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GIRLS’ BASKETBALL TEAM – BATHURST 2014 STATE KNOCKOUT FINALS
TOP 6 FINISH – CONGRATULATION GIRLS!
<table>
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<tr>
<th>MONTH</th>
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<td>JULY</td>
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**JULY**
- 21: OC Test
- 22: Boys Soccer

**JULY/AUG**
- 28: Stage 2 Sydney Excursion
- 29: Stage 2 Sydney Excursion
- 30: Education Week
- 31: Open Day

**AUGUST**
- 4: Paul Kelly Cup
- 5: Touch Football Gala Day
- 6: Aboriginal Performance Whole School
- 7: Minibeast Video Conference

**AUGUST**
- 11: Year 5 Interrelate
- 12: University Exam Maths
- 13: Public Speaking Zone Basketball Gala Day
- 14: Zone Athletics

**AUGUST**
- 18: Year 5 Interrelate
- 19: Choir Rehearsal and Performance Sydney
- 20: Showcase
- 21: Showcase

**AUGUST**
- 25: AFL State Finals
- 26: Showcase
- 27: Showcase
- 28: Great Book Swap

**SEPT**
- 1: Life Education
- 2: P & C Meeting 7pm
- 3: Fathers Day Stall
- 4: Fathers Day Breakfast

**SEPT**
- 8: Life Education
- 9: Sydney North Athletics
- 10: Terrigal’s Got Talent Finals
- 11: Terrigal’s Got Talent Finals

**SEPT**
- 15: Life Education
- 16: Stage 1 Walkabout Wildlife Park
- 17: Stage 1 Walkabout Wildlife Park
- 18: K-2 Athletics Carnival Movie Night The Lego Movie
- 19: LAST DAY OF TERM!
Girls' Basketball

Our girls’ basketball team travelled to Bathurst last Monday for the State Knockout Finals. Unfortunately our girls were knocked out in the preliminary finals going down by 8 points. They won their consolation game by more than 20 points and finished in the top six teams for the state. Thanks to Ms Neale for coaching the team and supervising them in Bathurst. Thank you to parents for transporting students to Bathurst and supporting the team.

NAPLAN Results for Years 3 & 5

NAPLAN results for Years 3 and 5 were sent home last Friday. If you have not received your copy please contact the school office. Our results were solid with all areas being at or above state mean scores. Our representation of students achieving in the top bands has increased, which is pleasing as this has been one of our targets over the last few years. Our growth between Year 3 and Year 5 was good but there is room for further improvement. Our growth from Year 5 to Year 7 was very good.

Movie Night

We have our fingers crossed that we will have some drying weather this week to enable our Movie night to go ahead next Thursday. Come along for a great family night watching the Lego movie. Thanks to Mr Howes and the P & C team for their organisation of this event.

Sponsorship from Property Central

Paul Geronimi from Property Central has sponsored our Citizen of the Month Program for some time now. He will continue to sponsor this program but is keen to contribute to our technology program. So Paul has come up with a new program to help contribute funds to the school. Paul will donate $1000 from a school related real estate sale to the school between now and January. So if you, a friend or a relative are selling please consider Property Central and nominate Terrigal Public School to receive a donation.

Terrigal's Got Talent

Yesterday we held the final of the Terrigal's Got Talent performances. The standard of performances was amazing. Due to some technical problems we have held over the final result to today’s performance. Thanks to Mr Krisher and the student parliament for their organisation. The money raised will go towards the Year 6 present to the school.

Enrol Now for Kindergarten 2015

We are currently welcoming our new enrolments for Kindergarten 2015. If you have a child to enrol or know of someone please ensure that you have enrolled at the school office. Information about our Headstart program will be sent out next week and we don’t want to miss anyone.
Early Arrival at School

Parents and Caregivers are reminded that students are NOT to be at school prior to 8.30am. Supervision of students is not provided until 8.30am. If you need to leave to get to work prior to this time please arrange for your child to attend Before School Care or perhaps arrange for them to be dropped to a friend’s house. If students do arrive prior to 8.30am they are to go straight to the seats outside the school office and sit and wait until the 8.30am bell.

Year 5 Camp

Our Year 5 students are off to the Great Aussie Bush Camp at Tea Gardens next week. Students will be involved in a range of adventure, bush and fun activities. Thanks to Mr McLeod for his organisation of the camp. Thanks also to Mr Krisher, Ms Neale, Mrs Roberts and Mr McLeod for giving up time away from their own families to provide this opportunity to students.

Stage 1 are going Walkabout

Next Monday and Wednesday, our Year 1 and our Year 2 students are heading off to the Walkabout Park, at Somersby, to explore the Aussie bush, get up close with some Aussie animals and learn about Aboriginal bush skills.

K – 2 Athletics Carnival

Next Thursday we hope that the school oval will be dry enough to hold our K – 2 athletics carnival.

Reward Events

Each stage will be holding their end of term reward event for students that have met behaviour expectations this term.

Fathers’ Day Breakfast & Stall

Thank you to the many dads, grandfathers, uncles and other friends that came to our breakfast last Friday. It was fantastic to see so many people there.

Thank you to the staff for getting in early and working hard to serve over 600 egg and bacon rolls. Thanks also to the office staff for their 'behind-the-scenes' work.

A special thanks to Mrs Mellross for her organisation and Mr Ron for setting up. Thank you to our P & C team for conducting the Fathers' Day stall.

We hope all of our dads had a great day last Sunday and enjoyed their presents.

Staff Leave

Mr Hogan - until Week 3 of Term 4 - replaced by John Wilkinson
Mrs Burge - until the end of the term - replaced by Matt Drennan
Mrs Woodward – until Friday, Week 1, Term 4 – replaced by Anne-Maree Turner
Mrs Ryan continues on leave and Mrs McLean is relieving in the Library
End of Term 3/ Beginning of Term 4

Term 3 concludes next Friday 19th September.

Term 4 commences on Tuesday 7th October (Monday 6th is a Public Holiday)

Michael Burgess
Principal

School Banking Day Reminder

Don’t forget that TUESDAY is School Banking day and students should bring in their weekly deposit.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their continued savings behaviour.

Remember our school earns 5% commission on every deposit made (to a maximum of $10 per individual deposit). Thank you for supporting the School Banking program at Terrigal
CITIZEN OF THE WEEK

The Citizen of the Week this week is Nate Marshall from K-4M.

Nate is a caring friend who always tries his best in class. He is a cheerful boy who is helpful in the playground.

Congratulations Nate!

SPARE CLOTHES FOR OFFICE

We are currently experiencing a shortage of boys shorts, sports shorts, boys underpants – small sizes and girls underpants – small and large sizes, to use as spares for children who may need to be changed through the day for eg. slipping in the mud etc. If anyone has any spares that your children may no longer be using we would greatly appreciate any donations to the office. Also if your child has been lent clothing from the office, could you please wash and return it as soon as possible. Thankyou

CITIZEN OF THE WEEK

The Citizen of the Week this week is Angus Newport from 2D.

Angus is a quiet, hardworking and co-operative student. His thoughtful and considerate attitude provides a positive role model for all.

Congratulations Angus!

JESSICA GARRET SELECTED FOR THE ULTIMATE FIJI CUP

We extend our congratulations to Jessica Garret, a past student of Terrigal Public School, for being selected as part of the U15 girls’ team to play in the Ultimate Fiji Cup, 2014 (an international youth tournament for U12 to U17 age groups).

Jessica is passionate about football and enjoyed her sporting experiences during her primary school years at Terrigal Public School. She is very excited about the opportunity to play in the Fiji Cup. A fundraiser has been organised by Jessica’s high school, International Football School, to assist with travel expenses. Please access the link the below for further information.


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.

Thankyou
Melissa McKay
CANTENE ROSTER

<table>
<thead>
<tr>
<th>Term 3 Week</th>
<th>Fri 12</th>
<th>Glenys Drennan, Kerrie Melverton, Jennifer Hartley, Colleen Weston</th>
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<tbody>
<tr>
<td>Week 10</td>
<td>Mon 15</td>
<td>Linda McNaught, Louisa Coughlin</td>
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<td>Tues 16</td>
<td>Nicole Baker, Angela H</td>
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<td></td>
<td>Wed 17</td>
<td>Carolyne O’Brien, Mel Pitcher</td>
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<td>Thurs 18</td>
<td>Betty Lawson, Delores Buderium. Extra Help Needed, Thankyou</td>
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<td></td>
<td>Fri 19</td>
<td>Cindy Wakeman, Rachel Nelson, Belinda Montague, Danielle McMillan</td>
</tr>
</tbody>
</table>

RECESS (at recess only)

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

PLEASE NOTE: DURING THE LAST WEEK OF TERM, SOME PRODUCTS MAY NOT BE AVAILABLE, THEREFORE WE WILL DO OUR BEST TO REPLACE WITH A “LIKE” ITEM.

CANTENE NEWS

Canteen is celebrating “FRUIT & VEG MONTH’!!!

During August and September

Try our $5 Meal Deal “Picnic in a Pocket”
Available until the end of Term 3

***Billabongs are no longer available. The new product is called FAN DANGLES Choc or Pink and cost is $1.60

Please note: FLEXISCHOOLS ORDERS MUST BE PLACED BEFORE 9AM

Thankyou
Deslee Virginia
Canteen Supervisor P & C Committee Leader
Hop Into Fruit 'n' Veg Month

$5 MEAL DEAL
"PICNIC IN A POCKET"

- A Pocket Bread filled with Chicken or Ham with Salad (Lettuce, Tomato, Carrot)
- Flavoured Oat Milk (Chocolate, Strawberry, Banana)
- A crunchy delicious apple or banana

Australian Bananas

- Although you can't see actual seeds in bananas, they're a good source of dietary fibre.
- An excellent source of vitamin C.
- A good source of potassium.
- A banana is the best fruit source of vitamin B6.

Bananas are one of the most popular fruits around the world. A number of different varieties are grown in Australia and although each variety has its own season, apples are available all year round.

Milk contains protein and calcium for growing bones as well as a wide range of other important nutrients.
Harold Merchandise

Dear Parents,

Life Education NSW is a not for profit community-based organisation that relies heavily on the raising of funds within the community to assist in meeting the shortfall left after receiving assistance from Government funding.

The sale of Harold merchandise to the children whilst the program is visiting each school supports the fundraising activities of local committees and all proceeds support Life Education within each local area.

These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for the children to purchase these products during the school visit. Please provide the correct money in an envelope with the item written on the face of the envelope along with your child’s name and class. This allows the educator to process orders efficiently and effectively. Orders will be returned by the conclusion of the visit.

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price Including GST</th>
<th>Product Description</th>
<th>Price Including GST</th>
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</thead>
<tbody>
<tr>
<td>Tattoo</td>
<td>$0.50</td>
<td>Harold Hand Ball</td>
<td>$3.00</td>
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<tr>
<td>Harold Sticky Note Pad</td>
<td>$1.50</td>
<td>Harold Stationary Set</td>
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<td>Harold Activity Bag</td>
<td>$3.00</td>
<td>Small Harold Soft Toy</td>
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<tr>
<td>Harold Keyring</td>
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<td>Large Harold Soft Toy</td>
<td>$15.00</td>
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</tbody>
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Note: Harold Products are subject to availability

If you would like to make a donation to Life Education (donations over $2.00 are tax deductible) or receive more information on Life Education NSW please telephone 02 9673 3222.

Life Education NSW thanks you for your support of the ideals of Life Education.

Visit Life Education at www.lifeeducation.org.au or www.healthyharold.org.au

Thankyou

Nicole Davies
Coordinating Teacher
Operation Christmas Child 2014

Let’s do it again!
Operate from our hearts and fill as many shoe boxes with small gifts as possible, for the children around the world, who would otherwise miss out at Christmas. We have 100 boxes in the school office ready to go, and more available if need be!

Operation Christmas Child is a unique project of Samaritan’s Purse that brings joy and hope to so many children in desperate situations around the world. In 2011, you generous people in Australia and New Zealand delivered over 600,000 gift-filled shoe boxes to South East Asia and the South Pacific. Globally, Samaritan’s Purse distributed an estimated 7.6 million shoe boxes to children in 105 countries.

Check “The Power of a Simple Gift-“ on Terrigal Public School Homepage.

Friends and family can be part of the Terrigal Public School contribution. Last year, my 25 year old asked me to bring home a box home, so he could fill it! A suggestion was made last year to collect everything and have a ‘shoe box working-bee’ to fill our boxes. So you could either:

 ✓ Pick up a box, go shopping with your child/ren for a certain age boy or girl, and pack lots of small, new, non-perishable gifts with your added love; or
 ✓ Deliver a pack of items when we have our weekly drive; or
 ✓ Make a financial donation toward the cost of delivery

Boxes are due back ASAP to put under our Christmas Tree, before ‘take-off’ in October. Hence:
Week 7: Please bring in **ropes & writing utensils** – skipping, elastics, hair ropes, ribbons, clips, friendship bands and bangles.
Week 8: Please bring in **balls & toys** – tennis balls, hand balls, super balls, marble bags, knuckles, travel games, card packs (and any other clever things you can think of to put in) **Week 9 : Things to wear & soft toys** - socks, gloves, mittens, scarves, beanies, hats, visors, sunglasses, beads, bears, dolls,

Thank you in anticipation of our usual huge, generous response!

*Organiser: Janice Wilkinson* 
*Principal: Michael Burgess*
Parent Invitation:

Seasons for Growth® Parent Program:
Supporting your child following separation and divorce

Terrigal Public School is delighted to be offering a new program for parents this term – the ‘Seasons for Growth® Parent Program – Supporting your child following separation or divorce’.
Since 1999, Terrigal Public School has offered the highly successful Seasons for Growth® program for children and young people. For many years parents, whose children have participated in the Seasons for Growth® Young People’s Program, have been asking ‘Is there a program that can help parents, too’?

The Seasons for Growth® Parent Program has been developed to meet this need. The program provides an opportunity for you to reflect on the experience of separation and divorce from your child’s perspective, and to explore ideas and strategies that might help you support your child/ren through the changes happening in your family. This program is evidence based and the result of many years of research.

The Seasons for Growth® Parent Program: Supporting your child following separation or divorce is a small group program for 6-12 parents. It will be held over a two-week period - 2 hours per session.

The program will be held either during the school day (9am to 11am) and / or an evening course (6pm to 8pm). This program is for parents only.
The school will work with the Parents and Carers and provide availability for as many parents who are interested and wish to complete the workshop. This may mean running the course a number of times between now and the end of the year, and offering a mix of day time and evening workshops.

For more information and/ or to express your interest in taking part in the ‘Seasons for Growth® Parent Program’, please fill in the slip below and return to our school office ASAP.

School Contact & Trained Facilitator
Janice Wilkinson
School Office: 43844599
Email: janice.wilkinson@det.nsw.edu.au

Principal
Michael Burgess

Name:
Child (Names and Classes):
My Best Contact:
I am interested in completing ‘The Seasons for Growth Parent Program’ so that I am better equipped to understand and meet the needs of my children, in our current circumstances.
Please tick time most suitable – to complete both Session 1 and Session 2:
☐ Daytime (9am – 11am) on a ______________________________(day/s)
☐ Evening (6pm – 8pm) on a ______________________________(day/s)

Signature:  
Date: 
Drum Roll Please........
Our new Coordinator’s for
Terrigal Family Fun Fair 2015 are:
Belinda Tolman and Rachael Nelson

They can be reached on:
TPSTFFF@gmail.com

Please email any questions you have or if you
would like to put your hand up for a role.

Stalls will not be decided until classes for 2015
are out.
Stall Managers will be asked for in the first couple
of weeks of 2015.

Other positions available at this time are:
• TFFF Secretary
• TFFF Treasurer
• TFFF Sponsorship Leader
• TFFF Publicity Coordinator
• TFFF Rides Coordinator
• TFFF Entertainment
• TFFF Food Coordinator
• TFFF Giftware Coordinator
• TFFF Kids Zone Coordinator

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)

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.

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

Uniforms Shop News

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.

Please refer to our school web site for uniform
details.
http://www.terrigal-
p.schools.nsw.edu.au/documents/
6901981/6908254/UNIFORM%20P
RICE%20LIST%20WALL.pdf

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)
NEW.......  
New school jackets are here.  
Grey ankle socks - $4 per pair  

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.

NIPPERS @ Wamberal

Surf Life Saving Club

Our Junior Activities Program or ‘Nippers’ (5-14yrs) is a great opportunity for families to become involved in
Surf Life Saving. More importantly however, Nippers teaches kids how they can help themselves and their
friends stay safe at the beach while having heaps of fun along the way. Nippers are held on Sunday
mornings throughout summer and teach invaluable surf safety and lifesaving skills. Come along to our
registrations to find out more.

Registration Days

Sunday 14th September – 10am to 2pm
@ Wamberal SLSC - 1 Dover Road Wamberal

Or join online at www.lifesavingonline.com.au

For more information please contact WSLSC

P: 4385 2322
E: admin@wamberalsurfclub.com
W: wamberalsurfclub.com
Your Canteen Needs You!

Terrigal Public School Canteen is run by a supervisor and a dedicated group of volunteers.

We are VERY low on volunteers, due to the circle of life and in need of new help!

We need your help!

Parents, Grandparents, Uncles and Aunties,
If you can spare a few hours once a month please consider volunteering your time, to ensure to our canteen can operate 5 days a week and continue this important service we offer the school community!

Information can be found at:
school office/Deslee at the canteen/call Virginia our great canteen committee.

Terrigal Public School 43844599 / Canteen Direct 43845322
Virginia Hunt 0418449853
Dear Parents, Grandparents, Uncles and Aunties,

Whatever thoughts you may have previously had about being a canteen volunteer, think again! Spend some time lending a hand and you will get to experience the awesome environment your children (grandchildren, nieces, nephews) are a part of.

The Canteen operates five days a week. Your decision to be a volunteer is greatly appreciated. With your continued support we can provide the school community a quality Canteen service, offering fresh and healthy foods at reasonable prices.

We are striving to serve more fresh and homemade goods, which has resulted in more children coming to the canteen. It is a pleasure for us to be able to cook for and serve both students and staff and we would love for you to be a part of this with us.

During your volunteering experience you will get to enjoy a coffee and light lunch, meet new people, including myself (Canteen Sub-Committee Manager) and Deslee James (Canteen Manager).

Having you at the canteen, even if it is only for a couple of hours can be very exciting for the children.

Virginia Hunt - 0418 449 853
Canteen Sub-Committee Manager

Join our team of cheerful CANTRENE HELPERS!
Please complete the form and return this section to the Canteen or SMS/call Virginia Hunt directly on 0418 449 853.

I would like to assist on the School Canteen roster as follows (please circle);

Monday Tuesday Wednesday Thursday Friday
Weekly Fortnightly Monthly Termly

Name: _____________________________________________________Child’s Class _______________________
Phone (h): ____________________ (m): _________________________

Email Address: ____________________________________________________________
Gosford Little Athletics Registration Dates 2014/2015

Friday 12th September and Friday 19th September between 6pm – 8pm
Adcock Park 9, West Gosford
Cost is $150 for 1st child, $115 for 2nd child, then $105 for 3rd onwards
Duel Registration with Senior Athletics is free
There is a $30 Refundable Parent Assistance Levy/Bond per family
We do not have credit card facilities, so please have cash or cheque payable to Gosford Little Athletics Centre Inc. Further information on our website www.gosfordlittleathletics.com.au or contact our President Stuart Farrant on 0404 466 848

Becoming a Surf Lifesaver is a trained volunteer that patrols our beaches on the weekends. We undertake a number of roles including aquatic rescues, providing first aid and emergency care and providing surf safety information to the public. Becoming a surf lifesaver is satisfying, fun and rewarding. You can lead a fit and healthy lifestyle, become trained in aquatic safety skills, compete in surf sports and you may also help save someone’s life. All surf lifesavers are trained in a wide range of core skills including Surf Awareness, Rescue Techniques, First Aid and Beach Patrolling.

Registration & Open Days
Sunday 31st August & 14th September – 10am to 2pm
WSLSC Membership Fees - 15 to 17 years $70 - 18 years and over $85
CONTACT: Bruce Gould WSLSC – Club Captain for further information 0409605537 or brucegould@optusnet.com.au
Ph: 4385 2322 E: admin@wamberalsurfclub.com.au
**HOLIDAY TENNIS CAMP**

**Monday 22nd Sept - Friday 26th Sept.**
9am till 12 noon

Join us for a great week of tennis fun.
* Suitable for all ages and abilities
* Only $30 per day!
* Make friends or bring some with you

Terrigal Tennis Club - Duffys Road Terrigal
Bookings Essential call - 0404 277 462

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**Terrigal Surf Life Saving Club**

2014-15 Registrations
Sundays 31 Aug, 7 and 21 September
9am – 11am

Come along and see what we are about – information and demonstrations.

Terrigal SLSC is a family oriented club with opportunities for all family members to join a great community service in a healthy environment. Our Nippers program (October – March) encourages participation and teaches vital surf and beach-safety skills to all children aged 5-14yrs. Our lifesavers are dedicated and committed to community safety – we encourage you to join us. Enquiries - 4035 5923

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**COOKIN’ @
Lizotte’s Restaurant**

Fine Food With A Musical Mood

“Fine Food With A Musical Mood”

---

**Marni’s Studio of Performing Arts**

* Studios @ Terrigal, Berliay Vale and Narara

* Classes 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 43336232 or 0412700052 for more information
2014-2015 SEASON
JUNIOR REGISTRATION
AVOCA BEACH SURF CLUB

FRIDAY 12th SEPTEMBER  4-8pm
SUNDAY 21st SEPTEMBER 10am - 2pm
(THE BAR & BBQ WILL BE OPEN)

AT AVOCA BEACH SLSC, YOUR CHILD WILL LEARN INVALUABLE LIFE SAVING & SURF AWARENESS SKILLS & MAKE GREAT FRIENDS AT THE MOST SUCCESSFUL CLUB ON THE CENTRAL COAST.

WE LOOK FORWARD TO WELCOMING OLD MEMBERS & INVITE NEW MEMBERS TO AVOCA BEACH SLSC FOR ANOTHER FUN SEASON. THERE IS NO BETTER CLUB TO JOIN TO BE A PART OF DEVELOPING JUNIOR SURF LIFESAVERS. SEE YOU ON THE BEACH

CHEERS BOYS & GIRLS

PLEASE NOTE THAT EXISTING MEMBERS REGISTERING AFTER THESE DATES WILL INCUR A LATE REGISTRATION FEE OF $25 PER FAMILY
<table>
<thead>
<tr>
<th>Activity</th>
<th>Age/Cost</th>
<th>Date/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archery (Indoor)</td>
<td>8-15 years $20</td>
<td>22 or 23 September, Gosford</td>
</tr>
<tr>
<td>Canoeing/Kayaking</td>
<td>10-16 years $33</td>
<td>26 September, Avoca Lagoon</td>
</tr>
<tr>
<td>Cares Bicycle Safety</td>
<td>School grade 3-6 only $10</td>
<td>2 October, Palmdale</td>
</tr>
<tr>
<td>Cirkus Skills</td>
<td>6-12 years $40</td>
<td>30 September, Niagara Park</td>
</tr>
<tr>
<td>Cirkus Aerial Workshop</td>
<td>8-16 years $31</td>
<td>30 September, Niagara Park</td>
</tr>
<tr>
<td>Gymnastics Introduction</td>
<td>5-12 years $30</td>
<td>24 &amp; 25 September, Berkeley Vale</td>
</tr>
<tr>
<td>Kids Multi-Sports</td>
<td>6-13 years $27 first child, $22 for every other sibling</td>
<td>26 September or 2 October, Niagara Park</td>
</tr>
<tr>
<td>Sailing</td>
<td>7-16 years $166</td>
<td>24, 25 &amp; 26 September or 1, 2 &amp; 3 October, Gosford Sailing Club</td>
</tr>
<tr>
<td>Stand Up Paddle</td>
<td>11-16 years $33</td>
<td>1 October, Avoca Lagoon</td>
</tr>
<tr>
<td>Surf Life Saving</td>
<td>5-13 years $20</td>
<td>29 September, Terrigal Beach</td>
</tr>
<tr>
<td>Surfing</td>
<td>7-16 years $95</td>
<td>20, 21 &amp; 22 September (w/e); or 1, 2 &amp; 3 October, Umina Beach or 24, 25 &amp; 26 September, Avoca Beach</td>
</tr>
<tr>
<td>Tennis Wyong</td>
<td>5-16 years $67 (third sibling free)</td>
<td>22, 23 &amp; 24 September, Wyong</td>
</tr>
</tbody>
</table>

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

Send the Kids to Paris without the Airfares!!

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www.lcfclubs.com.au

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- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
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You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Geoff Hynd, your local Saver Plus Worker:
(02) 4333 8061 / 0428 282 900
or geoffrey.hynd@thesmithfamily.com.au

Saver Plus was developed by ABF and the Brotherhood of St Laurence and is delivered across the Central Coast by The Smith Family. The program is funded by ABF and the Australian Government.
Play Baseball!

Come and play baseball this summer with the Lions Junior Baseball Club. Seeking girls/boys for U8 - U16 teams!

Season starts October after school holidays and finishes March 2015. Training and games played on Tuesdays U14/U16 and Wednesdays U8-U12 - 5-7pm most games at Adcock Park, West Gosford.

Registrations for Lions Junior Baseball Club are being held on:

SAT 6 September 10am – 12.00noon at McDonalds, West Gosford
SAT 13 September 10am - 12.00 noon at McDonalds, West Gosford

Uniform is provided free!

Registrations call Megan Morgan on 4322 8230 or email meganmorgan@smartchat.net.au
Rise & Grind Athletics is dedicated to the growth and development of athletes. We aim to utilise sport specific drills and implement proven periodised programs in order to ensure each and every athlete is able to perform far beyond their potential!

Future Hall of Famers (8-12 Years olds)
Session length = 1hr 15min, Maximum of 12 people per session
• Sessions aimed at encouraging team work
• Enhancing fitness
• Improving speed
• Increasing flexibility/mobility, to reduce any injury risks
• Developing solid bases for functional movements
• Building confidence
• Having fun
• Sport Specific Drills and Games will be utilised

Sessions
• 3:45-5pm, Monday - Friday's (except for Thursday's)
• Locations will vary between: The Haven, Wamberal Beach, Brendan Franklin Oval, Avoca Lagoon & other venues on the coast. (wet weather options will be advised).

Prices
• One off session: $15 per athlete
• 6 pack of sessions: $75
• Other package deals can be organised directly with Josh

For all enquiries and bookings, please contact Josh Wiggins 0450 222 690

* Programs commence from November 2014
* Examples of some of the training drills the coaches will utilise can be seen in the link below https://www.youtube.com/watch?v=H0udlI-

"Champions keep going when they don’t have anything left in their tank. That’s the difference between the greats!” Eric Thomas
Josh Wiggins is a qualified Strength and Conditioning Coach, and is in his 2nd Year of Physiotherapy at Newcastle University. He currently is working as a Nutrition and Sports Supplement Consultant.

Josh has experience training: A former State Champion Kickboxer, The Central Coast Sharks Gridiron Team, individual State Netball Players & a Junior State Touch Football Team & Junior Rugby League Players.

Daniel Aguirre-Acevedo is a qualified Personal Trainer and Massage Therapist, who has competed in a National Muay Thai Championship, as well as State level soccer, shot put and discuss.

Daniel has experience training clients towards their weight loss/muscle building goals, as well as working as a massage therapist for the North Queensland Cowboys, The Canberra Raiders and the Western Sydney Wanderers.
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Friday 12 September:
9.00am – 1.00pm

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*Selected items only. Payment methods: EFTPOS, cash, VISA, MasterCard and school accounts. No trade resellers.

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