



*Opportunity,
Achievement,
Community*



DATES TO REMEMBER

- Thursday 8 November**
Remembrance Day Assembly
- Monday 12 November**
Grandparents Day – K-2
- Monday 19 November**
P&C Meeting
- Thursday 29 November**
Stage 3 Beach Safety Day

PRINCIPAL'S UPDATE

Hello to all,

Music Count Us in

Last Thursday students at Wyoming Public School participated in Australia's largest school initiative "Music Count Us In." During the weeks prior students learnt the 2018 track "One Song" and then joined with more than 700 thousand students from 3000 schools to simultaneously sing using video technology. Thank you to Mrs Liz Rogers who has led Wyoming's participation in this event since 2007 and to our teachers and students who support the initiative.

Heading into warm weather

As the warm days approach please remember to have your child apply sunscreen before school and ensure they bring their school hat every day. You may wish to consider packing additional drinks as well as ice bricks or a frozen drink bottle in their lunch box to ensure food items do not spoil through the heat. Your support in encouraging your child to drink plenty of water during the day is appreciated. To support this the school has installed a 2nd water filling station for students to refill bottles alongside the available "bubblers."

Thank you for your cooperation and support

Last term we commenced a shut gate policy whereby access to the school was restricted to the main pedestrian gate (which also remains shut but not locked). I wish to extend my sincere thanks to all families who have supported this significant change to the way that school grounds were accessed – please be reminded that should students arrive late at school it is imperative that they are walked into the grounds by an adult to ensure the gate is opened and closed in a safe manner.

Attention on Attendance

We are on the final countdown for students to receive a perfect attendance award for 2018! Congratulation to the 16 students who have maintained this rate – only 9 more weeks to go!

Phone: 02 4325 2181 Fax: 02 4323 6932

Maidens Brush Road, Wyoming NSW 2250 Email: wyoing-p.school@det.nsw.edu.au Web: www.wyoming-p.schools.nsw.edu.au

We also have 12 students who have had less than 2 days off this year. These students should also be extremely proud of their efforts.

Dogs (and cats) at School



NO DOGS



NO CATS

Please be reminded that dogs and cats are not permitted in school grounds. This is legislated rule for all schools across NSW. Please

understand that while your dog or cat may be cute and well behaved we have students in the school who suffer from severe allergies and others who are extremely frightened of them. Your cooperation is greatly appreciated.

Have a great fortnight

Rebecca Wild
PRINCIPAL

SCHOOL ASSEMBLY

K-6 ASSEMBLY

This week's K-6 Assembly will be held this Wednesday 7 November from 1.35pm in the School Hall. Class 5/6D will perform an item.

SCHOLASTIC BOOK CLUB

Book Club due Tuesday 6 November. No late orders will be accepted. Please note books ordered online will not be delivered to school until after the 6 November when the orders are placed.

Thanks

Sharon Head
BOOK CLUB COORDINATOR

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH SURVEY

What's your health story?

Tell us by taking part in the **National Aboriginal and Torres Strait Islander Health Survey (NATSIHS)** - Interviewers from the **Australian Bureau of Statistics (ABS)** are now knocking on doors in your area, so make your story heard!

The NATSIHS collects information about the health status of Aboriginal and Torres Strait Islander peoples. We will ask you a range of questions face-to-face about your health and lifestyle, such as:

- visits to doctors, nurses or Aboriginal health workers
- health conditions
- medications
- smoking
- exercise
- what you eat and drink

You will have the opportunity to **take part in a voluntary hearing test** and have some physical

measurements taken, if you agree (height, weight, waist and blood pressure).

For general enquiries, visit the ABS website at www.abs.gov.au/surveyinfo

A SELECTIVE HIGH SCHOOL IN2020

Year 5 students who wish to be considered for Year 7 entry to a selective high school in 2020 need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from mid-September 2018 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at that link on **9 October 2018** and closes on **12 November 2018**. **You must apply before the closing date.**

There are no paper application forms. If you do not have internet access, you could apply at a public library.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on **Thursday 14 March 2019**.

Remember: the tear-off slip from the note sent home last term is not an application. It is a notice to say you intend to apply.

Sharon Head
COORDINATOR

P&C NEWS

Dates to remember:

The next P&C meeting will be held on Monday 19 November in the cottage, all welcome to attend.

WE NOW HAVE A P&C DROPBOX, Located outside the canteen, this is for all P&C correspondence.

WYOMING PUBLIC SCHOOL IS TURNING 50

Wyoming is turning 50 next year, we are seeking past and present students and teachers to purchase a paver for \$40 which will have your name engraved on it, to be placed in a commemorative path. Order forms were sent home the last week of Term 3, if you have not received one or would like extra forms please email wymingpublicschoolpandc@gmail.com or ask the canteen for an order form. Please return forms to the P&C DROPBOX.

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 students.

Russel C
Xanthia F
Amanda M
Cameron P

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.

Caleb A	Karimah B
Noah B	Maddison B
Hannah B	Chloe B
Kathryn C	Bella C
Brody C	Mia C
Oliver D	Karla D
Jethro F	Sharlotte F
Zahli F	Jeremy F
Alex G	Emmaleigh G
Koby G-S	Riley H-W
Amalia H	Kobie H-M
Lacey H	Ra H
Kai H	Breeze H
Yumi H	Beau J
Alexia K	Laila K
Jhy K	Aiden K
Khiara K	Blake L
Summer-Lee M	
Amanda M	Gemma M
Ashton M	Hamish M
Jaydah M	Ryan M
Lotu M	Charlie M-H
David N	Sanika N
Ruby P	Abigail P
Gabrielle P-L	
Bethany P	Curtis R
Veronica R	Caitlin R
Jaedym R	Jayda S
Maddison S	Ivy S
Joseph S	Ryan S

Kayne T
Lara W
Sara W

Kataline V
Shanaya W-S

CERTIFICATE OF MERIT



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

KM	Karimbah B Lachlan P
KR	Te Ao C Lucas L
KS	Heidi B Baran K
K-3E	Kellan D
1/2H	Sama D Zahli F Matari M Israel W
1/2O	Skye C Danny P
1-2R	Brody C Gemma M
1/2S	Travis M Spencer P
1-2W	Harlow C Jeremy F
3-4L	Lhamo D Miami M-O
3-4M	Hannah B Ronan W
3-4P	Jaydah M Aurora W
3-4W	Tiana H Riley T
3-6A	Kurt B Carter B
3-6F	Maddox C
5-6D	Clarissa E Bethany S
5-6H	Ala M Shanaya W-S
5-6S	Liam N Sanika N

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.

MAKE HEALTHY NORMAL

Have you visited the www.healthykids.nsw.gov.au website? Did you try the Mushroom Parmigiana? '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.

If you want to read more just visit the website and be amazed at how easy it is to incorporate healthy choices within your normal life. The fact sheet we have included this fortnight is titled 'Eat more fruit and vegies'. Here is a lunchbox recipe from the *Healthy Kids* website for Veggie Quesadillas:-

Ingredients

- 8 (384g packet of multigrain tortillas
- 1/3 cup tomato salsa
- 1 1/3 cups grated reduced fat tasty cheese
- 400g can no added salt red kidney beans, drained
- 1 cup grated carrot
- 1 cup (30g) baby spinach leaves
- Olive oil cooking spray
- 1 avocado, peeled and chopped
- 1 tbs lemon juice

Method

1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.
2. Top each one evenly with kidney beans, grated carrot and spinach leaves. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
3. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, cook over a medium heat for about 3 minutes or until golden underneath. Using an egg slide, carefully turn and cook other side until golden. Remove from pan.
4. Repeat step 3 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
5. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.

Recipe can be cooked a day ahead. Keep cooked quesadillas refrigerated in a container until required.

Tip: These tasty quesadillas can also be eaten warm as an after school snack or served as a light dinner with a salad.

Nutrients Per Serve

Energy	1891kj
Total Fat	21g
Saturated Fat	9g
Monounsaturated Fat	>5g
Polyunsaturated Fat	>1g
Protein	20g
Carbohydrate	41g
Fibre	>2mg
Sodium	856mg



From July 2018, the Australian Bureau of Statistics will be visiting selected communities to carry out the National Aboriginal and Torres Strait Islander Health Survey.

Selected households will have the chance to talk to us about their health so that government and health care services can make decisions that will help you, your children and your community live long, healthy lives.

What is the National Aboriginal & Torres Strait Islander Health Survey (NATSIHS)?

The NATSIHS collects information about the health and wellbeing of Aboriginal and Torres Strait Islander people all over Australia.

Your answers will help governments and healthcare services decide where to spend money on things like health clinics and health education. The answers you give us help to make sure money is being spent where it's needed most.

Health rating 2012-13

(15 years and over)



Percentage of daily smokers

(15 years and over)



What is involved?

The NATSIHS asks people questions about their health and lifestyle. One of our friendly interviewers will ask some questions about your health which include:

- What you eat and drink
- Exercise
- Smoking
- Your culture
- Any health problems like diabetes



We will also ask to measure your weight, height and blood pressure and ask you to complete a hearing test. This is first time that NATSIHS has had a hearing test. We will give you a copy of your test results so you can look at them again, or you can take them to your community clinic to talk to the nurse about what they mean.



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