



# WOLLONGONG PUBLIC SCHOOL NEWSLETTER

67a Church Street,  
WOLLONGONG NSW 2500  
Email: [Wollongong-p.school@det.nsw.edu.au](mailto:Wollongong-p.school@det.nsw.edu.au)  
Principal: Harold Cosier

Phone: 4228 9120  
Fax: 4226 5091

Term 1, Week 5



## Weekly Message

Dear Parents,

This has been a reasonably quiet week at our school, with lots of great learning occurring, but there are a few things I would like to mention.

### District Swimming Carnival

We had some outstanding performances by our students at last week's District Carnival, both in and out of the pool. Please see Miss McKechnie's full report later in our newsletter.

### P&C Meeting

Next Tuesday evening 5<sup>th</sup> March at 6.30 pm in the staffroom we will be holding the P&C's Annual General Meeting followed by our regular P&C Meeting. We will be electing the Executive for the P&C for 2019 at the AGM, and will then focus on upcoming events and opportunities in our regular meeting. If you would like to meet other parents and support our school, please come along on Tuesday.

### Fathers' Group

This morning I am meeting with Mr Nik Nielsen who is our local contact person for The Fathering Project, a Department of Education sanctioned group, who help schools develop activities and events specifically aimed at the Dads in our schools. We will be looking at holding some events throughout the year, so please look out for them. For more information go to

<https://thefatheringproject.org/>

### Keira Community of Schools Leadership Ceremony

Next Tuesday morning I will be accompanying our 2019 Captains and Vice-Captains to Keira High School where I will introduce them at a special Keira COS Assembly along with the Leadership Teams from Balgownie PS, Coniston PS, Fairy Meadow DS, Mt Ousley PS and Pleasant Heights PS.

This has become an annual event for our schools, and marks the first official function for our Captains to represent us outside our school. I am looking forward to the event.

Have a happy and safe weekend,  
Kind regards,

**Harold Cosier**

### **District Swimming Carnival**



Congratulations to our WPS District Swimmers!

After a short delay in the morning the day was back on track and turned out to be a fabulous carnival. The students represented WPS with great pride and gave their personal best efforts. Thank you to the parents and family members who attended the day and a special thank you to those who gave of their time to assist with time keeping.

The following students have successfully advanced to the next level, the South Coast Regional Carnival on Wednesday 13<sup>th</sup> March at Dapto Pool. Each student who will be attending the South Coast Regional Carnival received their respective permission note at the District Carnival. If your name is below and you have misplaced your note, please see Miss McKechnie.

**Families please note – the permission note and the \$6 District Levy MUST be returned to the school office by Monday 4<sup>th</sup> March so that they can be signed by the school then forwarded to the South Coast Team Managers.**

<b>BOYS</b>	<b>GIRLS</b>
100m Freestyle – Declan 12/13yrs 50m Backstroke – Declan 12/13yrs 50m Butterfly - Declan 9yrs 50m Freestyle – Sebastian 8-10yrs 50m Butterfly – Sebastian	100m Freestyle – Tilly 11yrs 50m Breaststroke - Tilly 11yrs 50m Backstroke – Tilly 11yrs 50m Freestyle – Tilly 11yrs 50m Butterfly – Tilly 8yrs 50m Freestyle – Isabelle Snr Relay Team – Tilly, Hannah, Vera, Isabella

Please note: Top 2 Medley times have been submitted and we will be notified sometime next week if any of our students qualify. I will follow up with the respective students once I receive this information.

Age Champions:      **2<sup>nd</sup> place** 8/10 yrs Boys - Sebastian  
                             **1<sup>st</sup> place** 11 yrs Girls - Tilly  
                             **3<sup>rd</sup> place** 11yrs Girls – Hannah  
                             **2<sup>nd</sup> place** 12/13yrs Boys – Declan

In the overall School Points ladder, WPS came 3<sup>rd</sup>! Great effort District Swimmers!

**Miss McKechnie**  
***Sport Coordinator / Sport Teacher K-6***

## Representative Trials

WPS would like to ***congratulate*** Jasper B and Hannah who were successful in their respective sport trials of basketball and soccer. Well done!

**Miss McKechnie**

***Sport Coordinator / Sport Teacher K-6***

## School Photo Day - Wednesday 13<sup>th</sup> March

*Have your child's school memories captured forever.*

*Photo envelopes must be brought in on the day and handed to photographer.*

***DO NOT*** bring to school before the day!

*If you have two or more children and would like to have their photos taken together please call into the office for a SIBLING photo envelope.*

## Whooping Cough

It has come to our attention that a child at our school has recently been exposed to Whooping Cough. This is a highly infectious disease, if your child is experiencing any of the symptoms below, please contact your Doctor.

NSW Health advises Whooping Cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses Whooping Cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics.

~ 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
10	11	12	13 Regional Swimming Carnival  Photo Day	14 Selective High School Test	15 Cross Country Yrs 3-6 Stuart Park	16
17	18	19	20	21	22	23
24	25	26 Premier's Debating Challenge	27	28	29	30



## ILLAWARRA SPORTS HIGH

SUPPORTING TALENTED ATHLETES THROUGH EDUCATION

### 2019 Sports Program Trials

Trials are open to year 6 students looking to enrol in Year 7, 2020 and students currently in years 7 to 10 for enrolment in semester two 2019 or 2020. Athletes must be enrolled in a community club. **Register online**  
[www.illawaspor-h.schools.nsw.gov.au](http://www.illawaspor-h.schools.nsw.gov.au)



Tuesday 26th March 2019  
 8.00am - 12.30pm  
 Illawarra Sports High School  
 Rugby League, Rugby Union (Boys & Girls),  
 Netball, Basketball, Surfing,  
 Touch and Tag (Boys & Girls)

Tuesday 26th March 2019  
 8.00am - 12.30pm  
 Illawarra Hockey Stadium  
 Unanderra  
 Hockey (Boys & Girls)

Wednesday 27th March 2019  
 8.00am - 12.30pm  
 Ian McLennan Park  
 Kembla Grange (Synthetic Pitch)  
 Sydney FC Elite or  
 Football South Coast Development





# CHIPPERS FINISHING SCHOOL

\*\*\* Goals win games! \*\*\*

## SHELLHARBOUR Holiday Clinic - April

**23rd-24th April - Myimbarr Fields, SHELLHARBOUR**

**9.00am - 11.30am (8-16 Years Boys and Girls) \$100**

**12.15pm - 2.15pm (5 - 7 Years CUBS Boys and Girls) \$75**

Includes special CFS training shirt (to be worn)

\*\*Special discount for returning players

\*\*\*Goalkeepers and outfield players of all levels invited

**REGISTER NOW:**

[www.chippersfinishingschool.com.au](http://www.chippersfinishingschool.com.au)

*##CFS would like to thank Shellharbour JFC  
for hosting our unique and highly rated  
holiday football clinic.*



**GOALS WIN GAMES**

**Positions Limited  
Register now!**

Our Partners:



The most exciting LEGO  
fan event in the Illawarra

**2019 Illawarra Annual Brick Spectacular (ABS)**



Help us build a better world

LEGO models on display, jumping castle, fairy floss,  
colouring comp, LEGO play tables, food, drinks and more!

**Location: Kembla Grange Racecourse**

**DAY 1: Saturday 9 March 2019, 10am - 5pm**

**DAY 2: Sunday 10 March 2019, 9am - 4pm**

**Cost: Adults \$7, Child \$5 & Under 3 y/o Free**

**TICKETS ON SALE NOW | [kidzwish.org.au](http://kidzwish.org.au)**

Sponsored by

**Scholtens**  
PROPERTY  
EVALUATION

Proudly  
Supporting







# Made Fresh Canteen Menu



## BREAKFAST ONLY (Sold at counter only)

Oven Baked Hash Brown	\$1.00
-----------------------	--------

## 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	\$4.50
Fresh Chicken & Salad	\$4.50
Lean Ham & Salad	\$4.50

Extra fillings just add 0.70c each



## 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

Extra fillings just add 0.70c each



## 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

Extra fillings just add 0.70c each



Upsize Salad from 12oz to 20oz dome for an extra \$1.50

## 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

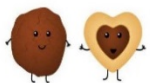
Extra Sauce 0.30c

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 Bolognaise	\$4.50



## DAZZLING MEAL DEALS...

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

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

Please pre-order

## 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



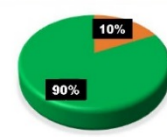
As required by the NSW government all menu items sold each day, are to be listed as Everyday or Occasional food to allow parents and caregivers informed choices.

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