

Tacking Point PS Newsletter

77-105 Bangalay Drive, PORT MACQUARIE NSW 2444

P: 02 6582 3478 F: 02 6582 2326

E: tackingpt-p.school@det.nsw.edu.au

W: <https://tackingpt-p.schools.nsw.gov.au/> Principal: Mr Phil Harris



Week 2, Term 1 2020

7th February, 2020

APPROACHING CALENDAR EVENTS

2020	
Tuesday 11 February	Swimming Carnival
Wednesday 12 February	Meet and Greet afternoon, 3.15pm-5.30pm
Thursday 13 February	HCH District Swimming Carnival, Port Macquarie
Friday 14 February	Book Club orders close today!
Tues 18-Wed 19 February	STEM Learning (6N, 5/6N)
Friday 21 February	Stage 3 Sport starts
Wednesday 26 February	STEM – Transition Project visit, Westport Campus
Friday 28 February	Clean Up Australia Day
Monday 2 March	P&C AGM, 7.30pm in the Staffroom – All Welcome
Thur 5 Mar – Fri 6 March	STEM Activities Day, Westport Campus (3/4M, 5/6N, 6N)
Friday 27 March	K-2 Assembly, 9.15am. Hosted by 1W
Friday 3 April	K-2 Assembly, 9.15am. Hosted by 2I
Thursday 9 April	Easter Hat Parade



Welcome back to 2020 and another busy year that will be ahead of us.

We have had an extremely positive and settled start to the school year. We have welcomed nearly 20 children into our school, with the latest family commencing last Wednesday. We extend a strong welcome to our present and new families.

Throughout the year, I am anticipating that we will grow by one class as our numbers are slowly increasing. Our mantra this year will be about making every moment count and for our children to rise to set expectations! Our expectations will be high and our wish is for our children to always achieve their personal best.

New Staff

I would like to officially welcome Miss Natasha Wellings. Natasha will be working with our Stage One team this year and teaching 1W. She is already proving to be a great asset to our school. We farewelled Mrs Karen Britten at the end of 2019. Karen has been with us for the past 11 years working with our staff and supporting students over the years with her passion, determination, persistence and expertise. She will be sadly missed by all however, we wish her all the best on her next chapter in life. We warmly welcome Mrs Jo Anderson who has joined our Student Learning and Support teachers.

Kindergarten

We welcomed 63 Kindergarten children who commenced their school life last Wednesday. They were all very excited and ready to take on the world! They too have settled in well and looking forward to the year ahead.

Meet and Greet

Our Meet and Greet afternoon is **Wednesday 12 February from 3.15pm through to 5.30pm**. This is an excellent opportunity to call into our school for a brief visit, see your child's classroom and meet the classroom teacher for 2020. We are looking forward to this event and hope that you can join us!

Skoolbag

Skoolbag is our main avenue of communication with the school community, for alerts, permission notes and eNewsletters. All notes that come through the front office will be put onto the Skoolbag app for reference and copies, in an endeavour to reduce the number of reprints.

Swimming Carnival

Our Swimming Carnival is Tuesday of next week. All students have received their permission note and program information last week. Bring lots of sunscreen and water on the day. I will need to lodge my apologies for the day, as I will be in Sydney as part of my Term 1 acting role.

Scooters/Skateboards

From 2020, scooters and skateboards are not to be ridden to school. We have had children riding these to school without helmets causing us great concern for their welfare. For safety reasons, these are to be left home in 2020.

Bikes are still permitted, provided that helmets are worn to school.

Devices:

Smart devices (iPad's, phones etc) are not to be brought to school. The school has iPad's and laptop computers to be used during lessons. School is a place for promoting socialisation and

establishing friendships. We ask parents to ensure that these expensive items remain safely at home during the school day. Your support with this is appreciated.

If you require your child to have a mobile phone with them at school, there is a mutual written agreement that comes with this responsibility. Please ask your child's teacher for this agreement which needs to be signed by all parties. Phones are not to be used by students on the grounds of the school and are only to be turned on outside the gates in the afternoon.

Major Excursions for 2020

We are in the early planning stages for our major excursions this year and below are the 2019 costs, to assist families with budgeting for these expenses in 2020.

Costs for 2020 will be advised as soon as possible.

- 2019 Year 3 \$170
- 2019 Year 4 \$330
- 2019 Year 5 \$340
- 2019 Year 6 \$575

School Leaders

An official welcome to our school leaders.

Captains: Lucy Strahorn, Angus Oakeshott.

Vice Captains: Lane Jordan, Lachlan Browne.

SRC: Catalina Toth, Jessica Miles, Mason White, Jesper Robinson, Megan Goldie, Gabriella Horan-Juzenas, Charlotte Memmott, Gilbert White, Ciarran McCallum and Zac Fonyodi.

These students have already showcased strong leadership in the last week.

Phil Harris Principal

Message from the Deputy Principals

Welcome to the school year of 2020 and the wonderful school community that is Tacking Point Public School. It was heart-warming to see all the smiling faces of our students on their return last week and the new students that we have just met, including our beautiful Kindergarten children.

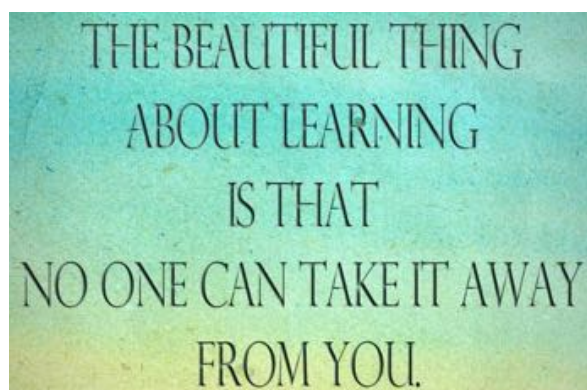
Our core values of 'Respect, Care, Courtesy and Responsibility' will continue to be reinforced and taught throughout the school giving students examples of, what each value looks like for many and varied occasions.

As our school is moving forward with the third year of the three year school plan, it is vital that we continue to foster, develop and support the 'whole' child at school. It is our number one goal that when students come to school they feel safe and happy, enabling learning to take place. We are very focussed on our strategic directions of 'Everyone Matters and 'Life Long Learners'.

We, as a school consistently strive to be the best we can be and cater for all individuals to the best of our ability. We appreciate your ongoing support and commitment to allow us to provide these opportunities.

We are looking forward to a fantastic year ahead and are keen to meet up with you at our 'Meet and Greet' evening next week.

Kelly Jordan and Trevor Thompson



Bel Canto 2020

Congratulations to our Bel Canto Choir Leaders for 2020: Sophie Soeyland, Pippa Wilson, Olive Phillis and Lucy Richards.

Students in Years 3-6 who haven't yet had a chance to audition, and are interested in auditioning for Bel Canto, are encouraged to discuss this with their families. Auditions were held late last year, but more times can be made upon appointment.

If you have any questions about the choral program, or would like to arrange an interview time, please email bel.canto.tpps@gmail.com or send a note to Mrs Moritz with your child.

Existing Bel Canto members will begin rehearsals Tuesday 4th February. Our new members will join us the following week, on Tuesday 11th February.

Kind regards,

Dayna Moritz & Elynne Toft
Bel Canto Coordinators

Koala Hospital Donation

Instead of doing Secret Santa amongst their peers, Year 2 students from 2019 donated money to the Koala Hospital. They raised \$350 which was then presented to the staff at the Koala Hospital on Thursday, 12th December 2019. The children who attended the presentation were able to ask Scott (clinical assistant) lots of questions about the koalas that have been recently affected by the bushfires!

Students got a private tour around the Koala Hospital. Year 2 teachers would like to thank all our wonderful parents who donated to this great cause.



Band Information

Band and instrument music lessons start on Wednesday 12 February. Senior band will also commence on Wednesday morning at 8am.

Drummers commence on Monday 10th, February @ 8am.





Tacking Point Public School

77-106 Bangalay Drive
PORT MACQUARIE 2444

Tel: 02 6582 3478

Fax: 02 6582 2326

Email: Tackingpt-p.school@det.nsw.edu.au

Principal: Mr Phil Harris

Meet and Greet

When: Wednesday 12 February 2020

Time: from 3.15pm - 5.30pm

Where: In classrooms

You are all invited to come and meet your child's teacher on Wednesday 12 February 2020.

The class teachers will be at school from 3.15pm to 5.30pm for you to come and introduce yourself and say 'hi'. They will have a handout with general information about the class and stage.

This time is an excellent opportunity for you to visit your child/ren's classroom, meet the teacher and an opportunity to schedule a time for a sit down meeting at a later date if required.

We will have other staff available to speak with providing an opportunity for you to catch up after the holiday break supporting a friendly and productive start to the new school year.

We are all looking forward to this event and we hope that you can join us!

TPPS Staff

Kelly Jordan

Relieving Principal



Orders close: Friday 14.02.20 Term 1 Week 3



Scholastic Bookclub is a great way to purchase quality children's literature at great prices.

Each term children are offered a different catalogue.

The school Library receives a 10% commission on all purchases. At such a large school as ours, this is usually around \$1,600 in fund raising that we receive to buy extra books for our children.

Please do not feel under any obligation to purchase anything. This is an optional extra for parents and students.

Ordering is cashless. All orders must be placed online. If you don't have the Internet available at home, the Town library has Internet available 2 hours free per day.

A few extra books in a cupboard can be a lifesaver for unexpected birthday parties that pop up short notice! Many books can be unisex, and books generally don't date or spoil!

This is the link to view the Bookclub online catalogue for this term

Online catalogue: <https://www.scholastic.com.au/book-club/book-club-parents/>

This is where you go to register yourself if you are a new parent to Bookclub so you can order:

New registration: <https://mybookclubs.scholastic.com.au/Parent/Register.aspx>

This is the link for where you go to place your Bookclub orders online. It's called 'Loop':

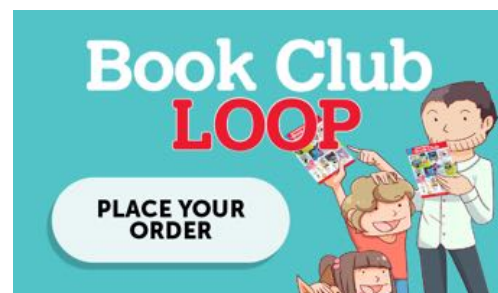
Online orders: <https://mybookclubs.scholastic.com.au/Parent/Login.aspx>

Thank you in advance to all the generous families who support this initiative.

Happy reading!

Lea Tracy

Teacher Librarian



Tuckerbox Canteen




Thank you to everyone that has already put their hand up to volunteer for Canteen Duty during 2020, although as you can see from the roster below, there is still space available for anyone who would like to join the team.

Sandy and Leanne.

TUCKERBOX ROSTER		
You can place lunch orders via the P&C's Qkr! App		
Mon 10/2	A. Tanati	HELP PLEASE
Tues 11/2	***** Swimming Carnival *****	
Wed 12/2	R. Brennan,	HELP PLEASE
Thurs 13/2	A. Brinkman	A. Baker
Fri 14/2	M. Brumby	H. Ryan R. Brennan
Mon 17/2	L. Speedy	HELP PLEASE
Tues 18/2	K. Chantler	Steph
Wed 19/2	V. Wilson	H. Ryan
Thurs 20/2	R. Brennan	HELP PLEASE
Fri 21/2	L. Wiggins	S. Shepherd
In accordance with H&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 Qkr! Payment site		

Portphysie

Tacking Point Public School

Tuesday	Wednesday
4pm - 11 - 12 years	3:30pm - Tiny tots
5pm - 13 - 16 years	4:00pm - 5 - 8 years
6pm - Elementary Ladies	4:45pm - 9 - 10 years
6:30pm - Advanced Ladies	

Contact: Cheryle 0408231253 Facebook: Portphysie

YOU COULD PLAY WOODWORKING CRICKET BLAST FOR FREE!
Claim your voucher today



HAVE A BLAST!

GET INTO WOODWORKING CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES - WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

MASTER BLASTERS
AGES 7-10 | NO MIND | 6+ HOURS
Everyone gets a chance to test, test and test in short, modified games of cricket. For kids with basic cricket skills. Sign up now for your Master Blasters Tour!

Port Macquarie Junior CC
Friday's 4:30pm - 5:30pm
Begin: February 7 - Ends: March 20
Contact: Natalie Jordan on 0423 821 146
e: nat@portmacquariejuniors.com.au

YOU COULD PLAY WOODWORKING CRICKET BLAST FOR FREE!
Returns to the NSW Government, every student (5-12) is entitled to a 2020 Active Kids voucher each calendar year. Redeem to use your voucher when you sign up at playcricket.com.au

WOMEN'S CRICKET AUSTRALIA | NSW GOVERNMENT | ACTIVE KIDS VOUCHER | 2020

JOIN A CREW NOW YOU TODAY PLAY CRICKET



2020 Season Registrations Open
Registrations **OPEN 1st February 2020**
(see information and help guide being sent out via email this week)

Just like previous years, you will need complete online at the **PLAY FOOTBALL** registration site - details in rego pack email in the 2020 Rego pack you will see a step by step guide on how to complete a registration online.
The steps are easy to follow, and the **PLAY FOOTBALL** help line number is also listed if needed.



The club will be holding **REGO DAY's** at Dixie Park on **Saturday 8th February and Saturday 15th February 2020 between 1-4pm**
(only need to attend if paying in person)

Every Player must do online registration prior to attending registration day.

Note if you choose to pay online no need to attend rego days
- your registration is complete if paid via the online process
(note they charge a small fee)



2nd Rego Day at Dixie Park
Saturday 15th February 2020 between 1-4pm
(only need to attend if paying in person)

Returning players get preference for place in same team as previous years, so to ensure your place, please complete the registration process prior or no later than the 15th February 2020 as the club may not be able to hold a spot in the team after that

Club shorts and socks will be available on the both rego dates.
Note - CASH ONLY



Active Kids Voucher Update
Please be advised that the NSW Government Active Kids Voucher is available again in 2020.
Parents can create their voucher from Jan 1 ready to use when registrations open.
The voucher can be redeemed via the new registration system similar to 2018 and 2019.
Voucher number is entered during the registration process which will automatically subtract \$100 from the fee.
They can either pay online or at your club the balance based on your club's preference.



COME JOIN THE PORT UNITED FAMILY



Want to play netball?? Quick...Time's running out...

- Registrations will close on Saturday 8th Feb at 5pm. Late registrations will only be accepted where there is a vacancy in age / team. So spread the word, let your friends know and put the date in your diary.
- All Registrations are to be completed online for 2020 – NetSetGo (Netta), Junior & Senior. See our website for all the links and information - portcombinednc.nsw.netball.com.au
- Families should claim their "Active Kids Rebate" Voucher first and then apply it through the payment phase of registration.
- Club Registration & Uniform Day – will be held at Sportspower Port Macquarie on Saturday 8th February from 10am to 2pm. We can also help you with your online rego there if you bring a device with data.
- ONLINE PAYMENTS ONLY – All payments will be online (no EFT direct credit). People with genuine hardship or concerns should contact the club to make arrangements - we don't want anyone not playing due to cost!!



Please follow our facebook page and the club website for all updates and important information.

www.portcombinednc.nsw.netball.com.au
<https://www.facebook.com/groups/163217393755173>



Any questions, please contact our registrar, Natalie Jordan, by email – natalejane.73@bigpond.com or by SMS 0429821146

Lake Cathie FC



2020 REGISTRATION DATES

Lake Cathie FC would like to welcome all new and returning players for the 2020 season.

- Great team sport for ages 5 and up, season runs from March to September
- All-girl teams in all-girls' competitions
- NSW Active Kids vouchers accepted

Registration 2020

Online: www.playfootball.com.au

In person: Lake Cathie Public School, Ocean Drive, Lake Cathie

Friday 7 February 130pm – 4.30pm

Watson's Caravans, Hastings River Drive, Port Macquarie

Saturday 8 February 10.00am – 12.00pm

All registration information is on our website and facebook page www.lakecathiefc.com.au or [facebook.com/LakeCathieFC/](https://www.facebook.com/LakeCathieFC/)



More information at: [facebook.com/LakeCathieFC](https://www.facebook.com/LakeCathieFC)

Dear parent or carer,

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE!**

WHEN DOES GO4FUN RUN? Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2-hour session each week with their parent.

WHAT DO WE DO AT GO4FUN? Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session the parent or primary carer attend, to a maximum 10 vouchers. School-aged siblings welcome. Registration for Term 1, 2020 is open with limited places in FREE, FUN Port Macquarie Go4Fun which runs Wednesday afternoons from 3.30 - 5.30pm, starting Wednesday February 5th 2019.

Register NOW at Free call 1800 780 900 or at www.go4fun.com.au

GO4FUN
HEALTHY ACTIVE HAPPY KIDS



Port Saints Football Club 2020 Season Registration

Online registration for Port Saints Football Club (soccer) will open on **Friday 17th January 2020**

Port Saints FC encourages parents to register online again this year, as the NSW Government is offering a \$100 rebate under the Active Kids program. Parents of school aged children are eligible, however an Active Kids application must be completed (and voucher code received) prior to registration with the club. You can register for your 2020 voucher from January 1st

For further information and instructions on how to register in 2020, please visit www.portsaints.com.au/registration

We are holding two registration information sessions at our clubhouse on
Sat 8th Feb and Sat 15th Feb 2020
From 9am to 11am

If you register online you are not required to attend however we will have gear available for purchase.



**2020 SEASON IS HERE
SIGN UP TODAY!**



EST 2005

**FOOTBALL
MID NORTH COAST**

REGISTRATION INFORMATION

Active Kids Voucher
Play Football Help
FMNC Club Registration Details
FMNC Club Contacts

www.footballmidnorthcoast.com/2020-registrations



Come Play Rugby

with the Port Macquarie Pirates

Pirates Kids U6-U12's Boys & Girls

Registration Opens Feb 19th

Training Wednesdays 5pm - 6pm Games Friday night all

@Stuart Park Port Macquarie

Please contact Lisa Vogel 0431 093 659 or

mcmercee@hotmail.com for more informations



Hearts 'n' Minds Learning in collaboration with



Parents and Carers Meeting

Does your child have social, learning or intellectual difficulties?

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

CAMDEN HAVEN	Friday 14th February	10am
Sandbar Cafe 3/621 Ocean Dr, North Haven NSW 2443		
PORT MACQUARIE	Friday 21st February	10am
The Bandwagon Cafe, 76 William St, Port Macquarie		
WAUCHOPE	Friday 28th February	10am
Waterman's Cafe 2/56 High St, Wauchope		

RSVP: Glenda Cooper 0402 998 316 glenda@heartsmindslearning.com.au

Prue Hampton 0437 102 552 abilitylinks.port@booroongendjugun.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)



29th Annual Nestle Mini Tri

Saturday 8th February 2020

Trial Bay Gaol

Commencing 10.00 am



Race 1: 10.00 am – 'Enticer' - 14 years to adults of any age

(Entry available to individuals or teams of 3)
(Includes: 300 metre swim, 9 kms cycle, 2 kms run)

Race 2: 11.15 am – 11, 12 & 13 years

Race 3: 12.30 pm – 8, 9 & 10 years

Race 4: 1.15 pm – 6 & 7 years

Race 5: 1.35 pm – 5 years

Presentation at approximately 2.30 pm



Where your goals are ours

31th Annual Trial Bay Triathlon

Sunday 9th February 2020

Commencing 7:30am

500m swim, 23 km cycle, 6km run

Entries open online from early November 2019

Online entries close February 4, 2020

Entries for Enticer & junior events can also be made on the day up to 1 hour before each race.

More details at: www.trialbaytri.com.au and www.coastline.com.au

Find us on Facebook: Trial Bay Triathlon Inc



2020 Rego Dates

Saturday 1st February & Saturday 22nd February

11am to 1pm @ Hibbard Sports Club

Mixed Tackle U6 to U12

Boys Tackle U13 to U16

Girls League Tag U13, U15, U17

Girls Tackle U17

\$140 Rego Fee Includes:

Training Shirt & Shorts, Playing Socks & Shorts
plus a Breakers Backpack



For more information,
please contact

portcitybreakersjrl@outlook.com



**Second Chance
Rego day!
Sat 8th Feb,
Grant St
courts in the
clubhouse!!**



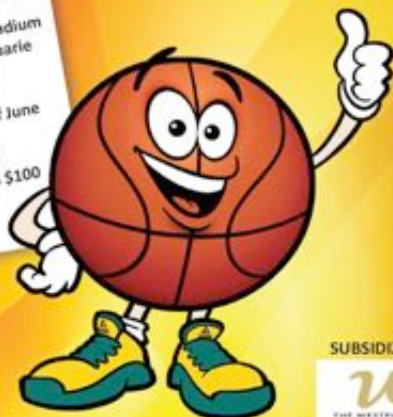
PORT PANTHERS NETBALL CLUB
ACTIVE KIDS CLUB

2020

Registration Day
Uniforms Available
Junior & Seniors
Saturday Comp



Who: Under 8's (4:00pm - 5:00pm)
Under 10's (5:00pm - 6:00pm)
Where: Port Macquarie Sports Stadium
1 Hibbard Dr, Port Macquarie
Dates: Term 1 & 2 (14 weeks)
20th February - 18th of June
Cost: New participants \$120
Returning participants \$100



SUBSIDIZED BY



FREE
COME TRY DAY
20th OF FEBRUARY
UNDER 8'S 4:00PM
UNDER 10'S 5:00PM

REGISTER NOW AT 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 be sent a pack that includes a spalding basketball, personalised singlet and a backpack.

For more information contact
Shannon Abbott on 0437985511
Don't forget to like our Facebook page
to see all our updates
@ Aussie Hoops Port Macquarie



Where Creativity Grows

For all ages and abilities!



FINE ART CLASSES

TERM 1 - BEGINS 10 FEBRUARY 2020

Fine Art Classes at The Seed provide an environment of expressive and creative innovation in a friendly, relaxed environment. Students will be introduced to new artists, learn about their unique style and create artworks inspired by them. Students will gain creative skills, hand/eye coordination, listening and focusing skills, confidence and build lasting friendships. We accept Kids Creative vouchers and can invoice Plan managers or individuals. We are an NDIS provider.

- Primary classes - ages 6-12
Monday, Tuesday, Wednesday and Friday
3.30-5.00pm
- Primary All abilities classes
Thursday 3.30 - 5pm
- Adults All abilities art classes - ages 13+
Wednesdays 10am - 12pm
Thursdays 1pm - 3pm
- Seedlings classes - 5 & under
Fridays 10.45am - 11am



Check out our website for full details



2/44 Gordon Street Port Macquarie
www.theseedcreativeworkshops.com
info@theseedcreativeworkshops
Ph: 0447 114 796 or 0402 070 404



INFORMATION GUIDE Issued 25 November 2019



**Level 3
VERY HIGH**



WATER RESTRICTIONS NOW IN FORCE*

RESIDENTIAL

What days can I water? If your house is an even number you can water on even dates (the 2nd, 4th, 6th etc.) and if your house is an odd number, you can water on odd dates (the 1st, 3rd, 5th etc.). There is no residential outside water use on the 31st day of the month.

Handheld hoses, fitted with a water cut-off trigger or control nozzle can be used for up to a **total of 10 minutes before 9am OR after 4pm on the allotted day for:**

- > Watering gardens and lawns (including new turf); or
- > Cleaning out garbage bins on a grass or gravel area; or
- > Topping up of pools or spas; or
- > Washing car or boat on a grass or gravel area. Boat motor flushing is permitted for 5 minutes only on day of use.

The following activities are **BANNED** for water use:

- > Using fixed hoses, water sprinklers, micro-sprays and drip irrigation systems; and
- > Cleaning windows, walls, roofs and gutters; and
- > Cleaning driveways, paths and hardstand areas (unless for health and safety reasons only); and
- > Filling or topping up temporary inflatable or portable pools.

Watering cans and buckets filled with suitable grey water (i.e. shower or sink) or rainwater can be used at any time. Use of potable water in watering cans and buckets can be used during your allotted time only.

PUBLIC AREAS

- > Sporting fields: only recycled water can be used.
- > Community gardens: only recycled or rainwater can be used.
- > Fountains and garden ponds: handheld hose can be used for up to 10 minutes before 9am OR after 4pm.

COMMERCIAL AND INDUSTRIAL

- > Plant nurseries, bowling greens and market gardens: sprinkler systems can be used for a maximum of 1 hour before 9am.
- > Water can only be used for essential production or to continue core business activities e.g. high-pressure water cleaning businesses. Water-saving efficiencies are strongly encouraged.
- > All other businesses can use a handheld hose with cut-off trigger or control nozzle for up to 10 minutes before 9am OR after 4pm.
- > Dust suppression is permitted with recycled water only.

* Water Restriction levels current on the date printed above. Please check the website below for updates.

PENALTIES WILL APPLY FOR DELIBERATE BREACHES OF WATER RESTRICTIONS

Port Macquarie-Hastings Council adopted revised water restriction trigger levels and the Uniform Regional Water Restrictions at the Ordinary Council meeting of 20 July 2016. For further information on water restrictions visit:

pmhc.nsw.gov.au/water

The simplest way

... to pack a healthy lunch box .

Does packing lunch boxes feel like a chore? We are here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

Healthy lunch boxes don't have to be boring.



We are very excited to bring you our new look [healthy lunch box website](http://healthylunchbox.com.au) that has been improved with new features and functions based on feedback provided by you! You can now search for gluten free and vegetarian recipes, as well as **easy to freeze** and **quick and easy** recipes because as parents, we know how important it is to pack lunches quickly.

You can sign up to the [Healthy Lunch Box e-newsletter](http://healthylunchbox.com.au) for ideas, updates and recipes delivered to your inbox throughout the year.

[Check out the new website now!](http://healthylunchbox.com.au)

healthylunchbox.com.au

Live Life Well @ School

Back to School Healthy Habits



- Get **active** each day
- Choose **water** as a drink
- Eat more **fruit** and **vegies**
- Turn off the screen and get **active**
- Eat fewer snacks and select **healthier alternatives**

For more information: www.healthykids.nsw.gov.au



Health
Mid North Coast
Local Health District

Cancer Council Community Connects

Join us for a conversation about cancer in the community. Listen to Cancer Council Researcher Dr. Eleonora Feletto and Cancer Care Coordinator Ken Procter from the Mid North Coast Cancer Institute.

Learn about current Cancer Research and Immunotherapies, connect with your local Cancer Council team and participate in a Question and Answer session.

Dr Eleonora Feletto (PhD)



Researcher at Cancer Council NSW

Ken Procter



MNCCI Clinical Nurse Consultant

Where:

Glass House Meeting Room 2
Port Macquarie

When:

Thursday 13th February

Time:

5:30pm arrival for a 6pm start
Duration approximately 2 hours

Tickets:

FREE - Tickets are limited
Book your tickets via:
www.trybooking.com/BIBXD
Or phone the Coffs Harbour
office on 6659 8400

Light refreshments provided



Health
Mid North Coast
Local Health District



Cancer Council

Port Macquarie Football Club



Invite you to

**BE A PART OF
OUR
TEAM**

Our friendly and fun atmosphere along with our community spirit makes Port Macquarie FC a great club to be a part of.



www.portmacquariefc.com