

NEWSLETTER



CHERTSEY PRIMARY SCHOOL

4th December 2012 Working Together Term 4 Week 9

From The Principal's Desk



**JOHN ANDERSON
PRINCIPAL**

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SCHOOL PARENT SURVEYS

In Term 3, our School Evaluation Team surveyed parents and carers in regards to your **satisfaction** with school grounds, student appearance, academic and extra curricula programs. Our evaluation of these surveys, whilst affirming we have an excellent school, also provided ideas to strengthen some of the areas surveyed.

Our final survey for 2012 is an academic focus with the School Evaluation Team looking at the Key Learning Area of **Mathematics**. Our School Plan details the changes we have taken to improve in this area. Of significance is the move to adopt the **GO MATHS** program in recent years. We have seen some pleasing results this year especially in the Year 3 NAPLAN results. We seek your support by completing the **Parent MATHEMATICS Survey** (with this newsletter and also sent home in hard copy form) to assist us to look at the impact of these changes and to see where else we can improve.

Additionally, we are fortunate recipients of funding to employ a **School Chaplain** for the next 3 years. As part of the Chaplaincy review our chaplain, **Donna Knee**, has published a survey for parents to obtain feedback.

It would be really appreciated if you can spare a little of your valuable time to complete and return both the **Chaplaincy** and the **Mathematics** surveys by the due date, this **Friday, December 7**.

PLEASE NOTE: SURVEYS ARE DUE TO BE RETURNED TO THE SCHOOL OFFICE BY THIS FRIDAY, DECEMBER 7TH.

ACCEPTANCE, ACHIEVEMENT, COMMITMENT, INTEGRITY AND RESPECT

HEADSTART GRADUATION

The HEADSTART Graduation Ceremony which was held in the school hall last Thursday was an excellent way for all of our school to come together and welcome our 2013 Kindergarten students and especially the new families to our school.

Many thanks to **Nada, Lisa and their fabulous helpers** who ensured it was a memorable occasion for the students and their many family members who were present. As this was Nada's 18th HEADSTART program and that first group of 'graduates' would now be about 23 years of age, it is not inconceivable for her next generation of HEADSTART graduates to emerge at Chertsey. Really a remarkable effort. Well done Nada!

Remember...if you know of a family who has an eligible child for kindergarten next year and they are not yet enrolled it is important that they inform us.

DESIGN COMPETITION

Thank you to all students who entered the design competition to create a passive recreation area for the old quarry site located in Clarence Road. Due to the high number of entries it was decided to draw a winner from the K-2 and Years 3-6. Congratulations to Miles of class 1S and Sophie of class 5/6F who were drawn out by our Environment coordinator Miss Sammut. All entries will be submitted to Gosford City Council and both winners will receive a \$20 voucher. Thank you to parent, **Jody Jobe** and our school's Environment program for donating the vouchers.

STUDENT REPORTS

I am currently reading **Student Reports** and as always take delight in seeing the progress of our students. Of special interest to me is the '**Effort**' grade as I know that sustained effort brings success. Student Reports will be going home with students on **Friday December 14.**

PARENT HELPERS & VOLUNTEERS MORNING TEA (repeat)

We would like to acknowledge the support offered by our school community and invite all parent helpers and volunteers to have morning tea with us on **Wednesday 5th December at 1.10pm in the school 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 morning tea.

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

LIBRARY REMINDER

Mr Twyman, our Teacher/Librarian, has asked to remind parents that all books were due to be returned by last Friday 30th of November to enable the annual stocktake to take place.

YEAR 6 GRADUATION ASSEMBLY (Repeat)

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'.**

WIN AN iPad MINI JUST IN TIME FOR CHRISTMAS* (repeat)

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 Thursday.

*Terms & Conditions will apply, for full details please refer to:

www.combank.com.au/schoolbanking.

SPORT –CHANGE TO PSSA ZONES (repeat)

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!

IMPORTANT SAFETY REMINDER (repeat)

I have received a number of reports regarding unsafe motoring practices in the vicinity of the Willow Rd pedestrian crossing (e.g. 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.

7th December- **KLA Presentation Day**

14th December- **K-2 and 3-6 Presentation Day Assemblies**

10th December- **Year 6 Farewell**

11th December- **P&C Meeting**

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 Cathleen of K-6JV**. She 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!

Wishing everyone a good week!

John Anderson

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.

healthykids
eat well, get active

www.healthykids.nsw.gov.au

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!

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.

5 ways to a Healthy Lifestyle

- Get the most out of your food and drink
- Get the most out of your body
- Get the most out of your sleep
- Get the most out of your social life
- Get the most out of your learning

Moderate activities	Vigorous activities
Walking fast	Organised sports (football, netball, soccer)
Bike riding	Running or chasing friends
Skateboarding	Swimming laps
Dancing	Skiing
Playing on park equipment	Nippon

10 ways physical activity can help you

- ★ Your body grows properly, giving you strong bones, muscles, lungs and heart
- ★ Improves your breathing, 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

NSW Health logo



CHERTSEY PRIMARY SCHOOL

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ABN 69 255 277 332

Parent/Caregiver Survey: Evaluation of Mathematics 2012

Please mark the response which best matches the way you feel about the statement.

	Strongly Agree	Agree	Not Sure	Disagree	Strongly disagree
Mathematics is an important subject for my child.	☐	☐	☐	☐	☐
I am satisfied with my child's progress in Mathematics during the year.	☐	☐	☐	☐	☐
The school has kept me well informed about the teaching of mathematics.	☐	☐	☐	☐	☐
I am satisfied with the frequency of reporting in Mathematics.	☐	☐	☐	☐	☐
My child enjoys mathematics.	☐	☐	☐	☐	☐
I understand how the GO MATHS program is taught at school.	☐	☐	☐	☐	☐
I am confident to assist my child with mathematics at home.	☐	☐	☐	☐	☐

Please make any further comments about the teaching and learning of mathematics at this school on the reverse of this page. Thank you for your assistance.

Thank You: School Evaluation Team

KINDY HEADSTART GRADUATION



2013 PREFECT ELECTIONS



Yesterday, fifteen Year 5 students presented their speeches as to why they should be elected as a Prefect in 2013. Congratulations to Khaleesa, Hope, Matthew G, Tully, Indy, Sophie, Keenan, Ryan, Elise, Cody, Sarah, Matthew M, Tom, Holly and Caleb. These students were all extremely confident speakers and have made it very difficult for students and staff to vote for the 2013 Prefects.

The Prefects for 2013 will be announced at next week's Presentation Assembly on Friday 14th December (1:00pm-3:00pm).

Miss Wiseman

(Prefect Co-ordinator)



CAROLS ON THE BUS

Next **Thursday 13th December**, year one students in **K1H** and **1S**, as well as thirty students from **5/6W** and the **choir** have been invited to perform around Springfield as part of our annual '**Carols on the Bus**' excursion. These students will receive further information regarding this in the near future (including a permission note and details about the stops). Participating students will meet Miss Sammut, Miss Wiseman and other staff outside the school office at **5:45pm** and we will depart Chertsey at **6:00pm**. We will then travel around Springfield, making several stops to sing Christmas carols. We anticipate arriving back at school by **7:15pm**. All students are then invited to stay at Chertsey and participate in the evening's festivities including more carolling, a BBQ and a visit from Santa. We look forward to seeing you all as we spread the joy of Christmas!

Miss Wiseman & Miss Sammut



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.





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

Wednesday 5/12	Yr 6 High School Orientation Day -Parent Helpers/Scripture Teachers Afternoon Tea 1.10pm. -Interdenominational Scripture Service
Friday 7/12	KLA Presentation Day
Monday 10/12	Yr6 Farewell
Tuesday 11/12	-AASC Xmas Party -Multiplication Maths/Homework Club Xmas party
Wednesday 12/12	Movie Day
Thursday 13/12	-Carols on the bus -Reverse Santa
Friday 14/12	Presentation Day Assemblies K - 2: 9 to 11am 3 - 6: 1pm to 3pm
Wednesday 19/12	-LAST DAY TERM4 FOR STUDENTS -Yr 6 Graduation 2pm



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.

**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.

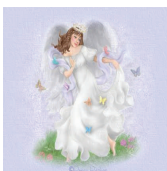
It will be a fun night & a wonderful way to begin this blessed Christmas Season.

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 Sammut
Grace City Church worship leaders and Red Bus Company Chris Wallace



Back To School



Working Bee

Saturday 19 January
2013



‘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



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 – 14 December 2012. Competition is Australia wide. The prize draw will take place at Level 11 Darling Park Tower 1, 501 Sussex Street, Sydney, NSW at 1pm 14th 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 Sponsor 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/pdfs/schoolbanking. 12 total of twelve (12) Apple iPad Mini's (16GB with wi-fi) to be won. Two (2) each to be won in New South Wales, Victoria, Queensland, Western Australia, Tasmania and South Australia (excluding Northern Territory). Period: November 19th 2012 to 14th December 2012.

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:

- 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



ROTARY CHRISTMAS TREE SALE

ALL PROCEEDS GO TO FUNDING RESPITE FOR THE GRANDPARENTS
RAISING GRANDCHILDREN PROGRAM

Central Coast Family Support Services currently has 160 families and over 500 children on their database where the grandparents have taken on a full time 24/7 parenting role of their grandchildren.

Grandparents have identified lack of respite and social isolation as two of the biggest issues they face.

Picture below was taken at recent weekend camp for grandparents and grandchildren organised by CCFSS to give grandparents some respite.

SALE DATES- 7.30am
8th and 9th December
15th and 16th December

Many thanks to:

Rotary Club Kariong-Somersby
Rotary Club Erina
Rotary Club Northlakes Toulkey



Beautiful thick US Style Christmas trees grown in Victoria cut fresh

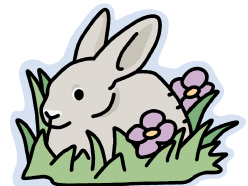
6 Sales Locations:

Wyong Leagues Club, Kanwal
Fagans Park, Point Clare
West Gosford Race Course, Gosford
Ourimbah, Walmsley Road/Pacific Hwy
Rotary Park, Terrigal Drive
Avoca, Hazlett Park (Sunday 9th only)



FREE

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



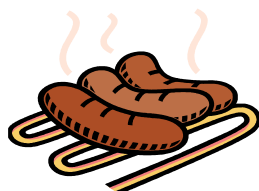
Fete 2013

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



White
Elephant
Stall



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. Marena 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. Toowoyn 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 \$130.

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.

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