



The River News

Woronora River Public School
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Issue 14 - Term 4 – Week 6

Thursday 12th November, 2015

Important Dates - TERM 4

Week 6

Friday 13 November	PSSA
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Week 7

Monday 16 November	2016 Leader Nominee Speeches Swimming
Tuesday 17 November	Sports in Schools Gala Day Swimming
Wednesday 18 November	Swimming
Thursday 19 November	Swimming
Friday 20 November	Leader Election PSSA

Week 8

Monday 23 November	Swimming
Tuesday 24 November	Cupcake Day Swimming
Wednesday 25 November	Swimming
Thursday 26 November	Swimming
Friday 27 November	PSSA

Black Rock Gallery

The opening of Black Rock Gallery was a resounding success with much positive feedback from parents and the Director of Public Schools, NSW – Woronora River Network, Mrs Cran. She was amazed at the quality of work produced by our students. Congratulations to all our student artists. Parents who were unable to attend the evening and wish to purchase their child's framed artwork which was on display in the library are still able to do so. Please see the office staff. Each artwork is \$10 or if you have 3 children - \$25.

Staff Information

Miss Coggan is currently on leave and is being replaced by Mr Gunn. Mrs Telford (Miss Coggan) will return in Week 8.

Remembrance Day Service

Thank you to the school leaders who conducted the Remembrance Day service at school yesterday. You spoke with thoughtfulness and respect. The student body's behaviour was outstanding and they should be commended for the appreciation they displayed to our fallen soldiers, navy personnel and airmen.

Swimming

Next Monday the school swimming program will begin at Menai Swim Academy. The swimming program will run for two weeks, four days each week, Monday to Thursday. Students from K-2 will attend swimming from 1.15pm. The second session, for Years 3 to 6, commences at 2.00pm. Students will be provided with a swimming cap for the lessons. Students need to provide their own goggles clearly marked with their name. Students are to wear their school uniform to school with their swimming gear in a separate bag. They will change into their swimmers at school, prior to leaving but will change back into their school uniform at the pool. They need to bring a pair of thongs, name clearly marked, to wear to and from the pool. Your child will need to bring a towel.

Please label EVERYTHING as many valuable pieces of clothing and towels are misplaced.

Sports in Schools Gala Day

Our school will be participating in a Sport in Schools Gala Day on **Tuesday 17th November**. This gala day will be held on the school grounds and will complete our Sport in Schools program for 2015. Students are reminded to wear their sports uniform and have adequate sun protection.

There is no cost for this event but parental permission is required. Please return permission notes as soon as possible.

Leader Election

The 2016 leader nominees will present speeches to the school community on Monday 16th November at 9.30am. Voting procedures will also be explained at the assembly. Voting takes place on Friday 20th November. Students from Kindergarten to Year 5 are eligible to vote. Best wishes to all the nominees.

Carols

Students have been busy rehearsing Christmas Carols in preparation for our Carols Evening at school on December 4th. Further information will be sent home shortly including dinner pre-orders.

Christmas Raffle Tickets

If you are able to spare some time to selling raffle tickets please visit www.schoolinterviews.com.au and enter the code 6EQLJ. There is a variety of local venues and times to choose from. Your assistance is most appreciated.

Primary ethics classes

In 2016 Woronora River Public School is looking to provide Primary Ethics classes to students as an alternative to non-scripture classes. Please see attached with this newsletter an opportunity to volunteer and train as a Primary Ethics teacher at Woronora River Public School. Please note, you do not have to already have teacher experience. A two day training course, all class materials and on-going support will be provided. Classes run Wednesdays from 11:45am – 12.15pm.

We would also like the support from a volunteer to take up the role of Woronora River Ethics Coordinator. This role would only take up an hour (maximum) of your time each week and can be performed at home with flexible hours. The coordinator is the key communicator between the School and the Ethics Teachers.

If you would like to be involved or would simply like more information, please visit:

<http://www.primaryethics.com.au>

Alternatively, please feel free to contact Jodie Bowman, Primary Ethics Regional Manager, Woronora River Region: Woronorariver-region@primaryethics.com.au or on 0419 484 688.

Excellence Award

Congratulations to Amber Carroll who received her Excellence Award.



Awards

Congratulations ... Achievement Awards

K/1H	Will, Scott and Daniel
1/2W	Koby, Oliver and Anna
3B	Jessica, Mia, Byron and Damien
6W	Tyson

Sports Reports Rd 6

On Friday 30th October the Junior Wonnies Boys played Loftus 2. We won 32-15. Koby did some great batting. Bo took a classic catch. The Man of the Match goes to Lucas for leading the team well. Great game boys.

On Friday 30th October the Junior Wonnies Girls played Loftus 2. We won in a nail-biting 21-20 match. Chanelle took some tough catches. Bridey did great fielding. The Girl of the Game goes to Izzy F for awesome batting. Great game girls.



Canteen news

Volunteers this fortnight

	Monday	Friday
13 th November		Paulette Williams Kylie Clark
16 th & 20 th November	Aimee Coles Danielle Eizenberg	Rachel O'Brien Nicole Robinson
23 rd & 27 th November	Toni Maxwell	Paulette Williams Elizabeth Lee

Red food day

We are holding a cupcake stall on Tuesday 24th November. A note with more details will be coming home shortly.

Studio Jooles
ART SELL OUT at MENAI MARKETS
 by Julie Stapleton 21st Nov, Parc Menai

'The Kids Art Academy'
 Multi Award Winning Art School - Est. 1997
2016 ENROLLMENT
 KIDS- Drawing & Painting Skills Course
 TEENS- Contemporary Painting, h.s.c. help
 LADIES- 'No Fail, Chill Out' Art Course

- Versatile interactive techniques
- Latest styles • Inexpensive materials
- 2hrs of creative bliss in my studio

HOLIDAY, WORKSHOPS-
 ladies, teachers, corporate, groups

Menai, Miranda **9532 1400**
 GALLERY juliestapleton.com.au
 SCHOOL thekidsartacademy.com.au [website](#)



Volunteer Ethics Teachers Required for 2016 (no prior teaching necessary)

Dear Parents and Carers,

Philosophical ethics classes are now available in NSW Public Schools, as an option for students not attending SRE/Scripture classes, and Primary Ethics is the organisation authorised by the NSW State Government to deliver ethics classes under an approved curriculum from Kindy to Year 6.

We currently have enough student and parent interest at Woronora River Public School to commence classes in 2016, but need volunteers to train up to teach the children, in order to ensure this option is available in 2016 and the years ahead.

In ethics classes, children learn how to think logically, disagree respectfully and support their arguments with evidence, rather than acting according to habit or peer pressure.

Ethics Teachers lead and facilitate weekly group discussions on a variety of topics, such as:

- Imagining how others feel
- How do we treat living things?
- What is laziness?
- How do we disagree in a respectful way?
- Fairness

Suitable volunteers should have an interest in children's education and assisting them to develop effective critical thinking skills, and be available for 30 mins to an hour per week (currently our classes are held on **Wednesdays from 11:45am – 12:15pm**).

Applications are welcome from anyone from the school or wider community and no teaching experience or qualification is needed (subject to the appropriate checks and Working with Children requirements). All Ethics Teachers are provided with full training, access to teaching resources and ongoing support from Primary Ethics.

Could you be an Ethics Teacher Woronora River Public School?

To find out more or to submit an application, please visit: <http://www.primaryethics.com.au>

Alternatively, please feel free to contact Jodie Bowman, Primary Ethics Regional Manager, Woronora River Region: Woronorariver-region@primaryethics.com.au or on 0419 484 688.

Choose water as a drink

Did you know?

- ★ Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- ★ In NSW, 55% of boys and almost 40% of girls in Year 6 drink more than one cup of soft drink every day. By Year 8, these figures rise to almost 60% of boys and more than 40% of girls.

Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Milk

Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth.

From 2 years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).

Children under 2 years of age should not drink reduced fat milk as they need the extra energy (kilojoules) for their growth and development.



Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Drinking water is the best way to quench your thirst”

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An initiative of NSW Department of Health, NSW Department of Education and Communities and the Heart Foundation.

