DATES TO REMEMBER

Monday 3 August – Monday 10 August
Healthy Harold

Wednesday 5 August
NED Show

Monday 10 August – Friday 21 August
Special Ed Swim Scheme

Friday 21 August
Zone Athletics Carnival

Wednesday 26 August
Book Week Costume Day

PRINCIPAL’S UPDATE

Hello to all,

Biggest Morning Tea
A lovely morning was enjoyed by parents last Thursday at our Australia’s Biggest Morning Tea to raise money for the Cancer Foundation. Entertainment was provided by our Dance Group, Choir and Kindergarten classes and wonderful conversations had by all.

Thank you to all staff who arranged such a beautiful spread and to Bartos Bakehouse East Gosford for their generous donation of cakes and slices. A very special mention to Mrs Rose Wastell who has done such a wonderful job organising and hosting our morning tea.

Athletics Carnival
Congratulations to all students who participated in the athletics carnival and to our wonderful parents and staff members who assisted in the running of the day. From all accounts the weather was beautiful, student behaviour exceptional and the BBQ a great success! A big THANK YOU again to Bartos Bakehouse for their generous donation of bread. Also THANK YOU to Barry from Gourmet Butchery at Hornsby for the donation of Meat Trays for us to raffle. A full wrap up of the day’s events will be reported in a future newsletter.

Stage 3 Camp
Stage 3 students and staff have returned from Canberra with many exciting stories to share. Teachers were exceptionally proud of the way that students conducted themselves at all activities with a member of the public specifically asking what school we represented as student behaviour and manners were exceptional. Congratulations to all involved and especially our teachers who accompanied the students - Mr Matthew Walter, Mrs Michelle Francis, Mrs Liz Rogers, Mrs Rose Wastell and Mrs Kylie Atherton.
Community Feedback

What a delight to receive the following email recognising the good deeds of our students when in our local community...

To the Principal of Wyoming Public School.
I live on Maidens Brush Rd very close to your school. During the school holidays 2 of your students went out of their way to do a good deed, and I didn't want it to go unnoticed.

I was unpacking my car when the 2 students were riding past, they stopped and offered to help me. They were very polite and helpful.

I asked them if they went to Wyoming Public School, and they replied yes. It seems like your school and students have lovely community spirit. Well done and thank you!

Have a great fortnight.

Rebecca Wild
PRINCIPAL

OFFICE HOURS

The Administration Office is open between the hours of 8.30am to 3.30pm school days.

MONEY COLLECTION PROCEDURES

Money is collected at the Front Office. Please follow the procedures below:

➢ Correct: Money must be enclosed in an envelope or plastic bag with the following details marked:
  - Student Name and Class
  - Name of Excursion or Event
  - Amount Enclosed
  - Permission Note Signed and dated. Do not send in permission note without a payment.

PLEASE NOTE:

➢ Each student needs their own separate permission note for an excursion or event (please do not put other siblings names on same note if they attending the same excursion or event) as permission notes are then given to their class teacher after being receipted. Receipt is placed in envelope or plastic bag that money was sent in and then returned to student.

➢ Please ensure correct money is placed in the envelope, as change will not be available until receipted (receipting is not carried out everyday). Change will not be available for recess or lunch orders. The front office does not have petty cash to give change.

SCHOOL ASSEMBLY

K-6 ASSEMBLY

This week’s K-6 Assembly will be held this Wednesday 5 August from 1.35pm in the School Hall.

Students who are stage winners for Wyoming Public School Public Speaking competition will display their talents on stage in the hall.

SCHOLASTIC BOOK CLUB

All money and orders for Book Club are due back Wednesday 12 August. No late orders will be accepted.

Don’t forget you are able to order and pay online through the LOOP system.

Please note books ordered online will not be delivered to school until after the 12 August orders are placed.

Sharon Head
BOOK CLUB COORDINATOR

THE NED SHOW

The NED show is coming on Wednesday 5 August as a free show for all students K-6.

NED stands for Never give up, Encourage others, and Do your best and is a K-6 program teaching all students that they can be a champion.

As part of the NED show yo-yos will be sold before school and during lunch time for the week after the show.

Lauren Stevenson
COORDINATOR
STAGE 3 CAMP

Last week students in Stage 3 travelled to Canberra for an educational tour of our nation’s capital city. Students were given an opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion, the Australian Government contributed $20 funding per student under the Parliament and Civics Education Rebate program. The rebate is paid directly to the school upon completion of the excursion. We appreciate the support of the Australian Government to help make this excursion as affordable as possible.

Matthew Walter
ASSISTANT PRINCIPAL

WOOLWORTHS EARN & LEARN 2015

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school.

From Wednesday 15 July to Tuesday 8 September, we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every $10 spent (excluding liquor, tobacco and gift cards). Place the Woolworths Earn & Learn Sticker onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the Sticker Sheet can be dropped into the Collection Box here at the school library or at your Woolworths in Gosford.

Matthew Walter
COORDINATOR

BOOKWEEK COSTUME DAY

In 2015 Book Week will fall in Week 7 of Term 3, from Monday 24 to Friday 28 August. The theme this year is BOOKS LIGHT UP MY WORLD.

At Wyoming Public School we would like to add to Book Week celebrations by having a costume day on WEDNESDAY 26 AUGUST. Our theme will be, BOOKS LIGHT UP WYOMING. I encourage all students to wear any costume reflective of any book character which will LIGHT UP WYOMING school community on this day. Please be creative with the clothes and resources you have at home.

There will be an assembly and parade for the students from K-6 from 2pm on WEDNESDAY 26 AUGUST. If you have any questions about costumes or Book Week please come and see me in the library or talk to relevant class teachers.

Happy Reading!!

Don McCready
TEACHER/LIBRARIAN

P&C & CANTEEN NEWS

Everything is back in full swing for the P&C this term. We’ve been busy discussing events, the results of our last fundraiser and more importantly, what our school community is going to be spending our funds on.

The P&C Association is based solely on volunteers, giving a lot of their time to help in many different ways. Everyone in our school community is welcome to join us in anything that we do. The more individuals we have encourages more diversity within our community to enable us to have a broader network of people, their professions, their skills and their ideas.

The P&C organises fundraisers to raise funds that go directly back into our children’s school. These funds are then voted on and a decision is made where in the school to use it. The more volunteers we have, the more successful our fundraisers are, the more funds go back into our school community.

The Thompson’s Pie Drive was extremely successful. We placed an order for 209 items with a profit of $610.30. The feedback we’ve had from the families and teachers has all been fantastic.

* Crunch n Sip is on tomorrow Tuesday 4 August. The children absolutely love Crunch n Sip. This is only made possible by fundraisers to purchase all the fresh fruit and vegetables AND the volunteers cutting up all that glorious wholesome food. It is never too late to volunteer. We will be cutting up the food from 8am tomorrow morning in the staff room. Please come and join us!
* Family Photo Fundraiser 15 November. Family photography sittings will be available for everyone. The sitting fee is only $15, and each family receives a FRAMED gift portrait. The photos will be available to purchase in packages at heavily discounted prices, in perfect time for Christmas (Christmas shopping complete!). More information will be coming on this event.

* Our next P&C meeting will be held Monday 17 August at 1.45pm in Wingello Cottage. Children are welcome.

The P&C members love meeting new people, so if you see any of us in the school grounds, please feel free to come and say hello anytime, have a chat and ask any questions you may have.

Georgie Williams
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.

Jethro F
Lincoln S

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.

Sreya A
Lucy B
Gabrielle B
Natalie C

Harry A-W
Joshua B
Kyan C
Ty C

Koryn D
Maddison F
Saskia F
Pippa G
Tahlia H
Breeze H
Makelesi K
Daniel L
Travis L
Kai M
Hamish M
Ala M
Liam N
Andre P
Dominic P
Sienna S
Caleb S
Riley T
Lilli T
Ethan V
Mackenzie W
Aiden W

Warrigal E
Clare F
Jasmine G
Amalia H
Tahlia H
Travis J
Fynn L
Minij L
Saxon L
Kevin M
Jaydah M
Amber M
Jade P
Jackson P
Cameron S
Aidan S
Joseph S
Jade T
Ruby V E
Liam W
Tamika W
Joel W

**CERTIFICATE OF MERIT**

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

Mrs Bones
Isabella H
Charlie M-H
Zander W

Mrs Stevenson
Holly C
Cameron H
Ava-Grace S

Mrs Essery
Jet B
Libby M

Mr McCabe
Tyrell E
Makelesi K
Geob S

Mrs Head
Talita K
Dylan W
Joel W

Mrs McCarthy
Luca C
Maddison F
Shannon H

Mrs Shearman
Elizabeth C
Tiana H
Claire M

**HOME READING AWARDS**

Home Reading Awards are presented to students who have demonstrated consistent reading and this is reflected on their Home Reading Card.
COMMUNITY NEWS

RELIANCE HEALTH SUPERCLINIC
Healthy, Happy Kids Need Exercise

It is well recognised that many children are not getting enough exercise for their long term health, it’s important for our kids to keep healthy and active.

Benefits of Exercise
Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- possibly lower blood pressure and blood cholesterol levels
- have a better outlook on life

Perfect posture - as a GP, one of the problems I now see every day is poor posture in children leading to neck, shoulder, and upper back pain and stiffness at younger and younger ages. Kids constantly have their heads bent over a phone or tablet, and slouching becomes ingrained. Exercise is an antidote to these problems.

Mix it up - play and exercise needs to be fun, diverse and interesting. A good time for play and exercise is after school, having probably spent a fair bit of time sitting down during school hours. This also helps reduce screen time, which is recommended to be 2 hours or less per day. Hopefully, we can lead by example, get the exercise we need, and even better if we can get involved with our children in their physical activities.

Keep hydrated - water is an important part of exercise, and if children go to sport after school already somewhat dry, they are unlikely to enjoy it, and more likely to come home with a headache, or feeling completely drained.

Don’t pressure - finally a confession. When my kids were young my biggest mistake was pushing too hard. That’s a sure fire way to turn fun into monotony and crush enjoyment.

Dr Rodney Beckwith - Medical Director of GP Super Clinic in West Gosford www.reliancehealth.com.au
We invite you to come along and try "SCOUTING" at 1st Wyoming Scout Group
JOEY SCOUTS
For Boys and Girls aged 6 to 8 years
Tuesday Afternoon, 04:30 - 05:30 PM
CUB SCOUTS
For Boys and Girls aged 8 to 11 years
Wednesday Evenings, 07:00 - 08:30 PM
SCOUTS
For Youth aged 11 to 15 years
Tuesday Evening, 07:00 - 09:00 PM

Our Hall is located at 145 Maidens Brush Road, Wyoming (next to the Community Centre)
For more information please contact our Group Leader: Damien Stables ("Kaa")
Mobile: 0421 314 465
Email: gl_1stwyoming@yahoo.com.au

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Narara-Wyoming Cricket Club
Founded 1898

Get Into Cricket For 2015-16!

NWCC is holding Registrations for Girls, Boys & Seniors

8th August – 9am to 12pm
15th August – 9am to 12pm
22nd August – 9am to 12pm

Where: Inside Wyoming Shopping Centre
(Opposite Coles)

Or Visit: www.nararacricket.org.au

Contacts: Juniors – Hamish, 0437 420 910
Seniors – Les, 0422 044 834

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CELEBRATING
4 YEARS
1974 - 2014

COME AND TRY BASEBALL WITH GOSFORD INDIANS BASEBALL CLUB
REGISTRATION DAYS 2015 – 2016 SEASON
Boys and girls, new and old players are invited to come and register
for our MID WEEK comp U8's – U16's.
Where: Adcock Park (near the baseball canteen)
When: Tuesday 12th and 19th August
Time: 4 – 6pm
For further information please contact Kate Frost on 0416 177 016 or email: kafrost@optusnet.com.au
Small Steps is a free anxiety awareness program for NSW primary school teachers and parents.

Did you know?

- An anxiety disorder affects one in ten children
- Anxiety impacts on a child's social, family and school life
- Early intervention may assist in preventing the onset of more serious problems including depression and substance abuse in adolescence
- Children with anxiety are generally not disruptive in class or at home
- Anxiety disorders can be resolved with timely information, care, treatment and support

Presentations last between one-two hours and cover:

- The difference between normal anxiety and anxiety disorders
- Types of anxiety disorders
- Signs and symptoms of anxiety disorders
- Our free Small Steps presentations involve:
  - A visual presentation by a speaker from Mental Health Association NSW
  - Reference materials and information
  - A recommended reading list
  - A Question and Answer session

We're holding a Small Steps presentation for Parents!

When and Where:

Date: Wednesday 12 August 2015
Time: 2.00pm or 6.00 pm
Location: Niagara Park Public School
RSVP: 11 August on 4328 3397

Co-ordinated by the Mental Health Association NSW with the support of NSW Health and Centacare.

Mental Health Association NSW