



# The Entrance Public School

## TERM 3 Week 7 2023

### COMING EVENTS

#### TERM 3 2023

##### Week 7

##### Thurs 31<sup>st</sup> August

- Tumbi Tasters – Yr. 6

##### Fri 1<sup>st</sup> September

- Whole School Assembly
- Father's Day Breakfast – 7.30-8.30am

##### Week 8

##### Thurs 7<sup>th</sup> September

- Tumbi Tasters – Yr. 6

##### Fri 8<sup>th</sup> September

- K-2 Assembly – KC

##### Week 9

##### Tues 12<sup>th</sup> September

- Koori Choir Workshop – Brooke Ave PS
- Laycock Street Theatre – Yrs. 3 & 4

##### Wed 13<sup>th</sup> September

- Yr. 7 2024 Tumbi Campus – Gala Day

##### Thurs 14<sup>th</sup> September

- Tumbi Tasters – Yr. 6
- Reptile Park Excursion – Yrs. 1 & 2

##### Friday 15<sup>th</sup> September

- Yrs. 3 – 6 Assembly – 3S

##### Week 10

##### Wed 20<sup>th</sup> September

- Stage 3 Broken Bay Camp
- Kinder Excursion – Amazement Farm & Fun Park

##### Thurs 21<sup>st</sup> September

- Tumbi Tasters – Yr. 6
- Stage 3 Broken Bay Camp

##### Fri 22<sup>nd</sup> September

- Stage 3 Broken bay Camp
- Whole School Assembly
- Last Day of Term 3

#### Term 4 2023

##### Week 1

##### Mon 9<sup>th</sup> October

- First Day of Term 4

## A Safe, Respectful and Engaged Community

### 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

Term 3 is certainly flying by. Only 3 more weeks of learning before we head into the Spring School Holidays. We had a visit from Mr John Fleming this week, who has been coaching our teachers over the past four years in the implementation of Explicit Instruction. John visited several of our classes and observed a variety of Reading and Maths Warm-ups and lessons. He was very impressed with the high level of focus and engagement our students were demonstrating in their learning and the effective explicit delivery of the content, by our teachers.

### SLSO and Support Staff Appreciation Week

This Wednesday we celebrated Student Learning Support Officer and Support Staff Appreciation Week. At TEPS, we have sixteen dedicated SLSO's who work tirelessly supporting our Teachers and Students every day, both in the classrooms with learning and on the playground socially. We are also so fortunate to be supported by our efficient Office Staff, an Aboriginal Education Officer, a Wellbeing Nurse, a Family Support Worker, our School Chaplain, a General Assistant and our Technology Co-ordinator, that form an integral part of our TEPS Staff Team. We acknowledged our School Support Staff with a morning tea and a message of appreciation.



## **BOOK CHARACTER PARADE**

Thank you to all our students and staff who came dressed as their favourite Book Characters last Wednesday and for all our families who came to support the parade. It is always a wonderful way to celebrate the importance of books and reading. Thank you to Ms Evans for the effort she puts into making sure Book Week is a spectacular celebration at TEPS every year.

### **Murphy**

Mr Murphy is going well with his extensive therapy puppy training. The suitability of a School Therapy Dog is based on their temperaments. Murphy is confident, cute, cuddly and clever, everything that is considered important for a School Therapy Dog. Murphy also has a shed free coat that is hypoallergenic and so soft to touch. Over the next few weeks, he will be introduced to small groups of students and different areas of our school as part of his training. We cannot wait to meet him.



### **Father's Day Breakfast**

Happy Father's Day to all our TEPS community father figures this Sunday. We are excited to celebrate the significant role you play in our students lives, together this Friday morning, starting at 7.30am with a coffee, BBQ breakfast and some fun activities. Thank you to Ms Georgia and Mrs Kirk for their organisation of this event and to all staff who support this special occasion.

Take Care

Mrs Liana Haslam for Dave Stitt

## **School Uniform**

A number of students have been turning up to school out of school uniform. We understand that uniform costs can be high, however, when students appear with high-end brand clothing that is often more expensive than the school uniform it gives a different message. The school will be supporting the wearing of correct uniform by providing students out of uniform with a jumper of the right colour to be worn for the day. Students who have lost their jumper or are wearing incorrect attire will also be offered this option. We are encouraging all students to be proud of our school and model appropriate uniform. K-mart and Big W also sell navy tracksuit pants and jumpers for less than \$10. This can be a more affordable option.

## **Permission to Publish**

At school we have several students who do not have permission to publish their images and names in our school newsletters and through our social media channels. Parents also give permission to use their children's images and names to the school by signing permission slips. A reminder that any footage taken of school events are not allowed to be broadcast on social media, YouTube or shared with other people as you do not have permission to use the images of the children from the parents. If you have utilised any footage in that way, can you please remove it from those media platforms. It would be grateful if you can support the school with this.

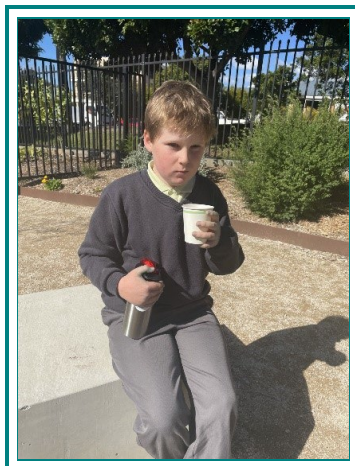
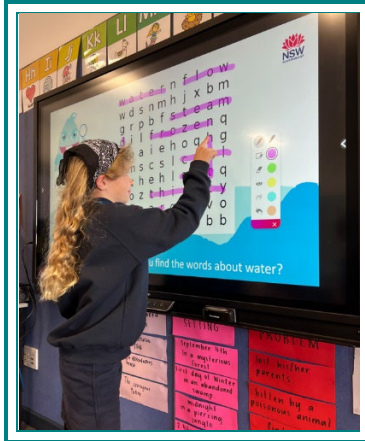
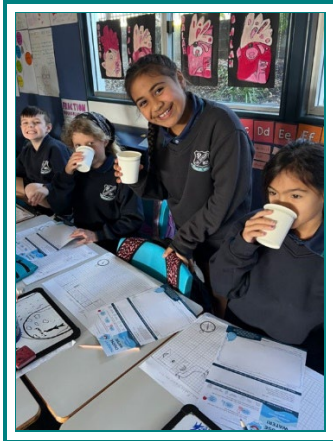
Principal – Dave Stitt



## **Thirsty? Choose Water Program!**

Friday 18<sup>th</sup> of August 2023, Stage 2 students participated in a Choose Water Day. They rotated through 7 different activities for the day, based around the benefits of choosing water as a preferred source for hydration. The children learnt about the health benefits of drinking water for their bodies.

This program was created in partnership with Central Coast Health and aligns perfectly with the installation of our Chilled Water Station. Our Stage 2 students also enjoyed healthy fruit and vegetables platters, that were perfectly prepared by Emma and her helpers in our canteen. They finished their Choose Water Day with an individual waterhole artwork, inspired by our Waterhole mural that surrounds our Chilled Water station, designed by Jakeob Watson, focussing on the importance of water to our First Nations People.



Mrs Liana Haslam  
Assistant Principal Wellbeing

# 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://theentrance-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.

# 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



# Tuning in to Kids

## Emotionally Intelligent Parenting

A five-session parenting program for parents of aged up to 12 years old

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: The Entrance Public School

When: Tuesdays 22<sup>nd</sup> August 29<sup>th</sup> August,  
5<sup>th</sup> September 12<sup>th</sup> September, 19<sup>th</sup> September  
9.30am till 12noon.

Contact: Wayne Osborne (Ossie) 0493 084 647



# COME PLAY CRICKET!



## CRICKET BLAST 5-10 YEARS

Saturday mornings 9 -10:30am, begins 15th October  
10 week program  
\$120

**Includes a Blasters merchandise pack**

Cricket game-based activities. Fun & active program for kids of all abilities.

## BOYS 9-17 YEARS

Saturday mornings 8 -11am, begins 7th October  
Available grades U10, U12, U14, U16  
Youth competition Friday evenings (Under 17)  
\$175 +\$16 Play HQ Fee

**Includes: playing shirt, training shirt & shorts (+ cap for new players)**

## GIRLS 9-16 YEARS

Saturday mornings 8 -11am, begins 7th October  
T20 girls only competition (3 ability based grades)  
\$175 +\$16 Play HQ Fee

**Includes: playing shirt, training shirt & shorts (+ cap for new players)**

## GIRLS & WOMEN'S COME & TRY SESSIONS

Sunday 20th and Sunday 27th August  
Jubilee Cricket Nets, Kitchener Rd, Long Jetty  
From 3pm  
**All welcome - No experience necessary!**



SCAN ME

SCAN THE QR CODE  
TO REGISTER

DON'T FORGET TO USE YOUR ACTIVE  
KIDS VOUCHERS !

For further info contact the Junior coordinator  
Rob Goldie on 0415 117 539 or  
Email: [junior@tedcc.com.au](mailto:junior@tedcc.com.au)



# Healthy Lunch Box

## Healthy Lunch Box website.

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



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

**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

**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/)

DEVELOPED BY DIETITIANS



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



## Pack your lunch box from these food groups

<b>Breads and cereals</b> 	<b>Water</b> 
<b>Vegetables and salads</b> 	<b>Fruit</b> 
<b>Meat and alternatives</b> 	<b>Dairy and alternatives</b> 



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



# CENTRAL COAST BRIDGE CLUB

The Central Coast Bridge Club is conducting a set of bridge lessons starting on Tuesday August 15 at 9:30am in our clubrooms at 415 The Entrance Road.

The set of lessons runs for six weeks and costs sixty dollars. (\$60).

For further information please contact the club on 4339 3824 or at our email address [ccbridgeclub@gmail.com](mailto:ccbridgeclub@gmail.com)

# 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



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





## 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

**\*\*\*\*PARENTS/CARERS YEAR 6 STUDENTS\*\*\*\***

### 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: \_\_\_\_\_

# TASK Holidays

# LAKE MUNMORAH PS

**W1** | SEPT/OCT, 2023  
BOOKINGS CLOSE - WED 20 SEPT

From as low as -  
**\$7.50**  
(with max. govt. CCS)

**MONDAY  
25 SEPT**

**HOLI-DAY-ONES**

Kick-off the **SPRING** holidays with face painting, bubble work and fun-filled games.

Plus, learn how to make **GIANT BUBBLES** as a secret bonus for our day-one TASKers!

*Full Fee - \$75*

**TUESDAY  
26 SEPT**

*World Animal Day*

Participate in a celebration for the rights and welfare of Animals across the globe.

*Amusement Farm & Fun Park*

*Full Fee - \$96*

**WEDNESDAY  
27 SEPT**

**ARTY PARTY**

Party in style with arts, crafts, and creative posters.

*Apron design, canvas & clay*

*Full Fee - \$96*

**THURSDAY  
28 SEPT**

**ADVENTURE PLAYGROUND**

Not just a regular celebration, prepare for adventure! Jumping, flipping, dodging & weaving!

*Tonx of Fun Wyong*

*Full Fee - \$96*

**FRIDAY  
29 SEPT**

**PIZZA PARTY**

**Pizza, Pizza please! Party games & more.**

*Full Fee - \$75*

**HOURS**  
Mon - Fri  
7am - 6pm

**BOOKINGS**  
[task-kids.com.au](http://task-kids.com.au)  
[enrol@task-kids.com.au](mailto:enrol@task-kids.com.au)  
1300 827 500

**W2** | SEPT/OCT, 2023  
BOOKINGS CLOSE - WED 27 SEPT

**MONDAY  
2 OCT**

**PUBLIC HOLIDAY**

**TASK IS CLOSED TODAY**

*Full Fee - \$0*

**TUESDAY  
3 OCT**

**HOLIDAY COOKING CLUB**

Join us for something **SAVORY** or **SWEET** that can't be beat. We'll make something good to eat!

*Full Fee - \$75*

**WEDNESDAY  
4 OCT**

**BIG SCREEN DAY OUT**

Enjoy a **Movie Day Out!**

*RUBY GILLMAN, TEENAGE KRAKEN*

*Full Fee - \$96*

**THURSDAY  
5 OCT**

**TASK TARGETS**

We're turning our TASK playground into a fun-filled tagging playing field!

**ARROW TAG**

*Full Fee - \$96*

**FRIDAY  
6 OCT**

**ADDAMS FAMILY FRIDAY FUN**

Dress up for Halloween and play spooky games with other TASKers!

*Full Fee - \$75*

**The After School Klub**

Please read BOOK ME description for detailed information • Excursion days - places visited - TASK is egg & nut free • Afternoon tea provided  
• All Holiday Programs subject to change • Each day please bring: recess, lunch and water bottle, hat, sunscreen, socks, covered shoes and jumper - all labelled.



# TASK Holidays

# ERINA HEIGHTS PS

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*Full Fee - \$75*

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Party in style with arts, crafts, and creative pallets.

*Apron design, canvas & clay*

*Full Fee - \$96*

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*Amusement Farm & Fun Park*

*Full Fee - \$96*

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28 SEPT**

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*Flip Out Gosford*

*Full Fee - \$96*

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# TASK

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*Full Fee - \$75*

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## Central Coast Spring Holiday Chess Comp

Minimum ability: Correctly move pieces and complete games independently.

Ages  
6 to 17

Friday 6 October

Must enter by Wed 4 October



**Where:** Central Coast Grammar School

**When:** Friday 6 Oct, 9.30am-4.00pm

Late arrivals will miss the first round

**Entry:** By Wednesday 4 October, fee \$10

Please provide following info to enter...

- Player's name and DOB
- Relevant medical information
- Parent emergency contact number
- Parent email address

**Lunch:** BYO food and drinks

**Trophies:** 1<sup>st</sup> to 5<sup>th</sup> plus age medals

**Format:** Swiss, everyone plays 7 rounds

**Time control:** 15 mins per player

**DON'T PAY UNTIL YOUR ENTRY IS CONFIRMED BY EMAIL**

Please use player's name as online payment reference

- Pay me online 637000 713 826 707, or
- By PayPal to my email address, or
- Cash on the day

Contact for info and entries:

Gary Losh 0432 453 726 or  
[glosh6090@gmail.com](mailto:glosh6090@gmail.com)

For country NSW players only  
Please see below

Limit 140 players  
DON'T PAY UNTIL ENTRY IS CONFIRMED

### NSW Country players only

There are very few tournaments in the country when compared with the city.

Having capped ours at 140, we aim to avoid local players missing out while still allowing entry to country areas.

Players from the County of Cumberland, which includes Metropolitan Sydney and beyond, may not enter.

We do thank Sydney players for their past patronage and hope they understand our reasons.

### Non profit

Run by volunteers with the help of our generous host Central Coast Grammar School.

### Checkmate competition

Participation optional.  
Find the checkmates and win prizes.

### Rated by the NSWJCL

All unrated players will be given a chess rating based on their results  
See: [www.chessratings.com.au](http://www.chessratings.com.au)

KidsConnect

# TWISTS & TURNS™

FOLLOWING JESUS CHANGES THE GAME PSALM 25:4

**2023 K-6 Holiday Program**

**25-27 Sep**

**9:30am to 12pm**

REGO FROM 9:15AM

COST PER DAY: \$10 P/CHILD  
(MAX. \$25 P/FAM)

Games, activities, songs, crafts,  
bible time & morning tea

**BATEAU BAY BAPTIST CHURCH**  
**8 Yakalla Street, Bateau bay**

REGISTER AT [BATEAUBAYBAPTIST.ORG.AU](http://BATEAUBAYBAPTIST.ORG.AU)  
(P) NICOLA 0431 877 722 OR (E) [ADMIN@BATEAUBAYBAPTIST.ORG.AU](mailto:ADMIN@BATEAUBAYBAPTIST.ORG.AU)





# Touch Football

## Summer Competition

starts 4th October

Junior Comp  
&  
Senior Comp

Active Kids vouchers accepted

Prices from \$55 pp plus insurance

Registration open now!

Go to [berkeley-vale.nswtouch.com.au](http://berkeley-vale.nswtouch.com.au)

## Why play touch with us?

- Improve fitness and speed
- Increase agility
- Gain ball skills
- Enjoy socialising and make new friends
- Build teamwork
- Opportunity to play

Representative Touch

PLAYED AT TED DOYLE OVAL,  
BERKELEY VALE





# St Vincent de Paul Society

*good works*

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



**anti-poverty week**

*act on poverty*

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

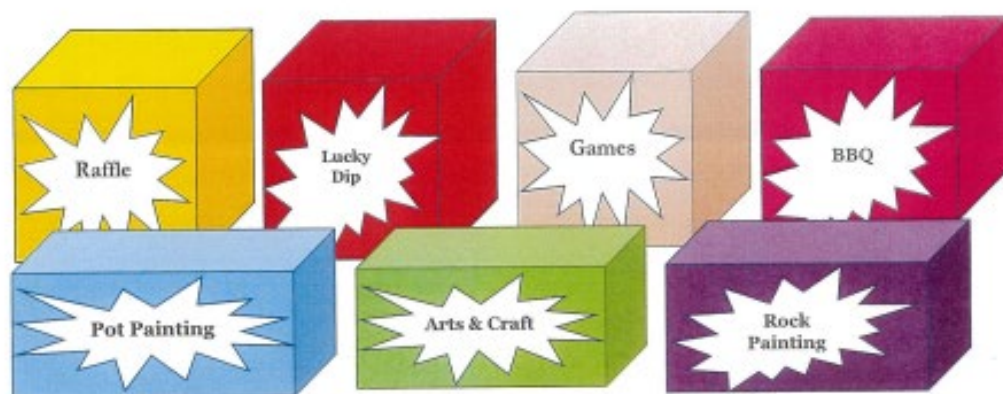
### COVID SAFE EVENT

- 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



# Go4Fun

## with all the family

Central Coast Local Health District



Go4Fun is a FREE 10-week healthy wellbeing program for children aged 7 to 13 to enjoy along with their families. Please contact 1800 780 900.

Run by top trained health professionals, it's a fun way for kids to build self-esteem and learn about eating well, staying active and living a healthy life.

Term 3 programs will take place at:

✦ **Lake Haven Recreation Centre**, Tuesdays 4pm–6pm (Aboriginal program for everyone run by Bungree)

✦ **Gosford Olympic Swimming Pool**, Wednesdays 4pm–6pm

✦ **Bateau Bay Neighbourhood Centre**, Thursdays 4pm–6pm

To register, visit [go4fun.com.au](http://go4fun.com.au) or call 1800 780 900.



# 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:



## 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.