



# The Entrance Public School

## TERM 4 Week 1 2023

### A Safe, Respectful and Engaged Community

## COMING EVENTS

### TERM 4 2023

#### Week 1

**Intensive Swimming K-2 all week**

#### Week 2

**Intensive Swimming K-2 all week**

#### Tues 17<sup>th</sup> October

- Passport to Tumbi – Yr. 6

#### Fri 20<sup>th</sup> October

- K-2 Assembly – 2.20pm

#### Week 3

#### Tues 24<sup>th</sup> October

- Passport to Tumbi – Yr. 6

#### Wed 25<sup>th</sup> October

- 2024 Kindergarten HeadStart – Session 1

#### Thurs 26<sup>th</sup> October

- Parent Healthy Cooking Class
- CCCF – Night Performance

#### Fri 27<sup>th</sup> October

- 3-6 Assembly – 2.20pm

### Acknowledgement of Country



Together we gather each day on Darkinjung Country, to share knowledge and experiences, as the Elders of this land have done for thousands of years before us. We pay our respect to those Elders and extend that respect to all Elders of the present, including those emerging. As we learn and play together, we acknowledge all Aboriginal people who participate and contribute to the knowledge and experiences we share each day at The Entrance Public School.

## PRINCIPAL'S MESSAGE

Welcome back to Term 4! We are now three quarters of the way through the school year and down the home stretch in what has once again been a rewarding year to date. As always there is a lot happening here at TEPS.

### Playground Development

Our playground development has been delayed once again but we are very close to having parts of it open. Our new soccer field is all but ready to go and we are only waiting on fencing along the preschool side to go in.

The large climbing fixed equipment will be delayed until next year as there was a mistake with the order in Malaysia, so it is needed to be remade to correct specifications.

The irrigation system will go in next week and the grass for the bottom area will be laid on the 23<sup>rd</sup> of October. We are so close!



*Some new Playground Features*

## Murphy

We are so excited to inform you that Murphy, our Wellbeing School Dog, will start visiting our school this term. Murphy is part of our Wellbeing Dog Program which is designed to assist with educational support and provide affection and comfort to all students and staff.

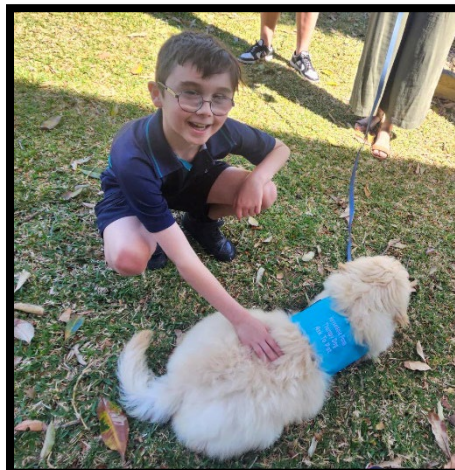
Murphy is a 4-month-old Labradoodle puppy. He was identified as having a suitable temperament required for a School Wellbeing Dog by qualified Dog Behaviouralist at 8 weeks old. He is a very easy going and fun-loving puppy that has made wonderful progress during his intensive trauma therapy training. Being a Labradoodle, Murphy has a non-shedding, allergy friendly coat. He will be regularly bathed and groomed for school. Murphy will always be supervised by his handlers.

At school, he will begin engaging with students through individual and small group interventions, which will then progress to whole class and playground interactions as he becomes more comfortable in our school environment. All interactions with Murphy are completely voluntary. It has been well documented that dogs can decrease anxiety and benefit children's learning and development. Please refer to the following link to an article that explores the advantages of having a wellbeing dog within a school. ABC- How therapy dogs can help students in the classroom with more than stress relief.

<https://www.abc.net.au/news/2018-03-20/therapy-dogs-can-help-reduce-student-stress-anxiety-depression/9564120>

Students will be informed about procedures regarding animal handling and how Murphy will fit into the school routine. Murphy will attend school three days per week to support our students, as he will require rest days in between to ensure the consideration of his own wellbeing.

Please return the permission slip if you would like your child to **opt out** of this program by next **Monday 16th of October 2023**. If we do not receive your acknowledgement by this date, it will be recorded that you are happy for your child to interact with Murphy our wellbeing dog.



*Mr Murphy*



# The Entrance Public School

80 Oakland Avenue  
The Entrance NSW 2261  
PH: 4332 2422  
FAX: 4334 3202  
Email: [thenentrance-p.school@det.nsw.edu.au](mailto:thenentrance-p.school@det.nsw.edu.au)



## Wellbeing Dog Program

Dear Parents/Carers

We are so excited to inform you that Murphy, our Wellbeing School Dog, will start visiting our school this term. Murphy is part of our Wellbeing Dog Program which is designed to assist with educational support and provide affection and comfort to all students and staff.

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Please return the permission slip below if you would like your child to **opt out of this program** by next Monday the 9<sup>th</sup> of October 2023. If we do not receive your acknowledgement by this date, it will be recorded that you are happy for your child to interact with Murphy our wellbeing dog.

Yours Sincerely

Dave Stitt  
Principal

Liana Haslam  
Assistant Principal Wellbeing

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## The Entrance Public School Wellbeing Dog Program

As parent/carer of \_\_\_\_\_ from class \_\_\_\_\_, I would prefer him/her to opt out of the Wellbeing Dog Program at school.

Signed \_\_\_\_\_ Date \_\_\_\_\_



## School Open Day – Playground Opening

This will be occurring on **Wednesday 1<sup>st</sup> November, beginning at 10:00am.** All community members are welcome.

Underneath is an overview of the day.

9:45 am	Gates Open
10:00 am	Welcome – (TEPS Stage 2 Cultural Dance/Didge group)  Dance Group Performs  Choir Performs  Principal Address
10:30 am	Open Classrooms and School Tours  Stephanie Alexander Garden Tours  Art Display  CAPA Room/Tech Room/Sport Activities
11:30 am	Lunch – Canteen Providing Lunch Deal  Music will play to alert parents that the session is over and that classes will need time to pack up and organise.  Lunch will change to eating first (20 mins). Children may go with their parents to collect a picnic lunch and eat in the playground.
12:00 am	Open Day Finishes

## Be at School Everyday Initiative (BaSE)

In some great news our 'Be at School Everyday' initiative has shown some improved results for our school's attendance. We now have a better attendance rate than the State average, Area average and Similar School's Group average. This was during the 'Sick Season' as well. Great work community. We would still like to get our 75%-85% attendees up and will continue to focus on them in the future! Remember, Be At School Everyday, even on your birthday!



**EVERY DAY COUNTS...**  
A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best year child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

*Give your child every chance to succeed...*      **Every day counts!**

## Active Afternoon Initiative – Soccer Training

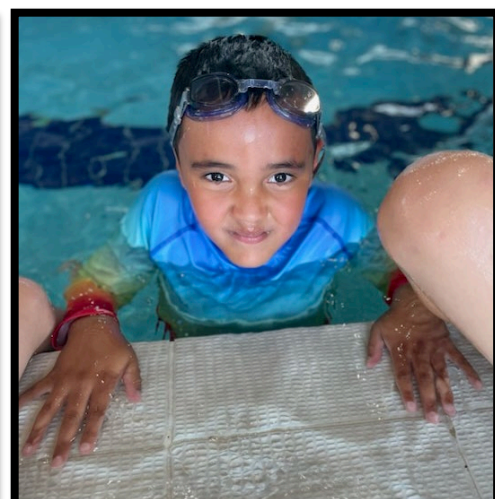
In more positive news for the school, we will be offering an exciting community initiative for our students and families. Next term students will have the opportunity to attend free soccer clinics every Thursday with afternoon tea provided. The school has linked with NSW Sport, Food Hub and local Sports trainers to offer this to our students. Sessions will run each Thursday from 3:30pm till 4:30pm. More information will go out next week when we can finalise when we can use the new facilities!

## Chewing Gum

Sadly, we have had an increase in students bringing chewing gum to school and then spitting it out onto the ground. Chewing gum, unless properly disposed of can cause considerable damage to clothing and other items. At TEPS we do not allow chewing gum to be brought to school. Please remind your children that chewing gum is not to be taken to school.

## Swim School

Swim school is up and running and seems to be a great success. We apologise that we were unable to take late payments but since this is an external event Mingara required payments to be settled on a per child basis by the end of last term. It looks like the kids are really enjoying the time.



## Sydney North Athletics

A huge congratulations to our Sydney North Athletics representatives who all performed so well at the recent carnival.

Luka S (5S) – 5<sup>th</sup> 100 metres final.

Isla B (5/6D) – 4<sup>th</sup> 100 metres heat.

Lucy H (3S) – 9<sup>th</sup> 100 metres heat

Jett B (4K) – Finalist – JNR Boys 800 metres

## Central Coast Choral Festival

This event is closing on us very quickly. We are excited to have our first choir perform in this annual event. Congratulations to the students and the teachers for this wonderful achievement.

Principal – Dave Stitt



2024

# KINDERGARTEN ENROLMENTS

Do you have a child starting  
Kindergarten in 2024?

Enrolments can be done  
online at **The Entrance Public  
School** webpage via the  
**enrolments tab**

or pick up a hardcopy  
from the office

**You will need to provide:**

- Child's birth certificate
- Child's Immunisation  
History statement from  
Medicare
- 100 points proof of  
address



02 4332 2422



# Kindergarten Headstart

Our school has a Kindergarten orientation program called Headstart. This program aims to familiarise students with our school and provides a range of activities which will prepare them for school life. Headstart is a good way to get to know 'big school', to meet some of our teachers, make new friends and do some fun activities.

At the beginning of each Headstart session, families are to enter the school via the front office or the View St gate and go to the Kindergarten playground. Children are to be signed in and name badges worn. Parents then go to the school hall for an information session. Once completed, children can be picked up from the Kindergarten area.

## HEADSTART TIMETABLE FOR 2023:

- **Wednesday 25<sup>th</sup> October 1:45pm-3pm**

Parent Information session (Hall) - **Welcome to The Entrance Public School and Readiness for School.**

Students will participate in activities in our Kindergarten classrooms.

- **Wednesday 1<sup>st</sup> November 1:45pm-3pm**

Parent Information session (Hall): **Literacy and Numeracy.**

Students will participate in activities in our Kindergarten classrooms.

- **Wednesday 8<sup>th</sup> November 1:45pm-3pm**

**Information stalls (Hall) & Tour** – a variety of stalls will be set up in the hall, including: catching the bus, P&C, Uniform shop, Canteen, school banking, Food Hub, Coastwide Occupational Therapists, All Areas Speech. School tours, run by our Year 6 leaders, will also be available.

- Students will participate in activities in our Kindergarten classrooms.

- **Wednesday 15<sup>th</sup> November 1:45pm-3pm**

**Games and a Teddy Bear's Picnic** - parents drop their children off in the Kindergarten playground for games and a picnic. Please bring along a teddy, treats will be provided by our school. Parents return at 3pm to pick up their child.

## Enrolment applications

Families will need to complete an online enrolment application or pick up a hard copy from the front office and return before Headstart, along with your child/ren's original birth certificate for us to sight and copy, Immunisation History Statement from Medicare, and proof of address.

## Communication

To keep up to date with all the relevant information for Kindergarten 2024, please join our The Entrance Public School Facebook page, and keep an eye on our school website <https://thentrance-p.schools.nsw.gov.au/>

Please call us on 4332 2422 to confirm if your child will be attending The Entrance Public School next year and if they will be attending our Headstart program.





# **GARAWA PRESCHOOL**

**THE ENTRANCE PUBLIC SCHOOL**

***ACECQA Exceeding National Quality Standard Rating***



***A NURTURING ENVIRONMENT***

***WHERE CHILDREN FEEL***

***HAPPY, SAFE AND SECURE.***

**Contact us: 02 4332 2422**

**80 Oakland Avenue**

**The Entrance NSW 2261**

**Website: [thentrance-p.schools.nsw.gov.au](http://thentrance-p.schools.nsw.gov.au)**

**Scan the QR code to access our [website](http://thentrance-p.schools.nsw.gov.au)**

***ENROLLING NOW FOR 2024***



# TERM 4 Calendar: 9<sup>th</sup> October – 19<sup>th</sup> December 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1	9/Oct	10/Oct	11/Oct	12/Oct	13/Oct	14/10	15/10
	Students Return	Sydney North Athletics  Murphy's First TEPS Day – No Kids					
<b>K-2 Swim School - Mingara</b>							
2	16/Oct	17/Oct	18/Oct	19/Oct	20/Oct	21/10	22/10
		Passport to Tumbi – Vulnerable Students Transition  TU HPGE Students Testing			K-2 Assembly 2:20pm – Exec Run		
<b>K-2 Swim School - Mingara</b>							
3	23/Oct	24/Oct	25/Oct	26/Oct	27/Oct	28/10	29/10
		Passport to Tumbi – Vulnerable Students Transition  EI Open Day at TEPS	HeadStart - Session 1	Parent Healthy Cooking Class  CCCF – Night Performance	3-6 Assembly 2:20pm – Exec Run		
4	30/Oct	31/Oct	1/Nov	2/Nov	3/Nov	4/11	5/11
		Passport to Tumbi – Vulnerable Students Transition	School Open Day and Playground Opening  Head Start - Session 2	Stage 2 HPGE Challenge	Stage 3 HPGE Challenge Day  Whole School Assembly		
5	6/Nov	7/Nov	8/Nov	9/Nov	10/Nov	11/11	12/11
		Passport to Tumbi – Vulnerable Students Transition	Head Start - Session 3	Tumbi Campus Indigenous Students Mentor Program	PBL Principal Award  K-2 Assembly 2:20pm – Exec Run		

6	<b>13/Nov</b>	<b>14/Nov</b>	<b>15/Nov</b>	<b>16/Nov</b>	<b>17/Nov</b>	<b>18/11</b>	<b>19/11</b>
		Passport to Tumbi – Vulnerable Students Transition  Koori Choir W/S Killarney Vale PS	Tumbi Year 7 2024 Orientation Day and Placement at Tumbi HS  Head Start - Session 3			Stage 3 Fete  3-6 Assembly 2:20 – Exec Run	
7	<b>20/Nov</b>	<b>21/Nov</b>	<b>22/Nov</b>	<b>23/Nov</b>	<b>24/Nov</b>	<b>25/11</b>	<b>26/11</b>
		Passport to Tumbi – Vulnerable Students Transition		GalungFest	Whole School Assembly 2:20pm		
8	<b>27/Nov</b>	<b>28/Nov</b>	<b>29/Nov</b>	<b>30/Nov</b>	<b>1/Dec</b>	<b>2/12</b>	<b>3/12</b>
				Tumbi Campus Indigenous Students BBQ	PBL Points Close		
9	<b>4/dec</b>	<b>5/Dec</b>	<b>6/dec</b>	<b>7/Dec</b>	<b>8/Dec</b>	<b>9/12</b>	<b>10/12</b>
	K-2 Presentation Day	3-6 Presentation Day	Christmas Concert Practice	Christmas Concert Practice  Scripture Christmas Performance	TLLC Sport Excellence Assembly  Christmas Concert		
10	<b>11/Dec</b>	<b>12/Dec</b>	<b>13/Dec</b>	<b>14/Dec</b>	<b>15/Dec</b>	<b>16/12</b>	<b>17/12</b>
	Reports Home  PBL Teacher-Principal Reward Day	Step Up Day Classes 2024	PBL Community Reward Assembly and Picnic	Year 6 Graduation Assembly  Year 6 Farewell Diggers	Year 6 Mingara Fun Day  Last Day of School Year		
11	<b>18/Dec</b>	<b>19/Dec</b>	<b>20/Dec</b>	<b>21/Dec</b>	<b>22/Dec</b>	<b>23/11</b>	<b>24/11</b>
	SDD 1	SDD 2					

# Have your details changed?

If any of your details have changed please fill in the following form and hand into school reception.



## CHANGE OF ADDRESS AND PHONE NUMBERS

Students Name \_\_\_\_\_ Class \_\_\_\_\_  
 \_\_\_\_\_ Class \_\_\_\_\_  
 \_\_\_\_\_ Class \_\_\_\_\_

New address \_\_\_\_\_  
 \_\_\_\_\_

<b>Mother/Carer Name:</b>	
Mobile:	Work No:
Email:	

<b>Father/Carer Name:</b>	
Mobile:	Work No:
Email:	

<b>Emergency Contact Name:</b>
Relationship to child:
Mobile:
Work:

<b>Emergency Contact Name:</b>
Relationship to child:
Mobile:
Work:

Notified by: \_\_\_\_\_ Date: \_\_\_\_\_

## Emergency Contact Details

Please check your emergency contact details are correct and valid with the administration office



# Waste Free Wednesday

The Entrance Public School is implementing a new sustainability program; Waste Free Wednesday. This will begin on Wednesday 6th September (Week 8) and run for the remainder of the year.

Students are encouraged to bring a waste free lunch box and avoid any plastic wrapping on Wednesdays. Students who engage in this initiative will receive TEPS Tails to encourage continued participation each week.

## IDEAS FOR A WASTE FREE LUNCH:

- \* SNACKS & LUNCHES IN A REUSABLE CONTAINER
- \* DRINKS IN A REUSABLE BOTTLE
- \* USE BEESWAX WRAPS OR SILICONE SANDWICH BAGS

## WHAT TO AVOID

- \* LUNCHES IN PLASTIC BAGS, CLING WRAP OR FOIL
- \* DISPOSABLE BOTTLES AND JUICE BOXES
- \* SNACKS PACKED IN SOFT PLASTICS E.G. CHIPS, MUESLI BARS, YOGHURTS



## Healthy Lunch Box

# Healthy Lunch Box website.

Your one-stop shop for all the information and ideas you need.



## Try our interactive lunch box builder

Get kids involved in planning and packing a healthy lunch box



## Snack ideas

Snack suggestions, swaps and recipes to make healthy snacking easy

## Get inspired

Check out our ideas for sandwich fillings, sandwich alternatives and packed lunch boxes



## Free, easy and delicious recipes

Hundreds of family-friendly recipes that can be filtered for dietary preferences

## Keep up to date

Subscribe to our e-newsletter to get recipes, tips and ideas delivered to your inbox. Visit [healthylunchbox.com.au/subscribe/](http://healthylunchbox.com.au/subscribe/)



Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes and information you can trust.



# Pack your lunch box from these food groups

## Breads and cereals



## Water



## Vegetables and salads



## Fruit



## Meat and alternatives



## Dairy and alternatives



Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes and information you can trust.



## **Nutrition Snippet**

### LUNCH BOX SNACKS

Need some quick and tasty snacks?



Check out these recipes that are easy to freeze and ready when you are!

- [Blueberry oat muffins](#)
- [Oaty biscuits](#)
- [Chewy fruit and seed bars](#)

For more ideas download our [Snack Solution guide](#)



**Cancer Council**  
Healthy Lunch Box

## **Canteen**

**TEPS needs Canteen volunteers.**

**Please see Emma in the Canteen if you can volunteer your time.**



## Central Coast Choral Festival

The Central Coast Choral Festival is back at The Art House in Wyong this year and will feature music by Australian composer Katherine Ruhl, in this, the Festival's 20th Anniversary.

The combined choral event will involve over 600 students from 30 NSW public schools across the Central Coast over three nights. We have been working hard making sure we have a quality performance.

After COVID, we were itching to perform again. Many of our students have not been able to showcase their talent on such a professional stage and cannot wait to get there.

In 2002, founder of the Central Coast Choral Festival, Karen Morrow, saw that there were plenty of dance opportunities for students on the Central Coast but noticed a lack of places to showcase our talented choirs. She 'wanted to continue the choral traditions that many students and teachers had in Sydney.'

The first of the biennial concerts was held at Mingara Recreational Club in 2003 and continued there until recently, in 2017, moved to The Art House. The Art House 'provides an opportunity for students to perform on a professional stage with sound and lighting,' says Karen. Many of our students go on to perform as soloists, in bands and in musicals for many years to come. Parents and teachers love to watch their students shine on stage and make new friends.

The shows will feature 13 songs performed by massed choirs and individual performers who have auditioned to showcase their talent.

The Entrance P.S. Choral Festival Choir have been working hard to learn the repertoire and can't wait for you to see them shine on stage. Please see below for ticketing information.





# Central Coast Choral Festival

## Concert C Ticketing Information

**TICKET RELEASE DATE: MONDAY  
25TH SEPTEMBER AT 10:00AM**

- ADULT: \$30.00
- CONCESSION: \$25.00
- STUDENT: \$25.00
- CHILD UP TO 12 YEARS: \$20.00

### Concert Times:

**Thurs 26 Oct 2023 - 3:30PM Thurs 26 Oct 2023 - 7:30PM**

### BUY TICKET

<https://www.theearthhousewyong.com.au/whats-on/central-coast-choral-festival-2023-concert-c>





## COASTWIDE THERAPY SERVICES

Clinics at - Killarney Vale, Toukley, Wyoming & Woy Woy

Ph: 02 4388 1110 Fax: 02 4311 3775

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

[admin@coastwidetherapy.com.au](mailto:admin@coastwidetherapy.com.au)

### Fine Motor

Fine motor skills involve the small muscles in your hands working to help you hold your pencil, do up buttons, using scissors, cutlery, beading, Lego construction etc. We use our hands every day for a whole range of activities, but some children may have trouble with these tasks. At school it may present as sore hands, messy handwriting, slow handwriting, clumsy hands, buttons done up poorly, inability to tie shoe-laces, unable to open containers at recess and lunch time, difficulty using zips, and difficulty moulding playdough.

*So what can you do?*

Using play as a way of practicing skills is the best way to help kids learn. Here are a few different ideas of activities you can do with your kids at home to help strengthen their muscles in their hands for fine motor tasks.

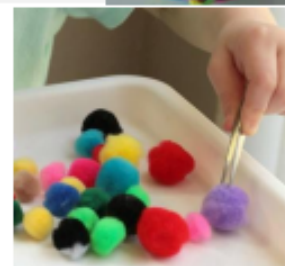
1. Play with playdough or make your own cookies and get your kids to help roll then squash the balls with their index finger. Can also use cookie cutters for half the batch. This helps to develop hand strength.



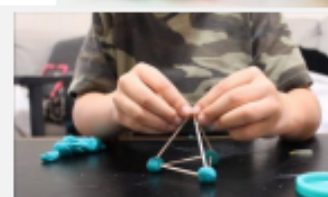
2. Wrap a small toy in rubber bands and get your child to remove all the rubber bands. This helps them to develop pinch strength needed for holding a pencil.



3. Use chopsticks/tongs/tweezers to move objects i.e. pom poms from one container to another. Tongs develops hand strength and tweezers/kids chop sticks develops finger strength. Can make it into a relay race between all of your children.



4. Make a tower or object using blue tack and toothpicks. This encourages your child to use their fingers to make precise movements. Can use playdough too.



Samaritans



benevolent SOCIETY

## ENGAGING ADOLESCENTS™ PARENT/CARER COURSE

***Parenting skills for resolving teenage behaviour concerns.***

***A four-session program for parents and carers of children aged 10-16 years old.***

**Where:** The Entrance Public School

**When:** Tuesdays, 17/10, 24/10, 31/10 and 7/11, 1pm – 3pm

### **We will explore:**

- ✓ Some common ground shared by carers & reasonable expectations to hold about adolescents.
- ✓ New understandings of adolescence
- ✓ A three-option model & flow-chart for decision-making
- ✓ Self check-in, first - for carers.
- ✓ Building relationship with a teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

### **What parents have said...**

*A stepdad recalled an incident at the weekend with his 12-year-old stepdaughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.*

*A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15-year-old son during the week and had had a far more favourable discussion with him than would previously have been the case.*

### **Who's running it?**

*The facilitator for this course is Kip from Samaritans who completed Parentshop's Engaging Adolescents training on October 2014. Co-facilitator is Ossie.*

*Both have over 30+ years' experience in both the Child, Youth and Family sector... including casework, group facilitation and training in schools.*

**Bookings are essential. For enquiries and registration**

**Please contact: Wayne Osborne (Ossie) 0493084 647**

**[wayne.osborne7@det.nsw.edu.au](mailto:wayne.osborne7@det.nsw.edu.au)**

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)



**Toukley & Districts Art Society Inc**

Toukley Art Gallery, 1 Wallarah Rd, Gorokan  
Ph: (02) 4392 4666 (Near Toukley Bridge)



# Central Coast Childrens' Art Competition 2023

*18th to 29th November 2023*

## Age Groups:

- A: 6 & Under
- B: 7 — 9
- C: 10 — 12
- D: 13 — 15
- E: 16 — 18



## Free Entry

*Closing Date  
For Entries:*

Monday  
6th Nov 2023

*Delivery Date  
For Entries:*

Thursday  
16th Nov 2023  
3pm — 6pm

**Use any medium you like to create your work of art  
1 Entry per Child**

**Canvas or Framed Artwork (up to 30.5 cm x 40.6 cm)**

**Presentation of Winners: Sunday 19th Nov 2023 2pm—4pm**



**Toukley & Districts Art Society**

*Central Coast Childrens'  
Art Competition 2023*



*Please complete this entry form and return to the  
Toukley Art Gallery by Monday 6th November 2023.*

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Age: \_\_\_\_\_ School: \_\_\_\_\_ Class: \_\_\_\_\_

Title of your artwork: \_\_\_\_\_

**PARENT CONSENT FORM**

I give permission for my child \_\_\_\_\_ to participate in the  
Toukley and Districts Art Society's Central Coast Childrens' Art Competition 2023.  
*(By signing this form you are agreeing to let your child's Artwork to be photographed for promotion and  
social media purposes).*

Name (Parent/Guardian): \_\_\_\_\_ (please print)

Email: \_\_\_\_\_

Mobile: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**KEEP THIS LABEL WHICH MUST BE PUT ON THE BACK OF ARTWORK ENTERED**

Title: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number: \_\_\_\_\_ School: \_\_\_\_\_

# SHARK CAGE WORKSHOP

TUESDAYS

17 October - 7 November 2023  
8.00pm - 10.00pm

## **A four week online workshop that assists women who have experienced domestic and or sexual violence.**

Our free Shark Cage workshop is an evidence based, trauma informed five step program of interventions designed to heal and empowers participants who have experienced repeated abuse such as family or domestic violence or sexual assault. The group draws on a human rights approach in assisting participants to develop or regain a sense of their rights. It helps women to identify boundary violations and offers strategies for change - reducing the likelihood of entering further abusive relationships. Learn what you need to strengthen your shark cage. Topics include:

- Understanding the shark cage metaphor
- Knowing how to recognise a shark and a dolphin
- Renovating your shark cage - understanding which bars are already present and which to strengthen and add
- Turning on your shark cage alarm
- Defending against attempted shark cage breaches, when it is safe to do so.

**BOOKINGS  
ESSENTIAL**

**Natasha Harman**  
M: 0481 602 050  
E: [intakefs@catholiccareddb.org.au](mailto:intakefs@catholiccareddb.org.au)  
W: [www.catholiccareddb.org.au](http://www.catholiccareddb.org.au)



# THE ENTRANCE

# LEARN TO SING!

FROM BEGINNERS TO SUPERSTARS.

GROUP & PRIVATE LESSONS

4YRS - ADULT



[RISESCHOOLOFENTERTAINMENT.COM](http://RISESCHOOLOFENTERTAINMENT.COM)





# St Vincent de Paul Society

*good works*

St Vincent de Paul Wyong invites you to attend our event, proudly supporting:

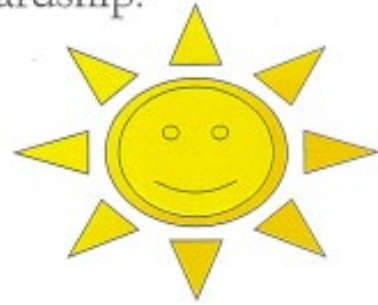


During Anti-Poverty Week *all* Australians are encouraged to take action & highlight the impact of poverty & hardship.

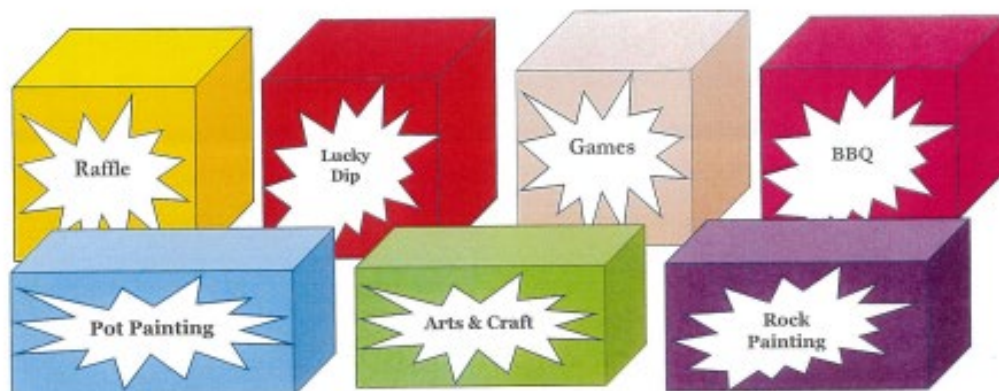
### COVID SAFE EVENT

- Check in upon arrival.
- Masks (available)
- Hand Sanitizer available
- Stay Home if Unwell or have cold/flu like symptoms.

Come along for a great, informative & fun filled day with children's activities & information packs.



YOU ARE ALL INVITED TO THE  
ANTI-POVERTY COMMUNITY EVENT  
On THURSDAY 19<sup>th</sup> October 2023 at  
St Vincent de Paul Wyong, 47 Howarth St Wyong  
(Behind Wyong Train Station)  
Between 10am – 2pm.



**When:** Thursday 19th October 10am—2pm

**Where:** 47 Howarth Street, Wyong



CatholicCare  
Diocese of Broken Bay

 Treetops  
Adventure

# TREETOPS GROWING EMPOWERMENT CLIMB

AN EXPERIENCE FOR SURVIVORS OF  
DOMESTIC & FAMILY ABUSE

## TREETOPS ADVENTURE 1 RED HILL ROAD WYONG CREEK

Wednesdays

10.00am - 2.00pm

7 June, 19 July, 23 August, 20 September,

11 October & 15 November 2023

This is a day for women wanting some self-care with a challenge! Come and join us in the trees and take some time out in nature, while connecting with others.

Our Treetops excursions are truly inspirational and typically end in smiles, with open hearts and sometimes tears, but always hope.

This experience is aimed at women who are no longer in crises and are currently safe.

A light lunch will be provided where participants have a space to discuss the challenges they have overcome and look at a way forward on how to use these skills in life. There is no pressure to talk, many prefer to just climb.



## MORE INFO & BOOKINGS

Natasha Harman

P: 0481 602 050

E: [ccintake@catholiccaredbb.org.au](mailto:ccintake@catholiccaredbb.org.au)

W: [www.catholiccaredbb.org.au](http://www.catholiccaredbb.org.au)



6699

I haven't left my home for more than 12 months.

I haven't had the confidence to go for my driver's licence but after conquering Tree Tops, I can do anything.

I don't like groups but there is a freedom in climbing on your own.





Dear Parents, help your kids:

*Find purpose & meaning in life*

*Explore faith, belief & spirituality*

*Meet other families, & belong to a caring community*

Give kids:

- a moral compass to guide them

- a positive self image & identity

- increased mental & emotional wellbeing

- life skills for happiness

- resilience for tough times

- understanding of their gifts & potential



**Who:** Fun for the whole family!

*Families that play together stay together!*

**What:** Messy Church - all age worship

**Where:** All Saints Anglican Church, 290 The Entrance Rd.

**When:** 2-4pm, Sunday 15th October

**More Info:** 0439 020 634



# Volunteer Recruitment

## *Drive*

### *About us*

Meals on Wheels Central Coast has proudly supported Central Coast seniors and people with disabilities for over 54 years, providing affordable meals, social support, and a helping hand. Assisted by an army of dedicated volunteers, our trusted service has helped thousands of locals to live happily, healthily and independently.

### *The Opportunity*

As a volunteer, you will have the opportunity to develop new skills, meet new people and gain a sense of fulfillment, as you help our Central Coast community.

Volunteering opportunities include:

- **Community Restaurants** – provides a fantastic weekly social outing for our clients, offering morning tea, hot lunch, dessert and beverages, along with fun-filled social activities
- **Assisted Shopping Program** – gives our clients a chance to shop at their local stores with the help of one of our wonderful volunteers
- **Online Shopping Assistance** – helps our clients to order everyday groceries from Woolworths or Coles.

*Join today!*

4357 8444 | [www.ccmow.com.au/volunteering](http://www.ccmow.com.au/volunteering)



# Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

## To join, participants must:

- Have a current health care card OR pensioner concession card
- Be studying yourself OR have a child in school
- Have regular income from work, yourself OR your partner

For full eligibility requirements, speak to a Saver Plus Coordinator.

## Here are some of the school costs the \$500 can be used for:

- |   |   |   |
|---|---|---|
|  |  |  |
| laptops & tablets   | uniforms & shoes  | books & supplies  |
|  |  |  |
| sports fees & gear  | lessons & activities  | camps & excursion   |

## For more information, please contact Saver Plus:

 [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)

 [saverplus.org.au](http://saverplus.org.au)

 1300 610 355

 @SaverPlusAU

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

If an extra \$500 would help you prepare for the costs of starting high school in 2024, then please read on to learn more about the free Saver Plus program. Saver Plus is a matched savings and financial education program that matches participants' savings dollar-for-dollar up to \$500 for education costs such as uniforms, books, excursions, sports fees and laptops. Participants save for a period of 10 months, so families who start now will be able to complete the program and receive their matched savings in February 2024.