South West Rocks Public School
Bulletin – Tuesday 1st March 2016
Achieving Academic Excellence in a Caring, Co-operative and Courteous Environment
6566 6208
sthwestroc-p.school@det.nsw.edu.au

Lower North Coast Swimming
A great effort from all competitors that represented our school in the LNC swimming carnival held in Kempsey last week. The hard work and training has clearly paid off as we have 20 swimmers that will represent the LNC at the regional swimming carnival in Kempsey on March 9. Congratulations to Brielle who was Junior Girl champion and Cleo and Stevie who broke the 8 and 9 years 50m freestyle records. Best of luck to all the team at the North Coast Carnival.

In addition SWRPS were the champion school at the carnival. A wonderful effort considering we were competing against schools much bigger than ours.

Sports News
Congratulations to Aneeka, Jai and Kayla on their selection in the North Coast cricket team. This is a great achievement girls. We look forward to following your progress. The girls will travel to Sydney later on in the year for the state carnival. Best of luck girls.

Success also, for Joe Kable and Jack Wakely who were selected for the Lower North Coast cricket squad. We wish the boys all the best as they contest the North Coast trials in the coming weeks.

Home Reading
Please note the next article from Mrs Cooney our teacher/librarian on helping your child with reading is attached to this bulletin. These articles make very interesting reading for all parents of school aged children.

Biker Safety
Thank you to all families supporting bike safety by ensuring their child is wearing a helmet when riding their bike to and from school.

To further assist families, I’ve included a copy of the Bike Safety Checklist with this bulletin. Students and their parents might take time to check the condition of their bikes to further enhance the safety message.

Cliff Peachman
Principal

IMPORTANT DATES TO REMEMBER
Tuesday March 4 – Clean up Australia Day
Tuesday March 8 – P&C AGM
Wednesday March 9 – NC Swimming Carnival Kempsey
Thursday March 24 – Easter Hat Parade 2pm in hall
Maths Box Questions

Year 1 and 2
If one bucket holds 2 litres of water, how much water could fit in 6 buckets? 

Name: ______________________________ Class: __________

Year 3 and 4
The box of bananas weighed 865 grams. If a customer bought a bunch weighing 252 grams, how much is left?

Name: ______________________________ Class: __________

Year 5 and 6
Ally’s batting scores have been 12, 5 and 10. What is her average score?

Name: ______________________________ Class: __________

VOLUNTARY SCHOOL CONTRIBUTION
The voluntary school contribution has been capped at $20 per child and $50 per family. Please return this slip with your payment.

Name: ______________________________ Class: __________
Name: ______________________________ Class: __________
Name: ______________________________ Class: __________
Name: ______________________________ Class: __________

Amount enclosed: __________ Parent/Caregiver: __________________ Date: __________
AUSTRALIA-WIDE COMPETITIONS: - YRS. 3-6

The Australia-wide competitions in Science, Digital Technologies, English, Maths and Spelling will be held again this year. Dates for the competitions are:-

Digital Technologies..........................17 May
Science .............................................31 May
Spelling ............................................15 June
English .............................................2 August
Mathematics ..................................16 August

The cost of entering these competitions is $8.00 per competition for Digital Technologies, Science, Maths & English and $11.00 for Spelling. The closing date for entries is Friday April 1. If you would like your child to enter any of these competitions, please complete the payment slip below and return it to the office in an envelope with the entry fee. These competitions have been very popular in past years and are highly recommended.

________________________________________

AUSTRALIA-WIDE COMPETITIONS – FOR YEARS 3-6 (closing date 1/4/16)

Enclosed is $_____ in payment for: (please circle your selection)

SCIENCE   DIGITAL TECHNOLOGIES   ENGLISH   MATHS ($8.00 per competition)
SPELLING ($11.00 per competition)

Child: ......................................................... Teacher : ..............................................
________________________________________

AUSTRALIA-WIDE COMPETITIONS – FOR YEARS 3-6 (closing date 1/4/16)

Enclosed is $_____ in payment for: (please circle your selection)

SCIENCE   DIGITAL TECHNOLOGIES   ENGLISH   MATHS ($8.00 per competition)
SPELLING ($11.00 per competition)

Child: ......................................................... Teacher : ..............................................
________________________________________

AUSTRALIA-WIDE COMPETITIONS – FOR YEARS 3-6 (closing date 1/4/16)

Enclosed is $_____ in payment for: (please circle your selection)

SCIENCE   DIGITAL TECHNOLOGIES   ENGLISH   MATHS ($8.00 per competition)
SPELLING ($11.00 per competition)

Child: ......................................................... Teacher : ..............................................
A Parent’s Guide to Literacy

AGES 3-6
Your young child is learning to piece together all kinds of information, moving from developing basic concepts of print to reading simple stories. Children in kindergarten and first grade are learning to weave together the meaning of a story, pictures and images, word meanings, language structures, and all those little black marks on the page. This kind of detailed work often requires young children to re-read favourite books, finding new information on each reading, and to read new books to practise their new skills.

Here are five tips that will help you coach your eager young reader.

1) Create a Positive Nurturing Environment
• Flip through the book, look at the pictures and talk about the story before you or your child begins reading.
• Act like a coach. If your child asks you for help with a word, start by giving a clue.
• Look for your child’s brilliance! Substituting the word ‘puppy’ for ‘dog’ may mean that your child is paying attention to the meaning of the story and using clues in the pictures. Substituting the word ‘dig’ for ‘dog’ may mean that your child is paying attention to the letters in the word.

2) Read in a Variety of Ways
• Read to your child every day. Your child will love to hear you bring stories to life over several days.
• Take turns reading each page or character. At another time, listen to your child read from another early-reading book.
• All reading doesn’t happen in books. When you’re cooking, read the recipes together.

3) Read Purposefully
• Read for information. Read street and shop signs together. At the supermarket, ask your child to point out certain items by reading the names of the products.
• Make a scrapbook with your child illustrating your holiday experiences and family traditions.
• Read books based on your child’s interests and ideas. Nonfiction books are great to read together.

4) Make Reading a Habit
• Make a special bookshelf. Find a special place for your child to keep their books. Try to keep books in every room of your home.
• Books are great to read in the car, while waiting in line, or while riding on a bus.
• Encourage your child to read or tell stories to younger children, or even their teddy bear.

5) Make the Reading/Writing Connection
• Help your child make and keep a journal of thoughts they have at the end of a book or series.
• Make up a simple story frame to create a ‘fill-in-the-blank’ story. For example, write, ‘Once upon a time there were __________. They told their _______ they were going to seek their ________.’
• Write down stories your child dictates to you—this will help your child understand writing strategies.
Bike Safety: The ‘M’ Check

- A = Axle. Check that should be done before every ride.
- B = Brakes. Check the ‘M’ mark.
- C = Chain (seizing, slipping or missing?)

Regular check that should be done before every ride.
All children under 18 yrs of age can receive FREE DENTAL CARE through the Mid North Coast Local Health District.

PARENTS DO NOT NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD FOR THEIR CHILD TO BE ELIGIBLE.

Please call 1300 65 16 25 if you would like your child to have a check-up.

IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED WHEN YOU CALL 1300 65 16 25 TO BE TRIAGED.

OUR MID NORTH COAST LOCAL HEALTH DISTRICT DENTAL CLINICS ARE SITUATED IN:

<table>
<thead>
<tr>
<th>PORT MACQUARIE</th>
<th>Morton Street (Old Hospital)</th>
<th>Port Macquarie</th>
</tr>
</thead>
<tbody>
<tr>
<td>WAUCHOPE:</td>
<td>Wauchope Community Health Campus High Street (adjacent to hospital)</td>
<td>Wauchope</td>
</tr>
<tr>
<td>LAURIETON:</td>
<td>Camden Haven Community Health Campus Laurie Street</td>
<td>Laurieton</td>
</tr>
<tr>
<td>KEMPSEY:</td>
<td>Kempsey Community Health Campus (in hospital grounds) Polwood Street</td>
<td>Kempsey</td>
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<tr>
<td>COFFS HARBOUR</td>
<td>Coffs Harbour Health Campus Pacific Highway</td>
<td>Coffs Harbour</td>
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IF YOU HAVE RECEIVED A LETTER INDICATING YOU ARE ELIGIBLE FOR THE CHILD DENTAL BENEFIT SCHEME YOU CAN USE THIS AT ANY OF OUR CLINICS
SOUTH WEST ROCKS PUBLIC SCHOOL
COMMUNITY NEWS

SOUTH WEST ROCKS NIPPERS NEWS
We are getting to the pointy end of our season and the following is what is going on, details of our presentation are finalised so please read it all carefully.
2. Sunday 13th of March LAST DAY of NIPPERS....Party Day, please bring a plate of food to share.
PRESENTATION DAY: Saturday 19th of March, arrive at 3pm for a 3:30pm start. At the SWR Surf Club front room.
Kids will get a drink and packet of chips on arrival, for the parents the bar will be open.
There will be a bistro special for the night "purchase an adult meal and get a kids meal for free", please book your table for the night.
It's a great way to end our season, so grab a crew and book your table.
This Thursday we have Malakai, Cooper and Radley, Georgia Gaddes, Billie and Tayla Maybon, Harry, Liam and Finn all travelling to Umina to contest the NSW Age Championships, best of luck kids let’s hope the conditions are kind.
Many thanks Shannon 0434 316 273

OOSH NEWS
We are in the process of taking bookings for Friday morning and afternoons. We have not yet reached the required number of children to reopen. If you require our service on Fridays please contact Jo or Karen on 0400 392 975. Please note we except children up until their 13th birthday.

SOUTH WEST ROCKS FOOTBALL CLUB
Well registration days are finished and what a busy rego day we had on the weekend, lots of new and old players registered for season 2016, an outstanding number of under 6 children this year signing up which is great to see. If you still want to play this year from under 6’s up to men’s and ladies and also an over 35 men's side you can still register online at www.myfootballclub.com.au. Come along to our muster day in 2 weeks at Country Club (downstairs) on March 12, this is where coaches and players get assigned. There will be a BBQ and poppers for sale on muster day and if you want to order a hoody please do so at the muster day, we require a minimum of 10 before we can place an order. If anybody wants to volunteer to coach, assistant coach or manage a team please register online at MFC website either as a volunteer or coach. We look forward to getting this season rolling on a high note. These ages are still in need of players - under 8s - 9s - 11s - 12s - 13s – 15 boys – 16 girls and also the senior ladies and men's side can still take more players.
Last day for ordering your wet weather jackets is muster day they are only $25.
We hope this will be a bigger and better year for SWRFC, we can't wait for it to start!!
If you are interested in sponsoring our club please call Craig Monk on 0423 722 789 for more details.

SOUTH WEST ROCKS LIONS CLUB
The South West Rocks Lions Club is having a VOLUNTEERS EXPO on Sunday March 6th at Horseshoe Bay, SWR from 9am to 1pm. There will be other volunteer groups, entertainment and a free sausage sizzle. Everyone is welcome. For details phone 0409 302 380.
SOUTH WEST ROCKS PUBLIC SCHOOL
COMMUNITY NEWS

Brielle with her Junior Girl Champion trophy and our school captains Kirralea and Cooper with the Lower North Coast shield for champion school.
Businesses Proudly Supporting Our School
Businesses Proudly Supporting Our School

Greg Wood & Co
Chartered Accountant
Number One in Numbers
Greg Wood
Suite 7, 11 Prince of Wales Avenue
P.O. Box 200
South West Rocks, 2431
Tel: (02) 6566 6044
Fax: (02) 6566 5397
Email: gregwood@bn.com

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