost: New participants \$120.00  
Returning participants \$100

FREE  
COME TRY DAY  
15th OF AUGUST  
UNDER 8'S 4:15PM  
UNDER 10'S 5:15PM



SUBSIDIZED BY



REGISTER NOW AT [AUSSIEHOOPS.COM.AU](http://AUSSIEHOOPS.COM.AU)

AUSSIE HOOPS LEARN TO PLAY BEGINNER BASKETBALL PROGRAMS

Come and learn the fundamentals of basketball in a fun, friendly, all-inclusive environment. Run by nationally accredited coaches with the assistance of experienced junior representative coaches. New participants will receive a pack that includes a basketball, reversible training singlet and carry bag.

For more information contact  
Shannon Abbott on 0437985511  
and like our Facebook page to see all our updates!  
@ Aussie Hoops Port Macquarie





## Parent education webinars: Parenting at the speed of light

We have been asked by numerous schools and parents so we are kicking off "Parenting at the speed of light" the first of our online parent training programs kicking off on the **30th July**.

We work at the intersection of wellbeing and technology promoting positive skills, attitudes, and behaviours for online interactions. We are a certified training provider for the Australian Office of the eSafety Commissioner. Filled with real-life examples, anecdotes and detailed recommendations, we motivate people to protect themselves online with skills that are up to date and relevant and cover cyber safety, security and privacy without the fear mongering.

Some content in this **60min** online webinar is 18+

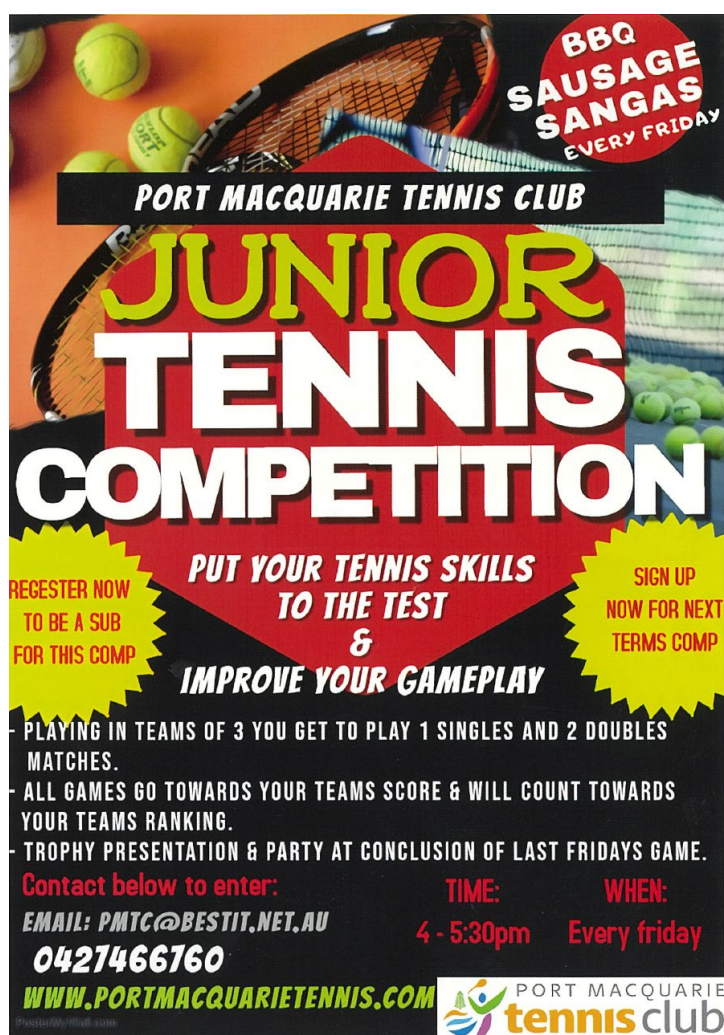
Webinars will be conducted using Zoom all links will be sent prior to the event.

To select a date and buy tickets (\$27.50)

Click here: <https://www.safeonsocial.com/events>

[www.safeonsocial.com](http://www.safeonsocial.com)

We are now taking bookings for 2019, if you would like to book please contact us at [wecanhelp@safeonsocial.com](mailto:wecanhelp@safeonsocial.com)



**BBQ SAUSAGE SANGAS EVERY FRIDAY**

**PORT MACQUARIE TENNIS CLUB**

# JUNIOR TENNIS COMPETITION

**PUT YOUR TENNIS SKILLS TO THE TEST & IMPROVE YOUR GAMEPLAY**

**REGISTER NOW TO BE A SUB FOR THIS COMP**

**SIGN UP NOW FOR NEXT TERMS COMP**

- PLAYING IN TEAMS OF 3 YOU GET TO PLAY 1 SINGLES AND 2 DOUBLES MATCHES.
- ALL GAMES GO TOWARDS YOUR TEAMS SCORE & WILL COUNT TOWARDS YOUR TEAMS RANKING.
- TROPHY PRESENTATION & PARTY AT CONCLUSION OF LAST FRIDAYS GAME.

**Contact below to enter:** **TIME:** **WHEN:**

**EMAIL: PMTC@BESTIT.NET.AU** **4 - 5:30pm** **Every friday**

**0427466760**

**WWW.PORTMACQUARIETENNIS.COM**

**PORT MACQUARIE tennis club**



**2019 EASTER HOLIDAY** **PORT MACQUARIE tennis club**

# TENNIS CAMP

**OVERLOOKING OXLEY BEACH, PACIFIC DRIVE**

**CAMP DAYS INCLUDE:**  
Tennis strokes and drills, mini tournament & match play. Last day of camp finishes at 12 midday with a BBQ & presentation.  
Tennis rackets are provided if required.

**SESSIONS:**  
4 to 7 years: Mini tennis 8.30am-10am  
7 years & over: Full morning 8.30am-11:30am.

**COST:**  
1 Day: Mini tennis- \$25  
2 Days: Mini tennis- \$40  
3 Days: Mini tennis- \$55  
1 Day: Full morning- \$40  
2 Days: Full morning- \$70  
3 Days: Full morning- \$85

**COURTS FOR HIRE**

**CAMP DATES**  
CAMP 1: MON 15th - WED 17th APR 2019

**OPEN TO BOYS & GIRLS**

## 4-16 YEARS

**CONTACT 0427466760**  
**EMAIL MOBILE # & CHILDS NAME TO:**  
**pmtc@bestit.net.au**  
**WWW.PORTMACQUARIETENNIS.COM**