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Achievement,  
Community*



#### DATES TO REMEMBER

**Wednesday 29 August**  
Father's Day Stall  
**Thursday 30 August**  
Maths Day Years 3-6  
**Wednesday 5 September**  
Outback Disco  
**Monday 17 September**  
P&C Meeting

#### PRINCIPAL'S UPDATE

*Hello to all,*

#### Public Education Awards of Appreciation 2018

Congratulations to Mrs Claire Essery and Mrs Rose Wastell who received recognition through the Public Education Awards of Appreciation last week.

Mrs Essery and Mrs Wastell were both nominated for their longstanding dedication to supporting charities and enhancing the lives of families and students with special education needs. Wyoming is certainly a better place through your dedication and hard work.

#### Parent update details for SMS

Wyoming will be introducing a SMS system to contact parents about providing written or verbal message for all days that your child is absent from school.

To support the effectiveness of this initiative we would appreciate if any parent for who we may not have the correct mobile contact to update your details as soon as possible by either sending a written note, calling the school or via our app.

#### Office Hours

Please be reminded that our office hours (including phone hours) are from 8.30am – 3.30pm. Phone calls made outside of these hours will not be answered.

Our P&C and Canteen have a very active Facebook community – if your question relates to information such as the time that an excursion leaves or returns I encourage you to use this media as a way to have your question answered.

All newsletters are also uploaded onto the school website – please refer to this before ringing the school.

Phone: 02 4325 2181 Fax: 02 4323 6932

Maidens Brush Road, Wyoming NSW 2250 Email: [wyoyming-p.school@det.nsw.edu.au](mailto:wyoyming-p.school@det.nsw.edu.au) Web: [www.wyoming-p.schools.nsw.edu.au](http://www.wyoming-p.schools.nsw.edu.au)

## What is Bullying?

We currently have many classes participating in the lessons around bullying as part of the PD.H.PE syllabus and the students wellbeing policy.

The media portrays many definitions of what bullying is however the national definition for Australian Schools as accepted by the Department of Education and Wyoming Public School is:

*Bullying is an ongoing misuse of power in relationships through repeated verbal, physical and/or social behaviour that causes physical and/or psychological harm. It can involve an individual or a group misusing their power over one or more persons. Bullying can happen in person or online, and it can be obvious (overt) or hidden (covert).*

*Bullying of any form or for any reason can have long-term effects on those involved, including bystanders.*

*Single incidents and conflict or fights between equals, whether in person or online, are not defined as bullying.*

Behaviours that do not constitute bullying include:

- mutual arguments and disagreements (where there is no power imbalance)
- not liking someone or a single act of social rejection
- one-off acts of meanness or spite.
- isolated incidents of aggression, intimidation or violence.

We support students to resolve these types of problems through our sort and talk room – if your child is speaking to you about facing difficulties with a student or group of students please encourage them to speak to the teacher within the sort and talk room who can help facilitate a resolution.

## Tell Them From Me Survey – Perspective of Parents

Shortly parents will be asked to provide feedback to the school as part of the Tell Them From Me Perspective of Parents survey. A link will be available via the website, through the app and also in hard copy.

Please encourage all parents to respond to the survey as responses are used to plan for future directions in the key areas of:

- Parents Feel Welcome
- Inclusive School
- Safety at School
- School Supports Positive Behaviours
- School Supports Learning
- Parents Support Learning at Home
- Parents are informed

## Attention on Attendance

Our attendance figures continue to be exceptional with 29 students on perfect attendance and 24 students who have had less than 2 days off this year. Congratulations to students and parents for this great effort.

Have a great fortnight

**Rebecca Wild**  
**PRINCIPAL**

## SCHOOL ASSEMBLY

### K-6 ASSEMBLY

This week's K-6 Assembly will be held this Wednesday 29 August from 1.35pm in the School Hall. Class 1/20 will perform an item.

## OUTBACK DISCO

This term, some of the proceeds from our school disco will be donated to the 'Buy a Bale' charity, which helps Aussie farmers and rural communities during drought. We can help farming families buy bales of hay and other essential items to feed their cattle.

The K-6 Outback Disco will run from **4.30pm to 6pm** on Wednesday 5 September 2018. Students are invited to dress up in fun, outback clothes, however please remember to dress appropriately (**no midriff tops or toy guns**). For safety reasons, **enclosed shoes must be worn (no slippers, thongs, high heels or bare feet)**.

There will be plenty of surprises, prizes and fun. For just \$5.00 you get a drink, packet of chips and lots of fun dancing! You might get to dance on the stage or win the lucky door prize!

All you need to do is buy a ticket before school near the library. Tickets will be sold for \$5.00 everyday up to the morning of the disco. They will go on sale from Monday 27 August 2018. Glow products will also be available to pre order from Monday 27 August to Friday 31 August and will be handed out to students on the day of the disco.

The disco will be fully supervised by teachers. Parents will need to drop off and collect students from the event.

This is a school organised event so normal school rules apply. If a student fails to comply with rules, parents will be called to come and remove their child from the event.

**UNDER NO CIRCUMSTANCES CAN YOU BUY A TICKET AT THE DOOR ON THE NIGHT OF THE DISCO! To save disappointment, get in early!**

**Kristy Setchell**  
**DISCO COORDINATOR**

## CENTRAL COAST PUBLIC SPEAKING

Last Thursday, four of our students competed in the zone stage of the Central Coast Public Speaking competition. Kamilah Early Stage 1, Bethany Stage 1, Ava Stage 2 and Tara Stage 3 who all spoke confidently and were great representatives of Wyoming Public School.

Congratulations to Tara who will compete at Warnervale Public School in the Central Coast finals Thursday 23 August. We wish Tara the best of luck and congratulations to the other students who made it to the zone level.

**Ms Dufficy**  
**COORDINATOR**

## P&C INFORMATION

The P&C will be holding a **Father's Day Stall** on **WEDNESDAY 29 August**.

The students will come down class by class to purchase items on the day.

We will have the Stall open on **FRIDAY MORNING** 31 August for parents/caregivers to make extra purchases.

### P&C Meeting

The next P&C meeting will be held in the cottage at 1:30pm on Monday 17 September. All welcome to attend.

### VARIETY for Children

As most of you may know Shelby is cutting off her locks and donating it to Variety for children, it takes 10-20 donations of hair to make a wig and helps our Aussie Kids feel good about themselves again.

Shelby has spoken about it at morning assembly and is outside the library most mornings taking donations.

Shelby is giving the Student/teacher who donates the most to cut off her first lock of hair on the Big Chop Day Wednesday 26 September during school assembly.

Starting on Monday 3 September Shelby will also be raffling off a double pass movie ticket, \$2 ticket or 3 for \$5, which will be drawn straight after her Big Chop.

**Kate Cochrane**  
**P&C PRESIDENT**

## WEEKLY AWARDS

### HONOUR CERTIFICATE



An Honour Certificate is awarded when a student has earned ten Certificates of Merit, ten Reading Awards of Excellence,

ten Principal's Awards or a combination. Students may collect their Certificates of Merit, Reading Awards of Excellence and Principal's Awards over a number of years to earn their Honour Certificate.

I have presented an Honour Certificate to the following student.

Elizabeth B

Congratulations!! Keep up the great work.

### PRINCIPAL'S AWARDS

Just a reminder that the class awards collected for the Principal's Award must be collected within the one school year. As each class award is used towards a Principal's Award it is marked on the back. This means that a class award can only be used once towards a Principal's Award.



The following students have been presented with a Principal's Award.

Ahmed B	Liam B
Gurnoor B	Sarah B A
Xanthe B	Joshua B
Sam B	Mason B
Jasmine B	Daviontaye C
Rory C	Harlow C
Zayne C	Jett C
Mia C	Jonathan C
Rabten D	TJ F
Kayla G	Ameliah G
Ella H	Ava H
Lacey H	Ra H
Tyron H	Breeze H
Yumi H	Braeden J
Beau J	Mia J
Jhy K	Khiara K
Molly L	Amanda M
Sophia M	Bison M
Tiulipe M	Liam N
Sanika N	Ruby P
Bethany P	Spencer P
Tuscany P	Azaliah P
Curtis R	Veronica R
Harley R-F	
Caitlin R	Jayda S
Shilo S	Ivy S
Jai S	Jazmin S
Lincon S	Oakley S
Nicholas T	Breanna V
Katalina V	Jade W
Roxy W	Joel W

### CERTIFICATE OF MERIT



Congratulations to the following students who were presented with Certificates of Merit.

**KM**

Ava H  
Ivy S

KR	Rory C
	Roxy W
KS	Charlotte M
	Helena P
K-3E	Jacob T
1/2H	Zahli F
	Israel W
1/2O	Annabelle P
	Leslie W-S
1-2R	Lilli M
	Katalina V
1-2S	Jimmy H
	Miette W
1-2W	Jhy K
	Michael M
3-4L	Sam B
	Molly L
3-4M	Holly C
	Charlie M-H
3-4P	Maddison B
	Sharlotte F
3-4W	Joseph B
	Taj K
3-6A	Amelia G
	Patrick S
3-6F	Libby M
5-6D	Kodi T
	Mia V
5-6H	Yerin A
	Zahrn B
5-6S	Joshua T
	Nicholas T

## COMMUNITY NEWS

Reliance GP Super Clinic, West Gosford, now have more doctors and more available consultations. Reliance would like to offer our families first available appointments wherever possible. Open 7am-10pm, 365 days a year, even Christmas. Call 4304 1333 [www.reliancehealth.com.au](http://www.reliancehealth.com.au).



### NARARA VALLEY HIGH SCHOOL BAND INFORMATION FOR YEAR 7 STUDENTS 2019

Dear Parents/Caregivers and potential NVHS Band students,

Narara Valley High School Band is currently looking to include interested band students **who are enrolling at Narara Valley High School in the 2019 Year 7 cohort.**

As part of our Year 6-7 Transition Program, interested students can experience playing with the high school band ... EARLY!

We are looking to provide these opportunities during Term 3 and Term 4 of 2018. Band practice is held on a Monday afternoon from 2:30-4:30pm in the Narara Valley High School Performance Space. Interested Year 6 students can join us from 3:30 – 4:30pm.

If this opportunity interests you, and you would like more information about times and costs, please contact Mr Ben Ross - Band Musical Director and Music Teacher at Narara Valley High School or Ms Kerrie O'Heir Deputy Principal Narara Valley High School on 43293780 or by email [ben.ross21@det.nsw.edu.au](mailto:ben.ross21@det.nsw.edu.au) or [Kerrie.oheir@det.nsw.edu.au](mailto:Kerrie.oheir@det.nsw.edu.au)



**WE WANT YOU**

### SYDNEY ROOSTERS OCTOBER CAMP – CENTRAL COAST



Our Sydney Roosters Holiday Camps are back for the October School Holidays! We hope to see you there, please see information below and attached. This camp is for kids that love their footy. Aimed at all levels and abilities, Rocky's Rookies is focused around the core fundamental skills of the game. Attendees will learn passing, tackling, kicking techniques in a fun and safe environment led by Sydney Roosters and NRL qualified coaches.

**Highlights include:** - Three hours of on-field Rugby League based activities  
- Exclusive Sydney Roosters Holiday Showbag  
- Appearance by Rocky the Rooster

#### DETAILS:

### ROCKY'S ROOKIES HOLIDAY CAMP @ CENTRAL COAST

**Venue:** Toukley Hawks RLFC Home Ground, Darren Kennedy Oval, Corner Oleandar St and Evans Rd, Noraville.

**Date:** Friday 5 October

**Time:** 10.00am - 1.00pm

**For:** Boys and girls 5 - 12 years old

**Price:** \$35

**Price:** \$55 including 2019 Junior Central Coast General Admission Membership.

**To book in for the camp please click the link below:**

**<https://www.roosters.com.au/community/holidaycamps/>**

2018-19

# North Avoca



Sunday 9<sup>th</sup> September 2018

9am – 3pm

North Avoca Parade, NORTH AVOCA



## REGO DAY

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Visit: [www.northavoca.com.au](http://www.northavoca.com.au)

### MAKE HEALTHY NORMAL

Crunching vegetables! Nibbling nuts! Munching fruit! Slurping water! Popping popcorn!

'Make Healthy Normal' is about making small lifestyle changes that can make a big difference to your health. By simply keeping an eye on what you eat and doing a little more exercise, you'll have more energy, look and feel better and reduce the risk of chronic diseases that go hand in hand with an unhealthy lifestyle.

Over the next 5 newsletters we will be including a fact sheet with ideas to help you create and/or maintain a healthy lifestyle for yourself and your family. Look out for a yummy recipe you could try, also taken from the healthy kids website. If you want to read more just visit the website and be amazed at how easy it is to incorporate these healthy choices within your normal life. Check out the [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au) website which is an initiative between the NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation. The fact sheet we have included this fortnight is an introduction to '5 ways to a healthy lifestyle'. Here is the recipe for Flaky Veggie Rolls:-

### Method

1. Heat oil in a large frying pan. Add onion. Stir over a medium-high heat for 2 minutes until softened slightly.
2. Add sweet potato and curry powder.
3. Stir in lentils, water and stock cube. Bring to the boil. Reduce heat. Cover and simmer 5 minutes.
4. Stir in peas and zucchini. Simmer, covered, for 3 minutes. Uncover pan. Continue simmering for a further 3 minutes, or until liquid is absorbed and sweet potato is tender, stirring occasionally. Remove from heat. Stir in coriander. Transfer to a large bowl. Cool.
5. Spray one pastry sheet with cooking spray. Fold in half crossways to form a rectangle. Spoon  $\frac{1}{4}$  cup of the vegetable mixture along one long edge to form a 10cm log shape, leaving a 7cm border on short sides. Fold short sides over filling, spray again with cooking spray and roll up to enclose filling. Continue with remaining pastry sheets and filling to make 20 rolls altogether.
6. Place rolls about 3cm apart on 2 large, greased oven trays. Spray lightly with cooking spray. Sprinkle with sesame seeds. Bake in a moderate oven (180°C) for 20-25 minutes until golden brown, swapping trays halfway through the cooking time.
7. Serve rolls warm with yoghurt and lime wedges.

### Tasks for kids:

Grate zucchini.

Roll up filling in pastry sheets (Step 5).

Sprinkle rolls with sesame seeds (Step 6).

Tip: Rolls can be prepared a day ahead. Place on baking paper-lined trays, cover and refrigerate. Bake as required. Cooked Veggie Rolls will keep for several days in a container in the fridge, or can be frozen for up to 1 month. Reheat in a 180°C preheated oven for 15-20 minutes until hot.

### Flaky Veggie Rolls



### Ingredients

2 tsp olive oil	1 large zucchini (200g), coarsely grated
1 onion, finely chopped	$\frac{1}{2}$ cup chopped fresh coriander leaves and stems
1 medium (400g) sweet potato, cut into 1cm cubes	375g packet filo pastry (20 sheets)
2 tsp curry powder	Olive oil cooking spray
425g can no-added-salt lentils, drained	2 tsp sesame seeds
$\frac{2}{3}$ cup hot water	$\frac{1}{2}$ cup reduced fat yoghurt, to serve
1 salt-reduced vegetable stock cube, crumbled	lime wedges, to serve
1 cup frozen green peas	

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