

# Newsletter

## Avoca Beach Public School

The Round Drive

Avoca Beach NSW 2251

T: 4382 1416 F: 4381 1431

E: [avocabch-p.school@det.nsw.edu.au](mailto:avocabch-p.school@det.nsw.edu.au)

W: [www.avocabch-p.schools.nsw.edu.au](http://www.avocabch-p.schools.nsw.edu.au)



Monday 4<sup>th</sup> December, 2017

*Avoca Beach Public School is committed to providing a safe and caring environment where individuals are respectful, responsible and strive for their personal best.  
Our innovative, collaborative and inclusive culture empowers and supports every learner.*

### Week 9 Term 4

Mon 4th

Tue 5th Community Connection team relay &

Carols night 4.30pm-8.00pm

Wed 6th Yr 6 Orientation Day KHS

KHS Info Night

Thu 7th

Fri 8th Presentation Day 11.30am

Appreciation Afternoon Tea 1.20pm

Kindergarten Presentation Assembly 2.00pm

### Week 10 Term 4

Mon 11th Picnic Day

Yr 6 Luna Park

Tue 12th Yr 6 Farewell 6.00pm-9.00pm

Wed 13th

Thu 14th Yr 6 Presentation Assembly 12.00pm

PBL Rewards Day 2.00pm

Fri 15th Last Day for Students

Talent Quest 11.20am – 12.40pm

### Principal's Report

Our Community Connections Relay & Carols night will be held tomorrow afternoon starting at 4.30pm with our relay. Students, parents and community members are invited to come along and join in the relay from 4.30pm to 6.30pm. Cost is \$20.00 per family (up to 5) or \$5.00 per person. Entry can be paid at the school shelter located on the oval. You will receive a wrist band & tokens for a sausage sandwich and a drink.

There will be entertainment provided by our talented teaching staff along with other activities including face painting, finger nail painting, lob a choc and xmas decorations. The teaching staff have been working very hard organising this activity with all funds raised going to our Community Connections fund which supports families in our school in need of assistance.

The carols will begin at 7.00pm with students in each year leading two carols along with our junior choir. The night should conclude before 8.00pm. For those just coming for the carols sausage sandwiches(\$3) and drinks(\$2) can be purchased.

Our annual school presentation assembly will be held this Friday starting at 11.30am in the hall. Parents of students from Yr 1-6 receiving either special or class awards will have received an invitation last week. At the conclusion of the assembly we will be holding a thankyou afternoon tea in the library for all parents and community members who have provided assistance to our students and staff during the year. Please meet in the library from 1.10pm so that the staff have the opportunity to thankyou for your assistance.

Last Friday at our school assembly our talented strings group performed a number of christmas carols. They did an outstanding job and the quality of their performance was exceptional. Congratulations to the students for their hard work throughout the year and thankyou to their tutors Eva and Ingrid. A special thankyou and congratulations to Mrs Coleman for her commitment to our performing arts program which includes the strings, band, senior choir and stage 3 guitar groups. Mrs Coleman gives a large amount of her time both before school and at lunchtimes to ensure that our students have the opportunity to be involved in such a wide range of activities.

The Year 6 High School Orientation programs are being held this week. Terrigal High School Tuesday and Kincumber High School on Wednesday. Parents are reminded that the students go straight to the high school on these days.

Over this term the teaching staff have spent a large amount of time assessing, and then writing, the semester 2 student reports. Looking through the reports it is very obvious that all the teachers have a very clear understanding of how every one of their students is progressing. These reports will go home with the students this Friday. Please take the time to sit down with your children and go through their reports.

Next Monday evening our P&C will be holding their final meeting for the year. This will be a dinner and will be held at the Sunset Bistro located above the Avoca Beach Surf Club. If you have attended P&C meetings this year you are invited to attend. Please leave your name at the office if you will be attending. I would like to take this opportunity to acknowledge the work of our P&C this year in their outstanding support of our school and students. They have contributed a huge number of voluntary hours in many ways from fundraising activities including the School Fair, to the canteen and uniform shop. In particular I would like to thank the members of the executive Paula Jamal, Jackie Concar, David Lowbridge, Gazwa Rignall, Kelli Mesritz along with our hardworking Fair coordinator and uniform shop coordinator Fi Currie.

**Ross Hallaways,**  
Principal

**Congratulations to the following students who received merit certificates on the last Friday's assembly.**

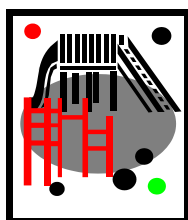
<b>KB</b>	Charlie Beaton, Jack Miller	<b>3G</b>	Rafael Norris, Ethan Payne
<b>KD</b>	Cameron Lewis, Jack Verhagen	<b>4H</b>	Tom Carn, Julian Seyer
<b>KT</b>	Sienna Scott, Kai Berthot-Craig	<b>4B</b>	Lillie Collins, Ben Acton
<b>K/1S</b>	Grace Tamblyn, Teagan Campbell	<b>4R</b>	Kaeylib Pignat Burns, Milla Pettit
<b>1C</b>	Callum Tipper-Richard, Charlotte Orr	<b>5/6A</b>	Lily Carmichael, Olivia Wilson
<b>1F</b>	Neveah Peterson-Munro, Beau Ryan	<b>5/6D</b>	Gemma Coupe, Ruby Fibbens
<b>1/2B</b>	Jasmine Lewis, Poppy Dheer	<b>5/6F</b>	Hanny Currie, Lucy Wilson
<b>2M</b>	Harry Lafferty, Jasmine George	<b>5/6J</b>	Samuel Duggan, Imogen Hollier
<b>2S</b>	Marlie Cody, Noah Forster	<b>5/6W</b>	Lucy Tamblyn, Evie Smith
<b>2W</b>	Clyde Mitchell, Fergus Paterson		
<b>3A</b>	Evie Beath, Evangeline Ouradnik		
<b>3B</b>	Harper Santry, Nicholas Thomson	<b>MUSIC</b>	Holly Coupe 3B, Noah Watts 5/6A
<b>SUPER STELLARS</b>	Ryder Santry KD, Harriet Viles KD, Colby Bond KD, Rosie Williams K/1S, Callum Tipper-Richard 1C, Henry Petheram 1C, Phoebe Waters 1F, Amy Roy 1/2B, Ciara Williams 1/2B, Frankie Behrens 1/2B, Taj Knight 1/2B, Shelley Carmichael 2M, Levi Flett 2S, Obi Sinodinos 2S, Flynn Jolley-Chauhud 2S, Callum Buening 2W, Bae Wolters 2W, Lily Corcoran 2W, Oakes Huggett 3B, Avalon Pitcher 3B, Felicity Ruzek 3B, Audrey Peterson 3G, Taylah Rhodes 3G, Kalani McRae 3G, Amy Bowtell 3G, Joshua Beaton 3G, Keisha Hunter 3G, Floyd Mitchell 4B, Will Chandler 4B, Nate Michalk-Banning 4H, Riley Bowtell 4R, Elvis Ramsay 4R, Mia Cracknell 5/6D, Deacon Severn 5/6D, Asher Pulley 5/6F, Jude Vergou 5/6F, Rachel Jenkins 5/6J, Byron Benson 5/6J, Lachlan Holmes 5/6J, Krystal McCotter 5/6W, Paige Whittaker 5/6W.		



**Congratulations to last Friday's Super Stellar recipients!**

### Health and Safety is everyone's responsibility.

The driveway to the teacher's car park is **OUT OF BOUNDS** to pedestrian traffic. Please use the top, middle or bottom gates. Please stay safe when entering and exiting our school.



#### Use of School Equipment Before and After School

To ensure the safety of all students we request that parents do not allow their children on the K-2 or 3-6 school equipment before and after school.

**EXTENDED LEAVE from ATTENDANCE.** If you are planning a family holiday during the school term, **for more than 5 days**, parents need to apply for an **'Application for Extended Leave'** from school. An 'Application for Extended Leave-Travel' can be collected from the office. Once completed please return to the Principal at least two weeks prior to the leave then an approved **'Certificate of Extended leave - Travel'** will be issued. The original certificate will be signed, copied for school records and returned to parents. This needs to be carried during leave as it must be produced when requested by police or other authorised attendance officers.

**UNIFORM SHOP** is now open **WEDNESDAY 8.30-9.30am** as well as **FRIDAYS 3.00pm – 4.00pm**. Orders can be made online [www.flexischools.com.au](http://www.flexischools.com.au). **UNIFORM HATS ARE NOW ALSO SOLD IN THE CANTEEN**

**ETHICS VOLUNTEERS NEEDED** - Ethics classes at Avoca Beach have grown in popularity. More than one hundred children from Stages 1-3 are now choosing Ethics instead of attending Non-Scripture, with others on waiting lists. We need more volunteer teachers if we are to cater to these numbers and sustain the ethics program at the school. Teaching experience is not required for the role and free training is also available. To find out more about volunteering, contact Ethics Coordinator Myleah O'Brien on 0404 881 267. For more information about Primary Ethics and the curriculum, visit [www.primaryethics.com.au](http://www.primaryethics.com.au)

**AFTER –SCHOOL DRAMA CLASSES – LET'S PLAY.** Join a creative and joyful place where children can build confidence, celebrate spontaneity and revel in their sense of play. Held in the Avoca Beach Public School library Tuesdays 3.40pm – 4.40pm Years 1-3 & Thursdays 3.40pm – 4.40pm Years 4-6. Supervision is provided after school. Classes will commence term 4 2017 \$15/week for your first child \$10/lesson for siblings. Reserve your place for term4 now. Contact Julian Garner 0438 389 509. [CentralCoastDrama@gmail.com](mailto:CentralCoastDrama@gmail.com)

**WEET-BIX TRYathlon** comes to beautiful Woy Woy on the Central Coast.

TRYathletes will swim at the fantastic Olympic-sized pool in Peninsula Leisure Centre, cycle through the surrounding closed suburban streets and run on James Browne Oval!

Everything will be marked out and well signed to make it easy to follow. Register now to be part of the fun!

Location: JAMES BROWNE OVAL, WOY WOY

Date: SUNDAY 18<sup>TH</sup> FEBRUARY 2018

Distances: 7-10 years old - 75m swim/3k bike/500m run

11-15 years old - 150m swim/6k bike/1km run

Early Bird Discount ends Sunday 14<sup>th</sup> January 2018

Online Rego closes Sunday 11<sup>th</sup> February 2018

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



**BUNNINGS WEST GOSFORD CHRISTMAS FAMILY NIGHT** – Thursday 7<sup>th</sup> December 6pm-8pm. Bookings preferred  
Ph:4349 3500 or online [www.bunnings.com.au](http://www.bunnings.com.au)

**AVOCA TWILIGHT MARKET** – Saturday 9<sup>th</sup> December Avoca Beach Village 5pm – 9pm

**WANTED**  
**NETBALLERS for 2018**  
**U7's - U9's Non Comp**  
**U10's-U12's Competition**  
If you are interested in finding out about netball  
Contact the secretary via  
[secretary@kincumbernetballclub.com.au](mailto:secretary@kincumbernetballclub.com.au)  
**Rego will open in December**  
**Season Starts April 2018**

Kincumber Netball Club

GS GA WA C WD GD GK

**SEARCHING FOR AN UNFORGETTABLE CRICKET EXPERIENCE THIS SUMMER?**

**SCHOOL HOLIDAY CRICKET CAMP**

**SUPER SPORTS CAMPS**

**FEATURES & HIGHLIGHTS**  
Fast Bowling Technique Practice  
Spin Bowling Practice Sessions  
Twenty 20 Skills and Technique  
Test Match Batting Tips & Hints  
Net Session Practice  
Fielding Challenges  
Twenty 20 Competitions  
Individual Player Evaluation  
Prizes and Awards

**CATERING FOR ALL ABILITIES**  
Program designed for beginning, proficient and advanced cricketers.

**EARLY BIRD SAVING**  
Enrol by December 15 and pay \$65 each day. Save \$10 each day.

**HATRICK BOOKING OFFER**  
Enrol your child with at least two friends or siblings on each child, saves \$10 each day they attend.

**FREE BIG BASH TICKETS DRAW**  
Enrol by December 15 to enter draw for 2 FREE tickets to Slivers v Stars @ SCG on January 22, 2018.

**PROFESSIONAL COACHES**  
Experienced, qualified and well resourced coaches to implement the program.

**22-23 JANUARY, 2018 (ENROL FOR 1, 2 OR 3 DAYS)**

LOCATION	MEETING/ PICK UP POINT	TIME	AGE GROUPS	PRICE
Frost Reserve, Kincumber	Changerooms @ Frost Reserve	8:30am - 3:00pm (Program starts at 9:00am.)	6 - 14 Years	\$75 Each Day (daily bird price of \$65 each day ends 15 December.)

**BOOK ONLINE**  
[SUPERSPORTSCAMPS.COM.AU](http://SUPERSPORTSCAMPS.COM.AU)

## KIDS SURF CAMP & DAILY SURF LESSONS

- 1 Day Camp \$100
- 3 Day Camp \$270
- 5 Day Camp \$400
- Day includes 2 x surf lessons, beach sports/ activities, scooter/ skateboard sessions and playground visits
- Healthy morning tea & lunch provided
- Soft surfboards, wetsuits/ rashies, 2 x coaches & sunscreen
- Suited for kids (8-13yrs)



Contact us for dates/times and book in your spots:

- 1 x 90 min lesson for \$40
- 3 x 90 min lesson for \$100
- 5 x 90 min lesson for \$130
- 8 x 90 min lesson for \$190
- Includes soft surfboards, wetsuits/ rashies & 2 x coaches & sunscreen
- Suited for adults and kids (5+)

**BOOK NOW 0415 881 301**

[salssurfschool@gmail.com](mailto:salssurfschool@gmail.com)

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



### **\$100 rebate to cover sport fees**

Participation in sport is extremely valuable to our community, but families often find it difficult to meet the costs involved with their kid's sporting

activities. That is why the NSW State Liberal Government recently announced the **Active Kids Rebate**, designed to help parents with sporting costs. Parents will be able to **claim up to \$100 per school-enrolled child per calendar year** as a voucher to help reduce the cost of eligible sport and fitness activities.

**The rebate will not be means tested so that every family has access to this initiative.** Parents will be able to register for the voucher online or through a Service NSW Centre from 31 January 2018.

More details are available at <https://sport.nsw.gov.au/sectordevelopment/activekids>, or alternatively please feel free to provide feedback directly to me by emailing [terrigal@parliament.nsw.gov.au](mailto:terrigal@parliament.nsw.gov.au).

**Adam Crouch MP, Member for Terrigal**



Thinking of playing Soccer in 2018? The new NSW Government \$100 Active Kids Rebate will also be available....

Registration Information Day for new players is this **Saturday 3<sup>rd</sup> and Sunday 4th February** at **Davistown RSL Club** between 11-5pm.

The NSW Government has also recently announced the Active Kids Rebate which kids between the ages of 5 to 18 can also apply for the \$100 rebate. A great initiative and saving for parents with active kids! We at Kincumber Roos FC encourage all parents to take up this great offer.

To be eligible, parents need to register on the Services NSW website **after 31 January 2018** to receive a voucher code number and then go ahead to register their child for soccer online at [www.myfootballclub.com.au](http://www.myfootballclub.com.au)

Further details will be posted to [www.kincumberroosfc.com.au](http://www.kincumberroosfc.com.au) and our Facebook page as soon as possible.



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(02) 4355 4805 // 1 Bryant Drive Tuggerah 3175  
Tuggerah.Soccer5s.com // Tuggerah@Soccer5s.com



## OFFICE OF SPORT SUMMER SCHOOL HOLIDAY PROGRAMS

Have an active holiday adventure on the Central Coast with our holiday activities for kids and teens.

Learn to play tennis or improve your technique with our Tennis Clinic Wyong, including a small party on the last day! Gymnastics includes basic fundamental movement and skills in a fun and friendly environment with accredited coaches. Or come and try archery and see if you can hit a bullseye!

Parkour is a non-competitive physical discipline of training to move freely over and through any terrain/surface improving strength, fitness, balance, spatial awareness, agility, coordination, precision, control and creative vision.

Surfing is ideal for beginner and intermediate surfers and teaches all you need to know to tear up the waves. Learn about water safety, rips, currents and reading the waves, and get hands-on training in how to mount and dismount, paddle and turn.

Sailing gives budding sailors the chance to really get into the swing of things and is taught by Yachting Australia instructors on dinghies. Similarly, canoe/kayaking and stand-up paddle boarding are run by experienced guides. These fun sessions take you on a tour of the natural beauty and abundant birdlife.

### Central Coast Region

Archery	7-16 years	\$20
12 Jan	7-16 years	\$20
17 Jan	7-16 years	\$20
19 Jan	7-16 years	\$20
24 Jan	7-16 years	\$20
Surfing - Umina Beach or Avoca Beach		
20-22 Dec	7-16 years	\$95
3-5 Jan	7-16 years	\$95
24-26* Jan	7-16 years	\$95
*Public holiday		
Surfing - Shelly Beach		
19-21 Dec	10-16 years	\$95
10-12 Jan	10-16 years	\$95
Surfing - Toowoomba Bay Beach		
15-17 Jan	7-10 years	\$95
Tennis - Wyong		
8-9 Jan	5-16 years	\$41
Tennis - Gosford		
10-12 Jan	5-16 years	\$130
16-18 Jan	5-16 years	\$130
Canoe/kayaking		
15 Jan	10-16 years	\$33
Stand-up paddle boarding		
16 Jan	11-16 years	\$33
Sailing (entry to level one)		
17-19 Jan	7-16 years	\$195
23-25 Jan	7-16 years	\$195
Gymnastics (beginner)		
18-19 Jan	5-12 years	\$30
Parkour		
16 Jan	7-14 years	\$20
23 Jan	7-14 years	\$20



## OCCI Central Coast, FREE HOLIDAY ACTIVITIES – January 2018

Come and explore the rock pools with OCCI's expert guides and learn about the fascinating creatures that live there. There is a maximum of 25 people per walk **so bookings are essential.**

Most suited to ages 5 years to adult.

All children need to be accompanied by an adult. All participants are required to wear closed in shoes for protection.

### Dates:

Tuesday 2<sup>nd</sup> January, Rock pool walk, Terrigal Haven, 2.45pm

Wednesday 3<sup>rd</sup> January, Rock pool walk, Toowoon Bay, 3.30pm

Thursday 4<sup>th</sup> January, Rock pool walk, Umina Beach South, 4.30pm

These are really low tides this first week in January so excellent access to the lower fringes of the pools.

Monday 8<sup>th</sup> January, Rock pool TALK, Kincumber library, 2 – 3.30

Friday 19<sup>th</sup> January, Rock pool walk, Terrigal Haven, 4pm

To book, please phone or text Linda on **0404 450 429**

Or email: [lindaroberts4@bigpond.com](mailto:lindaroberts4@bigpond.com)

**CODECAMP**

**Build your own iPhone app these school holidays!**

More than 27,000 Australian Kids have loved Code Camp.

Book now at: **[www.codecamp.com.au](http://www.codecamp.com.au)**

Give us a call on: **1300 263 322**

There are over 100 locations around Australia to choose from



**THANK YOU FOR YOUR DONATION & SUPPORT OF OUR SCHOOL**

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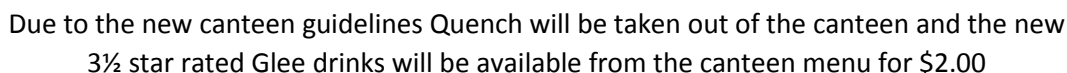
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Thank You for your Sponsorship of our Fair.

Please support the businesses that support us.

Avoca Beach Public School's newsletter contains paid advertisements which assist with the cost of publication. The publication of such advertisements does not imply endorsement of any product or service by the NSW Department of Education or Avoca Beach Public

## CANTEEN NEWS



**The Snack Shack has recently purchased reusable cups for serving Milo as we are aiming to reduce our waste.**

Monday: Butter Chicken served with Steamed Rice.....	\$4.00
Tuesday: Frittata with ham & grated vegetables, gluten free also available.....	\$4.00
Wednesday: Nachos with cheese and either meat sauce or salsa.....	\$4.00
Thursday: Burgers , with either vegie, chicken or beef homemade patty .....	\$4.00
Cheese extra.....	50c
Individual salad item....	30c
Full salad extra.....	\$1.00
Friday: Sushi, check flexi schools for variety of flavours.....	\$3.50

Volunteers are an important part of the day to day running of the school canteen, we need your help to prepare the daily orders and freshly made recess & lunches and to help the canteen to run efficiently and smoothly. If you are available to volunteer in The Snack Shack for a day each term please forward your details to:-

Canteen Supervisor : Kimberly Bridgefoot 0432 680 392  
Assistant Supervisor : Lyndsay Buening 0412 784 884

\*UNIFORM HATS NOW SOLD IN CANTEEN\*

## Week 9 Term 4

4 <sup>th</sup>	Elizabeth Hayes
5 <sup>th</sup>	<b>VOLUNTEER NEEDED</b>
6 <sup>th</sup>	Heidi Williams
7 <sup>th</sup>	Ali O'Brien
8 <sup>th</sup>	Kerry Dudley, Sue Watson

## Week 10 Term 4

11 <sup>th</sup>	<b>CLOSED</b>
12 <sup>TH</sup>	<b>Vanessa Maslin</b>
13 <sup>th</sup>	<b>VOLUNTEER NEEDED</b>
14 <sup>th</sup>	<b>Fi Currie</b>
15 <sup>th</sup>	<b>VOLUNTEER NEEDED</b>

Thank you for taking the time out to help in the canteen. If you are unable to attend your rostered day please call me ASAP Kimberly Bridgefoot 0432 680 392.

Kimberly Bridgefoot, Lyndsay Buening (Mon & Wed) Canteen Supervisors

Did you know that uniforms and canteen items can be ordered online?  
Payments can be made from savings or Credit accounts via this method.  
Visit [www.flexischools.com.au](http://www.flexischools.com.au) for details and to place orders

## THE SNACK SHACK CANTEEN TRADING DAYS

Monday 11<sup>th</sup> December : **CLOSED**

Tuesday 12<sup>th</sup> December : **OPEN**

Wednesday 13<sup>th</sup> December : **OPEN**

Thursday 14<sup>th</sup> December : **OPEN**

Friday 15<sup>th</sup> December : **OPEN**

Friday lunch's must be ordered by filling out the lunch coupon below and returned to The Snack Shack canteen by Wednesday 13<sup>th</sup> December

Sushi orders must be placed by Thursday 14<sup>th</sup> December online or over counter

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## CHRISTMAS MEAL DEAL SPECIAL \$5.00

Friday 15<sup>th</sup> December lunch order form

Childs name \_\_\_\_\_ class \_\_\_\_\_

PLEASE CIRCLE

Hotdog	Small pie	Sausage roll
Tomato sauce	BBQ sauce	No sauce

OR

SANDWICH

Please circle sandwich filling

Chicken	Ham	Tuna	Cheese	Avocado	Mayo	vegemite
full salad	or	tomato	cucumber	lettuce	beetroot	carrot
white bread	or	wholemeal bread				

Included in the Christmas lunch special is a Cupcake & icypole

All for \$5.00

PLEASE RETURN LUNCH ORDERS BY WEDNESDAY 13TH DECEMBER

**AFTER SCHOOL PROGRAM TERM 1, 2018 + CHRISTMAS HOLIDAY CAMP ENROLMENTS**

Gecko Ninja is a NEW program which is FUN and EXCITING program for 5- 13 years and we are providing an After School Program for Avoca Beach Primary School in TERM 1, 2018.

**BOOK IN FOR OUR SCHOOL HOLIDAY NINJA PROGRAM ON Friday 12th January from 9 am to 12 pm (\$25 per child) or 9 am to 3 pm (\$45 per child)**

Sessions focus on individual improvement in fine and gross motor skills, hand-eye/foot-eye and /or balance in addition to overall fitness and wellbeing in a fun and exciting environment. Games include strength, balance, endurance, speed, co-ordination and flexibility while most importantly increasing confidence and having fun in a non-competitive program.

Gecko aims to give confidence to children to participate in sports and give them the passion to participate and love physical activity.

Gecko Coaches also lead and educate on other important health and wellness concepts included in the program such as warm-up, stretching, proper hydration, cool-down, team-building and sportsmanship.

During the program the activities and games progress in alignment with the Australian School's curriculum. All children start off with a 'white Gecko wrist band' and are graded to a new level with a new colour wrist band upon completing tasks set. This is a reported and accountable program.

The cost of the 11 week Gecko Ninja After School program is \$165 commencing on Thursday 1<sup>st</sup> February 3pm to 4pm.

Some of the sessions included in the Gecko Sports term program are:

1. Ninja Warrior
2. Boxing Bootcamp
3. Team Challenge
4. Strength Bootcamp
5. Cardio Bootcamp
6. Gecko Sports Fit

**Natlee Quinn**

Gecko Sports – Central Coast NSW

m. 0412 688 070

p. 1300 432 565

e. [natlee@geckosports.com.au](mailto:natlee@geckosports.com.au)

1/40 Havenview Rd, Terrigal NSW 2260

[www.geckosports.com.au](http://www.geckosports.com.au)





**★STAR104.5** 

# CENTRAL COAST CAROLS

WHAT FUN IT IS TO LAUGH AND SING!

**THURSDAY 21 DECEMBER**  
CENTRAL COAST STADIUM  
Gates open at 4pm. Shows starts at 5pm

Featuring Damien Leith, Lah Lah's Big Live Band, amazing local acts, amusements, great food and fireworks.  
Hosted by Star 104.5's Rabbit & Julie Goodwin and an appearance by Santa.



No chairs for any description - wheelchairs and strollers welcome, no smoking or alcohol permitted, no glass, please keep your arms and legs inside the vehicle or stroller, no umbrellas or sun shields.

**100% DONATED TO CANCER COUNCIL NSW - CENTRAL COAST**

**Bendigo Bank** **Central Coast Public School** **terracotta** **ENBN**

Tickets are \$10.00 per person | \$5.00 youth (5-17yrs) Get tickets at [www.centralcoastcarols.com.au](http://www.centralcoastcarols.com.au)

# summer fest 2018

JAN 8-12

a school holiday event that's fun for kids... and relaxing & informative for parents!

**ONLY \$7 PER CHILD**

**\$13 PER FAMILY PER DAY**

FEATURING THE PARENTS GETAWAY CAFE

HELD ONSITE AT EV CHURCH 331 TERRIGAL DR ERINA

More info & rego online: [www.sfest.org](http://www.sfest.org) 



THE OUTPOST PRESENTS

# Brekky in the Park

**EVERY SATURDAY**  
8:30am - 11:30am  
HEAD TO OUTPOST HUB FOR DETAILS

LOOK FOR THE DRAGONFLIES

ENJOY GREAT FOOD, COMPANY & CONNECT WITH AMAZING WOMEN WHO ARE PIONEERS (LIKE YOU) WHO ARE RECLAIMING THEIR LIVES AFTER BREAKING THE CYCLE OF DOMESTIC VIOLENCE  
IF YOU CAN BRING A CHAIR AND A BLANKET & BE A PART OF A WARRIOR WOMENS COMMUNITY

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SunSmart Snippet

# The simplest way

...to be a good role model!

## Did you know?

Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

## How you can be a role model:

- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.



Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

**Set a positive example and your kids will follow your lead!**

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



Turn off the screen

## explore your garden or the park

