

WEEK  
2

TERM 3  
2019

# NEWSLETTER

Thursday 1st August, 2019

ABERMAIN PUBLIC SCHOOL

Principal: Mr Ian Lamph

Ph: 4930 4210

Email: abermain-p.school@det.nsw.edu.au



**SAFE, RESPECTFUL  
LEARNERS**



## VISION STATEMENT

**As a learning community we know, value and care for every child. We share responsibility to nurture, guide, inspire and challenge students. High quality teaching develops confident and creative individuals with the personal resources for future success and wellbeing.**

# 100 DAYS OF KINDERGARTEN





## Search for the Next Tech Girl Superhero Competition

The students have worked extremely hard and given up many lunch times to participate in this competition. Teams identified a problem in our local community, then researched and documented a solution in a business plan, attempted to code an app prototype and pitched it in a public video. The 'Search for the Next Tech Girl Superhero' competition has encouraged our students to consider a career in STEM and even start their own business one day.

### Group 1

*(Felicity, Hayley, Krystal and Lily)*

**What is the problem your app solves?**

Our app is called '**Hire Me!**' It helps people who are homeless or unemployed find work. It also helps raise money for a local charity.

**What has been a challenge?**

To try and work as a team and making an app is a lot harder than you think.



### Group 2

*(Emily, Keira, Mia, Mya and Tarlay)*

**What is the problem your app solves?**

Our app is called '**Stop Drop!!**' It stops people from littering. This is important because rubbish kills animals.

**How has it been working in a group?**

Great! We are all getting along and have been able to work as a team and in pairs.

**What have you learnt during the competition?**

How to work together and to code/use technology better.



### Group 3

*(Kaitlyn, Kayde and Naomi)*

**What is the problem your app solves?**

Our app, '**Help Me Help You**' solves the problem of lost children by the community keeping a sharp eye and posting any of the child's last photos and location. All information is communicated to the police.

**What has been a challenge?**

Some of the coding has been difficult but we are starting to get the hang of it.







# STAGE 1 BLACKBUTT NATURE RESERVE EXCURSION

On first day back to school Stage 1 went on a mystery excursion to Blackbutt Nature Reserve. Students had a wonderful day spotting Australian native animals, fighting off the beautiful Lorikeets in the aviary and spying on the sleepy koalas.

Year 1 enjoyed meeting and handling certain Australian native animals, learning about their diets and environment. While, Year 2 went on an animal hunt amongst the trees and learnt all about animal diversity. We ate a yummy barbecue lunch and the children loved playing on the playground equipment. Then it was time to go home...

What an amazing adventure!







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Early Stage 1 were very excited when 4/5P visited our rooms to show us their skills at coding. They were able to make the robots form letters and were excellent at explaining and helping the Kindergarten children move the robots.

It was lovely to see the interaction between the children and we hope you can visit us again. Thank you Mr Power and 4/5 P.



**Congratulations!**

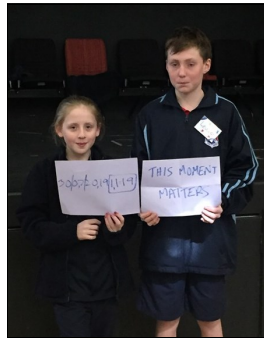
Congratulations to Ryan H who was the winner of the NAIDOC raffle that was offered last Term. School Leaders presented Ryan with the beautiful blanket that was donated by Pat, one of our lovely community members.







# STAGE 3 LEADERSHIP CONFERENCE



On Tuesday 30<sup>th</sup> July, 2019 Stage 3 had the opportunity to participate in a School Leadership day. To kick the day off, students had the privilege of listening to keynote speaker, Nathan Strempele. Nathan spoke to the students about how leadership evolves as we grow. Leadership begins with acknowledging your own special qualities and sharing them with others. Being a leader is not about having a badge, but about how we can help others around us.

"Being a leader is making positive, everyday choices that affect our lives and the lives of others"

Students participated in team building activities and were introduced to their leadership buddies and peer support groups. Later in the term all Stage 3 will take on teaching roles and teach small groups of younger students all about building relationships and the importance of valuing themselves and others.

At the conclusion of the day's activities all students were asked to score the day out of 10 and provide a quick sentence to describe how they felt about the day. The day rated an overwhelmingly positive 9 out of 10 and students commented...

"Nathan was inspiring and funny"... Mitchell

"You don't need a badge to be a leader, you can still show respect and help others without a badge.

"... Emily

"I learnt that when we get something wrong it helps build our mind and give us more information about what we are working on, " ... Jase

"Tech Girls presentation was inspiring" ... Keira



## Tree Day

On Friday 26th July, 2019, 1C and 4/5P planted some trees around the school as part of 'Tree Day'. Cessnock City Council was very generous and provided us with the compost and plants.



**WEAR YOUR BEANIE**  
For Brain Cancer Awareness

**FRIDAY 2<sup>nd</sup> AUGUST, 2019**

In support of the Mark Hughes Foundation, students are encouraged to wear a beanie to school and outside in the playground on Friday 2<sup>nd</sup> August, 2019.

## **EDUCATION WEEK ASSEMBLY** **WEDNESDAY 7th AUGUST, 2019**

**11.00AM - SPECIAL PICNIC LUNCH**

**12-12.45PM - OPEN CLASSROOMS**

**1.00PM - ASSEMBLY**

## **TERM 3 STAFF** **DEVELOPMENT DAY**

**Monday 19th August, 2019 will  
be the Staff Development Day  
for Term 3, 2019.**

**Students do not attend on this  
day.**





## WORLD OF MATHS

Students in Stage 2 and 3 participated in the 'World of Maths' program on Wednesday 31st July, 2019. They were engaged in mathematical problem solving through hands on activities and games.

*Ella - It was hard and I was stuck in the learning pit so I kept trying harder!*

*Koby & Tynan - It's confusing and challenging so we had to work as a team to ask questions to figure out the answers. We had to listen to the instructions carefully.*

*Ivy, Layla & Hayley - Maths is challenging but fun at the same time so just keep trying and don't give up!*





# **WHAT'S ON IN PBL**

## **'SAFE, RESPECTFUL LEARNERS'**

In PBL over the next 3 weeks, students will be working with their class to reflect on how they practise being Safe, Respectful Learners in our school. Students will be looking at each PBL value and the corresponding skills. They will then assign their class a score out of 10, with 10 meaning that all students in the class have a strong understanding and application of the focus skill.

This process of self evaluation and reflection will assist all students in their movement towards achieving their PAWS badge and being engaged, positive members of their school community.

## **Let's Celebrate!**

Each term the PBL team reflects on behaviour data to assess whole school needs and celebrate our successes. In Term 2 we had an AMAZING 90% of students receiving 0 -1 Formal Notifications!!! This is an incredible result and is reflective of the hard work put in by students, staff and families to ensure all children are on track and engaged in positive learning.

We also had over 450 students receiving positive rewards to acknowledge their success.

Keep up the fantastic work Abermain!!!

On Wednesday 31st July, 2019 the School Leaders and House Leaders travelled out to Cessnock Performing Arts to listen to Damien Thomlinson. His inspirational story taught us how to get through challenges, not to give up and how to be the best leader we can be. We were only there for a short period of time but learnt so much. The breakfast was terrific and it was an amazing day.

*Tahlee and Ayasha*







# PRINCIPAL'S REPORT

Welcome back to another exciting Term of wonderful things happening at our school!

2019 Education Week's theme is "Every Student, Every Voice". Working collaboratively with other students and teachers, our young people grow into engaged learners and ethical citizens able to contribute positively to their school and wider community. Our Education Week assembly is being held at the school on Wednesday 7th August, 2019. Parents/carers are welcome to join their child for a picnic lunch, visit their child's classroom, followed by our Education Week Awards Assembly.

Cessnock Community of Great Public Schools (CCGPS) Education Week Awards will be held at Mount View High School between 4pm - 5:30pm on Wednesday 7th August, 2019. Everyone is welcome to come along and celebrate with our school's award recipients .

Congratulations to Stage 1 staff and students who attended their mystery excursion to Blackbutt Nature Reserve last week. We have been fortunate to read some of the great stories that have been generated by the students following their day out. Keep up the great work!

Earlier this week our hall was transformed into a conference centre for our Stage 3 Student Leadership Conference. Guest speaker, Nathan Stempel, encouraged students to make the most of the moment right now, and to be courageous enough to fail on their way to success. They then engaged in activities to build confidence and inspire them to become everyday leaders by putting others first. The day pre-empted our upcoming peer support group lessons that will be led by our Stage 3 students. A special thank you needs to go to Mrs Gibbs who worked so hard to create this fun and informative day for our students, and to our wonderful canteen staff who provided the delicious food.

On Wednesday 31st July, 2019, our Student and House Leaders attended the Cessnock Council School Leaders Breakfast. They enjoyed a lovely breakfast and were inspired by speaker Damien Thomlinson, who shared his own personal journey and provided some simple but powerful messages urging them not to allow their fears to hold them back.

We would like to wish all our students competing at the Zone Athletics carnival this week the very best of luck. We look forward to hearing about their achievements. Have fun, run fast, leap high and throw long!

A reminder that our school P&C meeting will be held on Monday 12th August, 2019 at 5pm in the library. All are welcome and encouraged to attend.

Ian Lamph and Debbie Bower  
Principals



ABERMAIN PUBLIC SCHOOL

# Kindergarten 2020

IS YOUR CHILD TURNING 5 YEARS OF AGE ON OR BEFORE  
31<sup>st</sup> JULY, 2020?

Families wishing to enrol their child in Kindergarten at Abermain Public School in 2020 are asked to contact the school now on 4930 4210 to register their interest.

2020 Kindergarten Orientation will commence in Term 4, 2019. Information regarding Orientation will be sent to all registered families at the beginning of Term 4.

## Non-Local Primary School Placement

Parents/Carers may seek to enrol their child in a school that is not within their zone, although this is reliant on space within the school and the reasons for enrolment. First contact should be made with your locally zoned school before any out of zone enquiry can be processed.

Parents/Carers wishing to apply for non-local placement at Abermain Public School in 2020 should complete an "application for non-local enrolment" form which includes reasons for seeking non-local enrolment. This application must be returned to the school before 1<sup>st</sup> July, 2019 (end of Term 2). Applications will then be reviewed by the non-local placement panel in consultation with the school Principal. Parents/Carers will be informed of the success of their application by 1<sup>st</sup> September, 2019 (Term 3 – Week 7).

## CANBERRA 2019

**FINAL PAYMENT DUE FRIDAY  
2ND AUGUST, 2019**

## TERM 3 ASSEMBLY DATES

**Year 3 to Year 6 12/08/2019**  
(held in the school hall - 2.30pm)

**Kindy 26/08/2019**

**Year 1 to Year 2 02/09/2019**

**Year 3 to Year 4 09/09/2019**

**Year 5 to Year 6 16/09/2019**

(held on the DOTS - 2.30pm)

**Abermain Public School  
invites you to  
"Clever Kids"!**

**DATE: Every Thursday**  
from 15<sup>th</sup> August, 2019  
to 19<sup>th</sup> September, 2019

**TIME: 2-3pm**  
Bring a hat, water and a snack for recess

Come along to our  
**EXTENDED TRANSITION TO SCHOOL PROGRAM**  
Children enrolled for Kindergarten next year,  
and their parents/carers, will have the  
opportunity to join us for some fun activities to  
support their readiness for school.

*We are also happy to support you in deciding  
whether your child is ready to start school.*

**PLEASE CALL THE SCHOOL  
ON 49 304210 TO REGISTER**



We have recently had several cases of nits/head lice within the school.

Could you please check your child/children's hair for nits and lice tonight. Head lice are only found on the human head and often congregate on the crown of the head, so that is not until you reach these last sections of hair that you find adult lice. However, heads that are severely infected will have lice everywhere. Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment. If you find any eggs or lice, please commence treatment. It is also recommended to repeat treatment every 5-6 days for the next couple of weeks to ensure all eggs have been removed.

Further information on head lice is also available on the NSW Health website at:

<https://www.health.nsw.gov.au/environment/headlice/Pages/treatment.aspx#bookmark3>





## P&C NEWS



Support our fundraising!

PRE-ORDER  
NOW!Just  
\$65

Hurry! Bonus Early Bird Offers. Limited Time Only.

Abermain Public School is fundraising with  
Entertainment!

Your support really helps, so we're thrilled to let you know about special bonus Early Bird Entertainment Membership Offers for loyal supporters. Pre-order the NEW 2019 | 2020 Entertainment Membership before April 4 2019 and receive bonus offers you can use right away!

Order online at [www.entbook.com.au/34447](http://www.entbook.com.au/34447)Pre-order to  
enjoy these  
bonus offers  
PREVIEW  
THE VALUE

New to Entertainment 2019 | 2020

FUNDRAISING WITH  
entertainmentTHANK YOU FOR YOUR SUPPORT!  
Abermain Public School  
Cheryl-Ann Leggatt  
[abermainschoolpandc@gmail.com](mailto:abermainschoolpandc@gmail.com)

**NEXT P&C MEETING - MONDAY**  
**12th AUGUST, 2019 AT 5.00PM**

## "SAVE THE DATE"

ABERMAIN MISSION HALL CHURCH &  
ABERMAIN PUBLIC SCHOOL P&C PRESENT...

Location:

ABERMAIN PUBLIC SCHOOL

MONDAY 9TH DECEMBER, 2019 AT 6PM

Gold Coin Donation

Food &amp; Drinks available throughout the night

Visit from Santa

Fireworks at 9pm



## Kearsley PS Zone Athletics



### Canteen Menu



Chicken Burger ( <i>lettuce and mayo</i> )	\$4.00
Bacon and Egg Burger	\$4.00
Sausage and Onion Burger	\$4.00
Plain Pie	\$3.00
Potato Pie or Cheese & Bacon Pie	\$3.50
Sausage Roll	\$2.50
Cheese & Bacon Sausage Roll	\$3.00
Sauce	30c
Cake and Slices	\$3.00
Cans of Drink	\$2.50
Bottles of Water	\$2.00
Juice Poppers	\$1.50
Chill J	\$2.00
Powerade	\$4.00
Packets of Chips (45g)	\$3.00
Variety of Lollies	from 50c

CASH ONLY PLEASE

Thanks for your support!



**ZONE ATHLETICS CARNIVAL**  
**FRIDAY 2ND AUGUST, 2019**

## ABERMAIN PUBLIC SCHOOL PLAYGROUP

Wednesdays during School Terms

9.30am - 11.00am



ALL WELCOME!

For more information contact

Cheryl-Ann Leggatt Ph: 0414 625 872



## **ZONE PUBLIC SPEAKING**

The HUNTER INTER-SCHOOLS Public Speaking competition will be held on the following dates:

Monday 26th August, 2019 – Early Stage 1 – Black Hill Public School, Black Hill

Tuesday 27th August, 2019 – Stage 3 - King Street Public School, Singleton

Wednesday 28th August, 2019 – Stage 2 – King Street Public School, Singleton

Thursday 29th August, 2019 – Stage 1 – Bellbird Public School, Bellbird

Students who have made it through to the Zone round will be given a note with further information early next week. Times have not been confirmed yet.

## **VOLUNTEERS**

If you would like to volunteer at our school during 2019 please ensure you have been to the office to complete a 2019 Volunteer Policy Agreement and an Appendix 5 or Appendix 11. Both of these forms need to be completed before commencing volunteer work at Abermain Public School.



**A REMINDER THAT  
THERE IS TO BE NO  
SMOKING WITHIN 30  
METRES OF OUR  
SCHOOL.**

**THIS INCLUDES  
VAPING AND E  
CIGARETTES**

## **STUDENT ABSENCES**

*SMS texts will be sent between 9.45am and 10.00am each day to inform that an absence has been recorded for their child. Parents/carers can explain the absence either by SMS text, in person, by phone, school email or a letter to the class teacher. ALL absences must be explained within seven (7) school days.*

*If you are having attendance issues with your child, please contact the school so we can work together to improve their attendance at school.*

## **MEDICATIONS**

If your child requires non-prescribed or intermittent medication administered at school, parents/carers must complete a medication form which can be obtained from the school office. This form requires specific details of medication and health management.

FOR THE SAFETY OF **ALL** CHILDREN MEDICATIONS **MUST** BE HANDED TO THE OFFICE BY PARENTS/CARERS. MEDICATIONS ARE **NOT** TO BE HANDED TO THE STUDENT TO BRING TO OR FROM SCHOOL.





- ♦ Friday 2nd August, 2019      Zone Athletics Carnival  
“Beanie Day”  
**Final payment for Canberra due**
- ♦ Wednesday 7th August, 2019      Education Week Assembly / Open Classrooms
- ♦ Monday 12th August, 2019      Year 3 - 6 Assembly - 2.30pm  
P&C Meeting - 5.00pm
- ♦ Thursday 15th August, 2019      Clever Kids (2.00 - 3.00pm)  
to Thursday 19th September
- ♦ Friday 16th August, 2019      Cessnock High School Taster Lessons
- ♦ Monday 19th August, 2019      Staff Development Day - Students do not attend school
- ♦ Monday 26th August, 2019      Kindergarten Assembly - 2.30pm  
Early Stage 1 Zone Public Speaking - Black Hill Public School
- ♦ Tuesday 27th August, 2019      Stage 3 Zone Public Speaking - Singleton Public School
- ♦ Wednesday 28th August, 2019      Stage 2 Zone Public Speaking - Singleton Public School
- ♦ Thursday 29th August, 2019      Stage 1 Zone Public Speaking - Bellbird Public School
- ♦ Monday 2nd September, 2019      Year 1 - 2 Assembly - 2.30pm
- ♦ Monday 9th September, 2019      Year 3 - 4 Assembly - 2.30pm
- ♦ Monday 16th September, 2019      Year 5 - 6 Assembly - 2.30pm
- ♦ Tuesday 24th September, 2019      Stage 3 Canberra Excursion  
to Friday 27th September

**SCHOOL WEBSITE**

<http://www.abermain-schools.nsw.edu.au>

**SCHOOL FACEBOOK PAGE**

**Abermain Public School**

**NOTES WILL NOT BE REPRINTED AT SCHOOL. COPIES OF NOTES  
CAN BE OBTAINED ON OUR SCHOOL WEBSITE.**



# Koe-nara

TERM 3 2019

**PLAYWORKS**

10 - 12

Each Monday of term, held at Koe-nara, held at Cessnock Public School  
Speech pathologist visit - August 5

**LET'S PLAY**

10 - 12

Each Tuesday of term, held at Koe-nara, held at Cessnock Public School

**STORIES AT BUNNINGS**

10.30 - 12

Craft, Stories and Face-painting from 10.30 to 12  
August 28 & September 25

**PLAYWORKS AT EAST**

9 - 11

Each Thursday of term, held at Cessnock East Public  
Speech pathologist visit - September 19

**Wonai Wareya**

We are excited to have the Aboriginal Child & Family Health team offer their services at Koe-nara on the following dates: August 13 & 27; September 10 & 24

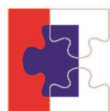
Koe-nara is in the grounds of Cessnock Public School  
For further info call 49909354 or 0428 263 854

**You're Invited!**  
Help us recognise outstanding student achievement and join us for a day of future focused fun!

**Activities include:**  
Student presentations of work from all 6 CASE Schools  
Green screen technologies // 3D Printing // Robotics demonstrations  
Virtual and Augmented reality // F1 in Schools race demonstrations  
Mini electric vehicle demonstrations // Electric bike demonstrations  
Interactive science presentations

**EDUCATION WEEK  
SHOWCASE**  
CESSNOCK ACADEMY OF STEM EXCELLENCE  
THURSDAY 8 AUGUST - 10AM TO 2PM  
CESSNOCK PERFORMING ARTS CENTRE  
For more information contact Nikki Murphy on 02 4990 1977  
or nicola.murphy2@det.nsw.edu.au

Logos for CASE, Cessnock Public School, Cessnock East Public School, Cessnock North Public School, Cessnock West Public School, Cessnock South Public School, Cessnock Central Public School, Cessnock East Public School, Cessnock West Public School, Cessnock North Public School, Cessnock South Public School, Cessnock Central Public School.

**Strive**  
For Autism Inc.

Families Supporting Families Coping with Autism

**SEMINAR  
Autism - Exploring the Possibilities**

featuring

**Tim Sharp & Judy Sharp**  
Laser Beak Man

Tim Sharp is a young man on the spectrum who is an artist, animator and the creator of Laser Beak Man. He and his mother, Judy Sharp, a passionate speaker and strong Autism advocates, travel the world sharing their story and the pathways that lead to Tim finding his passion and how they continue to raise Autism awareness and share his talent with the world.

**Dr Lee Sturgeon**

Consultant Senior Clinical & Developmental Psychologist  
D. Psy(Clinical), M.A.P.S., M.C.C.Ps

Lee specialises in the assessment and treatment of children and adolescents with Autism disorders (ASD) and developmental disorders for over 25 years.

**Providing you with a unique insight into the world of Autism**

With Tim & Judy Sharp's personal perspectives and firsthand experience coping with Autism and our proud Ambassador for Strive For Autism; Dr Lee Sturgeon's wealth of experience gained over years of operating a professional practice. The "Autism - Exploring the possibilities" seminar will provide you with a unique insight into the world of Autism and is tailored for GPs, Specialist, Nurses, Principals, Teachers, SLCO, Parents, Carers & Community Members alike.

**When:** Tuesday 10<sup>th</sup> September 2019**Time:** 6:00pm - 9:00pm**Venue:** Cessnock Performing Arts Centre

198 Vincent Street, Cessnock

**Cost:** \$25.00**Tickets By:** 198 Vincent Street, Cessnock 02 4990 7134Box office [www.cessnockperformingartscentre.com.au](http://www.cessnockperformingartscentre.com.au)

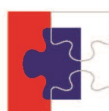
Sophie Kerslake

**For further information:** Contact Maxine Baird - President on 0419 913 033

**Autism - Exploring the Possibilities will contribute 2 hours of QTC Registered PD addressing 6.2.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.**

[info@striveforautism.org.au](mailto:info@striveforautism.org.au) [www.striveforautism.org.au](http://www.striveforautism.org.au)

Postal Address: 101 Vincent St, Cessnock NSW 2325

**Strive**  
For Autism Inc.

Families Supporting Families Coping with Autism

**Tim & Judy Sharp**

The internationally recognised artist and animator; Tim Sharp, and his mother, Judy Sharp, join us to share their inspiring family story, encapsulating Judy's incredible experiences escaping from a domestic abuse situation to go on to raise her two wonderful sons; Tim and Sam, and Tim's journey on the spectrum and his many achievements to date.

As a young boy, Tim was unable to communicate and seemed isolated in his own world. Judy, wanting the best for her son, expresses their struggle and her desire to connect. Depicting how their lives changed for the better, the day Tim picked up a pencil and began to draw.

Through Judy's immense love and dedication - "where there is a will, there is a way" we see the amazing outcomes of focussing on Tim's abilities opposed to disabilities. Judy shares how they discovered Tim's love of drawing and incredible talents as an Artist, with his super hero creation "Laser Beak Man"; a cartoon character from his imagination.

Tim began to share his creation and artworks with the world in 1991. His work was recognised with a nomination for Young Australian of the Year in 2005 and in 2010, "Laser Beak Man" was made into an animated series which has been seen in Australia and overseas, with many of Tim's artworks selling worldwide.

Well known for their work in helping to advance people's understanding of the lives of those on the Spectrum, and having spoken at numerous conferences including twice at the Sydney Opera House. Tim and Judy's talk will provide real life examples of the difficulties faced by those on the Autism Spectrum and the importance of using individual strengths, tailored strategies to achieve life goals and exploring the possibilities.

**Dr Lee Sturgeon**

Dr Lee Sturgeon is a Consultant Senior Clinical and Developmental Psychologist. He has specialized in the assessment and treatment of children, adolescents and adults with Autism Spectrum Disorders (ASD) and other developmental disorders for over 25 years. He has reviewed approximately 2300 clients and their families over this time.

Lee has completed a doctorate in Clinical Psychology. He has a private practice for 15 years with a focus on ASD and developmental disorders in children and adolescents. Prior to this he worked for Hunter New England Health Service in a similar capacity.

Lee is a proud Ambassador for Strive for Autism and lectures widely across Australia and conducts regular educational seminars specialising in the provision of practical behavioural interventions. His extensive experience in working with individuals on the Spectrum has led him to develop some keen insights into the challenges these individuals may face in navigating and interacting with the world. Lee's presentation will focus on understanding what Autism is and identifying the main issues associated with it. He will also provide some guidance on the strategies that can be used to address these issues and to capitalize on the strengths that are often found associated with Autism.

**"Fun for Fun"**  
Art Competition!

Great prizes to be won sponsored by 'The Sensory Clinic Maitland'  
Refer to website for more details [www.striveforautism.org.au](http://www.striveforautism.org.au)  
Artwork will be on display at the seminar and winners will be announced





## Teralba Lakesiders Fishing Club

### CATCH & RELEASE JUNIOR FISHING TOURNAMENT

Club/Schools  
Team Challenge

Sunday 3rd  
November  
2019

Fishing tips session  
Friday 1st November  
5pm to 6pm  
with awesome  
angler  
Jason Nunn.

Presentation  
3pm Teralba  
Bowling Club

All anglers receive a hat, brag mat and the chance to win a \$200 prize pack. First 40 registered get a bonus neck buff courtesy of Michael guest

#### FREE ENTRY

Loads of extra prizes  
Get your team of 4 together from your  
School or fishing club now.

Entries close 25-10-19  
contact Michele on [dangeranger@optusnet.com.au](mailto:dangeranger@optusnet.com.au)  
or Ian on [ian.guy@westnet.com.au](mailto:ian.guy@westnet.com.au)

Made with PosterMyWall.com

## CESSNOCK CITY TOASTMASTERS

### WHY TOASTMASTERS?

- Great for developing public speaking skills
- Improve presentation skills
- Learn the art of impromptu speaking
- Speak with confidence at any social occasion
- All in a FUN and supportive environment

EVERY MONDAY NIGHT  
7-9PM  
CESSNOCK LEAGUES CLUB



Contact: Anna 4990 4093  
[anna.vannetten@bigpond.com](mailto:anna.vannetten@bigpond.com)

### VIP EVENT - TODAY ONLY! ZERO & REWARDS CARD HOLDERS

**LOWES**  
1 DAY ONLY  
**20%\***  
**OFF**  
**SCHOOLWEAR**  
AND  
EVERYTHING ELSE



SHOP NOW >



INSTORE & ONLINE THURSDAY 8TH AUGUST.

\* Excludes gift cards, all suit packages & Schoolwear today's. Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store. No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Offer ends midnight (AEST) 08/08/19. Must use Zero or Rewards card to receive discount.

## Good for Kids good for life

### FUNDAMENTAL MOVEMENT SKILLS MASTERING THE KICK



The kick is a manipulative striking skill characterised by producing force from the foot to an object. The stationary place kick involves kicking an object which is still. It is basic to kicks used in all football codes. It is also important for foot-eye coordination.

#### Steps to practice at home:

- Stabilise and raise the ball off the ground by placing it on a bean bag or a roll of masking tape.
- Place a mark on the ball and ask the child to focus on that as they approach the ball to kick.
- Focus on kicking the ball for distance rather than accuracy.
- Place chalk on the child's shoelaces so that a mark is left on the ball after it has been kicked.
- Use a beach ball, balloon, or a ball that is soft, flat or partially deflated.
- Practice kicking the ball against a wall.
- Demonstrate, running up to kick the ball.
- Introduce accuracy by kicking to a partner or target, or into a goal.
- Practice kicking with either foot.

Source: Get Skilled, Get Active and Live Life Well @ School © State of NSW, Department of Education and Communities, 2012



Health  
Hunter New England  
Local Health District

[info@goodforkids.health.nsw.gov.au](mailto:info@goodforkids.health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>



DO YOU REQUIRE A BREAK, HAVE APPOINTMENTS, NEED TIME OUT, WORK LONG HOURS!!!

## TRY SHERPA KIDS

WE ARE HERE FOR BEFORE SCHOOL AND AFTER SCHOOL CARE AT ABERMAIN PUBLIC SCHOOL!!!

MONDAY TO FRIDAY FROM 7.00AM BEFORE SCHOOL CARE,  
AFTER SCHOOL CARE AVAILABLE FROM SCHOOL END UNTIL 6.00PM.

Located in the canteen hall.

Enrolment is free,  
Structured activities available  
Quality Care Programs  
Breakfast and Afternoon Tea Provided  
Outdoor play  
Imaginative and Creative Play environment  
Inclusion support programs  
CCB and CCR available.

Out of Pocket Fees can be as little as \$3.00 per session.  
Enquiries available  
Spaces available daily.  
Casual and Permanent Places.

Elaine McCourt 0410 647 153 [hunter@sherpa-kids.com.au](mailto:hunter@sherpa-kids.com.au)