BOYS AFL TEAM
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**P & C Trivia Night Cancelled**
Unfortunately, as not enough teams had been registered by the cut off of Tuesday to make the evening viable, the Trivia Night Scheduled for this Friday 13\textsuperscript{th} June, has been cancelled.

**Newsletter Emailing – sign up via our App**
Now that our School App is fully set up parents can opt to have the school newsletter emailed to them.
In the App go to the “More” tab and then select “Join our eNewsletter”. You will be asked to put in your name and email address. (There are other questions but these are optional). You will then receive the newsletter via email as well as having the option to view on line via our App or website.

**Fire Station Opening**
On Wednesday our choir performed at the opening of the new Terrigal Fire Station. The choir performed two items as part of the ceremony.
Thanks to Mrs Pinsak for her ongoing work with the choir.

**P & C Meeting**
The next P & C meeting will be held next Monday evening at 7.00pm in the staffroom. All families are welcome to attend.

**TV Stars in the Making**
Last week 30 of our Year 6 students auditioned for a new television show called “Move It”. Twelve students plus two reserves have been selected to participate in the show. The other students have been invited to be part of the audience for the taping.
The taping will occur at Fox Studios in Sydney in August.

Congratulations to our potential stars: Jaime, Kiara, Jemma, Jasmine, Miguel, Ryjan, Ethan, Jake, Ben, Angus, Milla, Lauryn and the reserves Maggie and James.

**Regional Cross Country**
Today 10 of our students are representing the Tuggerah Lakes Zone and our school at the Regional Cross Country Carnival. I know they will make us all proud of their efforts.
Congratulations to Mrs Burge on convening the carnival for the entire region.

**Dance Festival**
Good luck to our dance festival dancers as they perform at the Central Coast Dance Festival next Tuesday evening.
Thanks to Mrs Pinsak for her work with the dancers.

**Public Speaking**
Students have been participating in our public speaking program over the last few weeks. Each class has held their class speeches and then selected their representatives to go on to the stage finals. Stage finals are currently being held and the winners will go on to represent the school at the combined schools finals next term.
I have been impressed by the standard of speeches across all grades.
ICAS Competitions – Writing and Spelling
A reminder that the writing and spelling ICAS competitions will be held next Monday and Tuesday respectively. Students that have entered these competitions should come to school prepared to sit the tests.

Semester One Reports
Teachers are currently completing semester one reports. Reports are due to be sent home on Monday 23rd June.

5 Lands Walk
The 5 Lands Walk has grown into a major Central Coast event. The 5 Lands walk will be held on Saturday 21st June. The event develops a sense of community across the 5 lands from McMasters Beach to Terrigal Beach. It is designed to link people to the land and people to people. A sense of Aboriginal culture and community underpins the event. Each land also links with a different cultural community. This year Terrigal is linking with the Central Coast Latino community. Each class from Terrigal Public School has created a piñata that will be displayed on Terrigal Beach foreshore.

Our K – 2 Choir will also perform at 12.40pm on the stage at Terrigal Beach. Some of our students also have photographic images included in an art exhibition at Terrigal Surf Club.

I hope to see lots of our families joining in the walk.

Winter Uniform
Following the June long weekend all students should now be in their winter uniform. Uniforms can be ordered via Flexischools or at the uniform shop on Wednesday morning.

Safety Walking to and from School
Now is a good time for parents to talk to their children about safety walking to and from school and indeed when they are out and about at other times.

Some ideas to help with the discussion:

- **Yell and Tell** – if you feel unsafe when someone approaches you YELL and run away and TELL someone what happened.
- **Keep Your Distance** – if someone approaches you, particularly in a vehicle, keep a distance between you and the vehicle. Don’t approach the vehicle and never get into a vehicle of someone you don’t know.
- **Walk with a Buddy** – whenever possible walk with other people.
- **Go Straight to Your Destination** – don’t take detours. Walk with purpose.
- **Identify Safe Places Along the Way** – a shop, pre-school, police station could all be safe places if you are feeling unsafe.
New On-line Payment System (Reminder)
We have introduced a Parent Online Payment (POP) system to make it easier for parents to pay school costs. Parents can make payments using a Visa or MasterCard debit or credit card. Parents can access the online payment system by going to our school website (from next Friday) and clicking on the “Make a Payment” Link.
This link will take parents to a Westpac site where they can make payments directly to the school. Items that can be paid include voluntary school contributions, excursions, sports, sales to students (such as the Year 6 jumper) and creative and practical arts activities (these include band, drama and dance). There is also a category called ‘Other’ this is to cover items not covered in the previous headings, ‘Other’ can be used to make a complete payment of a school invoice.
When you access the $ Make a payment you must enter:

- the student’s name, and
  class and reference number **OR**
- the student’s name, and
  date of birth.
- there is no option to add multiple students in a single payment, please process each child separately

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice Number if you are aware of them, these are optional fields.
This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.
You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.
Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.
For any enquiries regarding the Online Payment process please contact the School Administration Office.

Thanks to the Lions Club
Thank you to the Terrigal/Wamberal Lions Club for a $500 donations towards the cost of our Riding for the Disabled program for the students from our support unit.
The money is being used to pay for the petrol for students to travel to Somersby for their RDA sessions.

Thanks to Lizottes
Once again I want to thank Brian Lizotte for his generosity in loaning us the Lizotte’s courtesy bus to transport the students from our Support Unit to their Riding for the Disabled program at Somersby. Without his generosity our students would not be able to attend this program that builds self-esteem, life skills and confidence.

*Michael Burgess*
*Principal*
A CASE OF DISCOVERY - REMINDER

The Stage 3 Forensic Science Day, ‘A Case of Discovery’, is on next Wednesday, 18th June.

All permission notes and the $8.00 payment will need to be sent to the office by Monday 16th June.

Thankyou
Ben Hogan

BOB TURNER REPTILE SHOW

This week 3L were visited by the 'Bob Turner Wildlife Show'. This was a special presentation organised by their practicum teacher Mrs Thunig as part of a classroom unit on 'Australian Native Animals'.

Students enjoyed interacting with 'Olive' the 3m python, fresh water turtles, green tree frogs, burrowing cockroaches and various native lizards.

KINDERGARTEN 2015

Enrolments are now being taken for children starting Kindergarten in 2015.

Please see our School Office for an enrolment package. Thank you.

We would like to get as many enrolments in as we can by the end of this term.

Thankyou
Melissa McKay
CANTEEN ROSTER

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<tr>
<td>Week 7</td>
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<tr>
<td>Fri 13</td>
<td>Naomi Wheeler, Glenys Drennan, Kerrie Melverton, Dawn Peterson (11am – 1.10pm)</td>
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<tr>
<td>Mon 16</td>
<td>Cassie Bessant, Lousia Coughlin</td>
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<td>Tue 17</td>
<td>Julie Redfern <strong>URGENT</strong> Volunteers needed, Thankyou</td>
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<td>Wed 18</td>
<td>Carolyne O’Brien, Melanie Pitcher</td>
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<td>Thurs 19</td>
<td><em><strong>EXTRA URGENT</strong></em> VOLUNTEERS NEEDED</td>
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<td>Fri 20</td>
<td>Cindy Wakeman, Danielle McMillian, Rachel Nielson, Belinda Montague</td>
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<td>Mon 23</td>
<td>Sophie Gillard &amp; Rosemary</td>
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<td>Tue 24</td>
<td>Bronwyn Clarke, Julie Bromwich</td>
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<td>Wed 25</td>
<td>Alison Evans, Tanya Taylor, Amanda Ward-Collins</td>
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<td>Thurs 26</td>
<td>Sonja Pot, Mylita Connolly</td>
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<td>Fri 27</td>
<td>Rae McCormick, Tracey Franklin, Felicity Reeves, Dawn Peterson</td>
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CANTEEN NEWS

***Just a reminder that pies, sausage rolls and pastas are now available for ordering (for lunchtime only). VEGETABLE LASAGNE has been added to the pasta list.

Please note: The Canteen cannot accept FOREIGN COIN as payment for orders or buying. The banks will not accept them.

Thank you
Deslee Virginia
Canteen Supervisor P&C Sub-Committee Leader

JULIE’S CORNER

Julie School Chaplin

HOW TO MANAGE YOUR ANGER

“It’s OK to be angry, but it is NOT OK if you let that anger hurt someone else or yourself.”

Recognise the signs that show you when you are getting angry (Where do you feel it in your body?)

Angry feelings come from your thoughts... find out what thoughts led you to get angry and see if you can change those thoughts.

Find ways of calming down and letting out the pressure when you know you are getting angry before it builds up too much.

Some examples...
Sit calmly and count... go for a walk, tell the other person how you feel, do something, read, run, bounce, silent scream, write, draw, punch your pillow, pray, listen to music etc.

One of the best ways is to talk with someone about it.

KEEP YOUR COOL!!

Julie School Chaplin
***CANTEEN TERM 2 MEAL DEAL***

$5.50

Monday 16th – Friday 20th June

‘CHICKEN FIESTA’

Chicken, cheese, carrot & corn
Toasted Wrap

+ Flavoured Milk or Water or Plain Milk

+ Seasonal Fruit (cut) in snap seal bag
TERRIGAL FIRE STATION OPENING
Helping kids with the ups and downs of friendships

It is not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Parents and carers can help children learn the kinds of friendship skills they will need as they grow and develop.

Learning how to make and keep friends involves a number of skills. Children learn more and more complex social skills from those around them as they develop.

Home life has an effect on the development of social skills. A child who has an adoring little sister is likely to have more skills of leadership. A child who is the little sister may be more used to fitting in with what others want to do. These children are likely to react differently when they go to school and meet other children with different life experiences and different social skills.

Importance of children’s friendships

At any age having friends provides support and promotes mental health and wellbeing. Children’s friendships are also very important for their social and emotional development. Through friendships children learn how to relate with others. They develop social skills as they teach each other how to be good friends.

Most children want to have friends. Children who have friends are more likely to be self-confident than those without friends and they perform better academically in school. When children have difficulty in making friends or in keeping them, it often leads to feeling lonely and unhappy with themselves. Feeling rejected by others may lead to significant distress. Learning positive friendship skills can help children socially so they feel happier and more confident.
P&C Meeting Dates 2014

Venue: School Staff Room Mondays 7-9pm.
Entry via staff car park

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Thank you to everyone that turned up to our meeting last Monday evening.

If you have any questions please contact me Sally Carr
TPS P&C Secretary
Email - sally@geecarr.net

Meeting Apologies
If you can not make a meeting apologies need to be emailed to sally@geecarr.net, no later than 9pm on the meeting evening, in order to be included in the apologies.

If you have any questions please contact me Sally Carr
TPS P&C Secretary
Email - sally@geecarr.net

Minutes from P&C Meetings

The last minutes can be found http://www.terrigal-p.schools.nsw.edu.au/parents-citizens/p-c-meeting-minutes - (copy and paste this URL)

Canteen

Birthday Cake Policy - Frozen Fruit Tubes

With our new birthday cake policy, the canteen is now able to supply 100% frozen fruit juice tubes for parents to purchase. Please note that it is only the FROZEN FRUIT TUBES that can be purchased in BULK for birthday treats. The tubes can to be purchased in a pack of 24 for your child to share with their classmates. If class numbers exceed 24, extra individual tubes can be purchased.

The cost will be $12.50 for a 24 pack and 50c per extra tube.

If classmates are absent on the day, unopened, leftover tubes will be sent home with the birthday child.

If you order this service please inform the teacher via the diary on the day so the treats can be picked up from canteen at a time suitable for the class.

The P&C manages a school canteen to provide a service to parents through the provision of healthy lunches and small snacks at recess.

Price list are available on the Internet via Flexischools https://www.flexischools.com.au/, the school website http://www.terrigal-p.schools.nsw.edu.au/our-school/canteen and at the canteen. Lunch orders must be placed before 9am and will be delivered to the classrooms.

Any questions please contact: Virginia Hunt - 0418 449 853 Canteen Sub-Committee Leader

Membership

Membership is $1 and can be paid to our Treasurer - Emma Denniss, or President - Yvette Schweiger or myself, Sally Carr in between the times of meetings, (or by placing your $1 on an envelope with your name and contact details, and handed to the office staff) but members are not deemed financial until the close of the next general meeting.
Local Business Support

Here are two easy ways you can earn money for our school...

1) We have teamed up with our local **Aussie Farmers Direct** milkman to raise funds. Jump online to: AussieFarmers.com.au/Fundraisingoffer. If you are already a customer you can link your account to Terrigal Public School by visiting: AussieFarmers.com.au/linkmyaccount. OR Collect a $15 gift code from the office.

2) If you shop at **Ritchies IGA** supermarkets register (at no cost) for a Community Benefit card and link your account to Terrigal Public school, each time you shop show them your card and a percentage gets donated to the school.

Uniforms Shop News

**Winter Jackets and Trackpants**

- Winter Jackets and Trackpants should be available as of Term 3.

**Summer Dresses**

We are currently experiencing problems with our last order of Girls Summer Dresses. After a few washes the fabric is badly pilling. If you have purchased a dress this year, or late last year, and you have noticed tiny balls of fluff forming on it, please email tpsuniform@gmail.com and we will arrange to have it replaced by the supplier. We apologise for the inconvenience and we will endeavor to have the problem rectified asap.

Just in time for footy season...remember you can buy blue, black and white striped footy socks from the Uniform Shop. Only $4 per pair.

Please refer to our school web site for uniform details.


- **The Uniform Shop HOURS:**
  - **Wednesday:** 8.30-9.15am.

- Uniforms can also be purchased online via Flexischools. Go to www.flexischools.com.au to register or see Canteen section above for more details.

- To buy or sell pre-loved Uniform items join our Facebook Group TPS – Pre-loved Uniforms.

  https://facebook.com/groups/339332946170749/ (For Sale or for Free)
Master Plan Update

**What is the master plan?** It is a design plan of the external school environment to guide the improvement and development of the outside of the school over the next 5-10 years. Basically it is a big wish list!

**How did it come about?** The P&C felt the school was looking very dated, and lacking good access and most importantly lacking interesting places for children to play. We initially just wanted to put some equipment in the top playground but were worried that without the school and education department on board we could spend our hard earned money on equipment only to find it needed to be moved to accommodate a demountable. Therefore we decided to look at the bigger picture.

**How was it done?** The Design Partnership, a professional local urban landscaping practice, met with the P&C and representatives from the school to look at the needs of the children and how the school environment could be improved. The resulting design plan covers many aspects such as access, play spaces, colours, light, and right down to the types of plants to be used.

**Who decides what projects come first?** The P&C has a Master Plan subcommittee that is chaired by the Principal and has equal representation from teachers and parents. The group meets regularly to prioritise projects and their planning.

**How are these projects funded?** Basically there is no Education Department funding for these projects. In order for the school environment to be improved we, as the school community, need to make it happen! The P&C fundraises with the Family Fun Fair, sausage sizzles, Mother’s and Father’s Day Stalls, the uniform shop, the canteen and events such as the upcoming Trivia Night. Having a professional plan helps us to gain donations and support from local businesses as well as apply for available grants.

**Why does it take so long?** In order to save funds, so that more projects can be completed, we try and do the simple work ourselves where we can. This can be hard to fit in with work and family life and anyone that has ever done home renovations knows projects always take longer and cost more than you think. Thank you to the parents and teachers who have helped at our working bees so far this year. Many hands make light work!

**Where are we up to?**

**Slides in the top playground:** these are almost finished. Some more carpentry and then preparing, mulching and planting the gardens around the slides and then we are done.

**Chalkboards in top playground:** These have been funded and installed by the P&C

**Ena Street Project:** this week an innovative joint project between the school and Hunter TAFE has commenced that will continue this term. Participants on the landscaping course will be starting to build a path from the Ena Street entrance to the school.

**Recycling of felled trees:** we are recycling the timber from the felled trees (as well as some mulch) for seats and play structures. The logs have to cure for a few months so please be patient whilst we wait for this. We are confident it will be worth the wait!

**What can you do?** If you have any particular skills that may help with our projects please let the school know. Please support our fundraising efforts when you can and look out for the working bees.
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<td><strong>PAMPER AND CONSTRUCTION</strong></td>
<td><strong>MOVIES AND INTENSITY</strong></td>
<td><strong>COOKING DAY</strong></td>
<td><strong>MINUTE TO WIN IT</strong></td>
<td><strong>AUSTRALIA'S GOT TALENT</strong></td>
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<td>Pamper and construction day. Let the educators pamper you with facials, hair, and a manicure and then we will build massive constructions using all sorts of materials. Some deconstruction as well. So much fun. Leave 9.00AM Return 4.00PM</td>
<td>A fun filled double. Intensity at Erina for two hour's unlimited play plus 5 free ticket games for every child. Then To Hoyts to watch the latest movie. Should be How to Train your Dragon 2</td>
<td>Let’s bring out the junior Masterchef in you all. Today, you will enjoy a variety of cooking experiences and then eat the results. Yum!! BBQ lunch provided</td>
<td>Back again, as requested by the children. You don’t have to be an athlete to enjoy this day. We will be playing an assortment of challenging games. Games that require skill, games that require balance and games that are just funny. Come and give it a try.</td>
<td>What undiscovered talent will we find today? Can you sing or dance or maybe you can play a musical instrument? You can practice in the morning ready for the afternoon show. There will still be a variety of craft and sporting activities provided for those who would prefer not to participate.</td>
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<td><strong>KIDZHQ</strong></td>
<td><strong>CRAFT AND RECYCLE DAY</strong></td>
<td><strong>DISNEY ON ICE</strong></td>
<td><strong>DISNEY DAY</strong></td>
<td><strong>PARTY DAY</strong></td>
</tr>
<tr>
<td>Come with us to KIDZHQ at N. Wyong. There are trampolines, indoor slides, a sports zone which caters for cricket, basketball and soccer and a fantastic Cannonball run. So much fun. <strong>MUST HAVE SOCKS</strong> Leave 9.15AM Return 3.00PM</td>
<td>Let us bring out your creative side. Lots of different craft activities and something to take home for everyone. There will also be outdoor activities offered.</td>
<td>The big one in Sydney <strong>TREASURE TROVE</strong> Enjoy the magic of Disney on ice. Hurry places selling fast. Leave 11.00AM Return 6.45PM</td>
<td>Let’s continue the Disney Magic. Come for a day of Disney fun. Lots of games to play and come dressed as your favourite Disney character. A prize for the winner.</td>
<td>Join us for our party day. Lots of fun with our video game machines and sing star. Light lunch provided.</td>
</tr>
</tbody>
</table>

14th July **NIAGARA SPORTS CENTRE** is the place to go. Lots of organised games including wheelchair basketball, sponge pit, trampolines and soccer. Sausage sizzle for lunch. Leave 9.00AM Return 2.30PM
**Nature’s Patch**

The best in health and beauty products for you

We stock an extensive range of grocery items, weight loss, vitamins, supplements & general health & beauty products for the whole family (men, women and children) including a range of natural head lice treatments.

Shop 30,
Deepwater Plaza
Woy Woy NSW 2256
Phone: 02 4341 9858
tarkcons@gmail.com

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**Marni’s Studio of Performing Arts**

Celebrating 27 years on the coast

* Courses are held at Terrigal Primary and Terrigal Scout Hall on Wednesday afternoons
* All ages welcome from Pre-School to High School
* Jazz, Contemporary, Hip-hop, Classical Ballet, Tap, boys only classes
* Ph 42336232 or 0412700052 for more information

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**Lizotte’s Restaurant**

Fine Food With A Musical Mood

“Fine Food With A Musical Mood”
Lot 3 Avoca Drive Kincumber
T: 4368 2017
www.lizottes.com.au

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**Supporting Our Community!**

Property Central is proud to support our local schools through our School Support Program.

How does our School Support Program work?
If you sell or buy a property through Property Central, we will donate $110 to Terrigal Primary School on settlement. Please remember to inform us to donate when you exchange contracts so your school doesn’t miss out!
TAFE TRAINING PROGRAMS

FREE course for men and women
Have you been out of the workforce for a while?
Do you want a head start on a career change now?
Have you been made redundant?
If you answered YES to any of these questions, Certificate II in Skills for Work and Training.
This 6 months course runs 4 days per week during school hours.
The course includes studies in subjects such as Computing, Barista, English for the workplace, Maths for everyday life, Digital Scrapbooking, Horticulture, Communication for Work. All your studies are current and relevant to modern workplace needs.
Come along to an information session on Tuesday 24 June at 10:00am in NG3A at Wyong TAFE or ring Bronwyn for further information on 4350 2375.

Terrigal Public School Student Absentee Note

If your child has to be absent from school for any reason, including arriving late or leaving early school, legally we require an explanation. Absence Notes should be sent with the child the first day they return to school or within seven days. Failure to explain an absence within this time will be recorded as an unjustified absence on a student’s record.

My child ____________________________ of class was absent from school on the following date/s: ______________________________________________ for the following reason: ________________________________________________________________

Parent/Guardian signature: ________________________________________________

Once children are enrolled parents are legally required to send them to school every day that the school is open for instruction or participation in school activities, such as sports days. A small number of absences may be justified if your child:

- has an unavoidable medical or dental appointment (preferably these should be made after school or during holidays)
- has to go to special religious ceremony
- is required to attend a serious and/or urgent family situation (e.g. a funeral)
- is too sick to go to school, or has an infectious illness.
Student/Parent Contact Details

If you have changed any of your contact details, phone numbers, address, emergency contacts etc, please fill in this form and return to the school office. Thank you

Child’s Name _______________________________________   Class____________________

Address __________________________________________________________________________

______________________________________________________________________________

Parent 1 Name___________________________________________________________

Contact numbers  Mobile_____________________________________________________

Work __________________________________________________________

Parent 2 Name___________________________________________________________

Contact numbers  Mobile_____________________________________________________

Work __________________________________________________________

Emergency Contacts

1. Name _________________________________________________________________

Contact Numbers  Mobile_____________________________________________________

Home/work __________________________________________________

2. Name _________________________________________________________________

Contact Numbers  Mobile_____________________________________________________

Home/work __________________________________________________

If there are any Medical changes please contact the office for a different form to be sent home. Thank you
We always welcome volunteers with open arms!

**RECESS (at recess only)**

- Pikelets ................................................................. 0.40
- Fruit Pikelet ......................................................... 0.60
- Finger Buns – Whole ............................................... 2.00
- Finger Buns – Half .................................................. 1.00
- Muffins (fruit, assorted varieties, GF available) ................. 1.00
- Half Cheese and Bacon Roll ..................................... 1.00
- ¼ Fairy Bread (limit of 4 quarters) ............................ 0.10
- Muffin Melts (melted cheese/ham on ½ English muffin) ... 1.00
- Rice Crackers & cheese & Carrot Slices ...................... 0.90
- Fruit Salad & Yoghurt Cup ........................................ 1.50
- Sliced Vegetables (carrot, cucumber, celery) .................. 0.60

**RECESS & LUNCH**

- Yummy Drummy .................................................. 1.00
- Hot Cheese Roll (small) ........................................... 1.00
- Hot Corn Cob (pre-order only) ................................ 1.00
- L/F Fresh Yoghurt (assorted flavours) ......................... 1.00
- L/F Custard (G.F.) .................................................. 1.20
- Frozen Yoghurt .................................................... 1.80
- Koala Popcorn (G.F.) .............................................. 1.50

**FRUIT**

- Apple, Orange, Banana and other ............................. 0.90
- Seasonal Fruits (all available @ fruit break) ................. 0.90
- Frozen ¼ Orange .................................................... 0.10
- Frozen Pineapple Rings ........................................... 0.50
- Watermelon (Terms 1 and 4 only) ............................ 0.50

**DRINKS – Available at all times**

- Oak – flavoured 300 ml (chocolate, banana, strawberry) ....................... 1.80
- Plain Milk – 300 ml ................................................. 1.50
- Up & Go (chocolate, strawberry, vanilla, banana) .............. 1.80
- Small Fruit Cup .................................................... 1.00
- Spring Water – 600 ml ............................................ 1.60
- Spring Water – 300 ml ............................................ 1.00
- Fruit Juice – 200 ml (apple, apple blackcurrant, orange) ... 1.70

**EXTRA TREATS – available after lunch**

- Red Rock Plain Chips – 25g ...................................... 1.20

**FROZEN ITEMS**

- 100% Juicy Cups (orange, apple, blackcurrant) ............... 1.00
- Billabong Ice Creams (chocolate) ............................... 1.50
- Vanilla Cup Ice Cream ............................................ 1.30
- Frozen Yoghurt Tub (strawberry, passionfruit, mango) ...... 1.80
- Frozen Fruit Tube – whole ....................................... 0.50
- Frozen Fruit Tube – half .......................................... 0.25
- Frozen ¼ orange (also sold @ recess) ......................... 0.10
- Icy Pole .............................................................. 1.00

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**Students name and class written on the bottom of the bag please.**

*Please place recess and lunch orders in separate bags.*

*All orders must be paid for on the day, credit is not available.*


*All orders (over counter or online) must be received by 9 am.*

- Recess orders are collected from canteen. Lunch orders are sent to classrooms.
- Please add an extra 10 cents if you need the canteen to supply a bag/spoon/fork.
- Drinks, frozen items and ‘treats’ will not be placed in lunch bags. To claim these, children must return their stamped lunch bag to the canteen.
- If an out of stock item is ordered, we will do our best to replace it with a “like” item at a similar price.
- Sorry, no reheating service available due to Health Regulations.
- The canteen always needs volunteers. Come and give it a go! Our friendly canteen helpers welcome mums, dads and grandparents.
- The canteen roster is in the newsletter each week.
- All profits are returned to the P&C to benefit students.
- Serving our school community healthy food is not the only duty of the school canteen. Teaching students about “monies worth” in a safe & controlled environment is also important.
LUNCH

HOT FOOD
Yummy Drummy .................................................. 1.00
Corn Cob ............................................................. 1.00
Hot Cheese Roll – small ........................................ 1.00
Hot Cheese Roll – large ........................................ 2.70
Hot Chicken Roll .................................................. 3.80
Pizza (ham & pineapple) ...................................... 3.00
Pizza Roundas .................................................... 3.00

Chicken Pack
(roasted drumstick, corn cob and slice of bread) ... 3.60

Chargrilled Chicken Burger
(chargrilled pattie, lettuce, tomato, beetroot and carrot) ........................................ 4.60

Beef Burger
(beef pattie, lettuce, tomato, carrot, beetroot, sauce – tomato or BBQ) .................. 4.40

Cheeseburger
(beef pattie, cheese, sauce – tomato or BBQ) ........ 3.70

Chicken Burger – Plain
(chicken pattie, buttered bun) .................................. 2.90

Chicken Burger
(chicken pattie, lettuce, mayo) .................................. 3.40

Cheesy Chicken Burger
(chicken pattie, cheese slice, tomato, lettuce, carrot) ................................................. 4.40

SALAD BOX
Lettuce, tomato, celery, carrot, beetroot, cucumber, pineapple and cheese ............. 4.00
ADD chicken, ham or egg ....................................... 5.00
NEW – Chicken Tenderloin in Salad Box (GF) .................................................. 5.30

MEAL DEAL
Mini Salad Box
(lettuce, carrot, capsicum, cucumber, tomato, beetroot, cheese) with a small water and a bag of ¼ oranges .................................................. 4.50

ONLY AVAILABLE IN WINTER – TERMS 2 & 3
Pies ................................................................. 3.60
Sausage Rolls ..................................................... 2.60
Sauce ..................................................................... 0.30
Lasagne (meat) – fork included ............................ 4.00
Lasagne (vegetable) – fork included ..................... 4.00
Spaghetti Bolognese – fork included .................. 4.00
Macaroni Cheese – fork included ....................... 4.00

Bell Times:
8.55 am School Begins
11 am Recess
12.45 Canteen Buying

SANDWICHES (prepared on wholemeal bread)
Gluten free bread available at an additional cost of $1.
Add $1 for wraps or 50 cents for rolls.

Vegemite .......................................................... 2.00
Baked Beans or Spaghetti ................................... 2.00
Banana ............................................................... 2.20
Egg ..................................................................... 2.70
Cheese .................................................................. 2.70
Ham .................................................................... 3.00
Roast Chicken .................................................... 3.20
Tuna .................................................................... 3.00
Egg, lettuce, mayonnaise .................................... 3.10

SALAD
Lettuce, tomato, cucumber, carrot ......................... 3.00
Cheese and Salad
(cheese, lettuce, tomato, carrot, cucumber) ........ 3.70
Chicken and Salad .............................................. 4.20
Egg and Salad .................................................... 4.00
Tuna and Salad ................................................... 4.00
Ham and Salad .................................................. 4.20
Ham, cheese and pineapple ............................... 4.10
Ham, cheese and tomato .................................... 3.90
Ham and cheese ................................................ 3.70

EXTRAS
Mayonnaise, mustard, pickles ............................ 0.20
Tomato and Beetroot ........................................ 0.20
Cheese .............................................................. 0.70
Egg ................................................................... 1.00
Sauce Sachet .................................................... 0.30

TOASTIES (Toasted Sandwich)
Available All Year Round
Cheese ............................................................. 2.90
Spaghetti or Baked Beans ................................. 2.20
Egg .................................................................. 2.90
Ham, cheese, tomato ........................................ 4.10
Cheese, tomato ................................................ 3.10
Ham ................................................................. 3.20
Ham and Cheese .............................................. 3.90
Chicken and Cheese ........................................ 4.10

If your child has a food allergy, please inform the office and the canteen.

G.F. = Gluten Free
L/F = Low Fat

(Menu updated 12th June 2014)
<table>
<thead>
<tr>
<th><strong>Fun Kids</strong></th>
<th><strong>Holiday Activities</strong></th>
<th><strong>July 2014</strong></th>
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</thead>
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<tr>
<th><strong>AFL (AUSKICK)</strong> - The program is designed for kids who and not played AFL. 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. Each participant gets an AFL showbag including AFL ball, hat &amp; much more! 9am-12pm (3 hours)</th>
<th><strong>AGE+Cost</strong></th>
<th><strong>DATE+Location</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>5-12 years</td>
<td>$30</td>
<td>30 June, Bateau Bay</td>
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</tbody>
</table>

| **ARCHERY (INDOOR)** – Get on target & challenge the kids with this great Olympic sport. 10am-12pm or 1pm-3pm | **8-15 years** | **1 or 2 July, Gosford** |
| **CARES BICYCLE SAFETY** - Offered by Wyong Shire and Gosford City Councils, in conjunction with NSW Police, this program will develop your child’s road sense and set the foundation of road safety they need right through life, even when they start driving. Bicycles and helmets are provided. Participants can use their own helmets subject to a safety inspection from NSW Police Officers present on the day. 9.30am-2pm (4.5 hours) TBC. | **School Grade 3-6 only** | **10 July (TBC), Palmdale** |
| **CIRCUS SKILLS** - Clown around! This action-packed workshop and, try riding a mini clown bike, spin a plate on a stick, use a flower stick, have a juggling lesson, walk the tight wire, and more! Learn to make your own balloon animal or flower to take home. – 10am-1pm (3 hours). | **6-12 years** | **1 July, Niagara Park** |
| **CIRCUS AERIAL WORKSHOP** - 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. Your trainers are professional performers who teach at Young Talent School Central Coast. All participants will need to arrive on time to join in a warm-up and basic tumbling skills before participating in the aerial skills.– 10am-11:30am (1.5 hours). | **8-16 years** | **1 July, Niagara Park** |
| **GYMNASTICS INTRODUCTION** – 2 day program. This introductory program includes basic fundamental movement and gymnastic skills will be taught which would include specific apparatus safety in a fun and friendly environment with accredited coaches. - 12pm-2pm (4 hours in total) | **5-12 years** | **9 & 10 July, Berkeley Vale** |
| **KIDS MULTI-SPORTS** – A great program for working parents and active kids. Central Coast Youth Club hosts this jam-packed day including trampolining, indoor hockey, indoor volleyball, soccer, wheelchair basketball and lots more. Price includes a sausage sizzle and an ice block for lunch. So don’t miss out on this brilliant, fun and great value for money day. Pre-bookings with payment essential! 9am-3pm (6 hours). | **6-13 years** | **2 or 11 July, Niagara Park** |
| **TEENAGE BLUE HAVEN** – 1 day program. LA Tennis offers a fun filled, energetic and professional Hot Shots Tennis holiday clinic with a modern coaching mindset of learning through play. Fully endorsed and qualified through Tennis Australia, all staff have one thing in mind “maximum participation”. All abilities welcome, all equipment supplied and includes lunch each day. 10am-3pm (5 hours in total). | **5-16 years** | **7 July, Blue Haven** |
| **TEENAGE GOSFORD** – 3 day program. Learn tennis and have fun at the same time. Learn stroke production, forehand, backhand, volley and serve as well as match play and scoring. Lunch can be ordered at the centre on arrival. Suitable for beginners to advanced. 9am-3pm (18 hours in total). | **5-16 years** | **2, 3 & 4 July or 9, 10 & 11 July, Gosford** |
| **TEENAGE WOY WOY** – 1 day program. 10am-3pm (5 hours in total). See Tennis Blue Haven above for program description. | **5-16 years** | **4 July, Woy Woy** |
| **TEENAGE WYONG** - 3 day program. This clinic caters for all levels. It covers all aspects of the game including court etiquette, technique and rules of the game. Play games, mini-tournament and a small party on the last day. 9am-11:30am (7.5 hours in total) & includes a small party on the last day. | **5-16 years** | **30 June, 1 & 2 July, Wyong** |

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All program fees include GST. For other information on each program, please phone 02 4362 3184 or 13 13 02 or see www.dsr.nsw.gov.au