

# Tacking Point PS Newsletter

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Week 4, Term 1 2020

21 February 2020

## APPROACHING CALENDAR EVENTS

2020	
<b>Wednesday 26 February</b>	STEM – Transition Project visit, Westport Campus
<b>Friday 28 February</b>	K-2 Assembly – General Assembly. 9.10am in the Hall Clean up Australia Day
<b>Monday 2 March</b>	P&C AGM, 7.30pm in the Staffroom – All Welcome Premier's Reading Challenge opens – Happy Reading!!
<b>Thursday 5 March</b>	STEM Activities Day, Westport Campus (3/4M, 5/6N, 6N)
<b>Friday 6 March</b>	K-2 Assembly – General Assembly, 9.10am in the Hall
<b>Thursday 12 March</b>	Aboriginal & Torres Strait Islander Afternoon Tea – details to come
<b>Friday 13 March</b>	K-2 Assembly – General Assembly, 9.10am in the Hall
<b>Friday 20 March</b>	Year 2 Butterfly House Excursion
<b>Friday 27 March</b>	K-2 Assembly, 9.15am. Hosted by 2I
<b>Thursday 2 April</b>	School Cross Country
<b>Friday 3 April</b>	K-2 Assembly, 9.15am. Hosted by 1W
<b>Thursday 9 April</b>	Easter Hat Parade

*From the Desk of Mr Harris*

Dear Parents and Carers,

Welcome to Week 4.

As you are probably aware, we have commenced with 27 classes for 2020. A small restructure occurred last week and we welcome Miss Williams who is now on a Year 4 class. Mrs Bryant will be teaching Year 5 for the remainder of the year. I am pleased to say that all classes are working extremely hard and that our children are very much settled into the learning cycle that every teacher wants.

A full 2020 staff list is published in this eNewsletter.

My congratulations to Mr Connolly and our 3 to 6 staff on a superb swimming carnival that was held last week. We are hoping that in 2021, the timing of this event can be brought forward, so we have more time before children go onto the next level.

Our 'Meet and Greet' evening was a success and we welcomed many new families, attending and touching base with their 2020 teachers. Feedback has been extremely positive and some follow up interviews have now been planned since that evening. A reminder that, at any stage,

parents can request an interview or appointment with their child's teacher to ensure that any communication has been had to ensure a successful year and your child's teacher is the first point of contact for any concerns.

2020 invoices will be issued shortly. Positive feedback has also been well received in regards to letting parents know approximate costs for our major excursions this year. We trust this information will help with budgeting and planning, so all children can attend these major excursions.

It is also timely to remind parents and children about the etiquette that goes with using any social media app. No child legally should be using any social media until they are 13. We thank our parents for supporting the schools policy, with not bringing mobile devices to school and a thank you to our responsible children who have chosen to bring phones to school and have abided by the school guidelines, that they remain turned off during school time.

A reminder about bus behaviour. At all times, our students are expected to display perfect behaviour on the bus. We ask if this could be discussed at home to ensure that no students are ever put into a situation where they are in trouble or that they lose their bus pass.

I continue to be enjoying my new relieving role at District Office and value the opportunity to be relieving Director, Educational Leadership.

**Phil Harris**

### *Message from the Deputy Principals*

What a wonderful to start the year with our **'Meet and Greet'** last week.

Welcome and thank you to all our lovely families who were able to come along and say hello. So many of the students were thrilled with the fact that their parents/carers came into the school to see their everyday learning space and the teacher that they talk about all the time. The teachers were also pleased to put a face to a name and start building a connection that will support your child throughout this year of their schooling (and often beyond).

**Belonging** is the focus we have across the school this term supporting students on the importance of them having and fostering positive relationships and building friendships. Friendships allow students to learn to relate with other people. They develop social skills as they teach each other how to be good friends.

Children's friendships needs and skills change as they grow, as a result friendship patterns may also change.

At times in all our lives, we may find ourselves in the position where we may need extra support to navigate our way through life's challenges. Listed below are some useful links you, your family or friends can use if ever in need.

Friendship difficulties:

**Raising Children Network** [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

**Women and Children's Health Network** [www.cyh.com](http://www.cyh.com)

*It takes a  
village to  
raise a child....*



Sibling Conflict:

**Australian Childhood Foundation** [www.kidscount.com/au/english](http://www.kidscount.com/au/english)

Parent and carer separation

Grief, loss and crisis:

**Parenting SA** [www.parenting.sa.gov/pegs](http://www.parenting.sa.gov/pegs)

**Women and Children's Health Network** [www.cyh.com](http://www.cyh.com)

School refusal:

**Women and Children's Health Network** [www.cyh.com](http://www.cyh.com)

**Kelly Jordan and Trevor Thompson**

## Close Reading Initiative

On Monday 17<sup>th</sup> February, Stage 2 teachers attended a Professional Development opportunity at Telegraph Point PS focusing on 'Close Reading'. All staff were thoroughly engaged in the activities and workshops presented by District Office representatives. This initiative will be an ongoing commitment by the school and Stage 2 staff to implement, collaborate & review over Term 1 and Term 2, with additional meetings being necessary.

*Close Reading differs from other approaches to teaching comprehension where students are prepared for the reading, for example, through a picture walk, providing a summary of the text to be read, or through skimming and scanning of headings or frontloading vocabulary.*

*The main intention of close reading is to engage students in the reading of complex texts. Teachers will focus on the four elements that support close reading:*

- repeated reading of a short text or extract
- annotation of the short text or extract to reflect thinking
- teacher's questioning to guide analysis and discussion
- students' extended discussion and analysis.

**Mr R. Harris (Assistant Principal)**

## Community Support - Thank you!

Thank you to Aldi for their generosity during the week delivering \$100 worth of school supplies for us!





# Tacking Point Public School

## STAFF LIST 2020

Principal	Mr Phil Harris
Deputy Principal	Mrs Kelly Jordan
Deputy Principal	Mr Trevor Thompson (Year 2)
Assistant Principals	Mrs Dayna Moritz (Year 4)
	Mrs Kym Wignall (Kindergarten/Year 1)
	Mr Rob Harris (Year 3)
	Ms Jody Bond (Year 5)
	Mrs Cherry Nelson (Year 6)
KE - Red	Mrs Megan Essex
KO - Yellow	Mrs Hayleigh Osborne
KW - Blue	Mrs Kym Wignall
1H - Blue	Mrs Shannon Hatton
1K - Green	Mrs Fiona Kars
1W - Yellow	Miss Natasha Wellings
1V - Red	Mrs Kylie van Klink
2I - Blue	Mrs Xanthe Ireland
2J - Green	Mrs Lina Jackson
2C - Yellow	Mrs Sally Cooper
2T - Red	Miss Cass Tonkin
3J - Green	Mrs Karen Jones
3H - Red	Mr Rob Harris
3K - Blue	Mrs Kate Jones
3/4M - Purple	Mrs Dayna Moritz (M-Th) & Ms Kate Dawes (F)
4D - Blue	Mr Ben de Braun
4H - Red	Ms Katrina Harvey
4S - Green	Mrs Leanne Smith (M-Th) & Ms Catherine Robinson (F)
4W - Yellow	Miss Naomi Williams
5B - Yellow	Mrs Megan Bryant
5L - Blue	Mrs Kerry Lindley
5T - Red	Mrs Elynne Toft (Tue-Fri) & Mr Brad Pees (Mon)
5/6 N - Purple	Mrs Cherry Nelson
6B - Yellow	Mr Matt Bale
6G - Green	Mrs Sue Garratt
6N - Red	Mrs Sally Norman
6S - Blue	Mrs Nicole Schneider
Librarian	Ms Leanne Horan & Ms Catherine Robinson (Thurs)
RFF	Mrs Angie Reichelt      Mr Michael Connolly
L&S Teacher	Mrs Rebecca McCann (M,Tue, W)    Mrs Sharon Randall (W) Ms Susan Curtis (M, Tue)    Mrs Jody Bond Ms Katie Freeman (Th)
School Counsellor	Ms Nicole Chilcott (M,Tue,Wed, Alternate Thursdays)
Staff on Leave	Mrs Ros Mangold
<b>Admin Staff</b>	
Admin Manager	Mrs Kim Kennedy
Admin Officers	Mrs Kate Gresswell
	Mrs Barbara Elphick (Tu,W)
	Mrs Sue Moore-Jones (T, W, Th)
	Mrs Michelle Birrer (T, W)
	Mrs Natalie de Braun (M, Th, F)
General Assistant	Mr Garry Simpson
School Learning Support Officers	Mrs Marg Crowe, Mrs Leanne Williams, Mrs Lindell Bailey Miss Lara Tunbridge, Mrs Jo Anderson, Mrs Kate Smead



## K-2 Assembly - Guest Speaker

During our General Assemblies, we have invited members of our community to come and talk to our children about their job and what they do.

Our special visitor this week was Shannon Larkin. Shannon spoke to us about Waste Free Wednesday. She gave us examples of what we can pack in our lunch boxes and how important it is to have less rubbish in our environment.

Thank you Shannon



## From the Library

**Congratulations** to the children and their families who have completed their Read Aloud Bookmarks in Term 4 2019, Weeks 9 and 10:

**KC** Rylee Chambers, Daisy Powell **KE** Macie Barry, McKenna Robertson **KP** Adeline Ninness **1W** Ashton Hughes **1V** Annie Wellings **1K** Coco Cox, Harry Stephens **1R** Flynn Apthorpe, Piper Chippendale **2I** Max Walpole **3/4M** Sam Hewens, Lillie Merrell **3J** Annabelle Ashton, Anne Randall, Maxine Smith **5L** Jesper Robinson

**Congratulations** to the children and their families who have completed their Read Aloud Bookmarks in Term 1 2020, Weeks 1 to 4:

**1H** Amelia Pirie **2C** Flynn Apthorpe, Isaac Chapman, Hamish Pope **2T** Jayden Ashley, Willow Giddins, Josh Harris, Chloe Moye **3J** Jakob Schmidt **3H** Sam Moore, Natasha Pirnie, Olive Tait **3K** Mahalia Anderson **4H** Zayden Keedle **4W** Annie Randall

**Ms Lea Tracy**  
**Teacher Librarian**

## 2020 Library Information

### From the Library

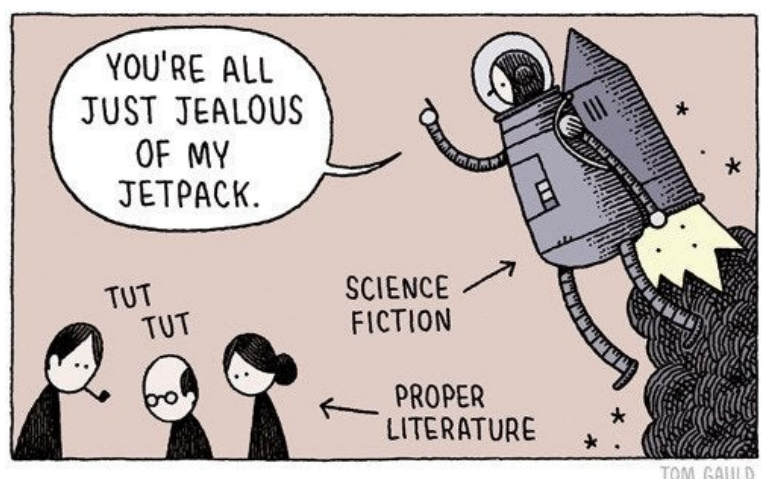
We are very blessed to enjoy a well-resourced and beautiful Library at Tacking Point.

Our classes K-6 participate in 40 minutes lessons each week. In this time children are introduced to a broad base of both classical traditional authors and genres, as well as contemporary award winning literature.

Our lessons focus on developing within each child an innate love and appreciation of books. We aim to translate this into a lifelong habit and enjoyment of reading in adult years.

### Reading in the Primary school

In primary schools across the country, most students are taught to read with the framework of a levelled reading scheme 1-30. Level 1 is the first and level 30 is where students are considered capable of independent reading of easy to read chapter books. (Parents will be familiar with this system from your children's 'Home readers' which have coloured numbered dots on the covers.)



TOM GAULD

The Library is 'The Candy Store'! I am the keeper of the keys to the world of imagination, wonder, learning, escapism, special interest, leisure and pleasure reading!

In the Library, children are encouraged to select books to take home and share with their family. They will often select books they are madly excited about – however, they may not have the capacity to read independently! That's where you come in as parents by reading to your children. You might read a page, they might read a page next, or perhaps you're reading the lot.

Enid Blyton's "Faraway Tree" series, Michael Bond's "Paddington" series, Roald Dahl's 'Fantastic Mr. Fox', or "The Twits" are perfect examples of the kind of stories that are fabulously enjoyable for young children, yet perhaps too tricky for them to read independently.

Children of all ages and even adults sometimes, love to be read to. It is a great compliment and validation of love and affection that an adult will devote individual time to a child. Try to make the priority in your busy day to read to them and also listen to your child read. Children feel important and valued. You are forging strong positive relationships for the future. This investment in your child now will pay dividends later, especially in those challenging tween and teen years.



With your child's borrowing in the Library they are welcome to borrow free choice.

I monitor each child's borrowing each week. I will encourage students to expand their repertoire if they seem 'stuck in a rut' or ready to extend themselves to a more challenging author or text.

K – 2 Need Library bags to borrow, please, to help protect our books.

Your child's Library day:

Kinder	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KE Wednesday	1H Monday	2C Tuesday	3H Monday	4D Wednesday	5/6N Thursday	6B Thursday
KO Wednesday	1K Tuesday	2I Tuesday	3J Monday	4H Wednesday	5B Tuesday	6G Thursday
KW Wednesday	1V Monday	2J Friday	3K Tuesday	4S Wednesday	5L Thursday	6N Thursday
	1W Friday	2T Monday	3/4M Friday	4W Tuesday	5T Monday	6S Wednesday

Happy reading!

**Lea Tracy**  
**Teacher Librarian**



## Invitation - College Connect Evening

You are warmly invited to attend the Year 7 2021 College Connect Evening at your public school.

Meet staff, student leaders and current Year 7 students to learn more about the extensive opportunities available for your child at Hastings Secondary College.

Sessions will commence at 6.00pm at your primary school (2.30pm at Rolland plains Upper PS) and are expected to take 1 hour. Supper will be provided.

- **Westport Public School** - Monday 24 February 6pm, Library
- **Rollands Plains Upper Public School** - Tuesday 25 February 2.30pm Primary Classroom
- **Lake Cathie Public School** - Wednesday 26 February 6pm, Library
- **Hastings Public School** - Wednesday 4 March 6pm, Library
- **Telegraph Point Public School** - Thursday 5 March 6pm, Library
- **Port Macquarie Primary School** - Monday 9 March 6pm, Library
- **Tacking Point Public School** - Tuesday 10 March 6pm, Hall

If you are unable to attend the date set for your primary school, you are welcome to attend an alternate evening.

We look forward to meeting you.



## Welcome to College Connect: Our Year 6 to 7 transition program

This e-newsletter guides parent, carers and Year 6 students through their transition to high school.

Hastings Secondary College will keep you abreast of the events, activities and learning experiences available throughout 2020 and into 2021.

College Connect is designed to build relationships and understanding with students and parents/carers with the aim of supporting and assisting in a seamless transition to secondary school.

Information, links to forms, application processes and important dates will be shared with you through this newsletter.

Please forward this to interested friends or family. New subscribers can be added by contacting [Michelle Garven, College Head Teacher](#)



K-2 Week 2	
<b>2I</b>	Zac Richardson
	Annie Wellings
<b>2T</b>	William Etchells
	Soetkin Nuytens

K-2 Week 3	
<b>KW</b>	Toby Sallustio
	Olivia Domin
<b>KO</b>	Max Davidson
	Summer Carter
<b>KE</b>	Scarlett Jones
	Cooper Lewis
<b>1V</b>	Juanita Eichmann-Villagran
	Will Ritchie
<b>1W</b>	Ashton Hughes
	Macie Barry
<b>1H</b>	Mason Smith
	Glaysious Cowan
<b>1K</b>	Indigo English
	Kayla Button
<b>2C</b>	Isaac Chapman
	Lolani Collyer
<b>2J</b>	Wolf Nuytens
	Max Kuchling
<b>2I</b>	Summer Hodgkin
	Felicity Wallace
<b>2T</b>	Deklon Gratton

Year 5-6 Week 2		
<b>5B</b>	Zara Drew	Hannah Gresswell
	Will Clark	Sam Browne
<b>5L</b>	Jack Cramp	Charlee Hirt
	Asher Davy	Fletcher Globits
<b>5T</b>	Arthur Schmude	Rocco McCallum
	Riley Dailey	Gayatri Parmar
<b>5/6N</b>	Drake Houghton	James Owen
	Anthony Oldfield	Milla Northam
<b>6B</b>	Chase Thompson	Daisy Duncan
	Zoe Jagers	Taylor Callinan
<b>6G</b>	Riley McDonald	Katrice Millar
	Joe Grattan	Sienna Mathieson
<b>6N</b>	Jai Greenslade	Judd Williams
	Nick Davenport	Summer Bink
<b>6S</b>	Zayne Cloake	Pippa Wilson
	Cruz Lewis	Joel Hay

Year 5-6 Week 4		
<b>5/6N</b>	Catalina Toth	Nessa Kinchington
<b>5/6N</b>	Callum Rowe	
<b>5B</b>	Mia Bohlscheid	Jackson Hollis
<b>5B</b>	Charlotte Fitzpatrick	Elijah Schmidt
<b>5L</b>	Shantana Cowan	Noah Marsh
<b>5L</b>	Frieda Dudfield	Jenson Medcalf
<b>5T</b>	Isabella Barrett	Ava Herring
<b>5T</b>	Sarah Gleeson	Jai Young
<b>6B</b>	Benson Glover	Olive Phillis
<b>6B</b>	Anton Kelly	Lucy Strahorn
<b>6G</b>	Amahli Baker	Lucy Richards
<b>6G</b>	Daisy Pees	LJ Whitehead
<b>6N</b>	Zaran Blunden-Schofield	Anastasia Griffiths
<b>6N</b>	Megan Goldie	Niall Kinchington
<b>6S</b>	Ruby Menin	Jason Randall
<b>6S</b>	Bailey Stevens	Jackson Wynne
<b>6S</b>	Bailey Marler	



## TUCKERBOX ROSTER

You can place lunch orders via the P&C's Qkr! App

Mon 24/2	F. White	<b>HELP PLEASE</b>
Tues 25/2	F. White	R. Brennan
Wed 26/2	J. Hales	R. Brennan
Thurs 27/2	J. Moye	<b>HELP PLEASE</b>
Fri 28/2	M. Brumby	H. Ryan
Mon 2/3	S. Shepherd	<b>HELP PLEASE</b>
Tues 3/3	C. Chantler	S. Klimoski
Wed 4/3	R. Brennan	<b>HELP PLEASE</b>
Thurs 5/3	N. Varga	R. Brennan
Fri 6/3	M. McNaulty	R. Ferguson

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 Qkr! Payment site

## Community News

**DID YOU MISS NETBALL  
REGISTRATIONS?  
NO GRADING NECESSARY!  
GET IN CONTACT NOW!**



**Panthers Netball Club need players in our 10 years team (born 2010) and our 12 years teams (born 2008).**

**Contact Jodie Burge 0412 937 955**



### SACRAMENTS 2020

St Agnes' Parish will be commencing the Sacrament of Confirmation in term 1 this year. For anyone interested in their year 2 children or any other children participating in this program, please register via the St Agnes' Parish website <https://stagnesparish.org.au/> or contact Peta Rourke on 0400 420 614 for further information. Thank you.

# Portphysie

Tacking Point Public School



Tuesday

4pm - 11 - 12 years

5pm - 13 - 16 years

6pm - Elementary Ladies

6:30pm - Advanced Ladies

Wednesday

3:30pm - Tiny tots

4:00pm - 5 - 8 years

4:45pm - 9 - 10 years

Contact: Cheryle 0408231253

Facebook: Portphysie

EquiEnergy Youth  
Enhancing Community Connections

with Dr Stephen Spencer



LEARN HOW TO  
RESPOND TO YOUR  
CHILD'S MENTAL  
HEALTH DISTRESS AND  
BUILD THEIR COPING  
AND RESILIENCE

Are you worried about the impact of social media, bullying, school work, peer pressure, puberty and trying to fit in etc has on your child's mental health?

I want to share with you a simple process so you can guide your child through their distress, worry less about their mental health and watch them become more focused.

When I first started nursing kids, I was responsible for the safety of young people who would engage in self-harm, suicidal behaviour, aggression, violence and running away when they were distressed. I wanted to know the best way to support them and prevent these types of episodes from occurring.

I met many parents who would say "I just don't know what to do".

This inspired me to find a new way. So I undertook a PhD and conducted a research project that aimed to understand psychological distress for young people and how adults can support and respond to them in helpful ways. My goal was to improve the care I offered as a nurse (and as a father of 3 daughters), but also to use what I learnt to educate and guide adults who support young people to reduce the impact of distress on a young person's life.

As a result of my research and thousands of hours of clinical experience, I have developed a simple, easy to follow method to guide adults on how and when to respond to young people in distress to achieve a positive outcome.

If you'd like to learn this guide please come along.

The Westport Club, 25 Buller St, Port Macquarie 3<sup>rd</sup> March - 5.30pm to 6.30pm  
(Q & A to follow) Entry \$10 with proceeds donated to support Dyslexia Mid Nth Coast

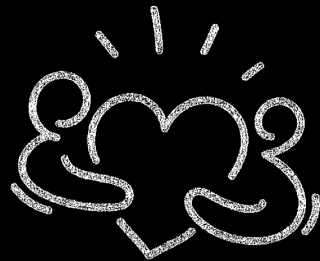
Tuesday 3 March  
5.30pm-6.30pm  
The Westport Club, Port Macquarie

Tickets via Eventbrite - <https://bit.ly/2OZ0XUj>  
[www.facebook.com/dyslexiamidnorthcoast](http://www.facebook.com/dyslexiamidnorthcoast)



You're invited!

## Shared Lives



**Shared Lives** is a FREE introduction for people interested in becoming foster carers. Family & supportive friends of prospective carers are also welcome and encouraged to attend.

**Shared Lives** will be presented over 3 weekly sessions in on Wednesday evenings.

Learn about:

- ✓ Exploding myths about foster care
- ✓ Children's experiences & the impact on their development
- ✓ Parenting strategies
- ✓ Preparing to welcome foster children into your home
- ✓ Promoting positive behaviours
- ✓ Supporting children's identity & culture
- ✓ Connecting with a child's family
- ✓ Being part of a 'care team'
- ✓ Supports for foster carers
- ✓ And lots more...

We look forward to you joining us!

### Port Macquarie

#### Dates

Session 1: Wednesday 4<sup>th</sup> March 2020  
Session 2: Wednesday 11<sup>th</sup> March 2020  
Session 3: Wednesday 18<sup>th</sup> March 2020

Sessions will run from 4pm until 9pm

#### Venue

Uniting Office (Family Room)  
7 Sherwood Road  
Port Macquarie

#### Catering

A light supper will be provided each evening. However, as we are unable to cater for specific dietary requirements, please feel free to bring something suitable if required.

**RSVP by Tue 18 February 2020**

Phone: 6581 6600 or  
Email: [BurnsideAdminPM@uniting.org](mailto:BurnsideAdminPM@uniting.org)

**Uniting**

Craig Smith  
Mobile: 0439810612  
Email: [smithie1971@gmail.com](mailto:smithie1971@gmail.com)

### VIKINGS RUGBY UNION CLUB 2020



The mighty Hastings Valley Vikings Rugby Union Club is fielding teams in the Under 10's and the Under 12's Friday Night Rugby Union Competition. If you believe you want to have fun, meet new mates and play with the best club in Australia, then contact me. Season starts on the 1<sup>st</sup> of May 2020.

Rego cost \$140 this gets you, Shorts, Socks, Polo Shirt, Training Shirt.

Don't forget your NSW Govt Sports Voucher of \$100

Yours In Rugby,  
Craig Smith



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 5<sup>th</sup> 2019.

Register NOW at Free call 1800 780 900 or at [www.go4fun.com.au](http://www.go4fun.com.au)



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?

<b>CAMDEN HAVEN</b>	<b>Friday 14<sup>th</sup> February</b>	<b>10am</b>
Sandbar Cafe 3/621 Ocean Dr, North Haven NSW 2443		

<b>PORT MACQUARIE</b>	<b>Friday 21<sup>st</sup> February</b>	<b>10am</b>
The Bandwagon Cafe, 76 William St, Port Macquarie		

<b>WAUCHOPE</b>	<b>Friday 28<sup>th</sup> February</b>	<b>10am</b>
Waterman's Cafe 2/56 High St, Wauchope		

RSVP: Glenda Cooper 0402 998 316 [glenda@heartsmindslearning.com.au](mailto:glenda@heartsmindslearning.com.au)  
Prue Hampton 0437 102 552 [abilitylinks.port@boorooongendjugun.com.au](mailto:abilitylinks.port@boorooongendjugun.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)



## 29<sup>th</sup> Annual Nestle Mini Tri

**Saturday 8<sup>th</sup> 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

## 31<sup>th</sup> Annual Trial Bay Triathlon

**Sunday 9<sup>th</sup> 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](http://www.trialbaytri.com.au) and [www.coastline.com.au](http://www.coastline.com.au)

Find us on Facebook: Trial Bay Triathlon Inc



## 2020 Rego Dates

**Saturday 1<sup>st</sup> February & Saturday 22<sup>nd</sup> 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:**

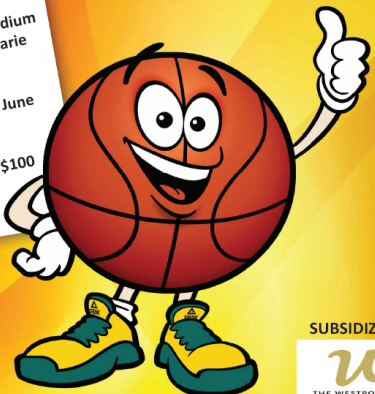
**Training Shirt & Shorts, Playing Socks & Shorts  
plus a Breakers Backpack**



For more information,  
please contact  
[portcitybreakersjrl@outlook.com](mailto:portcitybreakersjrl@outlook.com)







**Port Macquarie DOLPHINS**

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

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

**AUSSIE HOOPS**

SUBSIDIZED BY  
  
THE WESTPORT CLUB  
relax with us

## 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



## Tuning in to Kids Program

Emotionally Intelligent Parenting

UNDERSTAND AND MANAGE EMOTIONS TO IMPROVE PARENT-CHILD CONNECTION  
**Family Support Network**



Tuning in to Kids consists of six interactive group sessions for parents and is designed for all families with children aged 3-11 years.

The program teaches simple emotion coaching skills so parents can recognise, understand and respond to children's emotions in an accepting, supportive way.

This approach helps promote emotional and social competence in children.

Would you like to:

- help your child manage anger and other strong emotions?
- be better at understanding and talking with your child?
- help to prevent problem behaviours?
- teach your child to deal with conflict?

### Program details: 2020

Tuning in to Kids program meets weekly for six weeks: 27<sup>th</sup> February - 2<sup>nd</sup> April  
Time: Thursday's 10.00am - 12.30pm

Cost: FREE (limited places, registration essential)

Light Lunch provided



Venue: Youth Hub  
140 Horton St, Port Macquarie NSW 2444



For more information or to register  
Contact: Jade Chelman  
Family Support Network  
Phone: 6581 6800

## Live Life Well @ School

### Simple SunSmart Tips for School



- Apply a generous amount of SPF 30 or higher broad-spectrum, water-resistant **sunscreen** at the start of each day
- Pack a **hat** each day
- Encourage your child to play in the **shade**

For more information: [www.sunsmart.com.au](http://www.sunsmart.com.au)



Nutrition Snippet

## The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

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