



WOLLONGONG PUBLIC SCHOOL NEWSLETTER

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WOLLONGONG NSW 2500

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Term 1, Week 4



Weekly Message

Dear Parents,

We are already well into Term 1 of 2019, and there are a number of events and issues that I would like to mention.

Welcome BBQ

Last Friday's Welcome Barbeque, run by our P&C volunteers, was a wonderful opportunity for parents to meet up and share contact details to allow them to keep in touch with other families in our school. I particularly enjoyed the afternoon as I was able to chat with many "old" and new parents and to make sure that their child's experience this year has been positive. A huge thankyou to the P&C, the mothers from our Community Hub (and relieving Leader Emma Mayhew) who supplied food, and my staff members who were on hand helping out and chatting with parents and students during the afternoon.

Meet the Teacher

Our Meet the Teacher sessions on Tuesday and Wednesday were very well attended and provided useful information for new and continuing families around what to expect in their children's classes during the year. A thank you to all who attended and of course to the teachers who participated in the sessions.

Road Safety – Cars and Bikes

As you know, Wollongong Public School is situated in a very busy part of the CBD, which means that there is a constant stream of vehicular traffic past our school. This means that we all have to be very vigilant around road safety to ensure that none of our students suffer an injury as a result of a car accident. Please remember, **at Drop-off and Pick-up times, the area in front of the school in Church Street is restricted parking (2 minutes and you must remain in your car); the Staff carpark is for staff parking only and there is no pedestrian or public vehicle access** through it. Finally, those who have children riding bikes to school, please remind them to be very careful, and to ride on the footpath (this is legal for all primary school age students) as this is the safest place for them.

District Swimming Carnival

The District Swimming Carnival is on today and we have 25 students competing. We wish them good luck and I look forward to hearing about their performances.

PSSA District Representative Trials

Over the next couple of weeks Miss McKechnie informs me that the following students will be taking part in Representative WPS at the following Sport Trials:

Basketball - Dragomir & Jasper B

Tennis - Justin L

Rugby League Opens - Archie

Soccer - Boys - Moutaz & Plotter

Soccer - Girls - Hannah

Touch - Girls - Jasmine

Cricket - William B

We wish the students the best of luck at their pending respective trial matches.

Have a happy and safe weekend.

Kind regards,
Harold Cosier

Data Talk Planning

Next week all K-2 teachers will be having their first round of data discussions. This means that some classes will be having their Library and Sport on a different day of the week. The changes are as follows:

Date:	Monday 25/2	Tuesday 26/2	Wednesday 27/2	Thursday 28/2
Changes to Library RFF	KP to Library RFF 12.20pm - 1.20pm	1/2R to Library RFF 2.00pm - 3.00pm	KB to Library RFF 11.20am - 12.20pm	1B to Library RFF 12.20pm - 1.20pm
Changes to Sport RFF		1/2L to Sport RFF 2.00pm - 3.00pm	K/1H to Sport RFF 11.20am - 12.20pm	KL to Sport RFF 12.20pm - 1.20pm

Note: This roster is only for Week 5 and will revert back to the previous roster in Week 6

ASTHMA

Could all parents of children who are asthmatic please ensure that you child has an asthma puffer with them at school. In the last couple of days children are coming to sick bay needing Ventolin. The school has a limited supply of new puffers to give to children in an emergency which then need to be replaced with a new one the next day.



HEAD LICE

There has been several reported cases of head lice at the school.
 Would you please check your child's hair and treat if necessary.
 Please treat all hats and bedding as well.



More information on how to treat Head Lice can be found at:

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

~ February 2019 ~						
◀ January						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18	19 Meet the Teacher	20 Meet the Teacher	21	22 District Swimming Carnival	23
24	25	26	27	28		

~ March 2019 ~						
◀ January						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 P & C Meeting 6.30pm In the Staff Room	6	7	8	9



ILLAWARRA SPORTS HIGH

SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

2019 Information & Open Night

Monday 25th February 2019

6.00pm til 7.45pm

Illawarra Sports High School Hall

Guru Street, Berkeley



The Open Night will provide parents and students with information regarding local enrolments and the Talented Sports and Development Program.

Information for students in years 5 to 10.

Register your interest online www.illawaspor-h.schools.nsw.gov.au



Made Fresh Canteen Menu



BREAKFAST ONLY (Sold at counter only)

Oven Baked Hash Brown	\$1.00
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BREAKFAST, RECESS & LUNCH (Sold at counter only)

Plain Milk Cup	\$1.00
Hot Chocolate Cup	\$1.50
Light Chocolate Milk Cup	\$1.50
Light Strawberry Milk Cup	\$1.50
Light Banana Milk Cup	\$1.50
Toasted Cheese Sub	\$1.50
Toasted Cheese & Lean Ham Sub	\$2.00
Corn Flakes Bowl	\$2.50
Pancakes x2 with Honey	\$2.50

SANDWICHES (White or Wholemeal Bread)

Vegemite	\$1.50
Jam	\$1.50
Honey	\$1.50
Cheese	\$2.00
Lean Ham	\$2.50
Cheese & Tomato	\$3.00
Lean Ham & Cheese	\$3.50
Lean Ham, Cheese & Tomato	\$4.00
Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.00
Tuna, Lettuce & Mayo	\$4.00
Fresh Chicken with Cheese	\$4.00
Fresh Chicken, Lettuce & Mayo	\$4.00
Fresh Chicken & Salad	\$4.50
Lean Ham & Salad	\$4.50

WRAPS & ROLLS (Tortilla or Lebanese Bread)

Cheese & Tomato	\$3.50
Lean Ham & Cheese	\$4.00
Lean Ham, Cheese & Tomato	\$4.50
Salad (Lettuce, Tomato, Carrot, Cucumber)	\$4.50
Tuna, Lettuce & Mayo	\$4.50
Fresh Chicken with Cheese	\$4.50
Fresh Chicken Lettuce & Mayo	\$4.50

VEGGIE & OTHER SNACK PACKS

Fresh Cut Veggie Cup	\$1.50
Veggie Snack Pack Dome with Carrot, Celery, Corn, Tomatoes & Bread Stick	\$4.00
Veggie Snack Pack Dome with Cheese Cubes & Bread Sticks	\$4.50
Veggie Snack Pack Dome with Fresh Chicken Breast & Bread Sticks	\$5.00

SALADS (All Salads served in 12oz Dome)

Garden Salad	\$4.00
Tuna Salad	\$4.50
Cheese Salad	\$4.50
Lean Ham Salad	\$4.50
Fresh Chicken Breast Salad	\$4.50
Fresh Chicken Breast Pasta Salad	\$5.00
Fresh Chicken Caesar Salad with Lean Ham	\$5.00

FRESH FRUIT & YOGHURT

Diced Pineapple Small Cup	\$1.00
Oranges, Apples, Mandarins	\$1.00
Banana	\$1.50
Fresh Watermelon Cup	\$2.00
Fresh Diced Fruit Cup	\$2.00
Vanilla Yoghurt	\$2.00
Yoghurt with Muesli Cup	\$2.50
Yoghurt with Fruit Cup	\$3.00
Seasonal Fresh Fruit Salad Bowl (12oz)	\$4.00

OCCASIONAL FOOD & SNACKS

HOT FOOD

Potato Wedges Cup	\$3.00
Noodles Cup	\$3.50
Chicken Hot Dog (one free sauce)	\$3.50
Beef Hot Dog (one free sauce)	\$3.50
Chicken Nuggets (5 pieces)	\$3.50
Sausage Roll (one free sauce)	\$4.50
Meat Pie (one free sauce)	\$4.50

SNACKS & OTHER TREATS

Homemade Cookies x1	0.50c
Gummy Bear x3	\$1.00
Homemade Muffins (freshly made daily)	\$1.50
Chicken & Corn Roll	\$1.50
Plain Ice Cream Vanilla	\$2.00
Red Rock Deli Chips 28g (2 Flavours)	\$2.50

HOT FOOD

Garlic & Herb Toasty (freshly made daily)	\$1.50
Pizza Cheese Sub (served on roll)	\$2.50
Mexican Quesadilla	\$3.00
Stuffed Vine Leaves with Rice x5	\$3.00
Meatball Sub with Napoletana Sauce	\$4.50
Grilled Chicken Souvlaki on a Roll	\$4.50
Homemade Pizza with Cheese	\$5.00
Homemade Pizza with Lean Ham & Cheese	\$5.50
Homemade Hawaiian Pizza	\$5.50
Lasagne	\$5.50
Cheese burger (lean beef)	\$5.50
Aussie Lean Beef Burger Lettuce/Tomato	\$5.50
Fresh Grilled Chicken Fillet Burger	\$5.50

SUSHI (available every Tuesday-pre order by Friday)

Teriyaki Chicken with Cucumber	\$4.50
Teriyaki Beef with Cucumber	\$4.50
Veggie Tofu, Carrot, Cucumber VEGAN	\$4.50
Tuna with Cucumber	\$4.50

DAILY HOMEMADE MENU

Monday	Pasta Carbonara with Lean Ham	\$4.50
Tuesday	Mac & Cheese Pasta	\$4.50
Wednesday	Hokkien Noodles Chicken	\$4.50
Thursday	Pasta with Meatballs	\$4.50
Friday	Pasta Bolognese	\$4.50

DAZZLING MEAL DEALS...

If you buy a meal combo you would save up to \$1.00

PACK 1: CHEESE SANDWICH	
Water 400ml + Popcorn or Frozen Juice Stick	\$3.50
PACK 2: STUFFED VINE LEAVES with RICE x5	
Water 400ml + Popcorn or Frozen Juice Stick	\$4.50
PACK 3: MEATBALLS SUB	
Water 400ml + Popcorn or Frozen Juice Stick	\$6.00
PACK 4: PASTA with MEATBALLS	
Water 400ml + Popcorn or Frozen Juice Stick	\$6.00
PACK 5: PASTA BOLOGNAISE	
Water 400ml + Popcorn or Frozen Juice Stick	\$6.00
PACK 6: FRESH CHICKEN & CHEESE ROLL	
Water 400ml + Popcorn or Frozen Juice Stick	\$6.50
PACK 7: FRESH CHICKEN SALAD SANDWICH	
Water 400ml + Popcorn or Frozen Juice Stick	\$6.50

CRUNCH N SIP PACKS

Piece of Fruit & Water 400ml	\$2.50
Diced Fruit Cup & Water 400ml	\$3.00

SNACKS & FROZEN TREATS

Frozen 99% Juice Cup Small (3 Flavours)	0.50c
Plain or Frozen 99% Juice-Jelly Cup Small (3 Flavours)	0.50c
Frozen Diced Pineapple Small Cup	\$1.00
Frozen 99% Juice Cup (3 Flavours)	\$1.00
Frozen 99% Quelch Fruit Juice Sticks (4 Flavours)	\$1.00
Popcorn	\$1.00
Bread Sticks x 4	\$1.00
Custard Cup	\$1.00
Frozen Plain Milk Cup	\$1.00
Plain or Frozen 99% Juice-Jelly Cup (3 Flavours)	\$1.00
Frozen Chocolate Milk Cup	\$1.00
Frozen Strawberry Milk Cup	\$1.00
Frozen Banana Milk Cup	\$1.00
Frozen Watermelon Cup	\$2.00
Frozen Grapes Cup (seasonal)	\$2.00
Frozen 99% Nippy's Juice Cup (3 Flavours)	\$2.00
Messy Monkeys Snack (Chicken, Cheese, Pizza)	\$2.50

WATER - MILK & JUICES

Water 400ml	\$1.50
Water 600ml	\$2.00
Popper 100% juice (3 Flavours)	\$2.50
Milk 300ml (plain)	\$2.50
Light Milk 300ml (3 Flavours)	\$3.00

As required by the NSW government all menu items sold each day, are to be listed as Everyday or Occasional food to allow parents and caregivers informed choices.

The NSW state government states menu items are required to be 75% everyday and 25% occasional.

Made Fresh is proud that we have exceeded this requirement.

We have kept our prices reasonable even after an increase to the levy for the "container scheme fee". Our suppliers have also increased their prices on eligible/quality goods under the new "star system".

Your child's healthy eating is paramount to our business.

Thank you for your ongoing support.

Occasional



Everyday