Dear parents

The following is a brief description of what is involved in each volunteer role in the school. You may only want to commit to one part of each section. That's ok. There are roles that require weekly / fortnightly and some that require only once a year. If everyone was willing to pick one thing, it would have an enormous impact on the school and increase the sense of community amongst parents.

Graphic designer
Designing flyers and certificates for school events

Multitilt and Quick Smart
Parents will be trained to deliver these programs

Music
Instrument maintenance
Musicians

Singers
Drivers to performances

Chess Club
Parents willing to take children to the competitions

Breakfast club
-3.15am till bell goes
-Buttered toast
-Filling the dishwasher
-Chattering to kids
-Your children get breakfast with friends and there is no clean up at home

You'll always have them to school on time -)

Sport Coaches
Coach a morning or afternoon team with the help of a teacher.

Sports carnival Assistant (Swimming 5th March)
Be a Marshall
Encourage the kids
Assist staff with anything on the day

P&C
Join the team
Helper only
Wrapping for stalls
Baking a cake

Year 6 farewell coordinators
Decorating the venue
Design invitations
Assist with supervising the kids
Selecting music
Enjoy watching them celebrate.

Canteen
9am - 11.30
Making sandwiches
General, simple cooking
Serving the kids at counter
Assisting our canteen supervisor

Home readers
Once a week
To help swap over the children’s home reader books so they have new books each week to practice reading.

Excursion helpers
Going on the bus or meeting at the venue
Wait with the kids and help them understand what they see
Need to have eyes on the back of your head

Things to do at home
Cutting out
Cover library books, gluing, etc...
Baking a cake or cookies
The staff will love you for it!

HOMEWORK HUB
3-4.30pm Mondays in Library helping kids with Homework

Parent helpers in class
9am till 10am
Reading or maths help. Please let your teacher know your availability.

Central Coast Community Women’s Health Centre invites
Mums, Dads and Carers and their children 2-5 years to
Kindy Gym

LEARNING THROUGH MOVEMENT AND PLAY
Four free ‘play’shops* in early movement for pre-school children and their adults.

* Bookings are essential

These ‘play’shops introduce games to develop physical movement abilities in young children with activities designed to bridge the connection between movement and early learning.

Date: Wednesdays 27th February -20th March
Time: 10am with morning tea after, 11.30am finish
Facilitator: Little Dragons Martial Arts
Where: Wyong Schools as Community Centre
Located in the grounds of Wyong Public School
Cutler Drive, Wyong 2259

Booking/Find out more:
Northern Women’s Health Centre
Ph: 4353 0093 (Mon, Tues, Thurs)
Email: sally.jope@ccchwcmc.com.au
Information Hub @ Bateau Bay Square Shopping Centre
Karissa Baker, P. 02 4352 3632 or M. 0401 414 177

Communities for Children is an initiative funded by the Australian Government
*a playshop is just like a workshop but more fun!

Priority needs to be given to families referred from agencies
Special Dates term 1, 2013...
Tuesday 12th February
Community Garden and Kindy play space consultation... Join us with Equilibrium Future Solutions—landscape designers to share you ideas for a wonderful play and explore space for Wyong children & families.
2 pm in the SaCC rooms

Playgroup!
Come join our qualified educator, Lisa, as she leads our playgroup in songs, games & craft. Learn about child development & play, meet other parents and carers & enjoy a cuppa.

Playgroup is free
just bring along a piece of fruit
to share for morning tea.
Each Tuesday during school terms.
9:30—11:30 in the SaCC Play Rooms

**Ongoing programs and groups commence back from Thursday 31st January, 2013.

**TAFE Outreach. Child & Family Services, Wyong Shire & Wyong SaCC partner to offer:
Introduction to Community Services Industry
This is a great link to courses in: Community Services Welfare, Youth work, Child Studies etc
**Course 10444, Cert II - Skills for work & training. in the community sector
High quality early childhood education and care program run on site ---free!
Course will run throughout term 1 & 2 2013 between 9:30 & 2:30. (Monday & Friday)

My Time
A support group for parents with children (of any age) with a disability, delay or chronic illness. The group Facilitator gives parents an opportunity to share stories and provide support for each other while their preschool child is supported by a play helper with play and craft.
12:30-2:30 in the SaCC rooms

Kindy Gym Wednesday 27th February—Wednesday 20th March
Special 4 week playshops that introduce games to develop physical movement abilities in young children with activities designed to bridge the connection between movement and early learning. For children aged 2-5 and their adults.
10am in the SaCC Play Room with Morning Tea to follow

Afterschool Care
Free afterschool program offered. Contact Janelle to register on 0422 607 115 or just drop in!
From 3 – 4:30 in the SaCC Rooms

Thursdays

Playgroup
Come join our qualified educator, Lisa, as she leads our playgroup in song, games & craft. Learn about child development & play, meet other parents and carers & enjoy a cuppa.
Playgroup is free to attend, just bring along a piece of fruit to share for morning tea.
**9:30—11:30 at Wyong Grove Public School

Grandparents’ Support Group
Meeting the 1st Thursday of each month to share stories, ideas and experiences over a cuppa with other grandparents raising their grandchildren.
9:30-11:30 in the SaCC Rooms
Dear Parent(s),

**MUSIC MAKES THE DIFFERENCE**

Would you like your child to have:  
- better academic skills  
- the ability to express themselves creatively  
- greater reading ability and language skills  
- the ability to work as a team member  
- a greater reasoning capacity and problem solving skills  
- improved self esteem and confidence  
- a better memory  
- and more.

Wyong Public School offers your child the opportunity to have guitar or bass guitar lessons on a small group basis every week, with Mr Jellyman, and to be involved in various ensembles within the school music program.

Instruments for which tuition is available are:

**Guitar**  
**Bass Guitar**

**COST**: $16 per week, payable by the term and in advance; this includes a 30 minute lesson in a small group (2 or 3), and a 1 hour band rehearsal when students reach the level of skill required (this may be 2 or 3 weeks).

Whilst the school may have some guitars available for use at a lesson, you will need to provide a suitable instrument for your child to practice at home if they are to progress.

Mr Jellyman will have a variety of guitars available at very competitive prices, or they can be purchased from the local music shop.

If you would like your child to participate in this component of the school music program please complete the attached agreement and return it to the school office immediately.

An account for fees will be forwarded by Wyong Public School at the beginning of each term, and must be paid prior to the commencement of lessons.

If you would like to discuss this offer further please feel free to call me on 0429 683 104.

**OSSIE JELLYMAN**  
Band Trainer

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**Wyong Public School**  
**Music Program 2013**

**Music Student Agreement**

**NAME OF STUDENT:** ........................................

**ADDRESS:** ................................................................

**HOME PHONE:** ...................................................

**PARENT / GUARDIAN:** Mr./Mrs./Ms............................

**INSTRUMENT**  
- Guitar;  
- Bass Guitar;  

(Number the boxes in order of preference)

I can provide my own instrument  

I agree to play the above instrument in the Wyong Public School Music Program.

I agree to **practice regularly at home**, and understand that personal practice is necessary if I am to develop musical skills.

I agree to attend **lessons and rehearsals** with Mr Jellyman every week, as scheduled, and to attend **public performances** throughout the year.

**STUDENT’S SIGNATURE:** ........................................

I understand the **fee structure** set out on the reverse of this form and agree to pay lesson fees at the beginning of each term.

I will encourage my child to **practice regularly at home**, and ensure that my child does **attend lessons and rehearsals and public performances** undertaken as part of the music program.

**PARENT / GUARDIAN’S SIGNATURE:** ...........................

**DATE:** ..............................................................
**SUMMER CANTEN RECESS VOUCHERS**

**Voucher 1**
1 x Red Rock Chips $1.50
1 x Watermelon Slice $2.00
1 x Fresh Popcorn $3.00

**Voucher 2**
1 x Sausage Roll $1.50
1 x Poppy Seed Roll $2.00
1 x Mini Pizza $2.00

**Voucher 3**
1 x Choc Mousse $1.50
1 x Poppy Seed Roll $2.00
1 x Mini Pizza $2.00
**Voucher 4**
1 x Flavoured Milk $1.50
1 x Sausage Roll $2.00
1 x Mini Pizza $2.00

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**Super Summer Burgers - G**
$3.70
Cheesy Chicken Burger (w/ lettuce, tomato, cheese & mayo)
Chilli Chicken Burger (w/ grilled onion, tomato, lettuce & sweet chili)
Hawaiian Chicken Burger (w/ cheese, pineapple, avocado, lettuce, tomato or sweet chili)
Cheeseburger (w/ beef, w/ cheese, lettuce, tomato or BBQ sauce)
Aussie Burger (w/ beef, w/ tomato, lettuce, cheese, beetroot, tomato or BBQ sauce)

**Submarine Sandwiches**
$3.70
Choose your own fillings
Cheese, Pineapple, Lettuce, Tomato, Carrot, Cucumber, Mayo, Sweet Chili

**Summer Lunch Packs**

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Myong Wrap Pack - Tender Dike Wrap &amp; Water or Playwater</td>
<td>$6.50</td>
</tr>
<tr>
<td>Chicken Lickin’ Pack - Fruit, Rocket, Plain Milk or Water</td>
<td>$4.50</td>
</tr>
<tr>
<td>Healthy S Ack Pack - Cheese or Egg and Lettuce Sandwich, Fruit Rocket, Plain Milk</td>
<td>$3.50</td>
</tr>
<tr>
<td>Trojan Pack - Chicken S Chargi Wrap, Feta, Roast, Coke Mousse</td>
<td>$5.00</td>
</tr>
<tr>
<td>Aussie Bite Pack - Lean Meat Pie, Corn Cob, Cucumber</td>
<td>$4.40</td>
</tr>
<tr>
<td>Summer Salad Pack - Choice of Large Salad Tub, Frozen Yogurt</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

**Condiments**

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Dressing, gravy, chutney, mayo, aioli or pickles - A</td>
<td>$0.20</td>
</tr>
<tr>
<td>Tomato Sauce Sachet - A 30c</td>
<td>Extra spoon or fork</td>
</tr>
</tbody>
</table>

*NOTE: All sandwiches are made using locally baked wholemeal bread.*

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**Traditional Favourites**

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Tender Double Wrap (plain or sweet chilli) w/ salad, cheese &amp; mayo - G</td>
<td>$5.00</td>
</tr>
<tr>
<td>Mini Pizza - Chicken or Ham &amp; Pineapple - G</td>
<td>$9.50</td>
</tr>
<tr>
<td>Hot Dog w/ Tomato or BBQ sauce / w/ cheese - A</td>
<td>$2.70 / $3.10</td>
</tr>
<tr>
<td>Quiche &amp; Salad - Lorraine or Chicken - G</td>
<td>$5.00</td>
</tr>
<tr>
<td>Garlic Bread w/ cheese - Small / Large - G</td>
<td>$0.90 / $1.20</td>
</tr>
<tr>
<td>Cheese on Toast (single) or Raisin Toast (two slices) - G (Essen Only)</td>
<td>$1.20</td>
</tr>
<tr>
<td>Spaghetti Slices Small / Large - G (Essen Only)</td>
<td>$0.90 / $1.20</td>
</tr>
<tr>
<td>Lean Beef Nachos - A</td>
<td>$5.00</td>
</tr>
<tr>
<td>Uffo's: Cheese Ham, Cheese Pineapple - G (Essen Only)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Corn Cobs - G</td>
<td>$0.90</td>
</tr>
<tr>
<td>Garlic Chicken Wrap, lettuce, tomato &amp; Aioli (yoursel!) - G</td>
<td>$3.70</td>
</tr>
</tbody>
</table>

**Fresh Sandwiches* - G**

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite or Peanut Butter</td>
<td>$1.60</td>
</tr>
<tr>
<td>Baked Beans or Spaghetti</td>
<td>$2.00</td>
</tr>
<tr>
<td>Cheese or Egg / Curried Egg</td>
<td>$2.20 / $3.30</td>
</tr>
<tr>
<td>Full Salad</td>
<td>$3.00</td>
</tr>
<tr>
<td>Chicken, Leg Ham, Meathalls, Salmon or Tuna</td>
<td>$3.10</td>
</tr>
<tr>
<td>Optional Sandwich Extras - G</td>
<td>$0.80</td>
</tr>
<tr>
<td>Salad items tomato, beetroot, carrot, cheese, lettuce, onion</td>
<td>$0.80</td>
</tr>
<tr>
<td>Pineapple or Cheese</td>
<td>$0.40</td>
</tr>
<tr>
<td>Avocado</td>
<td>$0.50</td>
</tr>
<tr>
<td>Full Salad</td>
<td>$1.00</td>
</tr>
<tr>
<td>Toasting</td>
<td>$0.30</td>
</tr>
<tr>
<td>Bread Roll or Wrap</td>
<td>$0.60</td>
</tr>
</tbody>
</table>

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G - GREEN designated foods. Recommended as HEALTHY. A - AMBER designated foods. Eat in MODERATION.
PRE-PREPARED HOT FOOD

- Hash Browns - A
- Lean Meat Pie - Mini / Large - A
- Lean Sausage Roll - A
- Chicken Goujons / Chicken Breast Tenders - A

SNACKS - Not all stock available for sale every day

- Vitaweed - Cheese - G
- Vitaweed - Cheese & Tomato - G
- Vitaweed - Peanut Butter or Vegemite - G
- Cheese & Bacon Roll or Finger Bun - A
- Pretzels or Grain Waves - A

FRESH (air popped) Popcorn - G
- Red Rocks Chips (Sea Salt or Honey Soy flavour) - A
- J's Rice Snacks (Pizza or Chicken flavour) - A
- Hummus Low Fat Muffins Variety - G
- Homemade Wholemeal Pita Pockets (x3) - G
- Fruity Yogurt Muesli Cup - G
- Plain Custard, Jelly Custard or Jelly Fruit Custard Cup - C
- Vanilla Yoghurt (strawberry / tropical fruit) - G
- Chocolate Mousse (low fat) - A

BEVERAGES

- Hot Milo - A
- Plain Milk 300 ml - G
- Oak Low Fat Flavoured Milk (Chocolate, Banana, Strawberry) - G
- Spring Water - Large - G
- Playwater (Rasp, lemonade, fruit, blackcurrant) - A
- Pepper Fruit Juice (orange, apple, mixed fruits) - A

Volunteers are welcome every day, with 8.45 - 9.15am and 10.00 - 12.15pm the busiest times where help is needed the most. The more volunteers, the more healthy, yummy homemade food The Shack Shack can offer your children. Any help ‘creating’ or serving is greatly appreciated! Don’t be shy - all parents, careers and Wyong Public School Community friends are welcome!! Training is provided. Note that all profits from The Shack Shack go to your P&C to support your school.

NOTE: PLEASE ENSURE NAME AND CLASS ON ALL ORDERS AND SPECIFY IF FOR LUNCH, RECESS or "SIP & CRUNCH" morning fruit/veg/water break.

G - GREEN designated foods. Recommended as HEALTHY. A - AMBER designated foods. Eat in MODERATION.
Come have your say!!!!!

What do you think about a garden and playground space designed specifically for our kindergarten and SaCC Families?
We have a special opportunity in 2013 to make it happen!

What do you think it should look like? Did you like slides and swings, or logs and cubby houses as a kid? We need your ideas!!!

Join us on in the SaCC rooms on

**Tuesday 12th February at 2pm**

to share your ideas for our special space. We will have landscape designers from Equilibrium Future Solutions on site to hear what you have to say!

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Dear Parents and Carers

Does homework seem to be a never ending battle?
Is your time limited?
Does your child need extra support with homework and assignments?

Last year we had a very successful year. The Homework Hub will be recommencing and will run every Monday afternoon from 3pm till 4:30pm.

Starting Date: 18th Feb WEEK 4

**WHO WILL BE INVOLVED?**

The Homework Hub is coordinated by Mrs Deb Sireno. Mr Manwarring has returned to full time teaching and we welcome Mr Don Lawson, a Teachers Aid from Wyong High school who will be assisting the students. Our local high school students will again be volunteering their time to come and tutor your children.

The Homework Hub is held in the Library and the children will have use of the computer lab for research training and assignments.

Please Note: If you did not have your child enrolled last year and would like them to attend, please hand in the permission form and collect a medical form and emergency contact form from the office or the notice board. There are limited numbers so forms need to be returned before the 15th of Feb.

*If you had a child enrolled from last year and they wish to continue, you will need to resign and return all forms to confirm their place.*

Please return the section below to the front office.

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**HOMEWORK HUB**

I give permission for my child Class to attend the Wyong public School HOMEWORK HUB on Monday afternoons.

I will collect my child at 4.30 (please sign)
My child may walk home at 4.30 (please Sign)
Parent/Carers signature: Mobile Number

Sponsored by SOS Wyong Community Church