



Avoca Beach Public School Newsletter



7th September, 2009

Dear Parents/Carers,

FATHERS DAY STALL Carol Fortey and her team provided a wide variety of gifts for students to purchase last Thursday. The opportunity for students to purchase an affordable gift for their dad was appreciated. The Chandler family won the raffle which was an 'esky mobile'.

A BIG THANKS to Mrs Vallis for doing an excellent job as Relieving Principal in my absence and to Mrs Duck who carried out the role of Relieving Assistant Principal in such a competent and effective manner. A definite strength of this school is the leadership capacity that exists across the K-6 staff.

Peter Whelan,
Principal.



FRUIT & VEGE WEEK 2009

This week we are participating in the state wide initiative Fruit & Vege Week to promote healthy eating, as one in four school-aged

children are now overweight or obese. Eating plenty of fruit and vegetables helps children maintain a healthy weight and protects from weight gain. However, research shows that fruit and vegetables consumption is lower than recommended in this age group.

Therefore, Fruit and Vege Week aims to:

- increase awareness of the need to eat more fruit and vegetables;
- increase positive perceptions of fruit and vegetables.

This initiative is organised by:

- Go for 2 and 5 (2 serves of fruit and 5 serves of vegetables per child per day);
- Healthy Kids;
- NSW Cancer Council;
- NSW Health, Live Life Well.

Some websites that provide more information, recipes and snack ideas are:

- www.healthy-kids.com.au
- www.gofor2and5.com.au

Each day, different classes will be provided with a free Curly Apple, courtesy of "Savy's Fruits", who have generously donated over 400 apples and the P & C for donating a prize of a Curly Apple machine. In addition, classes will be asked Fruit and Vege questions with answers going into a draw. At the end of the week, one lucky student will win their very own Curly Apple machine.

This week also has us trialling **Crunch&Sip**. This is where students have a 10 minute break at 12.10pm and **crunch** on a piece of fruit or vegetable and **sip** on some water. Research has shown that this break enhances student learning and energy levels for the rest of the day. Please provide your child with an extra piece of fruit or vege to snack on and some plain water to drink.

Jane Miles,
Fruit & Vege Coordinator.

TICKETS FOR THE MUSICAL are now on sale.
Tickets: \$10 adults, \$5 for students/concessions.

THE WIZARD OF AUZ			
Week 8	Night Performance 7pm	Wed 16/9	Cast K
	Night Performance 7pm	Thurs 17/9	Cast S
Week 9	Night Performance 7pm	Tues 22/9	Cast S
	Night Performance 7pm	Wed 23/9	Cast K

REMINDERS

School Costs—\$38 per student, maximum of \$80 for 3 or more students payable at school office.

Year 6 Boot Camp, 9.9.09, \$4.00.

Year 1 Reptile Park excursion 15.9.09, \$18.00.

School Swimming Scheme 21.9.09—2.10.09, \$95.00.

Kinder Girrakool Excursion 21.9.09, \$12.00.

BRISBANE WATER ZONE ATHLETICS CARNIVAL

First Place Champions (qualified for Sydney North):

12/13 Girls High Jump

Junior Boys Long Jump

8 Year Boys 100m (record)

Junior Boys 4 x 100 relay

Second Place (qualified for Sydney North):

Junior Girls 800m

12/13 Boys 200m

12/13 Boys High Jump

12/13 Girls Discus

Senior boys 4 x 100 relay

Third place (qualified for Sydney North):

8 year Girls 100m

Other third placings:

Junior boys 200m

12/13 Boys 800m

Junior Girls Relay

Senior Girls runner up champion.

Congratulations to all our Athletes for a wonderful demonstration of achievement and sportsmanship representing ABPS. Special thanks to Bob (Field Coaching), parents and teachers for their wonderful support at Mingara.

Fred Fabila.

SWIMMING SCHEME—Term 3, weeks 9 and 10

Full payment of \$95 is due by next Monday, 14th September. There are still many outstanding payments. If you reserved a place for your child, costs were calculated according to the number of reserved places. If you no longer intend to have inclusion in the swimming scheme, please contact Mrs. Duck.

Louise Duck,
Coordinator.

P & C MEETING will be held next Monday 14th September at 7.30pm in the staffroom. All welcome.

GET FIT FOR FREE MK II

Meeting at school steps Tuesday 15th September at 9.15am. Just bring gardening gloves and be ready to move piles of mulch. Coffee and muffins provided.

WORLD TRANSPLANT GAMES REPORT

Last week I went to the Gold Coast to compete in the World Transplant Games where I did really well. I competed in four swimming events including twenty five metre freestyle, backstroke breaststroke and butterfly. I won four gold medals which were presented to me by Jessicah Schipper, an Olympic champion swimmer. Then I competed in the fifty metre sprint (running) and won a bronze medal.

I made a world record for my age in the twenty five metre breaststroke. I may be going to Sweden in 2011 for the next World Transplant Games.

I'.

ZONE ATHLETICS REPORT

On the 27th and 28th August, students from ABPS went to the Zone Athletics Carnival at Mingara.

Congratulations to everyone who made the finals, which means you are the top 12, 8 or 6th in your events. A special congratulations to the boy who broke the 8 year old 100m record with 14.93 seconds.

Also, a big thank you to Bob and Fred for helping the students develop new skills in all the training sessions before and after school. A huge thanks to Miss Stevens for being a fabulous sports coordinator and to the students for being courteous, cooperative and considerate at the carnival.

WOY WOY WATER POLO CLUB are looking for players. Please phone Mark Fuller on 4344 1749 for further information.

FAIRHAVEN SERVICES is a Central Coast charity that provides support and meaningful employment to those with an intellectual disability. They are holding a function at Barretts Restaurant, Magenta Shores Golf and Country Club on Friday 25th September commencing at 6.30pm. Special guest is Master Chef winner Julie. Tickets are \$100 per person. Phone Katey on 4385 2696 for bookings.

CANTEEN NEWS

- The canteen has a wide variety of fruit and vegetables available every day over the counter or by order. The sticker promotion has now finished and was a great success. Please continue to make healthy choices when buying from the canteen.
- Special thanks to all our volunteers for last week: Sally Brooks, Pippa Sangster, Kylie Micklethwaite, Kerry Jones, Stacey Brown, Annette Parker, Gina Cartwright, Danielle Eurell.
- This weeks roster:

Tue Sept 8	Kelly Hayes, Michelle Butler
Wed Sept 9	Penny Guthmann, Joanne Graves
Thur Sept 10	Lisa Short, Kerry Allen
Fri Sept 11	Katherine Thomson, Lyn Gardiner
Mon Sept 14	Sam Lemon
Tue Sept 15	Janelle Sykes, Leanne Neubauer

Regards,
Kylie Hoskin.

**NUTRITIOUS
FOODS**



THANK YOU Andrew and Alison Savage from "**SAVY'S FRUITS**" who have generously donated 400 apples to support our fruit and vegetable week this week.

"Savy's Fruits" have been supplying our canteen with top quality fruit and veg. for the past 4 years. They have very competitive prices and are extremely reliable. Savy's are a local family business that will do home deliveries. You can contact them on 4324 8744.

GIRLS GREY NYLON TIGHTS sizes: mids, talls and 10-12 available from the school office for \$1 each.

KINCUMBER NEIGHBOURHOOD CENTRE are hosting the Kincumber Festival on Saturday 19th September from 10am—2.30pm. Stall holders and volunteers wanted. Phone 4363 1044.

AVOCA BEACH S.L.S.C. REGISTRATIONS

2009—2010 season dates:

Saturday 12th September 9am—12pm
 Sunday 13th September 1pm—4pm
 Saturday 26th September 9am—12pm
 Sunday 27th September 1pm—4pm
 Tuesday 13th October 3.30pm—5.30pm
 Thursday 15th October 3.30pm—5.30pm
 First Club Day is Sunday 18th October from 9am.
 Contact Sonya Walters on 0403 748 348.