

# CARDIFF PUBLIC SCHOOL

Cardiff Public School,  
Macquarie Road, Cardiff 2285  
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Phone: 02 49540475  
Fax: 02 49565436  
Website: [www.cardiff-p.schools.nsw.edu.au](http://www.cardiff-p.schools.nsw.edu.au)

## What's on?

7th/8th/9th Nov	Book Fair—To be held in the Library
Thurs 9 /16th Nov	GO School
Tue 14th Nov	P & C Meeting 7pm staffroom
Fri 17th Nov	Taronga Zoo Whole school excursion
Mon 27th Nov	Parliament Speeches
Thurs 7th Dec	COLAD/Presentation Day
Tues 12th Dec	Year 6 Farewell
Thurs 14th Dec	Talent Quest
Fri 15th Dec	Last day of Term 4
P & C Meetings are held on the 2nd Tuesday of each month in the Staffroom. Commencing at 7.00pm. Everyone is welcome.	

### Kinder 2018

We are currently enrolling students who will commence Kindergarten in 2018. If you have a child who will be commencing Kinder in 2018, please contact the School Administration Office asap.

### Calendar Dates

Don't forget to download our App and check our school's website for all things CPS.

**Sport day will be Friday**  
each week for the whole school.  
**Students are required to wear their sport uniform on this day.**

## Principal's Report

### From the Principal's Desk:

Dear families,

#### Debate Winners

Congratulations to the Cardiff PS Debating Team who won last week's debate against Garden Suburb PS. Both teams presented very strong arguments and showcased some very good debating skills. Mrs Nichol, who adjudicated the debate, was very impressed with the quality of speakers from both schools and is looking forward to working with our students, when they head to high school in the coming years. A big thank you goes to Mrs Tracey for organising the event. An annual Cardiff Community of Schools event is now being planned for future years.



#### Kindergarten 2018

The first of our two additional readiness sessions takes place this Thursday for some of our new Kindy 2018 students. We are really looking forward to helping them make a smooth transition to our school. There are certainly some very excited faces ready to start 'big school', and there are quite a few teachers who are just as excited. We are also still accepting enrolments for 2018 if you are yet to contact us.

**Taronga Zoo Excursion – Fri 17<sup>th</sup> Nov**  
Less than two weeks to go! Final preparations are being put into place as we count down toward this great day out. We were inundated with

volunteers for the day. Thank you to each and every person whom offered. Unfortunately, there were only a small number of complimentary tickets available to us for supervisors, but we still hope to see many of our families joining us on the day.

Students are reminded to be at school by 6:45am, as the bus will leave at 7am sharp. Parents and carers will need to arrange for their child to be picked up from school when we return at approx. 5pm. Families are encouraged to keep an eye on our Skoolbag App for updates throughout the day.

#### Year 5 Selective High School Applications

Only 1 week left to apply. Families wishing to apply need to go to: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7> Applications close Nov 12.

#### Cardiff Community of Schools AP Network Day

Tomorrow, our school will host an Assistant Principal's Network Meeting for our local schools. These meetings occur each term for our respective executive staff, as they look to develop their skills and ensure quality and consistent practices across our schools. This network is just one of a number that exist between our schools, and highlights the strength and commitment to excellence that we share across our schools.

#### Quote of the Week

'Take Risks: If you win, you will be happy. If you lose, you will be wise.'

-Anonymous

Have a great week!  
Mark Kyrwood  
Principal

SEARCH OUR  
SCHOOL NAME IN:



Available on the iPhone

App Store



Available on Android

Google play

Permission notes can be found on our web-site.

[www.cardiff-p.schools.nsw.edu.au](http://www.cardiff-p.schools.nsw.edu.au)  
Please select "Student Central" tab.

## P&C

### APPLE FOR THE TEACHER

NEWFM radio station are running a competition where if a teacher is nominated and gets the most votes then the teacher and all the students in their class will win a MacBook Air. Miss McMahon from 1/2m has been nominated from our school. Can everyone please vote by going to [nxfm.com.au](http://nxfm.com.au) Apple for the Teacher and filling in the voting form making sure that you scroll down and check the box for Miss McMahon. The more people that vote the more chance we have of winning.



### OUTBACK JACKS SCHOOL MATES

Our P&C will be participating in the Outback Jack's School Mates Rewards Program.

This involves each family receiving a School mates Card. When you Dine in at Outback Jacks and present your card, your receipt will be placed in a specially marked box with our school logo. At the end of each term all the receipts will have the total amount added and our School will receive 5% of the total amount as a donation from Outback Jacks.

Please keep a look out for your families Loyalty Card and information letter.

**Did you also know** that kids eat **FREE** every Monday Tuesday and Wednesday when a full price adult meal is purchased? 1 adult meal = 1 child eats FREE 2 adult meals = 2 children eat FREE and so on. So why dine at Outback Jacks on these nights and let the kids eat for FREE.

### P&C GENERAL MEETING

The P&C General Meeting will be held on Tuesday 14<sup>th</sup> November at 7.00pm in the School Staff Room.

Everyone is welcome to attend so why not come along and find out what is happening within your school.

### DONATIONS FOR CHRISTMAS RAFFLE

It is that time of the year again where Christmas is just around the corner. We will be holding a Christmas raffle only this with no stall.

We are asking for donations that we can use as raffle prizes this year.

If you can help us out that would be fantastic.

All donations can be handed into the uniform shop or the canteen.

### ICEBLOCK HOLDERS

The warmer weather is coming so that means to keep cool we give our kids and ourselves a Zooper Dooper ice block.

These can be very cold to hold especially for the younger children so the P&C have Zooper Dooper ice block holders to keep those tiny fingers and hands from freezing for only \$8.00 each. Please see attached flyer for ordering.

### HELPERS NEEDED

Unfortunately our canteen does not have enough volunteers to continue opening 5 days a week.

**WE ARE DESPERATE** for helpers, even if it is only one day a month or perhaps you might like to work with a friend or just help out in the mornings for an hour or 2.

If you can help please contact **Helen on 49548752 or 0421446136** or the canteen a s a p.

If we can't get helpers we will have no choice but to **CLOSE THE CANTEEN** on at least one maybe even two days a week. We apologise if this is inconvenient but without helpers, it is out of our hands. You would only be required from 8.30 to 12.30 and your kids will love having you t h e r e . Again if you can help please contact the canteen.

### UNIFORM SHOP HOURS

Just a reminder that our Uniform Shop is open every Tuesday morning 8.45am to 9.30am. Orders can be taken for those that are unable to be there when the shop opens.

### ATTENTION ALL SCHOOL VOLUNTEERS.

Do you volunteer at the school for any o c c a s i o n ? Have you filled in a Working with Children Check?

Did you know that there are 2 lots of Working With Children forms to fill in.

**1st forms** are if you are volunteering to help out in the classrooms or excursions.

**2nd forms** are if you are volunteering at a P&C run event.

So if you like helping at discos election BBQs mother's day \ father's day stall cake stalls Christmas stall and canteen then you will need to fill in a second lot of Working With Children forms as the school participation forms are only for school organized activities and not P&C organized events.

Both forms will only need to be filled in if you volunteer in the classrooms and either on canteen or a P&C event Otherwise the one appropriate form is all t h a t i s n e e d e d . These forms need to be completed every year.

### CANTEEN ROSTER

6/11 Sherelle and Beajay

7/11 Tania and Raquel

8/11 Beajay and **NEED HELPER**

9/11 Kristy B and **NEED HELPER**

10/11 Helen Sa and **NEED HELPER**

13/11 Beajay and **NEED HELPER**

14/11 Tania and Colleen

15/11 Beajay and Colleen

16/11 Helen D and **NEED HELPER**

17/11 **CLOSED** School Excursion



**We still desperately need helpers to work in our canteen.** Please contact Helen in the canteen if you can help or please fill in the attached form and hand it in to Helen in the canteen. The canteen may have to close if we cannot get more helpers as the current helpers are having to do more than 1 day per week and are getting tired.

### P&C Audit

A big THANK YOU goes out to JSA Group - Financial Services at Charlestown, for donating their services to do the P&C audit this year. We are very appreciated



Regards Tania





## Good for Kids good for life

### EVERYDAY FOODS IN THE CANTEEN

Our canteen is working towards aligning with the new NSW Healthy School Canteen Strategy! Instead of Green, Amber and Red categories, there are now Everyday and Occasional foods and drinks. We are aiming to provide a large range of delicious and nutritious Everyday foods and drinks for your children.

Everyday foods and drinks can include:

- Fruit and vegetables
- Sandwiches/wraps/rolls, sushi and salads
- Toasties, soup, pasta, jacket potatoes and lean burgers
- Reduced fat dairy, cheese and wholegrain crackers, air popped popcorn and pikelets
- Water, 99% fruit juice and reduced fat milk.



PHONE 4924 6499

## Payment for Activities/Excursions

Parents are requested to please pay for all excursions by the due date on the permission note. Unfortunately, we are no longer able to accept late payments. If you are in a financial position that you are unable to pay by the due date, please contact the Principal or Administration Manager to make arrangements, prior to the due date. Thank you

## CRUNCH & SIP

Have you remembered to send fruit for "Fruit Break" and a clear "plastic pump water bottle"?



## Voluntary Contribution and Technology Levy 2017

### Family invoices

*have been sent home.  
Payments can be made at  
any time at the Admin  
Office.*

General Contribution \$40.00 pa

Technology Levy \$15.00 pa

Larger families are eligible  
for a discount.

**All money is used to assist with the  
purchase of resources for your  
children. e.g. paper, paint, iPads, etc.**

Payments can be made at the  
Administration office. If more  
convenient, **part payments can be  
made at any time. e.g. \$5 per week.**

**Please keep all of your receipts for tax  
purposes.** Some families may be  
eligible to claim some educational  
expenses and **no duplicate receipts  
can be issued.**

### Disclaimer

Advertisements included in the  
Newsletter are a source of revenue  
to offset Newsletter costs.  
Unfortunately, the school cannot  
take responsibility for the quality of  
advertised service.

Our school is participating in Hunter New England Health's *Good for Kids. Good for Life* program which has been working with schools in our region for more than a decade to implement healthy eating and physical activity programs. As part of the program *Good for Kids* are currently measuring the activity levels of students. For parents of children in years 2 and 3 you will have received an information statement asking your permission for your child to participate, which will involve them wearing an accelerometer each day while at school for one school week. An accelerometer is worn on the wrist and looks like a watch but captures activity levels.

Once data is collected schools will be randomly selected to receive support, either now or in 12 months' time, to assist schools with the scheduling of physical activity. This will include the provision of professional development for our staff as well as the provision of resources and on-going support from the *Good for Kids* team. We thank you for your participation and encourage you to contact them if you have any further questions.

If you could return the form by Friday 17th November that would be great

Nicole McCarthy

Project Officer | Hunter New England Population Health

Locked Bag 10 Wallsend NSW 2287

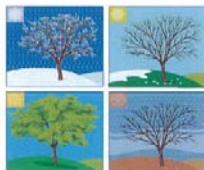
Tel 02 4924 6669 | Fax 02 4924 6490 | [Nicole.McCarthy@hnehealth.nsw.gov.au](mailto:Nicole.McCarthy@hnehealth.nsw.gov.au)

[www.health.nsw.gov.au/hnelhd](http://www.health.nsw.gov.au/hnelhd)

Good for kids  
good for life



### Seasons for Growth Program



Seasons for Growth is an innovative grief and loss education program that uses the imagery of the seasons to illustrate the experience of grief. It aims to strengthen the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant life changes by:

- exploring the impact of change and loss on every-day life
- learning new ways to respond to these changes
- Loss and grief can occur as the result of the loss a loved one, separation, divorce, impacts of illness, disability, moving schools/house and losing friends, the loss of a pet, etc.
- Seasons for Growth enables young people to learn that they are not alone in dealing with the effects of change, loss and grief and build their communication, decision making and problem solving skills within a supportive peer group.
- Trained adult 'Companions' facilitate the small group program, where participants support and learn from each other in age appropriate and engaging activities
- Children, young people, and adult programs are available at intervals throughout the Newcastle Hunter Region.

Please note there is also a Seasons for Growth Parenting Program available which assists parents in supporting their child following separation and divorce.

Marguerite Elkins and Lyndal Wallace at Cardiff Public School are trained Seasons for Growth 'Companions'. If you have any queries in regard to any of the programs for your child, yourself, or someone you know, please contact Marguerite or Lyndal at Cardiff School 49540475.



### NON-PERISHABLE FOOD DRIVE FOR SALVATION ARMY

This term from the 27<sup>th</sup> of October till the 1<sup>st</sup> of December we will be doing a food can drive for The Salvation Army.

The purpose is to help other families in need this Christmas. It would be appreciated if you could bring your canned and non-perishable food items to the collection box in the office.

Please donate what you can. Remember you'll be making someone else's Christmas a happy Christmas.

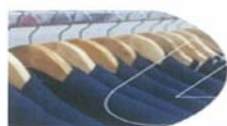
Thank you

Parliamentarians

### Food Drive



### YEAR 6 STUDENTS GOING TO CARDIFF HIGH



Cardiff High School  
Uniform Shop  
Alinta Apparel Pty Ltd  
50 Bourke Street, Cardiff NSW 2285  
02 4954 2429 cardiff.sgh@alinta.com

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

### SCHOOL IN 2018

#### REMINDER:

Could all Year 6 students who will be attending Cardiff High School in 2018 please book a Uniform Fitting (selected dates).

To book, please go to [www.alintaapparel.com.au](http://www.alintaapparel.com.au) and click on "Try on Times" to book a fitting.

Alternatively you can call the Uniform Shop during opening hours on 4954 2429.

Normal Opening hours Tuesday 8.30am to 10.00am and Thursday 1.00pm to 3.30pm.



### Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact  
Cynthia Culhane  
your local Saver Plus  
Coordinator  
Phone  
02 4032 4703  
1300 610 355  
Email  
[cynthia.culhane@thesmithfamily.com.au](mailto:cynthia.culhane@thesmithfamily.com.au)  
Web  
[www.saverplus.org.au](http://www.saverplus.org.au)



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

**Change details**

*(Return this signed slip to the Admin. Office)*

*It is extremely important that our record remain current.*

*Please assist us by ensuring all details remain current at the school at all times.*

If you move, change phone numbers or change jobs etc., please always notify the school in writing as soon as possible. **We may need to reach you due to illness or emergency relating to your child. Your employment details impact on the funding the school receives.**

Student Name \_\_\_\_\_ Class \_\_\_\_\_

**Only supply following details that have CHANGED.**

Our **NEW** address is \_\_\_\_\_

*(Please note: Proof of new address must be provided to the school).*

Our **NEW HOME** phone number is \_\_\_\_\_

Fathers **NEW** work number is \_\_\_\_\_ Mobile \_\_\_\_\_

Fathers occupation is \_\_\_\_\_

Mothers **NEW** work number is \_\_\_\_\_ Mobile \_\_\_\_\_

Mothers occupation is \_\_\_\_\_

Our **NEW** emergency contact is (name) \_\_\_\_\_

*(This is someone who is not the primary caregiver but someone who can be contacted if you are unable to be contacted.)*

Their relationship to the child \_\_\_\_\_

*(egg. Aunt, family friend etc.)*

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Any **NEW/CHANGED** medical details for the student \_\_\_\_\_

*(Further documents will be sent home.)*

Parent/Caregiver Signature \_\_\_\_\_ Date \_\_\_\_\_

**Office use only:** Details entered into ERN...../...../..... Data entered by (signature).....

For Audit purpose, attach this form to original enrolment form in student file.



## SCHOOL ROUTE 736 FROM OCTOBER 6, 2015

PLEASE BE ADVISED THAT AS FROM THE ABOVE DATE, THIS SERVICE WILL  
BE EXTENDED TO SERVICE  
DELAWARE DR AND DALMENY DR MACQUARIE HILLS

Route 736 AM: From Munibung Rd at Macquarie Rd along Munibung Rd, L Torrens Ave, R Delasala Dr, Delaware Dr, R 2nd access to Dalmeny Dr, L Delaware Dr R Lawson Rd, L Monterey Ave, R Granada Ave, L Lawson Rd, R Wentworth Rd, L Macquarie Rd, R John St, L Russell St to Cardiff Primary, R William St, R Queens Ave, L John St, R First St, L Lake Ave to Cardiff Sth Primary, R Crockett St, R Gertrude St (Maud St), L Gertrude St at Maud St intersection, R Haddington Dr, R Saffron Ave, L Ethel St, L Maud St, First St, L Oak St, R Newcastle St, L Myall Rd, R Macquarie Rd, R Main Rd, R Newcastle St Cardiff to St Kevins Primary.

Route 736 PM: From Newcastle St, L Oak St, R First St, L Lake Ave to Cardiff Sth Primary, R Crockett St, R Gertrude St (Maud St), L Gertrude St at Maud St intersection, R Haddington Dr, R Saffron Ave, L Ethel St, L Maud St, First St, L John St, R Russell St to Cardiff Primary, R William St, R Queens Ave, R Brown St, L Macquarie Rd, R Wentworth Rd, L Lawson Rd, R Granada Ave, L Monterey Ave, R Lawson Rd, L Delaware Dr, R 2nd access to Dalmeny Dr, L Delaware Dr, Delasala Dr, L Torrens Ave, R Munibung Rd, Myall Rd to Newcastle St Cardiff.

MORNING	AFTERNOON
Cardiff: Munibung Rd	8:32 St Kevins 14:59
Cardiff PS	8:46 Cardiff Sth PS 15:03
Cardiff South PS	8:51 Cardiff PS 15:11
St Kevins	8:59 Cardiff Munibung Rd 15:25



Health  
Hunter New England  
Local Health District

### Does Your Child Receive Regular, High Quality Dental Care?

Hunter New England Oral Health provides comprehensive dental care for children under 18 years of age, completely FREE of charge.

For more information, phone **1300 651 625**

#### Our Clinic Locations:

- Armidale • Beresfield • Cessnock • Forster • Glen Innes • Gunnedah • Inverell • Maitland • Moree
- Muswellbrook • Narrabri • Nelson Bay • Newcastle • Raymond Terrace • Scone • Singleton
- Tamworth • Taree • Toronto • Wallsend • Windale

## SCHOOL ZONE PARKING OFFENCES

Penalties for School Zones. Current as at 1 July 2015



Means that in the area in the direction of the arrow, you must **NOT STOP your vehicle** at any point on the road or kerb, unless there is a medical or other emergency.

#### MAXIMUM PENALTY

**\$319**

+ 2 POINTS



Means that you have no more than **2 minutes** for drop-offs or pick-ups of passengers or goods and the driver must stay within **3 metres** of your vehicle.

#### MAXIMUM PENALTY

**\$177**

+ 2 POINTS



Means that in the direction of the arrow or arrows you are **not allowed to stop your vehicle** unless you are driving a bus.

#### MAXIMUM PENALTY

**\$319**

+ 2 POINTS



#### DOUBLE PARKING

You are **NOT PERMITTED** to stop or park your vehicle alongside another vehicle that is already parked parallel to the kerb.

#### MAXIMUM PENALTY

**\$319**

+ 2 POINTS

- STOP in a NO STOPPING zone: \$319 + 2 points, or STOP on or near a Children's or Pedestrian Crossing: \$425 + 2 points
- STOP on path/strip in built up area: \$177 + 2 points
- STOP or Park in a Disabled Marked Area without a permit: \$531

## Wash Your Hands After...

1



Playing with  
pets

2



Using the  
bathroom

3



Sneezing, blowing  
your nose &  
coughing

4



Touching a cut or  
open sore

5



Playing outside

6



Eating

AND Before...

**UPDATED**  
**CARDIFF PUBLIC SCHOOL**  
**CANTEEN PRICE LIST 2017**

Canteen Open: 8.45am to 11.30am (orders in by 10am)

**BREAKFAST available 8.45 - 9.05am**

Pancakes (2)	\$0.30
2 Slices Plain Toast	\$0.70
Hash Browns	\$0.50
Hot Cheese Roll	Small \$0.50
	Large \$1.00
Warm or Hot Milo	\$0.50
Cold Milo	\$1.00

**SNACK FOODS**

Muffin -	\$1.30
Choc Chip/Blueberry/ Apple Cinnamon	
Finger Bun	\$1.20
Zombies - chicken flavor	\$0.50
Popcorn	\$0.50
Red Rock Chips- Honey Soy/Sea Salt	\$1.00

**FRUIT**

Carrot Sticks	\$0.30
Seasonal Fresh Fruit	\$0.70

**DRINKS**

Fresh Milk - Chocolate/Strawberry	\$1.40
Water	350mls \$0.70
	600mls \$1.00
juice Pop-Top	
Apple Blackcurrent/ Apple/Orange	\$1.50
Chill/ OKF - Various Flavors	\$1.50

**Frozen Treats**

Ice Many	\$0.50
Juicie Tubes	\$0.80
Moosie-	\$1.00
Chocolate/Strawberry /Banana/Bubblegum	
Icy Pole- Red/Lemonade	\$1.20
Rainbow Billabongs	\$1.50
Ice Cream Tubs	\$1.20

**Extras**

Sauces- BBQ, Sweet & Sour Tomato	\$0.30
Additional Spoon or Fork	\$0.05

**SANDWICHES**

Vegemite	\$1.20
Cucumber	\$1.20
Banana	\$2.00
Cheese	\$2.00
Tomato	\$2.00
Egg & Lettuce	\$2.20
Ham	\$2.50
Salad (No Meat)	\$3.00
Chicken or Ham Salad Wrap	\$3.50
EXTRAS	
Cheese - extra	\$0.50
Chicken or Ham extra	\$0.50
Cucumber	\$0.10
Beetroot	\$0.10
Toasted	\$0.20
Sushi (Tuna)	\$2.50

**HOT FOOD**

Chicken Burger	\$3.00
Served with full salad	
(lettuce/ cheese/tomato/ carrot/mayo)	
(Extras can be added at a cost)	
Garlic Bread	\$1.20
Cob of Corn	\$0.50
Pie-Party	\$1.30
Pie-Large	\$2.00
Sausage Roll	\$1.70
Fried Rice	\$2.50
Honey Soy Chicken	\$2.50
Lasagna	\$2.50
Macaroni & Cheese	\$2.50
Twirls Pasta Bolognese	\$2.50
Pizza -	H&P or Cheese & Bacon \$2.20
	Meat Lover \$2.30
Chicken Nuggets	3 pack \$1.50
	6 pack \$2.50
	9 pack \$3.50
Chicken Chippies	3 pack \$1.50
	6 pack \$2.50
Chicken Crackle Pack	
Full serve (4 crackles + 10 wedges)	\$3.00
Half Serve (2 crackles + 5 wedges)	\$2.00
Cocktail Fish (3) & Wedges (10)	\$3.00
Cocktail Fish (3)	\$1.50
Mini Spring Rolls (3)	\$1.50





# Cardiff Public School P&C Association

## ICE BLOCK HOLDER FUND RAISING ORDER FORM

**\$8.00**

E  
A  
C  
H



The P&C are holding an Ice Block Holder Fundraiser at a cost of \$8.00 each. Please fill in the form below with your choice of name colour number and amount with Payment and place in the P&C box in the front office marked clearly on the front with your Childs Name and Class.

NAME	COLOUR	AMOUNT	TOTAL COST
<b>EXAMPLE ONLY</b>	<b>EXAMPLE ONLY</b>	<b>EXAMPLE ONLY</b>	<b>EXAMPLE ONLY</b>
Benjamin	6	1	\$8.00
Plain			

CHILDS NAME \_\_\_\_\_ CHILDS CLASS \_\_\_\_\_

CONTACT PHONE NUMBER \_\_\_\_\_ TOTAL AMOUNT OWING \_\_\_\_\_



## ***NOW AVAILABLE FROM THE UNIFORM SHOP***

# **\$12.00 a PAIR**

### **Highest Quality Sunglasses in Navy including matching case**

- Wrap-around style to block maximum ultraviolet rays
- Lenses are constructed of the highest quality polycarbonate, ensuring that glasses are light and comfortable but are also shatterproof
- Polycarbonate lenses block 99% of ultraviolet rays.
- A name-place is available on the inside of each pair for student identification.
- Available in Small, Medium and Large sizes to ensure each child has well-fitted sunglasses.

Each pair of sunglasses is customised with your school's name professionally printed in indelible ink- to ensure sunglasses integrate with your school uniform.

A matching colour case is provided with each pair of sunglasses, featuring:

- Durable and protective casing.
- Handy clip to attach case to school bag zippers, belts, or classroom hangers.
- A name-place on the inside of each case for student identification.

High quality microfiber cleaning cloth.

### **Long-term health benefits of protective eyewear**

- The damage caused by UV rays is cumulative. Wearing sunglasses from teen years or adulthood does not compensate for a lack of eye protection as a child.
- Research shows clear links that exposure to ultraviolet rays as a child predisposes to developing eye diseases including: cataracts, macular degeneration, pterygium, photo keratitis and skin cancer of the eyelid and eye area.
- School Shades will block 99% of ultraviolet rays to children's eyes

*These glasses are an optional extra to our current uniform and can be worn over the top of prescription glasses*



### **Sunglasses Order Form - (Leave order and money at Admin Office)**

Name \_\_\_\_\_ Class— \_\_\_\_\_ @ \$12.00 per pair

Name \_\_\_\_\_ Class— \_\_\_\_\_ @ \$12.00 per pair

Name \_\_\_\_\_ Class— \_\_\_\_\_ @ \$12.00 per pair

**Amount Enclosed: \$ \_\_\_\_\_**

**CARDIFF PUBLIC SCHOOL CANTEEN COMMITTEE**



**Roster for Term 4, 2017**

It would be greatly appreciated by the Committee, Teachers and Children if you could spare some time to assist in our School Canteen.

To enable the Canteen to stay open we need volunteer workers.

Canteen hours are 8.30am to 12.30pm. We really hope you can help! Dads, Carers and Grandparents welcome!

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**I AM WILLING TO WORK IN THE CARDIFF PUBLIC SCHOOL CANTEEN.**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE NO:** \_\_\_\_\_ **MOBILE NO.** \_\_\_\_\_

**EMAIL ADDRESS:** \_\_\_\_\_  
(So we can email your roster and canteen updates)

**CHILDS NAME/CLASS:** \_\_\_\_\_

**DAY AVAILABLE:**    Monday    Tuesday    Wednesday    Thursday    Friday

**I AM ABLE TO WORK:**

Hourly            Weekly            Fortnightly            Every 3 weeks            Monthly

I cannot work on a regular basis but am willing to fill in on \_\_\_\_\_  
(Nominate day/date)

I prefer to work with: \_\_\_\_\_

I have worked on Canteen before (please circle)    YES    NO

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

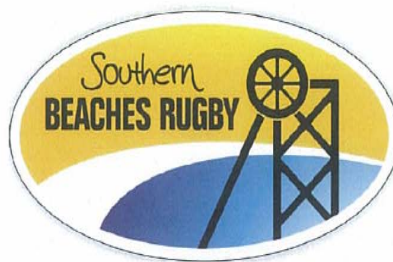
If you are able to help out with the canteen could you please fill this form out as soon as possible and return to the School Office.

If you are an existing volunteer, please complete the above to confirm your availability.

**I CAN BE AN EMERGENCY CONTACT    YES / NO**

**Thank you for volunteering your time.**





## **Southern Beaches Junior Rugby Union Summer Sessions**

- ◇ Date: Wednesday's commencing 8/11/17.
- ◇ Venue: Sandpit (Home ground): Willow road Gateshead.
- ◇ Time: 4.30-5.30pm
- ◇ Age: 10 and up.
- ◇ Cost : Free
- ◇ New players welcome, boys and girls.
- ◇ Come and learn, game specific skills, that are unique to the great game of Rugby Union.
- ◇ We are wanting to have teams in every age group from under 7's to under 15's (+ 17's) in 2018. Grab a friend and head down to the sandpit.
- ◇ Contact Lucas Bull: 0434111927
- ◇ Beaches.Bull@bigpond.com