



Newsletter

CALENDAR DATES

11 AUGUST

West of the Divide
Expressions of
interest due date
3-4-5 Excursion

23 AUGUST

Small Schools Big
Impact Concert

5 SEPTEMBER

Life Ed Van

15 SEPTEMBER

Responsible Pet
Ownership K-2

14 NOVEMBER

Yr 7 Orientation
SGHS

WEEK 4 TERM 3

10 AUGUST 2017

SMALL SCHOOLS BIG IMPACT CONCERT

The SSBIC will be held on Wednesday 23 August at the Saraton Theatre, Grafton. Our School Band will be performing. There will be a rehearsal during the day and further details will be sent home when they are available. The tickets are \$3.00 per person (everyone must have a ticket regardless of age, excluding performers). **Tickets must be pre-purchased and are now available at the Saraton, so get in early to avoid disappointment. Tickets will not be available on the night.**

PSSA SOCCER

On Monday 21st August we will be playing Moorland Public School in the next round of the soccer knockout competition. Kick off time is 11 am. Directions to the soccer fields will be sent out in next week's newsletter. Permission note attached.

BIG ACHIEVEMENT FOR HUNTER

Hunter Armstrong continues to compete strongly in the 2017 athletics calendar. With six 1st places, one 2nd and two 3rd places he has shown determination and perseverance to also collect three champion trophies along the way.

Hunter started his 2017 campaign by collecting Wooli Public School's 10 year old boy champion. He continued his wins at the Small Schools Athletics and the Clarence Athletics to be named Junior Boy Champion at both events.



ATHLETICS CHAMPIONS

Good luck to Hunter, Samuel, Ash and Isaac who will compete as our junior boys relay team at the Mid North Coast competition tomorrow. Hunter and Samuel will also compete individually with Samuel in the 100m and Hunter competing in the Long Jump, High Jump, 100m and 200 m events.



Congratulations to everyone who competed in our athletics carnivals in 2017. Our whole school community are very proud of your achievements and efforts representing our school.

Our age champions for 2017 are Ryder, Lachlan, Alys, Elsie, Oscar, Lucy, Ryan, Petria, Logan, Nina, Samuel, Arna, Hunter, Radha, Ethan Skennar, Navrin and Tamsyn. Well done everyone.

Out and about in Wooli



We have had some beautiful mornings for our Premier's Sporting Challenge walks.

Gold Bucket Fillers on The Wooli Explorer

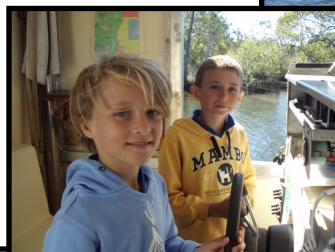


Last Term's Gold Bucket Filler's along with some honorary Bucket Fillers had a wonderful day on Tuesday boating along the gorgeous Wooli River. The Wooli community has so much to explore and what better way to do it than on the Wooli Explorer. It was a great day filled with fun, sport, engaging learning and a delicious barbeque lunch



cooked by Mrs Parnell. The students were able to experience navigating a boat along the river. They learnt about the importance of knowing; tide times, following navigation markers and being aware of possible dangers such as shallow sandbars. The beautiful surrounds prompted discussions of

geographic knowledge of the Yuraygir National Park and its wild life. All of the students proved to be accomplished novice boat drivers as they steered the Explorer along the river. The students had a great time fishing although most of the fish proved too elusive. Hunter Armstrong did manage to bring home a flathead. We were very



FRIDAY LUNCHES

ROSTER

18 AUGUST

Alison Bibby

25 AUGUST

Helper needed

1 SEPTEMBER

Helper needed

8 SEPTEMBER

Angela Skennar

15 SEPTEMBER

Helper needed

Next week we will be having Home Made Sausage Rolls. If your child would like to order, please complete the attached order form and return it by Tuesday for catering purposes. Thank you





Inspire Your Kids to Live Offline

With electronic media and small screen devices becoming an increasingly common part of our everyday lives it can be difficult to set limits for our kids' usage of them.

Rather than saying 'no' all the time, entice your child away from the TV and screens with an outdoor adventure, project or idea. Encourage your kids to spend time outdoors with friends or family. Introduce them to new hobbies or try things like flying a kite, bushwalking, bug catching, baking, painting, photography, craft activities, board games or help them come up with their own creative ideas.



Setting simple limits such as 'no screen time' before school and at dinner time and making bedrooms screen free zones will help you to keep track of the amount of time your kids spend on screens and ensure that it doesn't get in the way of sleep and activities that are good for their development.

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WEST OF THE DIVIDE

4/5/6 EXCURSION

Expressions of interest due

Tomorrow

11 August 2017

Newsletter attachments:

- ◇ **CSI info/application forms -**
Year 4 and Year 5
- ◇ **Life Education**
Permission note All students
- ◇ **PSSA Soccer -** Permission Note



Healthy Harold celebrates Be MedicineWise Week (21-27 August, 2017)

As parents we need to make sure we are fully informed when it comes to providing medicine to our children. When your child is feeling unwell speak to your local pharmacist for advice.

When your child says they feel sick, ask them where they feel sick, what's hurting to understand why they might be feeling ill, before resorting to an analgesic. They may be dehydrated and need to drink fluids, or have strained their eyes and need some screen downtime and fresh air!

If you do need to give your child some medicine, after advice from a pharmacist or doctor, help them to understand what a medicine is, why you are giving it to them and that it needs to be taken properly. Keep all medicines well out of the reach of little hands. Let your child know that the medicine cupboard is for adults only.

It's equally important for us to recognise our own practices, and what we role model, when it comes to medicine use. Take a few minutes to identify for yourself the reason you may have a headache and look to alternatives such as having a rest, drinking water or getting some fresh air rather than take medicinal help first.

At Life Education, our Mind Your Medicine module helps middle and upper primary school children to understand that while medicines can be helpful they can also be harmful if used inappropriately. For more information, visit <https://www.lifeeducation.org.au/>

FRIDAY LUNCH ORDER - 18 AUGUST 2017

My child/children _____ would like to order :

Home made Sausage Rolls — \$3.00

I have included \$_____ payment with the order.

ORDERS NEED TO BE IN BY TUESDAY FOR CATERING PURPOSES. THANK YOU :)



How to Talk so Kids will Listen

Improving family communication

A 3-hour workshop for parents and carers
of children 2 to 12

Based on the emotion-coaching principles of the
Tuning In To Kids™ program. Parents are provided information and
techniques for communicating through connection.

12th SEPTEMBER 2017

CRANES
Pullen Centre, Grafton
3-7 Prince Street (river end)
9.30am to 12.30pm

Duration: One 3-hour workshop

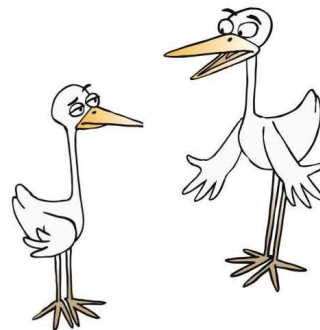
Who is eligible: Anyone with primary care
or support role in the care of child or seeking
access or restoration of a child.

Cost: FREE

Childcare: Available at no charge. Limited
spaces, bookings essential.

To register: Contact CRANES (see below)

About CRANES: Please visit our website
www.cranes.org.au



CRANES' Family Relationship Services is funded by the Dept. of Social Services

Ph: (02) 6642 7257 Email: FaRS@cranes.org.au