Respect, Responsibility and Relationships.

Message from the Principal.
Have you downloaded our App? Now with 382 subscribers!

Parent Information Evening
Unfortunately as Mrs Kendell remains unwell 1/2K will NOT be holding their Parent Information Evening this afternoon. We will let your know when it is rescheduled.
However, from 5.00 – 5.30pm, 5S will be having their postponed Parent Information night sessions in the classroom.
Also, from 5.30 - 6.30pm Brisbane Water Secondary College staff will be holding the final parent forum for Woy Woy South PS. As last year’s forums gave valuable feedback on parental priorities, the College is again seeking the community’s view of future directions for 2015. Sixty parents have been contacted by phone but, if you are on school premises between 9.00 and 10.00am, 2.00 – 3.00pm or from 5.30 -6.30pm, you are welcome to attend. The morning session will be in Room 26 (KS room last year) and the remainder of the sessions will be held in 5/6L room to make our lock up easier. Thank you to those parents who are planning to attend.

School Photographs
Our school photographs for 2015 will be taken on Thursday 19 March. All students will be required to wear full summer uniform on the day and photo envelopes will be sent home closer to the date when the photographers supply them to us. The following information is supplied by the photo company and is included for your information:

There are 2 options for ordering photos.
- Packages are available to order online - no envelope is required to come back to school should you decide to use this option.
- If you prefer not to order online, you may still place cash within your envelope and return it to school with your child on day of Photography.

When Ordering your packages through Advancedlife there are many different options open to you.
- A digital download is available of your child’s portrait for the low price of $8.
- Photobook with individual portrait $32 (including a high resolution download)
- Sibling packages starting from a low $18 (including a high resolution download)
- Class Photo (includes composite photos of the class) $24

Any package ordered 10 days after Photography date will incur a late fee.

Staff Training
Teachers training this last week has included further L3 sessions, this time for our Year 1 teachers. Mrs Saunders and Mrs Cullen, our Reading Recovery teachers, have continued their professional learning sessions in assisting our Year 1 students having major difficulties in Reading. Our office staff have also attended workshops in the changes to Administration processes that will come in later this year. WHS training has also continued in Emergency Care and WHS Induction processes and Miss King and Mrs Lappan travelled to Mingara last Thursday night for a choir in-service.

PBL this week
This week in PBL, we are talking about respecting the rights of others. Please help us by reinforcing with your child the rights of others within your home and how their behaviour affects the rights of others living there.

Mrs K. Whealey
PRINCIPAL

P & C NEWS.

Student School Banking
School banking is now weekly, so don't forget to hand your completed bank book and money to your teacher first thing Friday morning. This year's theme and prizes are “Outer Space” and you only have to make 10 deposits to redeem an “Out of this World” reward! Also, 25 or more deposits gains you an entry into a draw to win a family trip to Disneyland.
If you would like your child to participate in school banking, please visit your nearest Commonwealth Bank branch or its website www.commbank.com.au for guidance.
Meetings
The P&C Annual General Meeting (AGM) will take place on 13 March. The AGM is when all current formal committee positions are vacated and nominations called to refill the positions for 2015. You need to be a P&C member to register your interest for a position and to vote for nominees. Membership is payable before the beginning of the meeting.
P&C’s are a worthy cause and the effort made directly benefits your child(ren). For an annual joining fee of $2, you get to know other parents, gain a stronger insight into what goes on at school and have a say/vote in P&C and school activities.
We would love to see fresh faces and hear new ideas so please come along.
The general meeting for March will immediately follow the AGM.
PS: If you have children at home, bring them along and see how they go! Maybe bring a quiet toy or something they like to eat.

Uniform Shop
The uniform shop is open from 8:30 – 9:30am each Tuesday and Friday and is operated by volunteers. Please note, we do not have EFTPOS facilities – payments can be made by cash or cheque. Lay-by is available. If anyone has an oversupply of plastic bags, we would love to take them off your hands – hand in to Rebekah in the Uniform Shop or to Amanda or Jacqui in the Canteen.

CANTEEN NEWS AND ROSTER.

<table>
<thead>
<tr>
<th>Date</th>
<th>Staff Name</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>Michele</td>
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<tr>
<td>Thursday</td>
<td>Sarah</td>
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<tr>
<td>Friday</td>
<td>Jill J and Jean H</td>
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<tr>
<td>Monday</td>
<td>Danielle</td>
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<tr>
<td>Tuesday</td>
<td>Rebecca</td>
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Gluten Free Nuggets – We now stock Ingham’s Gluten Free Chicken Nuggets. 3 x nuggets - $1.50
Please mark your bag GF

Sushi Tuesday
Sushi is now available to order for lunch on a Tuesday
Varieties include
- Chicken, cucumber & Mayo
- Tuna, Avocado & Mayo
- Vegetarian

All only $2.00 each.
Don’t forget your canteen is now online. Check it out at – www.ouronlinecanteen.com.au
- Registration is FREE
- Simple to use
- Don’t waste your time in the queue

Have a happy and healthy week 😊
Amanda and Jacqui – Canteen Phone No. 4341 7798

FROM OUR STAFF.

Library News:
BOOK FAIR IS COMING: Term 1 of the school year is always exciting. Students have a lot to look forward to. During Week 8 the first Book Fair of the year will be held in the Library.

Fuel for the school day
In the short-term, eating a good quality breakfast can increase feelings of alertness and motivation to learn. Children's high metabolic turnover and rapid growth rates mean they need optimal nutrition. They have higher demands on their glycogen (or energy) stores overnight as they sleep, and as they generally sleep longer than adults, children have a longer “fasting” time (longer time without food overnight). Therefore, eating a nutritious breakfast is especially important to provide fuel for the oxidation of glucose.

When blood glucose levels are low, hormones such as adrenalin and cortisol are released which can cause feelings of agitation and irritability. This can then affect a child's concentration and may even cause destructive outbursts. Children who don't eat breakfast struggle to summon enough energy in the morning to cope with the demands of school.

Long-term effects
Eating a good breakfast can lead to better academic performance and a higher enjoyment of school. Also, children who regularly skip breakfast are more likely to be disruptive in class or to be absent from school.Repeatedly eating breakfast can lead to children learning to associate feelings of well-being with feeling less hungry.

In the long-term, eating breakfast affects a child's health, which in turn will have a positive effect on brain performance. Research has found that a good nutritional profile can lead to sustained improved performance. This would be much harder to achieve if kids skip breakfast.

More information can be found at: http://theconversation.com/what-happens-when-kids-dont-eat-breakfast-33311

SCHOOL UNIFORM
Woy Woy South Public School has adopted a uniform code and it is expected that all children will wear school uniform. Hats are to be worn for all outside play activities. No hat no play.

Certain circumstances may apply where a child is not able to wear the adopted uniform and, at the discretion of the principal, variation will be considered for limited occasions. If parents experience difficulty in providing school uniforms for their children, they are asked to contact front office staff for an assistance form to complete and return to the principal. This information will remain completely confidential.

As part of the uniform code, no jewellery, except watches, one flat ring and studs/sleepers for pierced ears, may be worn.

All new uniform items, including house t-shirts, caps/hats and library bags, are available from the school uniform shop in the canteen and Lowes in Deepwater Plaza, Woy Woy. Price lists (from both the uniform shop and Lowes) and availability of materials and patterns are sent out at the commencement of each school year.
**Hats:** The school follows the sun smart policy. This policy requires all students to wear a red school hat whenever they are outside. Students who do not have a hat must stay in designated areas protected from the sun.

Red baseball cap or wide-brimmed hats only to be worn. Caps/wide-brimmed hats available from the canteen uniform shop.

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**SPECIAL AWARDS FOR SPECIAL STUDENTS TERM 1 WEEK 4**

Year 6 – Sam, Mya,  
Year 5 – Kyla, Courtney,  
Year 4 – Dakota, Phoenix, Connor, Alexa  
Year 3 – Kaitlin, Tabitha, James  
Year 2 – Joshua, Adelina, Finn, Luke  
Year 1 – Antoine, Lachlan,  
Kindy – Jakell, Jaymes, Cooper  
Superstar Awards  
Jayden, Kane, Graigl, Blake, Macey-Lee, Emily, Jacinta, Emilee, Mylesha, Sienna, Noah  
Class of the Week – KB  
Assembly Behaviour – Shai

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**COMMUNITY NEWS.**

![Art 4 Kids!](image)

Learning to **Draw, Paint, Cartoon & more** with a new lesson each week. Ideal for 6 yrs+, Tues or Wed or Thurs afternoons. **Not too late to start Term 1**

Please phone Christine on **0410615476**

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**Woy Woy Recreational Physical Culture Club**

Sick of expensive costumes and unprofessional dance concerts? Don’t pay expensive dance fees. If you’re looking for value for money, fun, exercise, technique and multiple genres all in one class then **WOY WOY REC PHYSIE** is for you. **2 FREE lessons**, no obligation, just come and check it out. Classes start next Monday and Wednesday for kids and Tuesday and Thursday for ladies at The Peninsula Community Centre or come along to Registration Day on Wednesday (Tomorrow) from 4 – 6pm at the Community Centre. You won’t regret it!

For more information please call Tracey Bradley on 0417 694514

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**You, Me & Us Together**

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**COME PLAY RUGBY WITH**

**Woy Woy Rugby Club**

**CONTACT**

SARAH DOAK-STRIDE 0439 457 945  
GARY MORRISON 0434 319 538  
UNDER 7S TO OPEN

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**Children who attend high quality education and care are more likely to...**

- Stay at school
- Achieve higher educational standards
- Exhibit positive social behaviour

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**Coastwide Child and Family Services**
Supporting Early Childhood Development
www.ccs.com.au
Last week’s photos......

Milissa KB did some sponge stamping of her name this week.

Alexxa 2Y has clear goals she set for her learning at school.

1. do Want the teachers tells me to do
2. do my work when the teacher tells me to
3. don’t talk back to the teacher
4. yes are my manners
5. do my jobs when the human tells me to