



WOLLONGONG PUBLIC SCHOOL NEWSLETTER

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

Phone: 4228 9120
Fax: 4226 5091

Term 2, Week 5



Weekly Message

Dear Parents,

This week is **National Reconciliation Week** and marks 50 years since the referendum that ensured Aboriginal people were recognised as Australian citizens. We have been conducting lessons and activities across the school in recognition of this important week. Other items of significance this week are:

Director Visit

On Monday I was privileged to share my day with my line manager, Dr Margaret Turner, who is the Wollongong Network's Director of Educational Leadership. Dr Turner is an extremely supportive leader and takes a special interest in our school as her office is within walking distance! She sat in on various meetings across the day as we discussed how the school is progressing and how we can build on the enthusiasm and expertise that we have within our school team. She was particularly impressed with our Community Hub and the access that it is providing for non-English speaking mothers/carers and the links that it is building across the community.

IFTAR Invitation

IFTAR is the meal shared after sunset to break the fast during the month of Ramadan in the Muslim community and tonight, Friday 31st May, the Community Hub is inviting everyone to share a meal in our school hall. Please bring a plate of food to share between 4.45pm and 7.00pm. This invitation is for all of our Wollongong PS community members.

Honour for Marley

On Thursday morning, Marley attended the opening of the Mount Druitt-Minchinbury District Principals' Conference at the Novotel Wollongong, where she gave the Acknowledgement of Country to more than 50 Principals who had travelled down for the day. Marley spoke confidently and clearly and was a wonderful ambassador for our school.



PSSA

PSSA sport for Stages 2 and 3 commenced last Friday and continued again today. Pictured is Bailey in full flight with Scott in support at Dragon Tag.



Building Update

Initial drainage work has commenced on our main teaching building site. It is great to finally see some action there and we look forward to seeing some actual foundation work commencing. Painting in our administration area commenced this week and it is now really starting to take shape! I did a quick walk-through with the builders on Wednesday, and the walls are now complete and work has begun on installing the various doors and windows that are required. Carpet laying has also commenced.

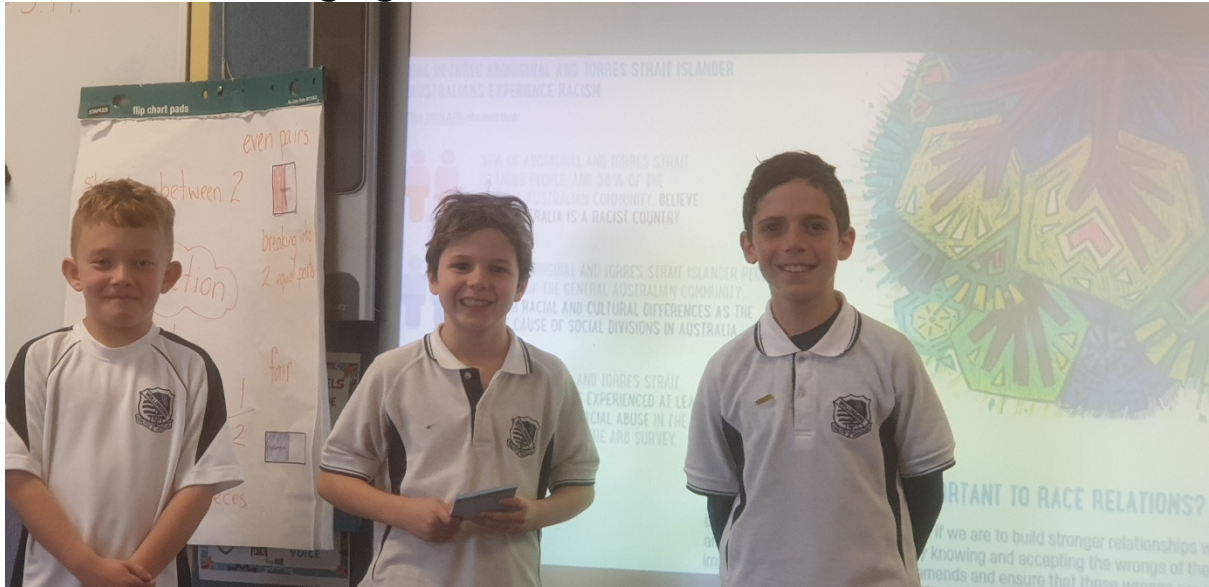
Have a happy and safe weekend.

Kind regards,

Harold Cosier



Acknowledging Reconciliation Week across the school



3/4E taught their buddies in 1/2R a mini lesson about Reconciliation Week, developing cultural understanding and increasing awareness of Aboriginal history. Other classes also enjoyed lessons, interesting discussions



KINDERGARTEN ENROLMENTS – 2020

Enrolments are now being taken for children in Kindergarten next year. If you know of anyone who is intending to apply to our school in 2020 please ask them to come to the school and pick up an enrolment pack as soon as possible.

Closing date for enrolments is Friday 6th September 2019
Enrolment forms and all documentation must be returned to the office by this date.

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>

Wollongong Public School Athletics Carnival - Order of Events Years 3-6 & Competitive 8 Year olds

*** The 800m event will start at approximately 8.35am

Who, When, Where	9:15	9:50	10:25	11:00	11:35	12:10	12:50	1:25	2:00 – 2:30
8/9yr Boys	<u>100m</u>	<u>Long Jump</u>	<u>High Jump</u>	<u>B2</u> (grandstand)	<u>Shot Put</u>	<u>Discus</u>	<u>B1</u> (grandstand)	<u>200m</u>	K-2 leave at 1.45pm <u>1500m event</u>
8/9yr Girls	<u>100m</u>	<u>200m</u>	<u>Long Jump</u>	<u>High Jump</u>	<u>B2</u> (grandstand)	<u>Shot Put</u>	<u>Discus</u>	<u>B1</u> (grandstand)	
10yr Boys	<u>B1</u> (grandstand)	<u>200m</u>	<u>100m</u>	<u>Long Jump</u>	<u>High Jump</u>	<u>B2</u> (grandstand)	<u>Shot Put</u>	<u>Discus</u>	
10yr Girls	<u>Discus</u>	<u>B1</u> (grandstand)	<u>100m</u>	<u>200m</u>	<u>Long Jump</u>	<u>High Jump</u>	<u>B2</u> (grandstand)	<u>Shot Put</u>	
11yr Boys	<u>Shot Put</u>	<u>Discus</u>	<u>B1</u> (grandstand)	<u>200m</u>	<u>100m</u>	<u>Long Jump</u>	<u>High Jump</u>	<u>B2</u> (grandstand)	
11yr Girls	<u>B2</u> (grandstand)	<u>Shot Put</u>	<u>Discus</u>	<u>B1</u> (grandstand)	<u>100m</u>	<u>200m</u>	<u>Long Jump</u>	<u>High Jump</u>	PACK UP- END OF DAY
12/13yr Boys	<u>High Jump</u>	<u>B2</u> (grandstand)	<u>Shot Put</u>	<u>Discus</u>	<u>B1</u> (grandstand)	<u>200m</u>	<u>100m</u>	<u>Long Jump</u>	
12/13yr Girls	<u>Long Jump</u>	<u>High Jump</u>	<u>B2</u> (grandstand)	<u>Shot Put</u>	<u>Discus</u>	<u>B1</u> (grandstand)	<u>100m</u>	<u>200m</u>	

** B1 and B2 are when students have an allocated break time with their respective teacher.

K-2 students are participating in rotational tabloid activities.

~ May 2019 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29 Payment & Permission note DUE for K-6 Athletics Carnival	30	31 PSSA Sport	
~ June 2019 ~						
						1
2	3	4 K-6 Athletics Carnival Beaton Park Leisure Centre	5	6	7 PSSA Sport Canteen Pre-order Lunch Packs - Form Due	8
9	10	11	12 Minnamurra Rainforest Stage 2 excursion	13 Choir Cluster rehearsal (Choir only)	14 PSSA Sport	15
16	17	18	19	20	21 PSSA Sport	22

What's Due:

Minnamurra Rainforest Stage 2 note and payment due Thursday 6th June 2019

Choral Concert Cluster rehearsal (Choir only) note and payment due Friday 7th June 2019

Canteen Pre-Order Lunch Packs due Friday 7th June 2019

Overdue:

WPS K-6 Athletics Carnival note and payment due Wednesday 29th May



A case of whooping cough has been confirmed in a child from Wollongong Public School

- **Whooping cough can be a very serious illness for babies**
- **You can still get whooping cough even if you are vaccinated**
- **Please take this letter to your doctor if you or your child are coughing**

Dear Parent or Guardian

28/05/2019

It is important to look out for these symptoms in you and your child over the next 3 weeks:

- Dry cough
- Sore throat
- Cough often worse at night and comes in bouts
- Runny nose

Note: the "whoop" sound is often not heard in older children and adults

What should I do if my child is coughing?

If you or your child starts coughing please go to your doctor to be tested for whooping cough. **This is extremely important if there is a baby less than 6 months of age living in your household.** Anyone who is being tested for whooping cough should remain at home until the results are available.

Whooping cough can be a very serious illness for small children, especially babies under twelve months old.

How is it tested?

Whooping cough is tested by a throat or nose swab.

How is it treated?

Whooping cough is a respiratory illness which is treated with a course of antibiotics. To prevent the spread to others, anyone with whooping cough should remain at home until they have had the first five days of antibiotics.

How is it prevented?

Vaccination is the best prevention for whooping cough. However, the **vaccination for whooping cough is not 100% effective and you can still get whooping cough even if you are vaccinated.** NSW Health recommends an adult booster vaccine every 10 years to protect from Diphtheria, Tetanus and Whooping Cough (Pertussis).

Need more information?

For more information, please see the Whooping Cough Factsheet, visit the NSW Health Website www.health.nsw.gov.au or call the Public Health Unit on 02 4221 6700.

Yours sincerely

Curtis Gregory

Director

Wollongong PHU, Illawarra Shoalhaven LHD

Public Health Unit – Wollongong Office

Illawarra Shoalhaven Local Health District
Locked Bag 9, Wollongong, NSW 2500
Level 1 67-71 Warragong NSW 2502
Tel [02] 4221 6700 Fax [02] 4221 6759

Wollongong Public School Community Hub invite you to celebrate
IFTAR

We are inviting everyone to join us for a meal to celebrate IFTAR

Iftar is the meal shared after sunset to break the fast during the month of Ramadan.

Muslims from all over the world come together to share the evening meal with family, friends and the community.

Please bring plate of food to share

WHEN: Friday 31st of May 2019

VENUE: School hall Wollongong Public School

TIME: 4.45-7pm



STUDENTS HELPING STUDENTS

FREE HOMEWORK SUPPORT FOR PRIMARY SCHOOL STUDENTS FROM REFUGEE & MIGRANT BACKGROUNDS IN YEARS 4, 5 & 6

The Homework Helpers are
high school students in years 10 to 12.
Each high school student works with one
primary school student

Wollongong Library
Tuesday's 4 - 5.30pm

To register and for more information please
contact Isaac

- Yr 10, Smith's Hill High School -
isaac.bradbury@education.nsw.gov.au

Volunteer!

WE NEED YOU. YES YOU!

GET INVOLVED

TWO HOURS MAKES SUCH A DIFFERENCE!

We need your help teaching women English in the Community Hub
or help child-minding during the English classes.

Every Wednesday from 12pm-3pm and

Friday from 9.30am-11.30am

If you have the skills and can help in anyway, please contact Evoon
on 0439 898 092

Thank you for supporting our Community Hub at Wollongong Public School





"A Winter's Day"



Term 2

To celebrate the Winter Season at your School, the Canteen would like to offer you the chance to PRE-ORDER a Lunch Pack.

AVAILABLE LUNCHES on TUESDAY 11TH JUNE AND NEED TO BE PRE-ORDERED



PACK 1: \$5.50

Mexican Quesadilla
Water 400ml
Apple
Juice Jelly Cup

PACK 2: \$6.50 (Vegetarian)

Mac and Cheese
Water 400ml
Apple
Juice Jelly Cup

PACK 3: \$6.50 (Pasta)

Pasta with Meatballs (chicken or Beef)
Water 400ml
Apple
Jelly Cup

**PLEASE FINALISE ORDERS
BY FRIDAY 7th JUNE
AT YOUR CANTEEN**

PACK 4: \$6.50

Salad Sandwich
Water 400ml
Apple
Juice Jelly Cup

Complete below and take to the Canteen with the correct money

NAME: _____ CLASS: _____ CHOICE OF PACK: _____

NAME: _____ CLASS: _____ CHOICE OF PACK: _____

NAME: _____ CLASS: _____ CHOICE OF PACK: _____

NAME: _____ CLASS: _____ CHOICE OF PACK: _____

MONEY ENCLOSED: _____



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	\$3.00
Lean Ham, Cheese & Tomato	\$3.50
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 Sticks	\$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	\$3.50
Water 400ml + Popcorn or Frozen Juice Stick	
PACK 2: STUFFED VINE LEAVES with RICE x5	\$4.50
Water 400ml + Popcorn or Frozen Juice Stick	
PACK 3: MEATBALLS SUB	\$6.00
Water 400ml + Popcorn or Frozen Juice Stick	
PACK 4: PASTA with MEATBALLS	\$6.00
Water 400ml + Popcorn or Frozen Juice Stick	
PACK 5: PASTA BOLOGNAISE	\$6.00
Water 400ml + Popcorn or Frozen Juice Stick	
PACK 6: FRESH CHICKEN & CHEESE ROLL	\$6.50
Water 400ml + Popcorn or Frozen Juice Stick	
PACK 7: FRESH CHICKEN SALAD SANDWICH	\$6.50
Water 400ml + Popcorn or Frozen Juice Stick	

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