



Toormina Public School P&C Association



Newsletter TERM 4 WEEK 6 2015

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Up Coming Important Dates

November

- 20th Yarn Up breakfast
- 23rd Hotdog Orders need returned today
- 27th Hotdog Day - Canteen

December

- 2nd Volunteers Xmas Party - 1.50pm
- 9th Presentation Day

Intensive Swimming

- 23rd → 27th November Intensive Swimming
- 30th → 4th December Intensive Swimming

- 3 - 6 (9.30am - 11.10am)
- K - 2 (12.30pm - 1.15pm)

- 14th Year 6 Farewell
- 15th Talent Quest
- 16th Last day for students

Principal Message

Good News Stories

One of the success stories that is starting to emerge from our assessing and reviewing of the teaching and learning of reading this year has been the number of children who have made significant gains in reading performance. As part of our Strategic Directions for 2015 we have focussed on reading as an area in which we needed to improve. We set targets in each grade which specified how many children we needed to move up the reading levels so that they were performing at the expected level for their grade. We set about implementing professional learning for teachers on guided reading groups in the classroom and we directed resources toward the Racing Ahead With Reading program so that it would run across all grades. What we are discovering now is that we are meeting and in fact beating many of the individual targets we set for each grade. Some children have made some quite significant progress with their reading, going up many levels to a point where they have achieved performances on par with their grade. This is fantastic news and it tells us we are on the right track to improving student achievement in reading.

Remembrance Day

Yesterday we observed Remembrance Day with a short assembly of all classes in the school hall. Led most capably by our School Leaders, it was an excellent assembly, with every child in the school behaving in a most respectful manner. The children viewed a short video on Remembrance Day, and the captains delivered speeches on why we have such days, and why it is important for us to continue to observe such important events.

School Captains Nominee Speeches

On Monday, 16th Nov our 8 nominees for school captains in 2016 will be presenting their campaign speeches.

Our Nominees are:

- | | |
|------------------|----------------------|
| Zali Zan Stijn | Jack Rann |
| Ruby Ensbey | Lachlan Pennington |
| Rebecca Tidey | Ryan Jones |
| Mackenzie Davies | Leroy Van Shelleback |

The speeches will begin at 2.20pm in the school hall. This will be followed by the formal elections. Parents and community members are welcome to attend.

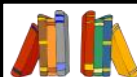
Year 7 Selective High School Application

*(This is **NOT** an application for the OC placement for Toormina High School)*

For application details go to the High Performing Students Unit website:

www.schools.nsw.edu.au/shsplacement

Applications close on 16th November, 2015.



Student Awards

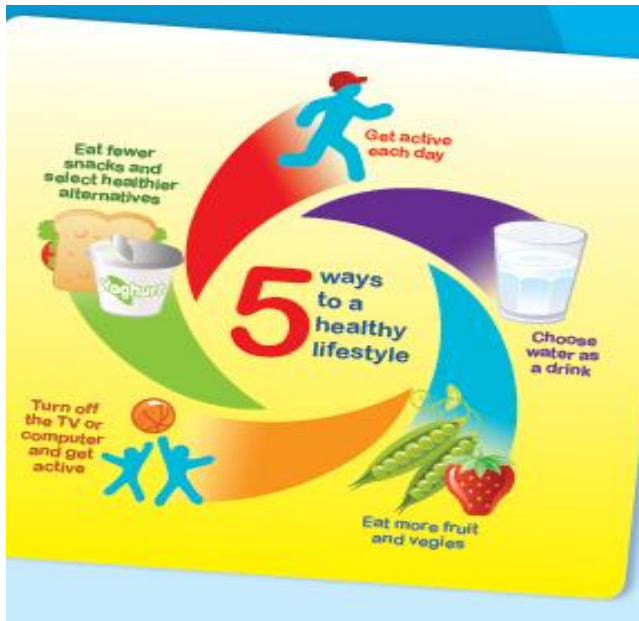
Club 1000
Shayla Bilsborough

Gotcha Being good
Oliver Gregory-East

Club 2000
Hunter Broadbent



Health and Fitness



Did you know?

- ★ 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.
- ★ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- ★ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- ★ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and veges every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

Age (years)	Fruit (serves/day*)		Vegies (serves/day*)	
	girls	boys	girls	boys
2-3	1	1	2½	2½
4-8	1½	1½	4½	4½
9-11	2	2	5	5
12-18	2	2	5	5½

* One serve of fruit is 150 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (125ml) 99% unsweetened fruit juice; or 1½ tablespoons dried fruit).

* One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils))

Fresh fruit is a better choice than juice

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

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

“Children may need to try new fruits and vegies up to 10 times before they accept them”

Canteen News

CANTEEN ROSTER (Every Tuesday closed)

Mon	16.11.15	-
Wed	18.11.15	J.Ward
Thur	19.11.15	H.Ingram & V.Broadbent
Frid	20.11.15	K.Loader & J.Sinclair

**Special Hot Dog Day!! Only \$5.50
Friday 27th November**

Orders and money, need to be returned to the Canteen by Monday 23rd November. Don't miss out!



Hot Dog Day

On Friday the 27th November, the canteen will be organising a meal deal. The deal will consist of a hot dog and a flavoured milk. The cost will be \$5.50 per deal. Orders and money need to be returned to the canteen by Monday, 23rd November.

Name:..... Class:.....

Hot Dog:

No sauce Tomato sauce

BBQ sauce

Flavoured Milk Drink

Chocolate

Strawberry

Banana



Please tick boxes for preferred Sauce and Flavoured milk.

Thank you
April Ingram
Canteen Manager

THE SCREAM

2 ORANGE



Tickets on sale soon!

TOORMINA P.S. TRUTH AND TOLERANCE

"2015 MEGA CHRISTMAS RAFFLE"

\$1,000 + worth of prizes
(Including: food, photography, home wares, beauty & family fun passes)

Tickets \$1 each
Drawn Tuesday 15th December
(All winners contacted via phone if not present at the time of the draw.)

Sawtell Uniting Church and Sawtell Golf Club Ltd invite you to attend

SAWTELL CAROLS BY CANDLELIGHT

when
Thursday, 17th December 2015

where
Join us on the 18th fairway of the Sawtell Golf Club from 6pm

Bring a blanket, a chair and a picnic dinner or there will be food and refreshments available from the club. Parking is available on the Oval in Bayldon Road.

Santa will be arriving at 7.15pm to start the Carols

For the information of members and their guests

Tern Up *Sawtell*

a community art exhibition 7th - 22nd november 2015

- Tern Up twilight street parade: welcome back Little Terns! Sawtell summer sessions, 1st Ave Sawtell, Thursday 12th November 5-8pm
- Tern Up poetry and sand performance evening at Sawtell art gallery, entry by donation. Saturday 14th November 5 - 6.30pm.
- Tern Up bird watching, family picnic NSW National Parks Discovery at Bonville Sawtell (southern) headland, Boronia at Sawtell. BYO picnic/rug. Free community event. Weather pending (facebook) Sunday 22nd November 4-6pm

Hockey Hockey Hockey

Hockey Fun
Come & Try a New Sport

Equipment supplied

Date: Saturday 28th November
Venue: Hockey Fields Stadium Drive
9.30am - 12pm Ages: 6 - 8 yrs & 9 - 12 yrs
Cost: \$2.00
Sausage Sizzle & Drink Provided

Byo:
Jeggars, Hat, Drink Bottle, Sunscreen & shin pads only if you have them..

North's Hockey Club Helen 0429645642
Orara Hockey Club Sue 0423663869