**MESSAGE FROM THE PRINCIPAL**

Dear Parents and Carers,

Parents often worry about whether or not to let the school know that their child tells them another student is bullying them. It is better to let us know. Not telling is protecting the bullying at the expense of the victim. Even if the version parents are told is embellished it is better for us to know. Of course we have to balance everyone’s rights and responsibilities in these matters but your report may be part of a larger picture. Stopping bullying can take hard work but these problems are rarely solved without us knowing.

Students do not verbally or physically abuse other students in front of teachers. Better still is for the students themselves to tell their teacher. My experience is this is always better. While there can be short term pain in telling for the victim there is long term gain.

Talking to students about being brave bystanders is important. Most students neither bully nor are bullied but they know who is and can help by being assertive. Telling is one assertive strategy as well as voicing your own disagreement with bullying behaviour.

You may have noticed a change in the bell system recently. Due to issues with some staff and students unable to clearly hear the previous bell in different areas of the school during an emergency drill, an upgrade occurred earlier this term. Now, not only can the emergency siren be heard by all at school, most of the nearby businesses and residents can hear it as well! Each term we have a practice of either an emergency evacuation or lockdown drill to ensure the safety of all staff, students and visitors on site.

**Walk Safely to School Day**

This week’s message:

Teach your children to get in and out of the car by the ‘safety door’. The rear kerb side door of the car is the ‘safety door’. Never allow children to get out of the car on the traffic side. When possible, children should remain in the car until an adult opens the ‘safety door’. This helps ensure that children get out of the car safely.

Regards,
Liz Newman, Relieving Principal

**150 YEARS OF PUBLIC EDUCATION IN WINGHAM**

A Musical Reunion on the Friday evening, has been an addition to the events over the weekend of Friday 12, Saturday 13 & Sunday 14 September 2014. For more information about this musical event, contact Kevin Ballard via FaceBook.

Donations are being received to cover the cost of staging this mammoth School Reunion as three Schools are involved, Wingham Public School, Wingham Brush Public School and Wingham High School.

If you would like to make a contribution where you can use Pay Pal or Credit Card check out…….


Wingham Public School’s P&C Association has kindly allowed the Committee to use their Bank Account at the Commonwealth Bank Wingham Branch where donations may be made. Or mail cheques or money orders to Wingham Public School, Murray Road, Wingham. There is no minimum or maximum amount to donate, as any contribution will be very much appreciated.

For more information phone Susan Ryan on 6553 5150 or email winghameducation150@gmail.com

**PSSA GIRLS AND BOYS TOUCH KNOCKOUT**

The first knockout games for both boys and girls touch teams were played today. The games were played at the Wingham Sporting Complex against Old Bar. Congratulations to our girls team who were victorious with a score of 5-3. They will move onto the next round to play against Chatham over the next coming weeks.
**P&C**

**UNIFORM SHOP**

The canteen uniform shop is open between 8-45 and 9-30am on Monday, Tuesday and Thursday. If these hours are unsuitable please contact Jill Watkins on 0432 307 765 to make an appointment.

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**CANTEEN VOLUNTEERS ROSTER**

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**CANTENE VOLUNTEERS ROSTER**

**Please note** - Correction to canteen menu pies as stated on new menu list.

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**LIVE LIFE WELL**

**Ideas to get your family moving**

- Go outside and play chasing, ride bikes or throw a ball or a Frisbee.
- Encourage children to make their own obstacle course at home. You could use garden hoses as tight-ropes, chairs to crawl under, and the clothes line to run around. Include a skipping rope and some jumping. For variety ask them to walk backwards, hop or skip through the obstacle course. Time them to see how they are improving.
- Encourage your child to play outside whenever possible. Play along whenever you can.
- Be a good role model – be active when you’re with children. What gets children moving is what parents do, not what they say. Children learn by example!
- Include games and walks in family outings.
- Negotiate a time limit on sedentary activities such as watching TV and playing computer games.
- Walking together is a good time to talk to children about their lives and yours.
- Be prepared, think about activities your family can do in and around your home. Have some plans for wet days.

**Vegetable tips for snacks**

- include vegetables slices with cheese and crackers
- top English muffins with chopped tomato, capsicum and ham, sprinkle with grated reduced-fat cheese and heat in the oven or grill
- serve vegetable sticks with salsa
- vegetable-based soup makes a great snack on cold afternoons
- cooked two minute noodles mixed with grated zucchini and chopped tomatoes and top with grated reduced-fat cheese.

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**Baked potatoes**

For a quick and easy meal, wash a medium sized potato then steam or microwave whole until just tender. Cut the top of the potato out and scoop a little of the potato out and add canned tuna, creamed corn and sprinkle with reduced-fat grated cheese. Place under a hot grill or in the oven, until the cheese has melted and serve. Alternately add lean bolognaise sauce and grated cheese or baked beans and grated cheese.

**Some interesting vegetable facts**

Frozen vegetables are usually snapped frozen on ripening and can have the same nutritional value as fresh vegetables. Try to include different vegetables every day. Different coloured vegetables provide different vitamins and other nutrients. Eating enough vegetables can protect you against many lifestyle diseases including heart disease, stroke, some cancers and diabetes.

**Tempting taste buds**

Some children dislike vegetables, however they are still an important food group. Some ideas to tempt reluctant vegetable eaters include:

- Disguising them by blending, mashing and adding them to soups, stews or sauces.
- Offer them raw. Lots of kids prefer crunchy vegetables rather than cooked ones. Carrots, cauliflower, beans or broccoli are great eaten raw.
- Involve children in preparing or growing vegetables. This increases their familiarity and willingness to try new vegetables.
- Serve cut up carrots, celery, tomato and cucumber with salsa, dips, cottage cheese or salad dressing.
- Add kidney beans, red lentils, baked beans or four-bean mix to casseroles, mince or stews.
- Mix mashed potatoes with mashed pumpkin or sweet potato.

Enjoy cooking and preparing meals with your children.

Make vegetarian pizza using Lebanese bread, tomato paste, reduced-fat cheese and let the kids pick the vegetables to go on top. Set up bowls of sliced vegetables and let them decorate their own pizza.

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**COMMUNITY NEWS**

**XMAS IN JULY DINNER DANCE**

To be held at Cafferys Flat Hall on July 12 from 6.30pm. There will be a 3 course meal and music is by Barney Carle and Ross Fahey. Adults $25, children 10 – 16 years $15 and children under 10 FREE. Bookings by phone on 6550 7593 by July 6.

**PARENTLINE NSW**

FREE professional help for parents and carers is available from 9am-9pm weekdays and 4pm-9pm Saturday and Sunday. Parentline NSW is a state funded program managed by Catholic Care which helps parents with a wide range of issues such as behavioural problems, separation anxiety, bullying and much more. Phone 1300 130 052 or www.parentline.org.au