**Principal’s Report**

How many hours of screen time does your child have each week? The current average for children is more than 40 hours per week, not counting time spent on a computer at school. Research (JAMA Pediatrics) shows that when parents limit the content and amount of time their children spend on a computer or in front of a TV children get more sleep, do better at school, behave better and see other health benefits such as reduced risk of obesity. They found that where parents make decisions to make manageable changes to their child’s screen time, it will take 7 months to see noticeable changes. This information came from generationnext.com.au, a blog dedicated to protecting and enhancing the mental health of young people and the community. You can sign up to get regular emails or follow them on Facebook and Twitter. Other articles this week include discussions such as “Why no winners or losers?” and “Harvesting happiness instead of chasing it”.

**Be….. Winter Wise 🧣 Are you ready? Advice from the NSW Department of Health includes:**

- Catch it and bin it. Germs can spread easily. Always carry a tissue and use it to catch your cough or sneeze. If you don’t have a tissue, coughing into your elbow is better than your hands. Germs can live for several hours on tissues. Throw used tissues in the rubbish bin as soon as you can.
- Kill it. Hands can transfer germs to every surface that you touch. Wash your hands thoroughly and often, especially after coughing, sneezing or blowing your nose. Wash your hands for at least 10 seconds, or use an alcohol based hand rub.
- Stay at home. Wait at least 24 hours after your fever resolves before you return to work or other public activities so that you do not infect others. Keep sick children away from school and other public activities.
- Get a jab. Annual influenza vaccinations are recommended for anyone aged over 6 months who wishes to reduce their chances of becoming ill with influenza.

**Did you know:**

The Smoke-free Environment Act 2000 bans smoking bans smoking in any Government buildings. The ban is extended to being within 4 metres of any of the entry/exit points to Government buildings. This means that there can be no smoking at Wollongbar Public School, or within 4 metres of any of our gates and driveways. Included with this newsletter is a flyer giving an overview of planned amendments to the Smoke-free Environment Act.

**Our next P&C Meeting is next Wednesday 4 June at 7pm in the Staffroom.** Come along and hear about our exciting plans for the installation of new fixed equipment in our playground, made possible by our P&C’s fundraising efforts.

Jennifer Thomas
Principal
Assembly Awards and Birthdays

| Gold | Gold | Platinum | Birthdays |

Congratulations

To these students who have achieved **100 nights** of Home Reading

### UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Who</th>
<th>Event</th>
<th>Payment Due Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole School</td>
<td>School contributions &amp; Paper Levy</td>
<td>Due Now</td>
<td>$65.00 per 1 child family</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$75.00 per 2 child family</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$85.00 per 3 child family</td>
</tr>
<tr>
<td>Year 3 &amp; 4</td>
<td>Tallebudgera Excursion</td>
<td>Friday 9th May, Friday 6th June, Friday 18th July, Friday 8th August</td>
<td>$70.00 deposit <strong>OVERDUE</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$50.00 per student</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$50.00 per student</td>
</tr>
<tr>
<td>Year 5 &amp; 6</td>
<td>Aussie Bush Camp Excursion</td>
<td>Friday 30th May, Wednesday 25th June</td>
<td>$100.00 per student</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>$90.00 per student</td>
</tr>
<tr>
<td>1T &amp; 2O</td>
<td>Excursion</td>
<td>Thursday 12th June</td>
<td>$5.50 per student</td>
</tr>
</tbody>
</table>

Unfortunately students who have not paid and brought in a permission note for these events will not be able to participate. Please see the school website if you require a permission note.

**is available at our school from 8.30am-1pm**

### PSSA Netball Knockout

Our Wollongbar Public School PSSA Netball Knockout displayed wonderful sportsmanship and a tremendous amount of courage in their 13-2 loss to Clunes Public School yesterday. It was a hard, fast match with the girls playing a fantastic final quarter only conceding one goal. Thank you very much to the families who supported us on the day.

Karina Offley
Netball Coach
FNC Cross Country
Congratulations to the 15 students who represented our school at the FNC Cross Country Carnival on Friday. This was a really great cross country track to run on. 5 students have been selected + 2 reserves for the next carnival.

10yrs boys 5th
10yrs girls 7th
11yrs boys 3rd 5th
12/13yrs boys 1st 8th
AWD 3rd

The NC Carnival will be held at Kendall next week. Good luck to the students listed above.

Soccer Knockout Competition
Both girls and boys played at Thistles.

On Tuesday the girls’ soccer team played Goonellabah Public in the Round 2 State Knockout competition. The girls had a great win, defeating Goonellabah 16 nil. The girls all played well and showed good sportsmanship on and off the field. xxx, xxx, xxx and xxx each scored a goal, xxx and xxx scored 2 each, with xxx and xxx kicking the ball into the back of the net 4 times each. Some great defence was seen by xxx and quick runs down the wings from xxx and xxx. Our super goalie, xxx, was lucky enough to only touch the ball several times throughout the whole game.

Congratulations girls on a fantastic win!

Nadine Toniello
Girls’ Soccer Coach

Boys also played Goonellabah in Round 2 and also had a great win 15-0.

Goals were scored by xxx (4), xxx (4), xxx (3), and one each to xxx, xxx, xxx and xxx.

The boys stayed on to compete in Round 3 against Wyrallah Rd. This was a much more difficult game. Wyrallah Rd scored first but our boys scored immediately after the ensuing kick off to make it 1-1. This score continued until half time. During the 2nd half, Wyrallah Rd scored 3 more goals to make the final score at 4-1. Our goal was scored by xxx.

I was very proud of our boys who never gave up and showed true sportsmanship through to the end against a much bigger school. Well done boys.

Thank you to the parents for transporting students, putting up tents, cheering teams on during the day and washing shirts.
NC Netball
Congratulations to xxx who competed at NC Netball Trials on Monday in Grafton. xxx has been selected in the NC team to compete at the State Titles in Cambridge Park in July. Fantastic effort.

Athletics Carnival - Field Events
A reminder that the school Field Events Carnival will be held on Friday 13th June for students from 8y-13yrs. Students may come in house colours.

Program for the day:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Event</th>
<th>Event</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.30 - 11.30</td>
<td>11yrs Boys/Girls</td>
<td>Junior Boys</td>
<td>Junior Girls</td>
<td>Senior Boys/Girls</td>
</tr>
<tr>
<td>Recess</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.50 - 12.55</td>
<td>Senior Boys/Girls</td>
<td>11yrs Boys/ Girls</td>
<td>Junior Boys</td>
<td>Junior Girls</td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.00 - 3.00</td>
<td>Junior Girls</td>
<td>Senior Boys/Girls</td>
<td>11yrs Boys/Girls</td>
<td>Junior Boys</td>
</tr>
</tbody>
</table>

Parents are welcome to come and cheer on their children.

I would appreciate any parental help on the day to help things run smoothly. If you are able to help, please contact the front office.

Julie Woolfe
PSSA Coordinator

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SRC – STATE OF ORIGIN FUNDRAISER

Yesterday our school was a sea of blue plus a few sprinkles of maroon. It was great to see all students and staff be involved in our SRC State of Origin Day. Through donations and raffle tickets sold we raised $327.00.

The SRC will soon be meeting to discuss ideas on how to spend this money within our school.

A huge thank you to Rita & Dan at the Wollongbar Newsagents for donating ALL the prizes, and to Donna L for supporting the SRC. Thank you to all the SRC students who took on the responsibility of selling raffle tickets at recess – Well done!

Nadine Toniello
SRC Co-ordinator
Musica Viva 2014

Last week our students had the wonderful opportunity to listen and participate in the Musica Viva performance “Cooking with Gas” performed by Gyspy Tober, one of Queensland’s finest professional vocal groups. For students living in a rural area this is a rare chance to view live music and experience the skill and incredible talent of professional vocalists. Our students were able to apply the learning they had been doing in class to the live performance on the day. Gypsy Tober mixed humour and musical concepts to expertly engage all students and take them on a celebration of the instrument everyone can play, the voice!
Remember ....if you would like to contact the P&C team please contact:

Donna – M: 0413138743, email wayne.lloyd6@bigpond.com  Tash – M: 0407 968 561

Many thanks to our local supporters providing coffee vouchers for the next few months for our lucky volunteers:

QUATTRO COUNTRY AND ALSTONVILLE GARDEN HOUSE.

**Uniform Shop**

Wendy Durrell will be opening the Uniform Shop on **Fridays from 8.45am to 9.15am**

**News in the Canteen**

The school Track Events Carnival is coming up on 20th June 2014. If you are available to help in the canteen could you please let Leigh or I know. We try to get enough volunteers to ensure you can see your kids compete.

The canteen contact details are:

Leigh (Monday/Tuesday) on 0412 716 991  
Anna (Monday - Friday) on 0410 594 676 Email: madmods@bigpond.com

Thanks  
Anna and Leigh

**Canteen Roster**

<table>
<thead>
<tr>
<th>Friday 30th May 2014</th>
<th>Monday 2nd June 2014</th>
<th>Friday 6th June 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna K</td>
<td>Amanda W</td>
<td>Tash C</td>
</tr>
<tr>
<td>Leigh L</td>
<td>Colleen D</td>
<td>Wendy D</td>
</tr>
<tr>
<td>Lorna O</td>
<td></td>
<td>Yasmin G</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hayley T</td>
</tr>
</tbody>
</table>

**Uniform Shop**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday ’s</td>
<td>8.45am to 9.15am</td>
</tr>
</tbody>
</table>

**P&C Calender**

<table>
<thead>
<tr>
<th>What’s happening?</th>
<th>When?</th>
<th>Where?</th>
</tr>
</thead>
<tbody>
<tr>
<td>P&amp;C Meeting</td>
<td>Wednesday 4th June 2014</td>
<td>Staff Room</td>
</tr>
<tr>
<td>Fundraising Meeting</td>
<td>Thursday 29th May 2014</td>
<td>Tavern 7pm</td>
</tr>
</tbody>
</table>
Important community announcement
Changes to the law on smoke-free outdoor areas

From 7 January 2013, there are new requirements in NSW making the following areas smoke-free.

- Within 10 metres of children’s play equipment in an outdoor public place.
- Open areas of public swimming pool complexes.
- Spectator areas of sports grounds or other recreational areas during organised sporting events.
- At public transport stops and stations, including platforms of passenger railways and light-rail stations, ferry wharves, light-rail stops, bus stops, taxi ranks and the area where people gather or queue to wait for the bus, taxi or light rail.
- Within 4 metres of a pedestrian entrance or exit from a public building (meaning a non-residential building or a building that combines residential and commercial uses). This requirement will operate from 6 July 2015 for hotels, clubs, restaurants and cafes.

From 6 July 2015, smoking will be banned in commercial outdoor dining areas, being:

- A seated dining area – an area in which seating is provided and in which food that has been purchased and served on plates or packaged for immediate consumption is consumed – but only while food is being consumed or is available for purchase and consumption there,
- Within 4 metres of a seated dining area on licensed premises or at a restaurant, or
- Within 10 metres of where food is sold or supplied for consumption at a food fair.

Penalties will apply for anyone who fails to comply with the new laws.

These amendments to the Smoke-free Environment Act 2000 are a key measure in reducing community exposure to second-hand tobacco smoke, tobacco-related harm and the uptake of smoking in NSW.

For more information
Please contact the Tobacco Information Line on 1800 357 412 or visit the NSW Health website: www.health.nsw.gov.au.

The Tobacco Information Line can be accessed by non-English speaking people via the Translating and Interpreting Service (TIS) on 13 14 50.
How to handwash in the community

Duration of the entire procedure: 15-20 sec.

1. Wet hands with water and soap
2. Wash hands together making sure you wash your thumbs, between your fingers and the backs of your hands
3. Rinse hands with water
4. Dry thoroughly with a single use towel

Clean Hands Saves Lives
A new version of the app (3.0.9) on the Apple App Store has just been made available. If you already have the School App could you please delete this and download it fresh from the App Store which will have the new version.

Please note - User Name: community
Password: wollongbarps

If you still find you are having technical issues with Iphones accessing the new School App, please email support@arinum.com directly or through the feedback option in our School App.

Shannin Cook
School Administration Officer