



Edition 34: 17 August 2018

## From the Principal

## Term 3 Week 4

Week 4 sees all of our educational programs in full swing here at Woy Woy Public School. Students have settled in nicely after the holiday break and are working productively in classrooms across the school.

Unfortunately, I do need to start this newsletter with some cautionary words. Earlier this week a student was approached through the school fence by a member of the public not known to her. She was unharmed and immediately followed our 'Safe People Safe Places' messages by leaving and telling a staff member. We advised her parents and police, are reinforcing our safety messages at school, and suggest you consider this an opportunity to do the same at home. While these messages are repeated regularly at school, a small number of parents have asked that the school community be advised of any such incidents as soon as practicable. We are happy to do so in future in a way that does not risk any undue alarm.

On a more positive note, last week was Education Week for public schools across the state. The theme for Education Week 2018 was *'Today's schools creating tomorrow's world'*. A special Education Week Assembly was organised for last Thursday. The school's Stage 3 dance group performed their Central Coast Dance Festival item superbly and the Aboriginal Dance group delivered an outstanding performance as well. We also heard from our Stage 3 Public Speaking finalists who delivered some highly entertaining and engaging speeches. Students were presented with special Education Week 'Academic Achievement' and 'Values' awards in front of some very proud parents. After the assembly, a large number of parents, grandparents and friends took the opportunity to visit their children's classrooms, and in many instances were able to get involved in some of the engaging activities that were being conducted at the time. There was a sausage sizzle after the 'open classrooms' sessions, and this was again very well attended. Bruce Graf, grandfather of Seth (5/6C) and Hope (2Y), worked tirelessly on the barbeque and we would like to thank him for the time and effort he put in. Overall the day was a very positive event for all members of our school community and an excellent opportunity for students, parents and teachers to interact and celebrate the importance of public education, and to demonstrate their pride in our school. Thank you to everyone for their efforts on the day. It was wonderful to see so many happy faces at our school!

Earlier this term we staged the K – 2 and 3 – 6 Spelling Bees and the WWPS Public Speaking competition. In the Spelling Bees, Abby Wang (KM) took out the top prize for Kindergarten, and Aaliyah Paul (1S) and Aleyah Flanagan (2Y) were the Year 1 and Year 2 winners respectively. Maya Albert (4-6G) won the Stage 3 Spelling Bee with Gemma Montalbano coming in as runner-up, and Jackson Wang won the Stage 2 Spelling Bee with Charlie Sposito the runner-up. In the school's public speaking competition, Allegra Magnus-Jones (KM), Levi Young (1S), Terence Wu (2Y), Toby Cridland (3M), Mia Pike (4E), Tayla MacLeod (5/6A) and Kahlia Williams (5/6H) all delivered outstanding speeches and went on to represent our school with pride at the Zone Public Speaking Competition at Empire Bay Public School.

Congratulations to all of these students for performing so well under pressure and thank you to the teachers who organised these competitions, Mrs Young, Mr Wolski, Mrs Mills and Mrs McLean for giving them the opportunity to display their talents. The next big event here at WWPS will be the Book Week Character Costume Parade on Wednesday 29th August at 10:00am. Mrs Walker and Mrs Cooper have included all of the information you'll need about all of the wonderful things they have planned for our Book Week celebrations in Week 6, including information about an author visit, colouring-in competition, short story writing competition, and the annual Scholastic Book Fair, later in this newsletter.

### Staffing Update

In Week 2's edition of the Namalata, Ms Buckley advised readers of changes to staffing for Weeks 4 through to 9 of this term. We have now also filled the Stage 1 (Years 1 and 2) Relieving Assistant Principal position, formerly held by Mrs Williams who's now filling the off-class AP – Student wellbeing role, for the remainder of the term. We would like to advise you all that Mrs Michelle Young was successful in her application for the position, and we'd like to congratulate Michelle and publicly commend her for her dedication to both Stage 1 and whole school programs and initiatives.

### Excursions Update

Term 3 has always been an exciting one for the students of Woy Woy Public School, with a variety of high-quality camps, excursions and in-school events scheduled for students throughout the school. Last week our Year 4 students headed 'over the mountains' on their way to Bathurst for an overnight excursion. Reports from the teachers have indicated that despite the cold weather, the students thoroughly enjoyed themselves and demonstrated excellent behaviour at all times. The Year 4 students themselves have talked excitedly about their experiences on the excursion and we have also received some very positive feedback from parents in the wake of this excursion. A huge thank you to Mrs Rayner, Mrs Rodgers, Mrs Elliott, Mrs Taylor and Mr Smith for all of their hard work with the camp and for giving up time spent with their families in the comfort of their own homes for the benefit of our students.

On Monday, Ms Wiliame and Mrs Kathy Riley will also take our Early Intervention students for a day trip to the Australian Reptile Park, where their students were able to meet students from other EI units on the Central Coast and get up close to the animals. On Wednesday students in Years 5 and 6 will head to the national capital to learn more about the processes of federal government. We wish them all well for the exciting educational experiences they have to look forward to.

I will be relieving for Ms Buckley as principal of the school until Week 9 of this term. As I am fond of saying, I am very proud of Woy Woy Public School, having worked here for almost ten years and seen first hand the upward trajectory we've been on during that time, in terms of providing educational opportunities for our students and working to form stronger ties to our wonderfully supportive school community. I am very grateful for the opportunity to act in the Relieving Principal role and I look forward to working closely with all members of the school community during my time at the helm.

Warm regards,

Dan Betts  
Relieving Principal

## Positive Behaviour for Learning (PBL)

### Positive Behaviour for Learning (PBL) – Weeks 4 and 5 Term 3

This week teachers have been teaching their students about how to 'Be Cooperative' during lunch and recess breaks when they are asked to remain in classrooms because of wet weather or extreme weather conditions. Based on a PBL team initiative, this week's lessons commenced with the students watching a video created by school leaders acting out the PBL focus. Lessons have concentrated on the importance

of remaining in one's home classroom and asking permission to leave the classroom if there is a need to visit the toilet, canteen or any other location in the school. Students are encouraged to put equipment away and put their rubbish in the bin when in the classrooms at break times, and to take turns when using classroom equipment. Despite the run of sunny weather we've been having, it is important to revisit school-wide expectations about positive behaviours for 'inside play' so that students know what is expected of them the next time inclement weather hits.

Next week we will be teaching students about the importance of 'Being Safe' when moving around on the oval at break times. Discussions will concentrate on playing in the appropriate designated areas for one's stage of learning, and staying 'in-bounds' and out of trees.

Students who successfully demonstrate positive behaviours during 'inside-play' or on the oval at break times, will be rewarded with Win Bin tickets and stars on their Star Charts.

Parents and carers are encouraged to discuss PBL expectations with their children. If you have any questions related to the school's PBL program or about student wellbeing policies and practices, please direct them to either myself or Ms Buckley.

Mrs Michelle Williams  
Relieving Assistant Principal (Student Wellbeing)

## Science Fair

Wow!! What a fantastic day. Over 70 students participated in this wonderful experience. A big thank you to our very creative students and to all those who helped on the day.



# Public Speaking

On Thursday 2<sup>nd</sup> August we held our annual Public Speaking Competition. It was an entertaining day with some humorous and informative speeches about a variety of topics. Our judges for the day were Auntie Robyn Reid, Mr Brent Walker, Ms Jessie Heighington and Mrs Susannah Murray. All of the finalists are to be congratulated on the courage and effort it took to prepare and deliver a speech to their peers, teachers, parents and guest judges. Thank you and well done!!

The grade winners were as follows:

**ES1: 1<sup>st</sup> place** - Allegra Magnus Jones 'My Pets'

**Year 1 – 1<sup>st</sup> place** - Levi Young 'The Rock'

**Highly Commended** – Cash Jamieson 'Baking Muffins'

**Highly Commended** - Isabelle Sheppard 'Our Snowy Holiday'

**Year 2 – 1<sup>st</sup> place** – Terence Wu 'A Good Idea'

**Highly Commended** – Zoe McAdam 'My Annoying Dog Molly'

**Year 3 – 1<sup>st</sup> place** – Toby Cridland 'A Day in The Life of a Twin'

**Highly Commended** - Noah Manuao 'A Speech about Why I Did Not Want to Do a Speech'

**Year 4 – 1<sup>st</sup> Place** – Mia Pike 'Lost in My Imagination'

**Highly Commended** - Layla Graham 'My Talent'

**Highly Commended** - Lahni Moore 'How to Officially Annoy Your Parents'

**Year 5 – 1<sup>st</sup> place** – Tayla MacLeod 'Bullying'

**Highly Commended** – Talen Higgison 'Endangered!'

**Year 6 – 1<sup>st</sup> place** – Kahlia Williams 'If Teachers Were Dinosaurs'

**Highly Commended** – Zak Graham 'Life with Three Sisters'

**Highly Commended** – Noah Hunt 'Greece'

The students who achieved 1<sup>st</sup> place in each grade then went on to compete at the Central Coast (Gosford Network) Finals at Empire Bay Public School on 16<sup>th</sup> August. This was a tough competition with some inspiring and sophisticated presentations. I would like to commend all of the students from Woy Woy Public School who attended as their behaviour was exemplary and they remained focussed and enthusiastic throughout the whole day. We look forward to our Public Speaking journey in 2019. Well done everyone!!

Ms McLean

Public Speaking Coordinator 2018





## Assembly Awards – Week 4



Congratulations to the following recipients of our Academic Achievement Awards at our Week 2 K-6 Assembly.

Name	Class	Name	Class
Reuben Fitzmayer	KM	Charlotte McPhee	K-6PC
Aston Grehan	KW	Hugo Lin	KRM
Levi Young	1S	Ryder Taggart	1CG
AJ Joffrin	2B	Mia Zhang	3M
Jake Golds	2Y	Keira Tranter	4T
Joshua Pitchers	3/4R	Vanessa Hay	5/6A
Annie Gemmell	4E	Talen Higgison	5/6C
Kye Stormont-Finch	5/6B	Olivia McLennan	5/6H

## Finalist for K-2 Spelling Bee

Congratulations to the below students who made it to the finals for Spelling Bee.

Samarah Piasente	KW	Aaliyah Paul	1S	Scarlett Piasente	2Y
Lola Keating	KW	Claire Zhu	1S	Aleyah Flanagan	2Y
Phoebe Van Der Neut	KW	Annabelle Zhang	1S	Cohen Wentworth-Shields	2B
Sofia Swancott	KM	Bronte Packham	1S	Chloe Smith	2B
Dylan Caulfield	KRM	Levi Young	1S	Mason Potestas	2B
Chayah Kanos	KRM	Laila Wentworth-Shields	1N	Heidi Kerr	2B
Jared Hambridge	KM	Cash Jamieson	1N	Saraya Taylor	2K
Abby Wang	KM	Jullian Lewry	1N	Isabella Lumby	2K
Kaian Morales	1CG	Sebastian Warren	1N	Annabelle Durrand	2K
Frankie Pullen	1CG	Hayden Douglas	2Y	Sophie Kerkin	2K

Charlee O'Hara	1CG	Terence Wu	2Y		
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## Aspire Home Reading

Congratulations to the following students who have reached their 25, 50, 75, 100, 125, 150 and 175 nights of home reading!

### 25 Nights

*Ava Sillick 2B, Tate Ullrich 2K*

### 50 Nights

*Edie West 2K, Ava Sillick 2B, Hugo Lin KRM, Xavier Ryan-Smith KRM, Tate Ullrich 2K*

### 75 Nights

*Ava Sillick 2B, Alex Forbutt KRM, Tate Ullrich 2K*

### 100 Nights

*Samuel Dimento-Fergus 2K, Emilie Liang 2B, Thomas Coulson KRM*

### 125 Nights

*AJ Joffrin 2B, Sidney Brannigan 2K, Bella-May Zurawski KRM, Scott Lumley KRM*

### 150 nights

*Sidney Brannigan 2K, Isabella Lumley 2K*

### 175 nights

*Saraya Taylor 2K, Connor Conijn 3/6O*

## Upcoming Events

Term 3			
<b>Week 4</b>		<b>13-17</b>	Science Week
		<b>15</b>	Stage 3 Science Fair
		<b>16</b>	Zone Public Speaking
		<b>17</b>	Gala Day Stage 2
		<b>21</b>	Boys/Girls Soccer
<b>Week 5</b>		<b>22-24</b>	Canberra Excursion Stage 3
<b>Week 6</b>		<b>27</b>	<b>Book Week</b>
			SCC PSSA Athletics
		<b>28</b>	Cheryl Orsini – Author Visit
		<b>29</b>	Book Week Assembly 10.00am



*Woy Woy Public School*

**A PRESCHOOL TO YEAR 6 SCHOOL**



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*"We challenge and support all students to achieve their personal best"*

## Find Your Treasure!!

Woy Woy Public School is celebrating Book Week in term 3 during week 6 –  
27<sup>th</sup> August to the 31<sup>st</sup> August 2018.

Book character parade is on Wednesday 29<sup>th</sup> August at 10am. Come dressed  
as a character from a book!

Author visit Tuesday 28<sup>th</sup> August – Cheryl Orsini.

Colouring in competition due Friday of week 5 to Mrs Walker and Mrs  
Cooper.

Short story writing competition due Friday of week 5 to Mrs Walker and Mrs  
Cooper. The story should have the theme of 'Find Your Treasure' in it. For  
example, a pirate story.

The Scholastic Book Fair is open in the library during weeks 6 and 7 from 8:30  
and open until 3:30. It will also be open at 2<sup>nd</sup> half lunch. EFTPOS is available.

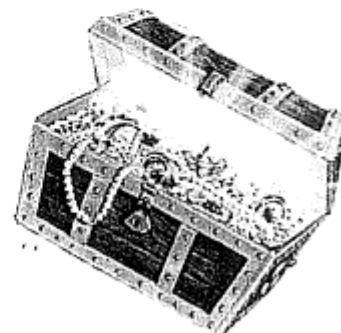
Parents invited to stay for a picnic lunch after the parade.

Mrs Walker and Mrs Cooper

Teacher Librarians

Mrs Buckley

Principal





## Newsletter insert 3

### How can we tell how other people are feeling-

Understanding how other people are feeling is an extremely important skill in life we need as both adults and children. Like any skill it is something we develop and improve upon and can continue to improve on as we learn and grow. Teaching children to name feelings in themselves and other's is an important part of parenting and can help children in managing their emotions, developing empathy and communicate better with others.

To understand how people are feeling we need to be able to recognise and label emotions. Emotions often appear on people's faces in common ways. We can use clues on people's faces and in their body language to do so. Here are some common facial expressions below.



#### Building skills with your children:

- Using this chart or another with faces with different emotions cover the emotion and ask your child to guess which emotion is being displayed. You can progress this game to include book, TV and movie characters and toys.
- Another game to build your child's emotional vocabulary could be making up a scenario and having the child guess the emotion. For example, (parent asks) Poppy went to the shop with her mum and saw a toy she wanted. Her mum told her she could not have the toy. How do you think Poppy felt? Get your child to respond with a sad and/or angry face and display the body language that matches the emotion. Parents can help by role modelling as well.

#### Additional resources:

Feelings matter - <https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/emotional-development/feelings-matter>

Helping children to manage emotions - <https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/emotional-development/helping-children-manage>

\* <https://www.6seconds.org/2018/01/21/getting-unstuck-power-naming-emotions/>

## Newsletter insert 4



### Using praise and rewards to increase positive behaviour & catching your child being good.

Giving praise or rewards following your child's positive behaviour will increase the chance of that behaviour occurring again. For example if Tommy puts his bag away when he gets home from school and is praised or given a reward for this (e.g. star on chart, sticker, extra 5 minutes at the park or extra 5 minutes on electrical device) he will be more likely to put his bag away again the next day.

You can increase the behaviour you want to see from your child by clearly telling them what you want (e.g. I would like you to take your shoes off when you come into the house and put them by the door) and then praising/rewarding when they do as asked. Using praise or rewards you can increase the behaviours you want to see more of.

To start using praise and rewards to increase your child's positive behaviour begin by noticing when your child is already doing something that you appreciate and praise that behaviour. Effectively try to catch your child being good and praise, praise, praise. As you praise you are increasing the chances of the positive behaviour happening again. This will also give you practice using praise.

#### Examples of praise:

- I really like how you are colouring at the table. Your drawing is so nice and colourful.
- How you started your homework without me asking was great.
- I like how you got off the iPad the first time I asked.
- Well done putting your lunch box in your bag this morning.

Each day practice to find 3 behaviours in the day that you like your child doing and praise them for it.

#### Additional Resources:

Using praise - [http://raisingchildren.net.au/articles/praise\\_and\\_encouragement.html/context/292](http://raisingchildren.net.au/articles/praise_and_encouragement.html/context/292)

Positive attention - [http://raisingchildren.net.au/articles/positive\\_attention.html/context/292](http://raisingchildren.net.au/articles/positive_attention.html/context/292)

Catching your child being good - <https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/promoting-positive-interactions/catch-them-being>

#### Motivation and praise:

<https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning/motivation-and-praise-encourage>



# Snack Shack News

## Canteen Roster

Mon	20/8	Pat
Tue	21/8	Alice
Wed	22/8	Janet
Thu	23/8	Kay
Fri	24/8	Janet
Mon	27/8	Rebecca
Tue	28/8	Leanne
Wed	29/8	Vicki
Thu	30/8	Katrina
Fri	31/8	Sue

Hats are available in the canteen for sale for your convenience.

\$13.00



*Thank you to our Volunteers. If you are unable to come in on your allocated day please contact Anne as soon as possible so an arrangement can be made for a replacement.*

Attached you will find our new canteen pricelist **effective Monday, 20 August**. A few items have increased in price due to increases from our suppliers, and you will also find some new items being introduced that are in line with the Healthy Canteens for Schools program. Flexischools will also be updated with these changes.



The Fresh for Kids competition starts on 6 August and runs through until 21 September. When children purchase an option from the canteen that contains **fresh fruit or vegetables** they will receive a sticker for their entry form. Completed entry forms are to be given to the canteen by 21 September for a chance to win. See the poster outside the canteen!

Prizes are:

1 <sup>st</sup> prize:	Roar and Snore at Taronga Zoo
2 <sup>nd</sup> prize:	Garmin Vivofit Jr Fitness
3 <sup>rd</sup> prize:	Faber Castell packs
4 <sup>th</sup> prize:	Tupperware lunch prize pack
Bonus prize:	Xbox One X
Major school prize:	Gameday mouthguards
Canteen prize:	Modular Mates bakers dozen set

## Uniform Shop

We are still looking for a Uniform Shop Coordinator. If you are interested, please contact us via our email address: [wwpspandc@live.com.au](mailto:wwpspandc@live.com.au)

POSITION VACANT
HELP NEEDED
<p>Do you have a passion for retail?</p> <p>Are you a team player?</p> <p>Good with people and strong communication skills?</p> <p>Have a few hours to spare per week?</p> <p>Need to up skill to add to your CV?</p> <p>Want to increase your involvement within the school community?</p> <p>The P&amp;C is in urgent need of a Uniform Shop Coordinator to facilitate the successful running of this service to the school community. This is a volunteer position and training will be provided.</p> <p>The Uniform Shop is currently open on Fridays for trading. Opening days can be negotiated for either Wednesday or Thursday or Friday. A shared position will be considered.</p> <p>You will gain experience in stock control, banking, POS equipment. A friendly team of P&amp;C Executives will be supportive and offer encouragement.</p> <p>Further information is available by contacting the WWPS P&amp;C Secretary via email <a href="mailto:wwpspandc@live.com.au">wwpspandc@live.com.au</a></p>
VOLUNTEERS NEEDED
<p>Also looking for volunteers to assist the uniform shop co-ordinator on the days of operation.</p>

Until the position is filled, we are still operating with a small band of volunteers. We encourage you to place orders using the order form and return the completed form to [wwpsuniforms@outlook.com](mailto:wwpsuniforms@outlook.com). In return, you will receive an invoice with on-line payment details.

**Please ensure online payments are made using P&C details supplied on this invoice. Do not use the school's online banking details.**

Orders will be filled after payment has been received and items will be sent home with your child.

Being a proud uniform school, please remember to label all clothing items to ensure misplaced items are returned to the students.

## Fundraising

Our next fundraising initiative is the Fathers' Day Stall. It is hoped the stall will operate on Tuesday 28 and Thursday 30 August 2018. We are looking for volunteers to assist with stall on these days. If you can spare an hour or so it would be greatly appreciated. You can contact us via our email address [wwpspandc@live.com.au](mailto:wwpspandc@live.com.au) or alternatively speak with our Fundraising Coordinator, Rick.

## **School Banking**

School Banking has resumed for Term 3.

For every deposit made at school students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items in recognition of their regular savings habits. There are two new items released each term so be sure to keep an eye out for them!

Here are the exciting new Term 3 rewards now available, while stocks last!

### **Mighty Boom Handball**



### **Heat Reactor Pencils**



Thank you for supporting the School Banking program and remember, School Banking day is every Friday.



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- 8 x 90min lessons (1 per week)
- Starts Term 4 from Monday 9<sup>th</sup> October
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- Sundays: 11am & 1pm
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Home: 0243282221  
Email: peterflynnmail@gmail.com



## Kindergarten at Woy Woy Public School 2019



Come and visit us at Woy Woy Public School!

Kindergarten open classrooms: Wednesday 6 June 2018, 10am-11am

School information session: - Wednesday 29 August 2018, 6pm-7pm

Transition sessions:

Wednesday 17 October, 9am - 10:30am (Parent information session in the school hall.)

Wednesday 24 October, 9am - 10:30am

Wednesday 31 October, 9am - 12:00noon

Wednesday 7 November, 9am - 1:00pm



### Trivia Night Donations

#### **Parklands Community Preschool & Children's Centre Inc**

Phone: 4340 1342

Email: [parklandspreschool@bigpond.com.au](mailto:parklandspreschool@bigpond.com.au)

Website: [parklandscommunitypreschool.com.au](http://parklandscommunitypreschool.com.au)

We are raising funds to replace some damaged infrastructure leading out to the playground. To do this we are holding a Trivia Night on 8 September 2018. We are asking if you would kindly consider supporting our fundraising efforts. We would be most grateful for any donation, which could be in the form of discount vouchers, memberships, products or services that could be used for prizes on the night. In return your organisation will be advertised on the night and in our newsletter to all our families.

# PIANO LESSONS

\$20 FOR HALF AN HOUR

- > AMEB Graded Lessons
- > Sight Reading
- > One on One lessons
- > For All Ages
- > Music Theory
- > Music for leisure

CALL OR TEXT: 0401 859 553



## WOMEN'S HEALTH WEEK SEMINAR

Date: Thursday, 6th September

Time: 7pm -8.30pm

Location: POINT CLARE COMMUNITY HALL - 49 Brisbane Water Dr, Point Clare, NSW 2250

Join us for a FREE information session on women's health priorities, myths, and the breath-gut connection. Tickets available at [www.eventbrite.com.au](http://www.eventbrite.com.au) - search Women's Health Week Seminar.



**Women's  
Health Week**  
3-7 September 2018

Jean Hailes is supported by funding from the Australian Government.

Sign up to start making positive  
changes that can last a lifetime.  
[womenshealthweek.com.au](http://womenshealthweek.com.au)

#WomensHealthWeek   





## Culture Awareness

**Where:** Mingaletta Umina

**Date:** 30/9/2018

**Time:** 6pm to 7.30pm

Learn about Aboriginal Culture in the past and in the future with Aunty Di.

Cost: \$20.00 with Certificate of Participation

Mingaletta 6 Sydney Ave, Umina Beach NSW

0432 222 794 or 4342 7515



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Aboriginal & Torres Strait Islander Corporation





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# School Link E Newsletter

Term 3 2018.

## In this Issue.

For the last 5 years, the School Link Newsletter has been a quarterly information source for both Primary and High Schools in our local region. In order to provide timely and considered information a new E Newsletter will be sent monthly to schools. Within each issue, there will be information regarding education and training to support schools managing mental health concerns, research and referral information to local programs and support services in our region. We will also include information on specific topics to continue to provide the best information and research available.

## Change to School Link Consultation Hours.

In order to support you and your school with any queries or concerns, the School Link Consultation Line hours will now be from 8:00am until 4.30pm. We hope this will assist you and your school in being able to support students during school operational hours.

In addition to consultation and liaison services, the School Link Coordinator can support your school with education and training for staff, regarding mental health concerns you may be facing at school. This support can be accessed through the School Link Consultation Line on 0414 193 139.

## Grief Support for Children and Young People.

Good Grief has put together resources to support children and young people managing grief in their life. These resources would be beneficial to support students in your time loss and grief. They can be accessed through <https://www.goodgrief.org.au/assistance>

## Anti-Bullying Resources for High School.

ReachOut has released new Anti-Bullying Resources available for free for schools on their website at <https://schools.au.reachout.com/>. You will need to set up a free account online to access all the new information. These resources will be of assistance to you when managing conflict as a result of bullying. The ReachOut Website has resources and teachers' webinars available for a wide range of topics which would be useful for supporting students in your school.

## Child and Mind Institute 2017 Children's Mental Health Report.

The Child and Mind Institute has recently released its 2017 Children's Mental Health Report. This report specifically looks at the changes within teenagers' brains and development and what impacts upon this development. You can access the Report through the link at <https://childmind.org/report/2017-childrens-mental-health-report/>

## Further Information.

If you would like more information about any specific topic, please contact the School Link Consultation Line on 0414 193 139.

## New Canteen menu effective Monday, 20 August 2018

### Woy Woy Public School Canteen - THE SNACK SHACK

WWPS Canteen Menu has been developed in accordance with the NSW Healthy school Canteen Strategy



The Snack Shack is always in need of new volunteers, so if you have some spare time and would like to join our friendly team, why not drop in and see Anne to organise a time that suits you.

Breakfast	
Toast - Plain	\$0.60
Toast - Vegemite	\$0.70
Toast - Raisin	\$0.70
Cheese & Bacon Roll	\$1.70

Snacks	
Rice Cakes	\$1.00
Rice Crackers	\$1.00
Popcorn	\$0.60
Red Rock Chips	\$1.50
Mini Veggie Wrap	\$1.50
Veggie Bag	\$1.00
Muffin	\$0.50
Pikelets	\$0.10
Yoghurt	\$1.50
Custard	\$1.50
Fruit	\$1.00

Refreshments	
Flavoured Milk - Choc/Straw Only	\$2.00
Up & Go - Choc/Straw/Van	\$2.00
Juice Poppers (Apple,A/B,Orange)	\$2.00
Water - Large	\$1.50
Water - Small	\$1.00
Juice Cups	\$1.00
Hot Chocolate	\$2.00
Milkshake Lge - Choc/Straw/Caramel	\$2.50
Milkshake Sml - Choc/Straw/Caramel	\$2.00

Frozen Treats	
Vanilla Ice Cream (Light)	\$1.50
Frozen Juice Cup	
Apple ,Orange, A& B/Currant	\$1.00
Full Quelch Sip ,Orange, mango,apple,Tropical Half	\$1.00
Quelch Sip	\$0.50
Frozen Yoghurt Pops	\$0.50
Blizzard Slushie	\$2.00
Frozen Milk -Choc Straw	\$1.00
Juicies- Tropical, Lemonade	\$1.00

Recess and Lunch Orders need to be on separate bags - Bags 10c each

CANTEEN OPENS AT 8.30AM & ORDERS MUST BE IN BY 8.50AM, THANKYOU

Hot Food	
Chicken Wedge	\$1.00
Yummy Drummy	\$1.50
Snack Pie	\$1.50
Puppy Dog	\$1.80
Hot Dog	\$3.50
Sausage Roll	\$3.00
Lite Meat Pie	\$3.50
Cheese Pizza	\$3.50
Ham & Pineapple Pizza	\$3.50
Ham and Cheese Pizza	\$3.50
Beef Burger & Lite Pattie	\$4.00
Cheese Burger & Lite Pattie	\$4.00
Chicken Burger	\$4.00
Hot Chicken Roll	\$4.50
Hot Cheese Roll	\$3.20
Nachos	\$4.50
Fried Rice	\$3.50
Lasagne	\$3.50
Chicken Soup	\$2.00
Pasta - Homemade - Full Size	\$2.50
Cheese & Bacon Roll	\$1.70
Garlic Bread	\$0.10
Tomato/BBQ Sauce Sachet	\$0.30

#### Salad Plates -

Lettuce, Cucumber, Tomato, Carrot & Beetroot.

Salad Plate	\$4.50
Salad Plate & Tuna	\$5.60
Salad Plate & Cheese	\$4.80
Salad Plate & Chicken	\$5.60
Salad Plate & Ham	\$5.30

Sandwiches	
Bread & Butter (2 Slices)	\$1.50
Buttered Roll	\$1.50
Honey or Jam	\$2.50
Vegemite	\$2.50
Baked Beans	\$2.50
Cheese	\$2.50
Ham	\$3.50
Tuna	\$3.80
Chicken	\$3.80
Salad Only	\$3.50
Each Extra Filling	\$0.50
Extra Salad Filling	\$1.50
Wrap Extra	\$0.70
Bread Roll Extra	\$0.70
Toasted Extra	\$0.50
Multigrain/Wholemeal Bread	\$0.50
Gluten Free Bread	\$1.00

#### Wraps

Chicken & Salad - Half	\$3.30
Chicken & Salad - Full	\$6.00
Chicken, Lettuce & Mayo - Half	\$2.80
Chicken, Lettuce & Mayo - Full	\$5.00
Ham & Salad - Half	\$3.00
Ham & Salad - Full	\$5.70
Ham, Cheese, Lettuce & Mayo - Half	\$2.60
Ham, Cheese, Lettuce & Mayo - Full	\$5.20

#### Toasted Sandwiches

Cheese	\$3.00
Cheese & tomato	\$3.50
Baked Beans	\$3.00
Ham	\$4.00
Ham & Cheese	\$4.50
Ham, tomato & cheese	\$5.00

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