

Newsletter

Avoca Beach Public School

The Round Drive

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Monday 26th August, 2019

*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 6

Mon 26th SCCPSSA Zone Athletics
Tue 27th PSSA Girls Hockey
Wed 28th
Thu 29th Father's Day Stall
Fri 30th Father's Day Breakfast
Kindergarten Performance
KHS Roadshow 11.45am
Super Stellar Assembly

Week 7

Mon 2nd Swim School begins
Tue 3rd ICAS Digital Technologies
Wed 4th
Thu 5th ICAS Science
Fri 6th Triple P Program begins

Principal's Report

Dear Parents,

We've now reached the half way point of Term 3. I can't believe how fast this term has gone. Once again there are lots of exciting things happening at our school this week, with a great balance of classroom activities and extra-curricular activities. This week, we also celebrate SASS Week. It is an opportunity to acknowledge the valuable work our School Administrative and Support Staff (SASS) do every day at our school. Whether it's keeping the grounds tidy, caring for sick children or supporting students in the classroom, it is always done with a smile. Our school is very lucky to have such dedicated, hardworking and caring SAS Staff. I hope you will join us in acknowledging the great job they do each day at our school.

Touch Football

Our boys and girls touch teams played round 3 of the NSWPSA State Knockout last week against The Entrance PS. Both teams performed extremely well and won their games. We will now play Copacabana PS and Empire Bay PS in round 4. Good luck boys and girls!

Zone Athletics

The Southern Central Coast PSSA Athletics Championships will be held today at Mingara. 58 students from Avoca Beach PS will be there representing the school. Mr Jarmaine, Mr Wright and Mr Thomas will also be at the carnival as officials. Good luck to all involved and we look forward to hearing about your great results.

Father's Day

Don't forget that this week we have some important events scheduled in the lead up to Father's Day. The Father's Day Stall will be on Thursday and our Father's Day breakfast on Friday. The breakfast will begin at 8am and conclude with a performance by Kindergarten at 9am. We look forward to seeing lots of Dads here on Friday to enjoy breakfast with us. Make sure you spoil your Dad this weekend boys and girls!

Kindergarten 2020

This term we need to know who will be enrolling for Kindergarten 2020. Our official Kindergarten Headstart Program will begin in Term 4. If you know of any boy or girl who will be starting at Avoca Beach PS in 2020, please let them know to pop into the office as soon as possible, put their name down and collect an enrolment form.

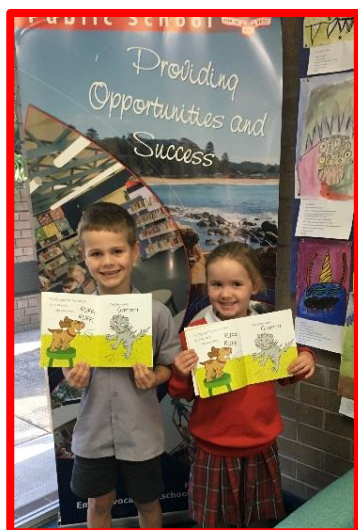
Wall of Fame

Hudson and Ruby from KT came to visit me last week. They were very excited to show off how amazing their reading is now. They both read with fluency and expression and were very proud of their progress since starting Kinder.

Ben Thomas
Principal

Quote of the Week

"My father gave me the greatest gift anyone could give another person, he believed in me." – Jim Valvano



Ruby and Hudson from KT are super readers!

Congratulations to the following students who received merit certificates at Friday's assembly.

| | | | |
|-----------|--|-------------|---------------------------------------|
| KM | Hope Newton, Ace Roumanous | 3H | Elijah Cartwright, Ariana McVeigh |
| KS | Frankie Drinkwater, Alex Toft | 3/4V | Austyn Mackie, Toby O'Brien |
| KT | Jaxon Bailey, Sasa Dowling | 4B | MORRISET |
| 1C | Lily Rangott, Evan Moorcraft | 4W | CAMP |
| 1G | Doug Minor, Maeve Grace | 5/6A | Charlie Brereton-Garner, Amalia Casey |
| 1R | Keira Verhagen, Mackenzie Cruikshanks-Finn | 5/6D | Lilla Freeman, Bailey Penn |
| 2B | Zoe Powling, Finn Casey | 5/6F | Kiah Tebb, Harry Griffiths-Roberts |
| 2D | Willow Carpenter, Zac Battye | 5/6J | Tom Ninness, Ari Wilcock |
| 2S | Ellie Brien | 5/6M | Madison Gatt, George Crocker |
| 3A | Callum Tipper Richard, Amelia Preradovic-Buteux | | |

GIRLS SOCCER

On Monday 19th August our girls PSSA soccer team travelled to Curl Curl to play against Harbord PS in the final of the Sydney North knockout competition. The girls played against one of Sydney's finest school teams showcasing a battle of skill, speed and technique. Unfortunately, we lost 3-0 however, all students were fantastic ambassadors for our school demonstrating sportsmanship and perseverance. A huge thank you to all the parents who assisted with transport and cheered us on in each and every one of games.

Mrs Cox

**PSSA TOUCH FOOTBALL**

On Thursday last week our boy's and girl's PSSA Touch Football teams competed in their Round 3 game against The Entrance Public School at Bateau Bay. The girls competed first, demonstrating great teamwork skills and problem solving. The Entrance PS had strong defense, but not strong enough to stop our team from victory. We won the game 7-1. Our girls will go on to compete against Empire Bay for Round 4 in the next few weeks.

The boys also played an excellent game, showing off their great attacking tactics and admirable team sportsmanship. They ended an exciting and successful game with a score of 12-2. The boys will now play Round 4 against Copacabana in Week 7.

As always, I would like to acknowledge our wonderful parent community who volunteer to transport students and come along to watch the games. Without your support these sporting opportunities would not be possible. Thank you!

Bring on Round 4!

Proud Coaches,

Ashleigh Alarca and Kimberlee Vaughan

FAIR NEWS**PRE LOVED BIKES/SCOOTERS**

The drop off point for collection of pre-loved bikes/scooters etc (in good working condition only) is the storeroom located across from the Kindy classrooms. Please also ensure all donated items are labelled with your child's name and class so they can be allocated their GPK points.



PBL WEEK 6 – Arriving at School

This week our PBL lessons have focused on how to be respectful, responsible and perform our personal best when arriving and leaving the school. Students have recognised the importance of being where they are supposed to be and not lingering in 'out of bounds' areas.

Our school expectations require students to do their personal best and always use the crossing to cross the road. If students arrive at school before 9am, they are expected to **sit** quietly outside the staffroom with their bags. Students need to wait here until a teacher dismisses them. Students are responsible by putting their bags outside their rooms only after the 9am bell. Students are doing their personal best by moving directly to the top playground.

**UNIFORM SHOP**

Please be aware that our uniform shop will be open on Tuesday 27 August 2019 (this week), from 2.45pm to 3.45pm, instead of the usual day which is Thursday. **This change only applies to this week.**





Recognition Week 2019

Recognition Week is an opportunity to acknowledge the valuable work our SAS Staff do every day at our school. This week we recognise and thank our:

- | | | |
|---|----------------------------------|------------------------|
| ★ | Administrative Manager | Gayenor |
| ★ | Administrative Officers | Debbie, Heather, Mel |
| ★ | School Learning Support Officers | Trish, Nami, Pip, Judi |
| ★ | General Assistants | Dennis, Paul, Mick |

We invite you to share in thanking our SAS Staff throughout this week.



From all the staff, students and parents at Avoca Beach Public School, thank you to our wonderful SAS Staff who are essential to our school community

FATHER'S DAY STALL
29 August 2019

A reminder that this year's Father's Day Stall is being held on Thursday 29 August and we still need numerous volunteers to ensure the smooth running of the event.

Thank you to all who have volunteered to date.

Volunteers are required from 9.45am to 2.30pm on the day as the first class will be ushered through at 10am. Please let me know if you can spare an hour, two or more to assist.

Students (especially the younger ones) love purchasing gifts for dad however require assistance to purchase the 'right' gift, count money...

If you're free and would like to assist in making this a special experience for our kids email me at gazwa.rignall@hotmail.com or text me on 0409 899 339.

Also, don't forget to give your child money on the day. Gifts range from \$1 to \$10. And pack them a re-usable bag as we won't be providing any bags on the day.

Many thanks in advance
Gazwa

FATHER'S DAY BREAKFAST

It's time to celebrate all the wonderful Dads at this school. The P&C would like to invite Dads to join their kids at school for Bacon & Egg Rolls and tea or coffee Friday 30 August from 8am to 9am. This is an appreciation morning for all Dads and there will be no charge. Please come along if you can, we'd love to see you there.

Kindest regards
Paula Jamal
P&C

SKATE PARK FOR AVOCA BEACH

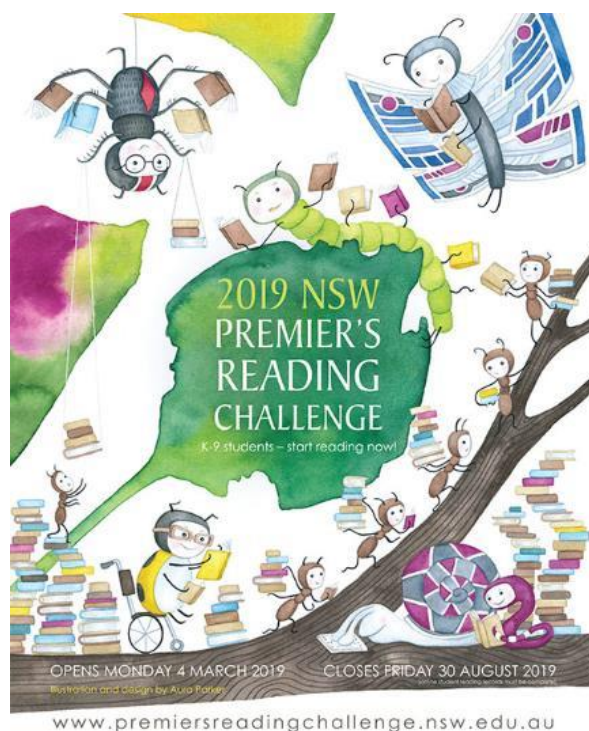
I am a 12 year old skateboarding enthusiast and I believe that a skate park being built in Avoca Beach would benefit the whole Avoca Beach community. It would be beneficial for families and kids of all ages. There are many positive affects from a skatepark including fun, exercising and socialising with friends. Having community events including competitions and lessons or skate schools could also increase tourism in the area. There are a number of possible locations including Hunter Park (near the beach/surf club) or Heazlet Oval (near the lake, rugby oval and local shops) or behind surf club (as shown in picture). There is already a skate park in a number of surrounding suburbs however they can only be accessed by vehicle from Avoca Beach. It would be extremely unsafe to attempt to walk to any of them due to the need to cross a number of main roads. This means me and all of my friends cannot skate when our parents are working or have to help with siblings or family members. If you sign this petition Avoca Beach could have a chance at getting a skate park!

By Ryder Kasun 5/6M

If you would like to support this petition for a skate park in Avoca Beach please click the link below:

<https://www.change.org/p/gosford-city-council-avoca-beach-skatepark-2fbdafa2-5c17-498f-8644-e6de1fa53583>





The Premier's Reading Challenge has now opened. Please refer to the attached flyer on the website via this link <https://avocabch-p.schools.nsw.gov.au/learning-at-our-school/library/premier-s-reading-challenge.html> for further information on how to help your child complete the challenge.

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. You need to carry this certificate during your leave, as it must be produced when requested by police or other authorised attendance officers.

VOLUNTEERS AT OUR SCHOOL

Volunteers play an important role in the daily school routine. Please be aware that the Department of Education requires all volunteers to complete a Volunteer Declaration and provide Proof of Identity that meets the 100-point check. We are updating our records in accordance with these requirements, ask that anyone who is currently volunteering, or planning to do so in the future, complete the attached declaration, and return it to the office along with your 100 points as soon as possible. This not only applies to in-school volunteers but also anyone that at any stage may be transporting our students to offsite activities. For parents **transporting** students to offsite activities please be aware that we still require copies of both your current driver's licence and current vehicle registration. **This documentation must be provided prior to the activities** and is required **even if you are transporting your own child**. In accordance with department requirements, the transporting of students is not permitted until all documentation has been received.



FRENCH FOR KIDS CLUB AT AVOCA BEACH PS : Now taking enrolments for Term 3 2019 for French classes on TUESDAY 3.30pm - 4.30pm

Nathalie Roy on 0430 286 590 or email nathalie.roy@lcclubs.com.au to register your interest and for more info on cost and siblings discount. MERCI!

WE ACCEPT THE CREATIVE KIDS VOUCHER



SPANISH FOR KIDS CLUB AT AVOCA BEACH PS : Now taking enrolments for Term 3 2019 for Spanish classes on MONDAY 8.15am - 9.00am

Nathalie Roy on 0430 286 590 or email nathalie.roy@lcclubs.com.au to register your interest and for more info on cost and siblings discount. GRACIAS!

WE ACCEPT THE CREATIVE KIDS VOUCHER

MUSIC TUITION AT AVOCA BEACH - GUITAR (ACOUSTIC AND ELECTRIC), SINGING, ELECTRIC BASS, BANJO, MANDOLIN and UKELELE. All styles and all ages, beginners to advanced levels, very experienced professional teacher. Phone Chris on 0422 802 222

JINHWA TAEKWONDO. All ages martial arts training. Kincumber, Terrigal, Ettalong, Ourimbah, Tumby Umbi and East Gosford. First 2 Lessons Free! Call 0435 552 203.



TENNIS COACHING – Copacabana

Coaching Monday Afternoons

SNSW Voucher can be used for Fees

For all standards – New pupils welcome **Hot Shots Programme**

Enquiries Telephone Mark - **Mobile 0403 499308**

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

THE SNACK SHACK

The Snack Shack Hours are: **Morning** 9.00-9.20

Recess 10.50-11.10

Lunch 1.10-1.40

Preferred method of ordering is by using the FLEXISCHOOLS APP, **CUT OFF TIME 8.30AM.**

Although we are happy to provide IOU's for lunch when needed, please try and settle any outstanding accounts ASAP so we can continue to offer this service.

We still have quite a few empty spots on our volunteer roster for this term. As the year progresses we are getting busier and busier. If you have a couple of hours to help out on any of our shifts we would greatly appreciate it as we cannot provide our great range of homemade food options without you.

Until Friday 20 September we will be participating in the EAT FRESH & WIN promotion by FRESH KIDS & SYDNEY MARKETS. The kids have the chance to collect some smelly fruit flavoured stamps and also go into a draw for major prizes, please see the attached poster for details.

SNACK SHACK ROSTER

| | |
|-----------|-------|
| Monday | 26Aug |
| Tuesday | 27Aug |
| Wednesday | 28Aug |
| Thursday | 29Aug |
| Friday | 30Aug |

VOLUNTEER REQUIRED

Carol Bradshaw

Janelle Sykes

Katy Pustahya

VOLUNTEER REQUIRED

| | |
|-----------|-------|
| Monday | 02Sep |
| Tuesday | 03Sep |
| Wednesday | 04Sep |
| Thursday | 05Sep |
| Friday | 06Sep |

Karline Reynolds

Carol Bradshaw

Alexis Clarke

Fi Currie

Katy Pustahya




ALL VOLUNTEERS IN THE CANTEEN MUST PROVIDE THE SCHOOL OFFICE WITH A COMPLETED VOLUNTEERS DECLARATION AND THE 100 POINTS OF IDENTIFICATION BEFORE ASSISTING IN THE CANTEEN OR ANYWHERE ELSE WITHIN THE SCHOOL.

Lyndsay Buening – Canteen Manager
Sarah Randall – Canteen Supervisor


0412 784 884
0423 113 401

Tue, Thur, Fri
Mon & Wed



Avoca Beach slsc

Nipper registration
2019/2020 season



Come and be part of Avoca Beach Nippers!

Avoca Beach Surf Life Saving Club provides the opportunity for your child to build confidence in the surf while having loads of fun with their friends.

This season kids in our under 6, 7 and 8 age groups can try nippers for free when using their Active Kids Voucher! All other kids in our under 9 – 14 age groups will pay just \$75 when using their Active Kids Voucher.

SUPER VALUE!

Registration includes:

- Sunday nipper sessions (approx. 16 in a season) with an Age Manager who will provide surf education, surf skills and plenty of fun
- Free nippers cap and long sleeve rash vest (6-7s only)
- Central Coast carnival entries x 4 (8-14s only)
- Weekly club training sessions (8-14s only)
- Access to club facilities, including hot showers and toilets
- 10% discount off food & drinks at club restaurant, Sunsets Bistro

Want to know more? Please come along and meet our committee at one of our two registration nights being held upstairs at the surf club on Friday 16th August 5-8pm and Friday 30th August 5-8pm, or send us an email at avocanippersrego@email.com and we'll be in touch. To find out more about the registration fees and process please visit the Avoca Nippers Rego 2019/20 Facebook page.

IMPORTANT:
If you're using the Active Kid's Voucher, you can download it from here:
<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>
Please print the voucher and bring it with you to one of our club registration nights. Vouchers can only be used once and cannot be applied retrospectively.





\$2 JAR STALL

School Fair – Sunday 15th September 2019

Containers are available in your classroom now so be quick to collect, decorate and start filling jars for your class. The more jars you fill, the more GPK Pizza Party Points.

- **Each jar will give your class 100 GPK Pizza party points**

FILLER IDEAS

Stickers, marbles, small plastic toys, footy cards / Pokemon cards, balloons, hair clips, balls, soap, jewellery, pencils/crayons, cars, lollies, chocolates & treats. Be imaginative and fill your jars with the things that **you** would like. Once filled, **please return them to your classroom** and get yourself some more containers.

Good luck – remember the class with the most wins so get filling fast

We thank you for your help in raising money for our school!

Please note: NO glass jars are permitted. Use plastic only

Contact: Jody Tosh on 0432 393 444 jody.mick@bigpond.com

The \$2 jar stall is being run by class 5/6J Mr Jarmaine

Small changes,
big differences.




**FREE Triple P Primary School Age
Group Program**
facilitated by **Central Coast Family Support Services Inc**
Come along and learn from the program and each other

Be the Best Parent You can be....
With Triple P – Positive Parenting Program

Triple P is a parenting program for all families that provides practical answers to everyday concerns. Families NSW is offering Triple P to all families with children aged 2-12 years.

Venue: Avoca Beach Public School,
91A The Round Drive, Avoca Beach
When: 4 Friday sessions in Term 3, 2019;
**6th, 13th, 20th and
27th September 2019**
Time: 9:30am – 11:30am



**THIS GROUP IS OPEN TO
PARENTS OF THE SCHOOL ONLY**

Bookings Essential!

To register for this group, please
call 4340 1585 or email
ccfss@ccfss.com.au



www.triplep.net

'We were thrilled to be a part of this program. Gayle, (our facilitator) has taught us to change our language and use effective tools for stressful situations...Please can we have more of these classes?' written by two keen and enthusiastic ABPS parents who participated in the Term 2 Positive Parenting Program.

 **Cancer Council**
Healthy Lunch Box

Nutrition Snippet

The simplest way
... to save time in the morning.

With some simple preparation at a time that suits you, you can save a lot of stress in the morning.

Try these tips to pack healthy foods quickly:

- Buy snack sized veg that don't require cutting e.g. cherry tomatoes, baby cucumbers and snow peas
- Keep some shelf stable items like beans and milk in the pantry
- Make and pre-pack individual serves of healthy snack mixes such as [popolstana](#).
- Get in to the habit of cooking extra for dinner and packing leftovers for lunch.
- Spend some time on the weekend preparing freezer-friendly lunch box items such as fruit or [vegie muffins](#).
- Allocate a drawer or area of the kitchen where lunch boxes and containers are kept, making them handy to find come packing time.



healthylunchbox.com.au

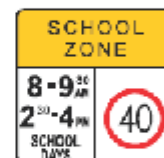
Safety learning program



Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

- A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- School Bus lights** – buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



- A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



**THESE SIGNS MEAN YOU MAY STOP
HERE TO DROP OFF / PICK UP**

BUT YOU MUST

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

**Kids look to you to keep them safe - please park legally in school zones
HEAVY FINES and DEMERIT POINTS APPLY**

- A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



- A **No Stopping Zone** means no stopping at any time.

