

NEWSLETTER



CHERTSEY PRIMARY SCHOOL

27th November 2012 Working Together Term 4 Week 8

From The Principal's Desk



**JOHN ANDERSON
PRINCIPAL**

**CHERTSEY
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**Access your
Newsletter
at any time on
our website**
www.chertsey-p.schools.nsw.edu.au

GREENHOUSE AWARDS

I was pleased to be able to attend the Gosford City Council's annual Greenhouse Awards last week at Laycock St Theatre with our school's environmental education coordinator, **Miss Sammut** who does a great job coordinating our Gecko Club. Schools are recognised for their contributions in the area of Environmental Education.

It was tremendous for three Chertsey students to be recognised for their efforts in the Poster Competition. With over 600 entries from schools across the southern Central Coast we were the school with the most award winners. Congratulations to Niah from class 1S who was the winner of the Year1 category, Daniel from class KA, runner up in the Kindergarten section and Eden (KA) who received a special commendation also in the Kindergarten category.

Well done to these students and all who entered the competition. Of such a high standard were our entries that several other posters from Chertsey were selected for display at Laycock St Theatre.

Thank you Miss Sammut for the hard work and voluntary hours that is contributed in this area and to the parents who supported their children on the day.

TAKE 3

An important message delivered at the GREENHOUSE awards ceremony was from the founders of the TAKE 3 Foundation who request that when we leave the beach or waterway we take 3 pieces of rubbish...it will make a difference!

Marine debris, particularly plastic has a disastrous impact in our oceans on marine life and ultimately, us!

ACCEPTANCE , ACHIEVEMENT, COMMITMENT, INTEGRITY AND RESPECT

KINDERGARTEN 2013

I was pleased to hear the positive feedback from parents who attended **Kindergarten Orientation** session last Thursday. **Our Assistant Principal for Early Stage 1/Stage 1, Mrs Auinger** used her exceptional knowledge in this area to coordinate a most comprehensive program of activities to assist parents with getting to know what important programs run at Chertsey and also provided an opportunity to meet the coordinators.

Our HEADSTART program is extensive and exceptional and students have spent a significant amount of time in a kindergarten classroom and getting to know the staff and school site during this past term. Next Thursday parents will have the opportunity to attend the Kinder Graduation which is always a highlight for our school. Parental attendance will go a long way to ensuring a smooth start to Big School for the students.

Thank you to all of our staff and helpers involved in the organisation of this excellent HEADSTART program.

PREFECT NOMINATIONS

Good luck to our **Year 5 students who have nominated as a 2013 prefect nominee**. The prefect speeches and election will take place on Monday 3rd December at 9.15am. Whether successful or not in the quest to become a prefect I know there are many opportunities for leadership at Chertsey. Our six prefects for 2013 will be announced at the Year 3-6 Presentation Assembly on December 14.

STUDENT REPORTS

Teachers have been working overtime on Student Reports. They have been designed to give you a comprehensive report on student progress, both academically and social. Student Reports will be going home on **Friday December 14**.

PARENT HELPERS & VOLUNTEERS MORNING TEA

We would like to acknowledge the support offered by our school community and invite all parent helpers and volunteers in to have afternoon tea with us on Wednesday 5th December at 1.10 pm in the Hall. If you have helped in the classroom, counted Coles and Woolworths vouchers, assisted with Bookclub, provided transport for teams and events, made costumes for the concert, volunteered at discos, excursions, in the canteen or uniform shop or assisted in other ways, you are one of our fantastic helpers and we would love to see you!

I would also like to acknowledge the efforts of staff who provide the afternoon tea.

On behalf of the staff, I would like to thank all families for your support and encouragement throughout the year.

LIBRARY

Mr Twyman, our Teacher/Librarian, would like all books to be returned by Friday 30th November to enable the annual stocktake to take place.

YEAR 6 GRADUATION ASSEMBLY

This will be held in the school hall on Wednesday 19th December. Our Year 6 students will receive their Graduation Certificates and a special slideshow will be presented. Parents are invited to attend. The assembly will begin at 2pm and will conclude with the traditional whole school farewell tunnel 'send-off'.

DESIGN COMPETITION

In response to the recent public meeting to oppose the recycling waste plant in Clarence Rd, parent Jody Jobe is sponsoring a competition for students to design a passive recreation area for this old quarry site. All entries will be submitted to Gosford City Council and need to be returned to the school office by this Friday, November 30. Competition entry sheets are able to be obtained from class teachers and all entries will go into the lucky draw for the \$20 K-Mart voucher. Students are limited to one entry each. Thank you Jody!

WIN AN iPad MINI JUST IN TIME FOR CHRISTMAS*

Our school was fortunate to have Year 6 student, Jessica win us 10 iPads earlier this year. Here is another opportunity to win a personal iPad.

Make a deposit into your Dollarmite account at school between 19th November – 14th December 2012 and you will automatically be entered into the draw to win 1 of 12 iPad Mini's. Remember banking day is every Tuesday.

*Terms & Conditions will apply, for full details please refer to:
www.combank.com.au/schoolbanking.

SPORT –CHANGE TO PSSA ZONES

From 2013 Chertsey Primary School will no longer be part of the Brisbane Water Primary School Sports Association (PSSA). Our school will be joining the newly created Southern Central Coast PSSA.

This is part of a major restructure in the way sport is organised on the Central Coast. As of next year there will be four new sporting zones and each will contain fourteen schools, ensuring greater equality for all involved.

Below are the dates of our major zone carnivals for 2013

Swimming	Tuesday 12 March
Cross Country	Friday 10 May
Athletics	Thursday 22 August

If you have any questions about the changes, please feel free to speak to me or **Mr Francis** who continues his long association with the executive of the local PSSA as President of our new zone. Congratulations!

THIS WEEK'S CLASSY ARTICLE

Last week, we saw great work from **class K-6D** when they were our featured class in the 'Classy Article'. It was fantastic to learn more about three of the students, **Tate, Brayden and Elijah**. Keep up the great work K-6D! And thank you to **Miss Daley** for organising the published work.

REMINDER (repeat)

18 YEAR SaCC CELEBRATION & BEAUT BEHAVIOUR BBQ

Tuesday, December 4 is the new date for the celebration of our **SaCC program and Beaut Behaviour BBQ**.

After 18 years of tremendous support to our school community, it is important to acknowledge the many contributions the SaCC program, facilitated by Nada, has had on the lives of many Chertsey school community members. It is envisaged at this stage that the celebration will include a special luncheon followed by an assembly. Times are as follows : Luncheon 11am and Assembly 12.15pm. All are welcome to attend.

HELPERS REQUIRED FOR BEAUT BEHAVIOUR BBQ (Repeat)

It's on again! The Principal's Beaut Behaviour BBQ will be held on **Tuesday 4th December**. Students may receive one of two types of invitation to attend the BBQ. One will commend students for their **excellent consistent** behaviour. The other will state we acknowledge their efforts to **improve their behaviour**. Again, this year, the vast majority of students have consistently demonstrated our core values of: **ACCEPTANCE, ACHIEVEMENT, COMMITMENT, INTEGRITY and RESPECT**. And most importantly, teachers have been able to consistently provide **learning opportunities** within their teaching and learning program rather than behaviour management.

Now, I seek your assistance. Please indicate on the slip below if you can assist in any way to with the organisation of the BBQ. Please return the slip to me via the office and meet outside the school canteen on Tuesday, 4th December at 9.30am if you are able to help.

Should your child/ren have special dietary needs I request a written note preferably at least a week prior to the BBQ.

Beaut Behaviour BBQ

I am able to assist with the Beaut Behaviour BBQ on Tuesday 4th December from 9.30am until 1pm.

Name: _____

Childs's Name: _____

THANK YOU!



NSW K-10 SYLLABUSES (repeat)

What is the Australian Curriculum?

The Australian Curriculum, Assessment and Reporting Authority (ACARA), in collaboration with states and territories, has developed agreed Australian curriculum for English, Mathematics, Science and History. Each of these learning areas includes content statements that represent essential learning for all Australian students.

When will the new syllabuses incorporating Australian Curriculum be taught in NSW?

Year	K-6	7-10
2013	All schools in NSW will continue to teach the current syllabuses	
2014	All schools will teach the new English syllabus. The teaching of the new Mathematics, and Science and Technology syllabuses is optional.	For Years 7 and 9, all schools will teach the new English, Mathematics, Science and History syllabuses.
2015	All schools will teach the new Mathematics, and Science and Technology syllabuses. The teaching of the new History is optional	For Years 8 and 10, all schools will teach the new English, Mathematics, Science and History syllabuses
2016	All schools will teach the new History syllabus.	

The Board of Studies has launched a website for teachers and school communities to access the new NSW K-10 syllabuses, which include Australian curriculum content. The Board's NSW syllabuses for the Australian curriculum website provides an interactive online presentation of the syllabuses. Designed to give you quicker and easier access, the website allows you to navigate the syllabuses in a variety of ways.

To access the NSW syllabuses for the Australian curriculum website, visit:

<http://syllabus.bos.nsw.edu.au>

Or click on the link on the homepage of the Board's main website at:

www.boardofstudies.nsw.edu.au

Please Note: Our staff will be increasing their knowledge of the **ENGLISH** syllabus during workshops conducted at our **Staff Development Days** designated for the last two school days of this year.

IMPORTANT SAFETY REMINDER (repeat)

I have received a number of reports regarding unsafe motoring practices in the vicinity of the Willow Rd pedestrian crossing (eg. U turns and temporarily parking within the marked pedestrian crossing area near the school gates). As the safety of our students is paramount, I am compelled to alert **Gosford City Council Traffic Rangers** to patrol this area at peak morning and afternoon times.

Traffic infringements are costly and I cannot assist people who are fined. The Rangers have previously told me that there is zero tolerance for traffic offenders especially in school zones.

Please do the right thing when driving and parking in school zones and keep our children safe and save yourself a hefty fine.

YEAR 6 FAREWELL(Repeat)

5.30 pm –9pm Monday 10th December

Our Year 6 students will attend a dinner to be held at the Terrigal Surf Life-Saving Clubhouse on Monday, 10th December. The evening will commence at 5.30 pm with an opportunity for group and individual photographs outside of the club-house. This is followed by pre-dinner snacks on the balcony, a walk along the promenade, dinner, the cutting of the cake and dancing. (The last dance is a special one as parents are invited to partner their child for this particular dance. **Parents/carers are requested to arrive at 8.40pm.**). This function is a great way for our Year 6 students to finish the year and to display the maturity they have gained ready to begin high school. I thank the parents who are coordinating and assisting with catering and decorations. More information will be sent home to our Year 6 parents in the coming weeks.

Important Term 4 Dates

You might like to include the following Term 4 events on your family calendar and/or diary. These dates and times will be confirmed next term.

- 4th December- **18 Year SaCC Celebration & Beaut Behaviour BBQ**
- 5th December- **Year 6 to 7 Orientation Day**
- 7th December- **KLA Presentation Day**
- 10th December- **Year 6 Farewell**
- 11th December- **P&C Meeting**
- 14th December- **K-2 and 3-6 Presentation Day Assemblies**
- 20th December- **Holidays commence for students (Staff Development Day)**
- 21st December- **Staff Development Day**

URGENT INFORMATION SOUGHT (Repeat)

To assist with future **school planning and staffing**, could you please advise the office (PH: 43253963) indicating if there is a possibility of your child **not attending** Chertsey Primary School in 2013.

SUNSAFE AND PROUD

This week our **SunSAFE and Proud Hat draw winner is Matthew Brown of 2S** He wins a slushy from the school canteen. I thank **Mrs Dyer and our P&C** for supporting this student welfare program. Please ensure your child has a school hat with their name marked clearly on the inside to be eligible to win the slushy. I am extremely proud of how smart the students **look in FULL school uniform**. Let's keep it up!

REVERSE SANTA

Our school will again be holding Reverse Santa for children less fortunate than those at Chertsey. Students are asked to bring in a gift on Thursday 13th December, Santa will collect the gifts and place items under the Christmas tree in the library.

The gifts do not need to be wrapped but if your gift is wrapped please indicate boy or girl and child's age.

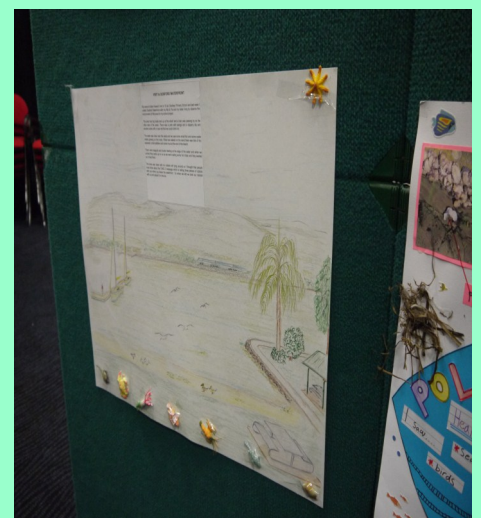
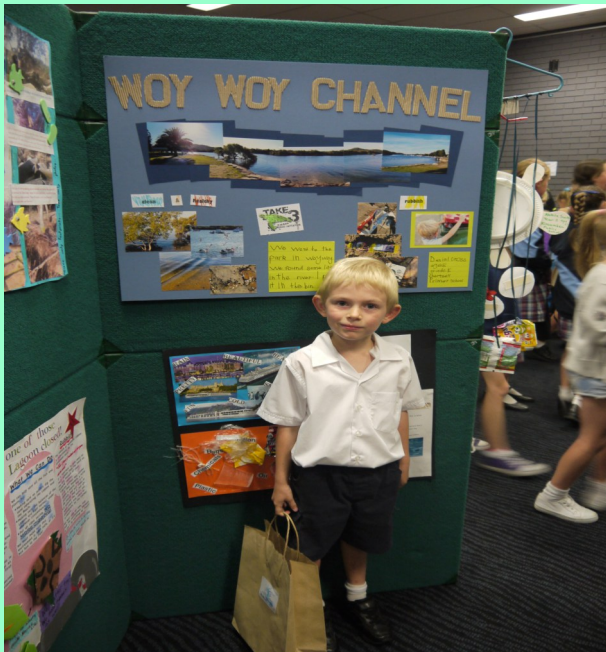
As the Community Chest is no longer a charitable organization on the Coast all gifts will be distributed to a local family organization.

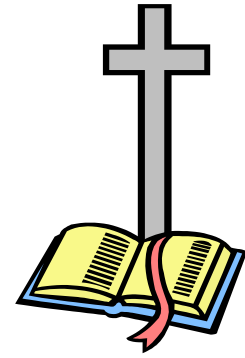
Thank you in anticipation of your support. Your generosity for our previous Reverse Santa has been very much appreciated.

Wishing everyone a good week!

John Anderson

Greenhouse Awards





Our Chaplain

What is a school chaplain?

A School Chaplain is a safe person for young people to connect with at school, providing a listening ear, caring presence, and message of hope. They care for students struggling with a wide range of issues, including: family problems, confusing relationships, friendship issues, peer pressure, self-esteem issues, bullying and stress and anxiety.

Hi, my name is Donna Knee and I am the chaplain at Chertsey Primary School. My role as chaplain is to support the school community in whatever way is needed whilst empowering them to seek and develop their own plans of action toward addressing their circumstances. The support I provide aims to meet the individual needs that arise within our school community and is guided by consultation with our School Principal Mr Anderson, as well as school staff and community. This chaplaincy position is currently funded by the National School Chaplaincy and Student Welfare Program.

I am involved in (but not limited to) the following things in the life of Chertsey school.

- Facilitating small group programs that enhance student wellbeing, such as shine, transition to Kindergarten and Transition to High School.
- School camps and excursions
- Breakfast club
- Providing pastoral care for students, staff and the wider school community
- Referrals for further support
- Establishing positive relationships with students, staff and the school community
- Networking with community groups and other agencies that provide a broad range of support to our school
- Learning support team
- P&C
- Learning support team

I am at school every Thursday and Friday in 2012 and can be contacted these days on the school number on 43253963 or by email@ donna.knee@det.nsw.edu.au. I will respond usually within 24 hours, for really urgent or crisis please call lifeline on 1800 191919

Did you know.....

Chertsey Primary School has been an active participant in the National School Chaplaincy and Student Welfare Program since the start of 3rd Term this year.

This has been a great support to our school community in that our School Chaplain has been able to get beside both students and their families and has been facilitating various groups to see our kids develop to their full potential. Donna works closely with the learning support team in conjunction with the school counsellor and school staff to work toward positive outcomes for our students.

We are keen to see this program continue and would love to hear your feedback... So we would love it if you can take a moment to complete the questionnaire below and share with us your experience so far! Please return it to the school office when completed.

CHERTSEY PRIMARY SCHOOL – NSCSWP REVIEW FORM 2012

CHERTSEY PRIMARY SCHOOL NATIONAL SCHOOL CHAPLAINCY AND STUDENT WELFARE PROGRAM REVIEW					
Have you met our School Chaplain – Donna Knee?		YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Are you aware of the various programs being offered under the National School Chaplaincy and Student Welfare Program?		YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Please tick any programs that your child/children are participating in:					
<input type="checkbox"/>	Transition to Kindy				
<input type="checkbox"/>	Shine Program				
<input type="checkbox"/>	Transition to High School				
<input type="checkbox"/>	Breakfast Club				
Are there any other specific programs that you would like to see as part of the National School Chaplaincy and Student Welfare Program?		YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
Please list your ideas here:					
<input type="checkbox"/>	Eg: Seasons for Growth – program for the development of resilience and emotional literacy to promote social and emotional wellbeing.				
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
<input type="checkbox"/>					
Are you in support of the continuation of Chaplaincy Services as part of the National School Chaplaincy and Student Welfare Program for 2013?		YES	<input type="checkbox"/>	NO	<input type="checkbox"/>
We welcome any additional comments or feedback that you may have.					

Do you give a GONSKI

Dear neighbour,

As someone who is passionate about the education of children, I wanted to share some important information with you.

Right now, the future funding of local public schools is being decided.

State and federal leaders are making the decision in response to the Gonski Review of school funding.

That review found an urgent need to invest more in education and local public schools and to better target that funding.

It is the best opportunity we have had in many years to get more resources into our schools.

Better funding would make a world of difference for our children through things like:

- **Smaller class sizes**
- **Greater assistance for students with special needs**
- **Additional specialist teachers in areas like literacy and numeracy**

The issue is some politicians are reluctant to invest more in our kids. No surprise, they need to be persuaded.

If the education of local children matters to you, there is an easy way to help.

Please do what I did and register your support at www.igiveagonski.com.au

You can also send a message telling the politicians our kids deserve this. It only takes a few minutes and it will help a lot.

Thanks for reading this,

Authorised by
Susan Hopgood
Federal Secretary
Australian Education Union

DEBATING NEWS

Last Friday 16th November, Mrs. Stuckey accompanied four Year 4 and 5 students to a debating workshop run by the DEC at The Entrance Public School. During the day students participated in activities which gave them valuable tips on debates, culminating in a mock debate against another school on the topic 'Zoos should be banned'. Indiana, Sophie, Evie and Madeline all worked exceptionally well, and represented Chertsey beautifully. I look forward to working with them as part of our debating program in 2013. Well done girls!

Joanne Stuckey

SCHOOL PREFECT ELECTIONS 2013

It is that time of year when we are thinking about school leaders for 2013. Six Prefects will be elected for 2013. Year 5 students and the staff at Chertsey PS are currently submitting nominations for consideration as Prefect next year. Along with the honour of being elected as a Prefect, there is also added responsibility as they endeavour to balance their new leadership roles with their academic, extracurricular and social activities.

A special assembly will be held on Monday 3rd December (Week 9), commencing at 915am, at which successful nominees will present a short speech explaining why they would make the best Prefect. All Year 2 to 5 students and all staff will vote following the speeches, and the new Prefects will be announced at our annual Presentation Day Assembly on Friday 14th December (Week 10).

Good luck to all nominees!

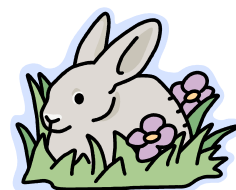
Miss Wiseman and Mr Francis

Prefect Co-ordinators



FREE

1 female rabbit with hutch and accessories. If you think you could give this bunny a good home please phone 43254840.



ADMINISTERING MEDICATION AT SCHOOL

Dear Parents/Guardian

When medication is needed to be administered at school it is a departmental requirement that a form be filled out before we are able to administer the medication. Please see the office staff for a form when needed.

Back To School



Working Bee



Saturday 19 January 2013

7.30am

Morning Tea will be provided

Help us get our beautiful grounds ready for the new school year.



Please note your diary!

Time to Celebrate!



18 Years Of SaCC's at Chertsey!

To celebrate 18 years of SaCC's in our community, families and friends are invited to come and join Nada for a BBQ lunch and special assembly.

When: Tuesday, 4th December, 2012

Time: BBQ-11.00am; Assembly-12.15pm

**Where: Chertsey Primary School
Willow Road, Springfield**



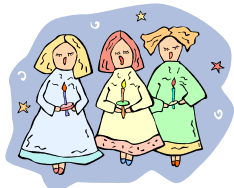
COMMUNITY CHRISTMAS CAROLS AROUND SPRINGFIELD



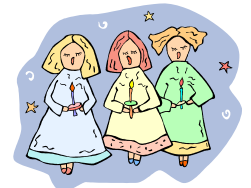
And at
CHERTSEY PRIMARY SCHOOL COLA
THURSDAY 13th December 2012



It is STILL ON
Come Rain or Moonshine!!



It ain't over until the carollers sing!



Come and join us this evening for Carols
our wonderful Chertsey children are singing around the streets of
Springfield with you accompanying them!

We will be stopping the bus and singing at various spots
Around the neighbourhood to will fill your street with the love and joy of Christmas.
So get out your Christmas hats and tinsel and join us. It will be so great!!
More information on the specific singing spots next week

Then at the school COLA for a Free Sausage Sizzle at 7:00pm
(Sausage Sizzle & Drink) Tea & Coffee available as well.

**to start our COMMUNITY CAROLS with GRACE CITY CHURCH at 7:15pm in the
school COLA.**

Don't forget to bring a chair or rug to sit on and come rugged up if it is cold.

Glow Sticks will also be available to sell at \$3.00 each.

It will be a fun night & a wonderful way to begin this blessed Christmas Season.

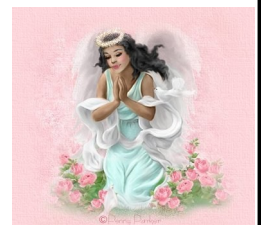
Hope to see you there with your great singing voices

HO HO HO

Love,

All of Santa's Helpers, the wonderful Chertsey Carol Singers with
Nicole Wiseman and Melissa Sammit

Grace City Church worship leaders and Red Bus Company Chris Wallace



'For the love of Springfield at Christmas Time'

Hi everyone,

This school is the best school and have the best community with the biggest hearts. What we have found is that we are here for each other especially in time of need for our friends. The care and compassion that is shown to people here is amazing, unique and special.

As Christmas is drawing near we would like to **conduct a food drive** for our families who may be in great need at this special Christmas time and just help them out with a hamper and some small gifts.

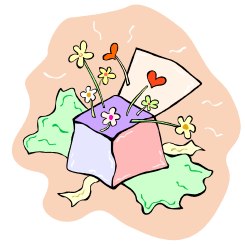
We will begin on Monday 3rd through to Friday 14th December.

We are asking for non-perishables, tin foods, UHT milk, cordials, jam/spreads, juice, rice, pasta, toilet paper, toiletries, cleaning products, anything & everything will be greatly appreciated. We will collect the items from the class rooms each morning .

From there we will sort and make up hampers for the families and hopefully get them out before the end of school as well.

Please contact Tania or Nada on 0438 237158 and leave your number and then we'll contact you.

Thank you for your support
Tania and Nada

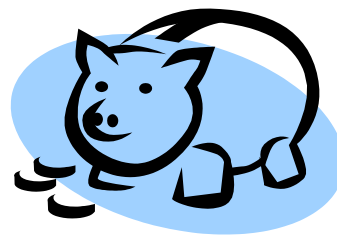


Student Banking Term 4

Remember our banking day is Tuesday.

To claim one of the student banking rewards you need 10 tokens then you just let me know what you'd like. The following rewards are left for 2012:

- Pat the Dog Moneybox
- Pru Moneybox
- Addy Moneybox
- Cred Moneybox
- Spen Moneybox
- Book Light
- Pen Pod
- USB



As it takes 2 weeks for the rewards to arrive the last banking day I will be accepting orders will be Tuesday 27 November 2012. This ensures everything arrives before the holidays.

Our last banking day will be Tuesday 11 December 2012.

New rewards will be released next year (2013) and as soon as the details are available I will let you know. Should you wish to contact me please do so through the school office.

Keep saving. Have a happy and safe holidays. Thanks for a great year. See you in 2013!

Michelle Frazer
Student Banking Coordinator

BANK SOME MONEY AND YOU COULD BANK YOURSELF AN iPad MINI.

Simply making a deposit through School Banking will put you in the draw to win one of twelve (12) iPad Mini's valued at \$369 each for Christmas*.

Here's how it works -

- Make a deposit into your CommBank Youthsaver account at school any time between November 19 – December 14 2012.
- Every student that makes a deposit during the competition period will go into a draw to win one (1) of twelve (12) iPad Mini's (16GB with wi-fi).
- For more information, simply contact your School Banking Specialist or the School Banking Helpdesk on 1800 674 496.

Start saving more today and you can be a winner!

Stay Connected:
commbank.com.au/schoolbanking



Terms and conditions: The competition will run from 19th November, 2012 – 11.59pm 14th December 2012. Competition is Australia wide. The prize draw will take place at Level 13 Darling Park Tower 1, 501 Sussex Street, Sydney, NSW at 1pm 15th December 2012. The winner will be notified by telephone and by post. The winner will be published in the Australian Newspaper on 27th December 2012. The Promoter is the Commonwealth Bank of Australia, Darling Park Tower 1, 501 Sussex Street, Sydney, NSW. Terms and Conditions are available at www.commbank.com.au/personal/youth-schoolbanking. 12 total of twelve (12) Apple iPad Minis (16GB with wi-fi) to be won. Two (2) each to be won in New South Wales, Victoria, Queensland, Northern Australia, Tasmania and South Australia (including Northern Territory). Prizes valued at \$369 each. 13751510142.

Win an I-Pad Mini

Student Banking Term 4

Win an I-Pad Mini with the fantastic new competition running for our student bankers. See the attached flyer for details and it's so simple to enter.

Just make a deposit during the competition weeks (19 November 2012 to 14 December 2012) and you get an entry into the competition. It's that easy! The more deposits you make the more chances you get. One deposit equals one entry.

Remember our banking day is Tuesday.

To claim one of the student banking rewards you need 10 tokens then you just let me know what you'd like. The following rewards are left for 2012:

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Keep saving. Have a happy and safe holidays. Thanks for a great year. See you in 2013!

Michelle Frazer
Student Banking Coordinator

CHERTSEY PS

All the Scripture Teachers

Invite you to the Christmas
Assembly

Wednesday, December 5, 2012

1.50 pm

in the school hall

When the children from all
Scripture classes will present the

Nativity Story in Readings, action
And singing.

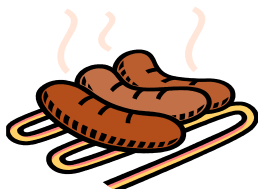
Fete 2013

Our fantastic Fundraising Committee is looking for volunteers to assist with arranging our school fete for next year. It's our major fundraiser and takes time and people to make it happen easily and successfully.

All assistance is greatly appreciated. So if you can volunteer your time (a little or a lot whatever works for you) or are able to assist with a donation/s to one of our many great stalls please contact me via the school office and I will make sure your details are passed on to our brilliant committee members.

Thank you for supporting our school and our children.

Michelle Frazer
P and C Secretary





WOOSH Vacation Care

December 2012 & January 2013

DECEMBER 2012

Thurs 20th Dec **Christmas Craft** (Pupil Free Day)

Fri 21st Dec **Waterslide** (Pupil Free Day)

JANUARY 2013

WEEK 1

Mon 7th Jan **Waterslide**

Tues 8th Jan **Around The World in One Day**

Wed 9th Jan **Games Day**

Thurs 10th Jan **Crocodile Encounters**

Fri 11th Jan **Swimming**

WEEK 2

Mon 14th Jan **Movies at the Club**

Tues 15th Jan **K - 3: Terrigal Haven**

Year 4+: Paddleboarding

Wed 16th Jan **Swimming**

Thurs 17th Jan **Art Attack**

Fri 18th Jan **Sport and Rec**

WEEK 3

Mon 21st Jan **Swimming**

Tues 22nd Jan **Rock Climbing**

Wed 23rd Jan **Disco & Talent Show**

Thurs 24th Jan **Mini Jeeps**

Fri 25th Jan **The Entrance Park**

Mon 28th Jan **PUBLIC HOLIDAY – CENTRE CLOSED**

Tues 29th Jan **Kids HQ** (Pupil Free Day)

Bookings are essential as places are limited. Please see staff at WOOSH for an Enrolment Form and a copy of our Vacation Care Program, please phone (02) 4367 8666, or visit our website www.wooshcare.com.au for more information

Sport and Recreation Central Coast holiday activities – Dec 2012 / Jan 2013



AFL (Äuskick) – NEW!!!

5-12 years. The kids will be taken through all the skills of AFL, play some fun games involving AFL and then will have to put all they have learnt into action when they take part in some real games of AFL. All participants will be given some Auskick giveaways. Bateau Bay – 22 January or Gosford – 23 January. Cost \$50.

CARES bicycle safety

10 – 14 years. This program will develop your child's road sense and set the foundation of road safety they need right through life. Palmdale. 15 January. Cost \$10.

CARES bicycle safety for kids with special needs

10-15 years. This is a modified version of the CARES Bicycle Safety, suitable for children with intellectual disabilities and some mild physical disabilities. A limited number of three wheel bikes are available so book early. Palmdale. 16 January. Cost \$10.

Canoe/Kayaking

10-16 years. Experienced guides will ensure safety is the number one priority, followed closely by lots of fun. Kayaks, paddles and life jackets are provided. Participants must be able to swim 50 metres. 8 January. Cost \$33.

Circus stuff

6 – 16 years. This action-packed workshop will teach you heaps of neat tricks like tight-rope walking, tumbling, juggling, stilt walking, plate spinning, balancing and more. JoJo's Party Plus, Gosford. 17 January. Cost \$40.

Circus Stuff – AERIAL WORKSHOP (9-16 years)

Aerial skills are great fun and in this workshop you will get to have a go on the aerial hoop, the static trapeze and the silks in a safe environment. Participants will be grouped according to age. All participants will need to arrive on time to join in warm-up and basic tumbling skills before participating in the aerial skills. Central Coast Youth Club, Niagara Park. 16 January. Cost \$31.

Kids' multi-sports

6 – 13 years. A jam-packed day including trampolining, indoor hockey, indoor volleyball, soccer, the jump pit, wheelchair basketball and lots more. Includes sausage sizzle and an ice block for lunch. Central Coast Youth Club, Niagara Park, 20 or 21 December or 10 or 17 or 24 January. Cost \$25 first child and \$20 for additional family member(s).

Saddleclub

7 – 16 years. Come and get saddled up and experience all the fun of owning and looking after a horse. All parents are requested to vacate the premises after dropping off participants due to insurance reasons and return to pick them up again at the designated time. Marenda Stud, Wyong. Entry – 11 January. Intermediate – 18 January. Cost \$47.

Sailing

7-16 years. Join in on the fun on the water and learn to sail. Catering for beginners to advanced, this program is taught Yachting Australia instructors on dinghies. Participants must be able to swim 50 metres. Gosford Sailing Club. 16 to 18 January or 23 to 25 January. Cost \$166.

Surf Life Saving

5-13 years. Kids will learn about beach and water safety and develop skills and knowledge in beach and surf recreation whilst having loads of fun. Toowoona Bay Beach. 15 January. Cost \$17.

Surfing (three-day program)

7 years+. Learn to surf with Central Coast Surf School in a fun, safe environment with professional experienced instructors. Soft surfboards, wetsuits, rash vests and sunscreen are supplied. You'll be stoked with your progress in our 3-day course. Avoca Beach - 26 to 28 December or 23 to 25 January. Umina Beach - 16 to 18 January. Cost \$95.

Surfing with BJ

10 – 16 years. BJ's excellent 'learn to surf' program teaches you all you need to know to tear up the waves with the best surfers on the coast. This program is for both beginner and intermediate surfers. Boards and rash shirts are provided. 3 days - Shelly Beach or Terrigal Beach, *various dates in December 2012 & January 2013 – please check website for further details.* Cost \$95.

Stand Up Paddle

11-16 years. It's fun and easier than you think. Within just one lesson, we will have you up and paddling. This program is jam-packed with useful tips and techniques so you quickly gain skill and confidence. Avoca Lagoon. 15 January. Cost \$33.

Tennis (Gosford - three-day program)

5 – 16 years. Learn stroke production, forehand, backhand and volley and serve as well as match play and scoring. Lunch can be ordered at the Centre on arrival. Suitable for beginners to advanced. 16 to 18 or 23 to 25 January. Cost \$130.

Tennis (Wyong – three-day program)

6 – 18 years. Catering to all levels, this program covers all aspects of the game including court etiquette, technique and rules of the game. Play games, mini-tournament and includes a small party on the last day. 8 to 10 January. Wyong Tennis Club. Cost \$67 (inc GST) (third sibling free).

Trampoline (two-day program – beginners)

5 – 15 years. This program will include safety and equipment familiarisation, basic landing positions, aerial positions and supervised practice. Central Coast Youth Club, Niagara Park, 22 & 23 January. Cost \$32.

Trampolining for kids with a disability

7 – 17 years. Learn basic trampolining techniques with some of the best coaches on the Coast. Suitable for kids with intellectual and mild physical disabilities. Central Coast Youth Club, Niagara Park. 22 January. Cost \$5.

All prices include GST. To avoid disappointment, pre-bookings are essential. Times vary between programs and programs are subject to change, for more information or to make a booking call 13 13 02 or (02) 4362 3184 or visit www.dsr.nsw.gov.au



**Office of
Communities**
Sport & Recreation

Get active each day

Being active and eating nutritious food helps you to keep fit, healthy and feeling full of energy.

Everyone, not just kids and teens, should be active every day in as many ways as possible.

Not being active can lead to an 'energy imbalance'. That's when the energy we get from the food we eat is more than what our bodies use up. This unused energy can cause excess weight gain and health problems.

Being active also helps you learn and develop important skills such as running, throwing and catching, which are a part of many games and sports.

Trying something new can be a challenge - just remember that it can take time to get good at a new game or sport. Taking part with friends or family and having fun is what counts!



Moderate activities

Walking fast
Bike riding
Skateboarding
Dancing
Playing on park equipment

Vigorous activities

Organised sports (football, netball, soccer)
Running or chasing friends
Swimming laps
Skipping
Nippers

How much activity is needed each day?

Kids aged between 5 and 12 years need at least 60 minutes (1 hour) of moderate and vigorous activity every day. It's even better to be active for a couple of hours but you don't have to do it all at once – doing different activities throughout the day all adds up.

What does moderate and vigorous activity mean?

Moderate activities make your heart beat faster and your breathing become quicker than when you're sitting down. Vigorous activity really makes you huff and puff. Over to the right are some examples of each type of activity.

10 ways physical activity can help you

- ★ Your body grows properly, giving you strong bones, muscles, lungs and heart
- ★ Improves your flexibility, balance and coordination so you can move well
- ★ Improves your running, throwing, jumping, catching and kicking skills, which are part of many sports
- ★ Makes you feel happy and full of energy
- ★ Keeps you staying healthy and maintaining a healthy weight
- ★ Helps you feel relaxed and confident
- ★ Helps you sleep well at night
- ★ Improves your posture
- ★ Keeps your mind alert
- ★ Allows you to have fun with friends and make new ones.

Choose water as a drink

Drinking water is the best way to quench your thirst. Even better, it doesn't have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

It's okay to have sweetened drinks sometimes – but not every day.

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately **6 teaspoons of sugar**? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra **9 kilograms of sugar** into your system every year!



Why drink water?

- ★ It helps prevent decay and holes in your teeth.
- ★ The fluoride found in tap water in most areas helps you develop strong teeth.
- ★ Tap water costs a whole lot less than other drinks.

Often we don't feel thirsty, even when our bodies need fluid. That's why it's a good idea to drink water regularly during the day, and especially when it's hot.

It's also important to make sure you drink water before you play sport or games. Drink plenty afterwards too so that you make up for what you've lost through sweating.

Water and your body

- ★ About two-thirds of the human body is made up of water.
- ★ Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove wastes.
- ★ Water is lost from the body through sweating, breathing and going to the toilet.
- ★ Dehydration – or not having enough fluid in your body – can cause headaches, tiredness, crankiness and poor concentration.

“About two-thirds of the human body is made up of water.”

How much should I drink each day?

All children 4-8 years - 1.2 litres per day or about 5 glasses

Boys 9-13 years - 1.6 litres per day or about 6 glasses

Girls 9-13 years - 1.4 litres per day or about 5-6 glasses

Remember, you need to drink extra water on hot days and during moderate or vigorous activity.



CHOOSH



**SNACKS!
GAMES!**

**LOLIES!
PRIZES!**

Chertsey School Hall
Friday 30th November 2012
6:30pm—8:30pm

Cost \$5 per child

Places are limited...Book at CHOOSH!!

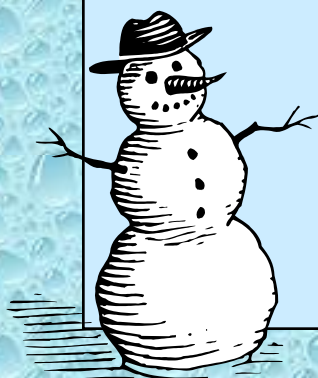
All Chertsey school children welcome
(younger siblings also welcome if parent
Stays in hall for duration of disco)

Phone: Bec on 0405 164 176

Come dressed in your best Christmas
outfit!



CHRISTMAS GIFT FOR





Chertsey Primary School Canteen

Pizza LUNCH

Friday 30th November

Order a 6" *Eagle Boys personal pan pizza meal* and go into the draw to win a special prize !!

Your lunch will need to be *pre ordered and prepaid* using the order form below.

Please circle your choice of pizza and drink and return with payment to the canteen no later than:

Wednesday 28th November

Please note our normal menu **will** be available on this day.

Cost per meal is \$6.50

Your support for this special lunch would be greatly appreciated by the canteen and P&C.

Di Dyer - Canteen Manager

Name: _____ Class: _____

Personal PIZZA served in personal box - circle choice

- | | | |
|--------------------|--------------------|--------------------|
| 1. Cheese & Tomato | 2. Chicken Supreme | 3. Ham & Pineapple |
| 4. Super Supreme | 5. Vegetarian | |

DRINK - circle choice

Soft Drink or Orange Juice or Milk or Water

Amount enclosed: \$ _____

Lucky Lunch Order Prize Draw

Name: _____ Class: _____



VANJA'S DESIGN

CRAFT CLASSES
FOR KIDS

LEARN, HAVE FUN & MAKE NEW FRIENDS

Saturdays 10.00 - 11.30 am

Springfield

FOR KIDS AGED 7-15

3rd November ~ **Making pendants**

17th November ~ **Greeting cards bowl**

24th November ~ **Scrapbooking-calendar**

2013 (please bring photos)

1st December ~ **Christmas cards**

8th December ~ **Christmas decorations**

To enquire contact Vanja on 0423268929 or email

vanjasdesign@gmail.com

www.facebook.com/VanjasDesign

Limited places~booking essential

Price \$12 per class

CHERTSEY PRIMARY SCHOOL CANTEEN MENU

Summer 2012 - from Term 4 2012
Canteen is open Wednesday, Thursday and Friday
Volunteers are always welcome. Contact Di on 0405 009 617

Before School

Milo (hot or cold)	0.70
Muffin (vegemite, jam or honey)	0.70



Hot Food

Cheese burger	3.30
Chicken burger	3.50
Chicken burger deluxe	4.70
Chicken balls each	0.60
Chicken nuggets each	0.50
Chicken fingers each	0.50
Dino snacks each	0.50
Ham & pineapple pizza	3.50
Mini pizza slice	0.30
Lasagna 200g	3.90
Mega Noodle cup	0.50
Hot dog & sauce	2.20
Pie & sauce	2.60
Sausage roll (lite) & sauce	2.40
Tomato sauce – extra	0.40



Meal Deals

Sumo Salad	5.00
Salad sandwich, flavoured milk, popcorn	
Loopy Lasagna	4.50
Lasagna, juice cup, wobbli	
Cheeky Chicken	4.00
4 chicken balls, water or juice cup, triangle ice block or popcorn	
Toasty Treat	3.40
Toasted cheese sandwich, water or juice cup, triangle ice block or popcorn	

Drinks

Flavoured milk 300ml	1.70
Juice 250ml popper	1.60
Water 600ml	1.20
Juice cup 110ml	0.70
Slush puppie	2.00



Sandwiches/Wraps

B beans/Spaghetti	1.50
Cheese	1.50
Cheese & Tomato	1.70
Chicken	3.00
Chicken & Cheese	3.30
Chicken, Lettuce & Mayo	3.30
Chicken salad	4.60
Egg	1.50
Egg and lettuce	2.00
Ham or Tuna	2.20
Ham & Cheese	2.60
Ham, Cheese & Tomato	2.80
Ham or Tuna & Salad	4.00
Salad	3.00
Vegemite	1.50
Rolls extra	0.20
Toasted extra	0.20

Wholemeal bread available

Salad – lettuce, tom, carrot, beet, cucumber



Salad Bowl/Plate

(with egg, ham or tuna)

Small salad bowl	3.50
Large salad plate	5.00

Frozen Treats

Jelly Stix	0.20
Wobbli	0.40
Money triangle	0.90
TNT sour pop	0.90
Moosie	1.60

Snacks

Vanilla Cupcakes – high fibre	0.30
Mini Choc Chip Muffin	0.30
Fruit – seasonal prices	–.–
JJs/Jumpys	1.20
Red Rock deli chips	1.50
Popcorn	0.80



Birthday Cakes

Freshly made and decorated cupcakes
for the birthday child and their classmates, delivered to the
classroom with candles and serviettes. Please order a
week in advance.

Per child	0.50
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FREE Karate lessons for the whole family

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INVITATION TO JOIN SCOUTS

**THIS LETTER IS NOT FOR YOUR MUM
IT'S FOR YOU!**

Scouts is very cool. But it's not school. No-one's making you come. You have to want to. It's time to start making your own decisions. Why don't you bin the Xbox, Nintendo or Playstation for a couple of hours a week and join our group.

We do a lot of amazing activities at Scouts. But let me tell you what it is really all about. How far are you allowed to ride your bike? The end of the road? What's the longest you have ever stayed away from your Mum or Dad - one night, around at a friend's house?

Scouting is where you get ahead. Learn to look after yourself. You might not even notice it happening, because you will be having such a great time. Before you know it, you'll be doing stuff like cycling for kilometres with friends, cooking your dinner on a fire sleeping under the stars or paddling a canoe. And your Mum or Dad won't mind a bit!

So, if this sounds good, then do something about it. Tell your Mum or Dad that you want to be a Scout. Give them this note. You can probably start next week. 1st 3 weeks are FREE!!
Joeys Meet 5:30pm Thursdays, Cubs 6:45 Thurs, Scouts 7:00 Tues

Greg - Group Leader
1st Gosford Scout Group
on the waterfront
Masons Pde Gosford
Ph 0438 690992
email: gosfordscouts@inet.net.au



INVITED
BOYS & GIRLS FROM 6
YEARS OLD. Any ability.

MUM'S & DAD'S
INTERESTED IN BEING A
LEADER



ABSEILING CAMPING CANOEING COOKING CYCLING FISHING SAILING RAFTING KARTING PIONEERING BOATING
HIGHROPES ORIENTEERING GEOCACHING WATERFIGHTS CAVING HIKING ROCK CLIMBING AND LOTS MORE!

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**Parties, groups or
casual games**

- * **Indoor Laser Skirmish**
ages 8+ children, teenagers, youths & adults
- * **Mobile Laser Tag Hire**
age 4+ party at your place for all ages
- * **U7's Junior/Mini Laser Tag**
age 3+ includes siblings & friends
- * **Open 2pm weekdays during
school term**
- * **Open 10am weekends and
holidays**

www.zone3gosford.com.au

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Dates to remember

Assembly times

K-6 Friday (Even Weeks) 1:45-2:45

K-2 Wednesday (Odd Weeks) 9:15-9:45

3-6 Friday (Odd Weeks) 1:45-2:30

Parents & Citizens Association



**Meetings are held
every 2nd Tuesday of
each month 6.30pm.
All parents are**

**School Community Hall for
hire. Chertsey Community
Cottage for hire
Phone school Office
for details**

.OUR PLACE.

CHERTSEY SaCCs

**School as Community
Centres**

Phone: 4323 7158

Fax: 4323 7158

Facilitator: Nada Potter

Tuesday 4/12	SaCC Celebration 18th Birthday
Tuesday 4/12	Beaut Behaviour BBQ
Monday 5/12	Yr 6 High School Orientation Day
Friday 7/12	KLA Presentation Day
Monday 10/12	Yr6 Farewell
Wednesday 12/12	Movie Day
Thursday 13/12	Carols on the bus
Friday 14/12	K-2 & 3-6 Presentation Day Assemblies
Wednesday 19/12	LAST DAY TERM4 FOR STUDENTS



CHANGES OF ADDRESS AND TELEPHONE NUMBERS

Please notify the office
of any address and
telephone number
changes. In the event
of an emergency we
must have current
information

Canteen



**Our canteen is now
open on :**

**Wednesday
Thursday and
Friday**

**Chertsey Primary School is not responsible for, and expressly
disclaims all liability for, damages of any kind arising out of use,
reference to, or reliance on any information contained within
advertisements placed in our Newsletters.**