



The Cardiff Chronicle

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From the Principal's Desk

Dear Families,

Children's University Graduation

On Monday, our Children's University participants celebrated their graduation at the University of Newcastle's Great Hall. Students, dressed in their graduation gowns, received certificates for their efforts, before enjoying a celebration dinner and disco. It was such a wonderful experience for our students and a great thing to be a part of. A big thank you goes out to all of the parents who came along for the celebration.



School Colour Fun Run

Although it only lasted for 60mins, our Colour Fun Run was thoroughly enjoyed by all in attendance. I can't recall ever seeing so many smiles and hearing so much laughter at a school event before. Not only was it such a fun event, but we've so far been able to raise a whopping \$6500 (with a week remaining). Whilst a proportion of these funds covers the cost of the prizes for students, and some goes towards the organising company, the vast majority of these funds will go towards installing air conditioning in our school hall. Well done, everyone! Students are reminded that they need to order their fundraising prizes online between Nov 8 and Nov 13.

Stage 3 Canberra Excursion

I will be joining Mrs Fortier, Mrs Byfield and our Stage 3 students for their major excursion to Canberra next week. We can't wait. Any concerns during my absence can be directed to Mr Wilson.

Book Fair

Our annual Book Fair will take place from Nov 12-14 in our school library. Parents are welcome to check out what is on offer from 3-3:30pm each afternoon and students will be able to visit the fair during their library time on these dates. It's the perfect time to start looking out for Christmas gifts...and a portion of the sales goes directly back into buying more resources for our library.

Parliament Elections for 2020

The excitement levels of our Year 5 students is rising as the 2020 Parliament elections draw near. Students are in the process of nominating for leadership roles for next year, and we highly commend all of those students who are willing to put themselves forward to try out for these important student leadership positions. Good luck to all of our candidates.

Moving House? Leaving School?

As the school year draws to a close and as we start preparations for 2020, it is vitally important that we know who will be returning to CPS in 2020...and who will not. If you have, or are considering moving house, or are considering changing schools in 2020, we would love to hear from you. Please let us know at your earliest convenience if (for some crazy reason) you plan on changing schools in 2020.

School Wellbeing and Discipline Policy

A draft new policy has now been completed and will be tabled at our next P&C meeting, for perusal and discussion. The new policy outlines our commitment to providing a safe and effective learning environment for all and reflects our shift to 'You Can Do It'.



What's on?

2019

- Nov 4-6 Stage 3 Camp
- Nov 8 Kindy Orientation/Info Session (all)
- Nov 12 P & C Meeting - 7.00pm
- Nov 12-14 Book Fair in Library
- Nov 18 2020 Parliament Elections
- Dec 3 Orientation Day Yr 7 2020
- Dec 5 Rewards Day
- Dec 9 C.O.L.A.D. (Presentation Day)
- Dec 11 X-Mas Carols ** Date changed **
- Dec 13 Reports home
- Dec 17 Yr 6 Farewell
- Dec 18 Clap Out & Last Day of School

Dad Joke of the Week

Q: What do you call a bull that keeps falling asleep?



A: A Bulldozer



Earn and Learn

Many thanks go to Woolworths and all of our families for collecting the Earn and Learn stickers earlier in the year. Every student from K-4 now has a brand new chair bag on

their chair...allowing them to be even more organised and ready for learning each day. Many thanks everyone.

End of Year Events

Don't forget to place our special end of year events into your diary. Our COLAD will take place in the morning of Dec 9, whilst our Xmas carols are set for the evening of Dec 11. It's promising to be even bigger and better than our first attempt last year.

Have a great fortnight!
Mark Kyrwood—Principal

Confidence
Kalan M

Organisation
Samara R

Getting Along
Hana M

Resilience
Semesa G

Persistence
Joshua C

Award Winners

	KB	KW	1S	1/2M	2H	2/3K	3/4S	3/4W	5/6B	5/6F
Star	Kennedy	Lili T	Jake S	Aditya M	Jacinta B	Rahsa L	Dexter C	Benjiman C	Brooklyn C	Gabriel O
Merit	Tyler C	Alexander	Lucas H	Thomas D	Axl W	Phoebe M	Hunter B	Milly C	Emily P	Charlee W
Merit	Semesa G	Curtis R	Lara J	Jayda E	Blake L	Hamish M	Eli S	Joseph L	Owain H	Hannah L
Merit	Navi F	Dex T	Harrison O	Jimmy J	Eirik M	Mahe T	Olivia E	Celine K	Tyeeshalee W	Rohan S
Merit	Tyson L	Thierry-Daniel C	Lily G	Chelsea S	Leuis H	Lilly J	Aurora G	Cameron M	Braith E	Lachlan A

FORTNIGHTLY PHOTOS



SEARCH OUR
SCHOOL NAME IN:



Available on the iPhone
App Store



Available on Android
Google play



P&C Newsletter

Splash and Dash Fundraiser

Well, we Splashed and we Dashed, we danced in the bubbles and paper-scissors-rocked and sprayed some teachers and parents too!

What a fantastic and fun day!

At the time that this was written, we are about \$100 away from our \$6000 goal! Can we totally smash it? The more we raise, the closer our air conditioned hall is.

Now it is time to start returning your sponsorship money, if you have finished seeking sponsorships. You can still add last minute sponsorships to your total until the final prize ordering date.

There are fantastic prizes and rewards for sponsorship goals of as little as \$10. Just \$1 in online fundraising can win your family a \$20,000 Webjet eGift Card.

Please return your sponsorship book with your money raised and your chosen prize clearly marked. This can be put into an envelope or zip-lock bag, and left in the P&C safe box at the office. (This is helpful even if you have no sponsorship money)

It is best if you log-in and make sure that all the details are correct on your sponsorship page beforehand, as you can use this to order your prizes between the 8th and 13th November, even if you didn't do online fundraising.

If you are not able to create a sponsorship page, we can still add you in.

KW and KB are to be commended for their enthusiasm in seeking sponsors and have been leading the pack for the entire event. Well done to our Kindy kids and their families for helping us so much.

If you have any questions, call or text Natalie, on 0413 304 836

November 12th Meeting

Did you know that you can come along and participate in our meetings without being a member? Come and have a listen, join in, or better yet, join your P&C for \$1 and have a vote! It is your school, have your say! Our next meeting will be Tues 12th Nov at 7pm. We'd love to see you there.

Entertainment Books

Don't forget, this year's Entertainment Book is still available. \$65 gets you a full year of great value. An excellent Christmas gift idea that lasts all year.

Click on the link below to order your copy now.

<https://www.entertainmentbook.com.au/orderbooks/348y37>

Canteen News

A revised roster for term 4 has been sent out, please check your availability and don't forget to contact Maryanne ASAP on 0408219003 if you are unable to attend on your rostered day.

It is now time to start thinking about volunteering for next year! Can you spare a day for our canteen? Without our wonderful volunteers we would not have a canteen. We thank you all sincerely. We welcome enquires from new volunteers so please contact Maryanne if you'd like to try a day in the canteen.

New Canteen Items

Maryanne has been hard at work and come up with some nice cool (and healthy) treats as well as some new breakfast menu items.

Healthy snacks:

Icy cups (milk or juice) - small 20c,
large 50c

Jelly cup (reduced sugar) -30c

Jelly and fruit cups -30c

Breakfast:

Yoghurt and fruit -50c

Yoghurt and muesli -50c

A revised menu has been included in this newsletter.



JSA GROUP

SEEKING VOLUNTEERS

Calling all Mums Dads Nans Pops Aunties and Uncles

Do you have a little bit of free time now the kids are at school?

Do you like meeting new people and making new friends?

Our Canteen at Cardiff Public School helps raise much needed funds for your child/children to have a better education.

We are open Monday Wednesday and Friday 8.30am to 12.00pm

You will receive a FREE Lunch to the value of \$5.00 for you or your child on the day as a special thank you for your help.

You can also work with a friend.

NO EXPERIENCE IS NECESSARY

Our friendly volunteers will teach you everything you need to know

If you can help us out either weekly fortnightly monthly or even for just an hour or two, please see the ladies at the front office or come and see us in the canteen.

People Helping People



UNIFORM SHOP

OPENING HOURS 2019

P&C Uniform shop will be open for uniform sales on Tuesdays from 8:45am to 9:30am.





Annual Book Fair

Exciting brand new books and great gift ideas just in time for Christmas!

Held in the Library 12th, 13th and 14th November

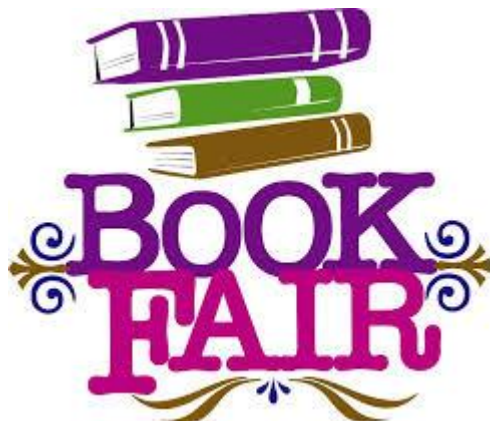
Each student will have the opportunity to preview books during their library lesson the week before.

The Book Fair will be open for parents each afternoon until 3:30

Cash only

Your support in this event is appreciated as the students will also receive a small commission in new books for the library

Thankyou Lyndal Wallace Teacher Librarian





Fact sheet: School Opal card

The School Opal card provides free travel to school aged students between home and school on weekdays under the School Student Transport Scheme (SSTS) across the Opal public transport network.



School Opal card can be used:

- On approved travel on school days between the student's home and school, and
- For travel between 06:30 and 19:00 weekdays (21:30 for TAFE school students).

Who is eligible?

To be eligible a student must be a resident of NSW plus:

- Infant student (K-2) older than 4 years and 6 months who lives any distance between home and school; or
- Primary student (Years 3-6) who lives more than 1.6km (straight line) from school, or 2.3km or more by the most direct practical walking route; or
- Secondary student (Year 7-12) who lives more than 2km (straight line) from school, or 2.9km or more by the most direct practical walking route; or
- TAFE student under 18 years of age at 1 January of the year of application and enrolled in a full-time TAFE course for a minimum of 20 hours a week, and is not employed, lives more than 3.2km from the college by the most direct practical walking route, and attends the college closest to their home where enrolment is available.

School Opal Cards enable a student to travel on:

- Mode(s) of transport most applicable for the student's travel requirements; train or bus or both. For bus travel, cards are restricted to individual or a combination of bus operators.
- Approved ferries; and
- School days only.

For travel outside school hours or days a Child/Youth Opal card is available and provides concession fares and other Opal benefits.

How do parents/students get a School Opal card?

Students with school travel passes this year will be not need to apply for a School Opal card *unless* they are changing schools or their home address or moving from year 2 to 3 or year 6 to 7.

Those students who do not need to apply will have a School Opal card sent to their school for the beginning of the first term in 2016.

For new applications or for students with changing circumstances, the parents, guardians or students over 16 years are required to fill in a form online at www.transportnsw.info/school-students

After filling in the online application they print it off and take it to the school to endorse. Transport for NSW has the data online from the application and waits for the school to then endorse the application and will mail the School Opal card to the applicant's home address.

CARDIFF PUBLIC SCHOOL CANTEEN PRICE LIST 2019

UPDATED October 2019

Canteen Open 8.45am to 12.00pm (orders in by 10.00am)

BREAKFAST available 8.45 – 9.05am **Price**

Pancakes (2)	\$0.30
Hash Browns	\$0.50
Warm Milo	\$0.50
Cold Milo	\$1.00
Fruit & yoghurt	\$0.50
Muesli & yoghurt	\$0.50
UP n GO Breakfast Drink	\$1.60

SNACK FOODS

Popcorn	\$0.50
Red Rock Chips– Honey Soy / Plain	\$1.00
Fruit & jelly	\$0.30
Jelly cup	\$0.30

FRUIT

Fresh Fruit in Season	\$0.70
Carrot Sticks	\$0.30
Fresh Fruit Salad Tubs	Summer Only \$1.00
Fruit Kebabs	Summer Only \$0.50

DRINKS

Water – 350ml	\$0.70
Water – 600ml	\$1.00
Fresh Milk – Chocolate/Strawberry	\$1.70

Juice Poppers

Apple / Apple & Blackcurrant / Sunshine Punch/orange	\$1.00
Pop Tops – Apple/Apple & Blackcurrant/Orange	\$1.60
ChillJ 100% Sparkling Juice- Various Flavours	\$1.60
UP n GO Breakfast Drink	\$1.60

FROZEN TREATS

Icy Cup	large \$0.50 small \$0.20
Juicie Tubes	\$0.80
Moosie	\$1.00
Juicies	\$0.50
Tnt	\$0.60
Snapstix	\$0.80

SANDWICHES

Vegemite	\$1.20
Cucumber	\$1.20
Cheese	\$2.00
Tomato	\$2.00
Egg & Lettuce	\$2.20
Ham	\$2.50
Salad (No Meat)	\$3.00

EXTRAS

Cheese – extra	\$0.50
Chicken or Ham – extra	\$0.50
Cucumber	\$0.10
Beetroot	\$0.10
Toasted	\$0.20
Chicken or Ham Salad Wrap	\$3.50

SALAD BOX

Small round – Plain Salad	\$2.50
Large rectangle – Plain Salad	\$3.50
Chicken Meat – extra	\$0.60
Egg – extra	\$0.60
Ham – extra	\$0.60

Plain salad for Salad Box has

Beetroot, Carrot, Cheese, Cucumber, Lettuce, Pineapple and Tomato

HOT FOOD

Chicken Burgers (lett cheese mayo)	\$3.50
Served with full salad and choice of sauce	\$4.00
Garlic Bread	\$1.20
Cob of Corn	\$0.50
Pie – Large	\$2.50
Pie – Party	\$1.50
Sausage Roll	\$2.00
Fried Rice	\$2.50
Lasagne	\$2.50
Macaroni Cheese	\$2.50
Twirls Pasta Bolognaise	\$2.50
Chicken Nuggets – 3 pack	\$1.50
6 pack	\$2.50
Chicken Chippies – 3 Pack	\$1.50
6 Pack	\$2.50
Mini Spring Rolls – 3 pack	\$1.50
Cocktail Fish (3) & Wedges (10)	\$3.00
Cocktail Fish (3)	\$1.50
Wedges only	\$3.00

PIZZA Home Made 200g

Cheese	\$2.50
Ham and Pineapple	\$2.50
Cheese and Ham	\$2.50

JAFFLES

Cheese	\$2.50
Ham	\$3.00
Ham & Cheese	\$3.50
Baked Beans	\$2.50
Spaghetti	\$2.50
Tomato	\$2.50
Cheese& Tomato	\$3.00
Ham Cheese & Tomato	\$4.00

EXTRAS

Sauce – Tomato / BBQ / Sweet & Sour	\$0.30
Additional Spoon or Fork	\$0.05

CARDIFF PUBLIC SCHOOL CANTEEN COMMITTEE

Roster for Term 4, 2019

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!

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.

CARDIFF PUBLIC SCHOOL
TERM 4 2019 – CANTEEN ROSTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 TH OCT BEAJAY H MEGUMI	15 TH OCT CANTEEN CLOSED	16 TH OCT TARA H JO D	17 TH OCT CANTEEN CLOSED	18 TH OCT CAMERON F LEONIE COURTNEY
21 ST OCT BEAJAY / DALLAS SHERELLE	22 ND OCT CANTEEN CLOSED	23 RD OCT TARA H COURTNEY	24 TH OCT CANTEEN CLOSED	25 TH OCT MARYANNE LISA W EDDIE M
28 TH OCT MARYANNE ANDREA	29 TH OCT CANTEEN CLOSED	30 TH OCT TARA H MARYANNE	31 ST OCT CANTEEN CLOSED	1 ST NOV MARYANNE NEED HELPER
4 TH NOV MARYANNE SHERELLE	5 TH NOV CANTEEN CLOSED	6 TH NOV TARA H JO D	7 TH NOV CANTEEN CLOSED	8 TH NOV LEONIE COURTNEY ROWENA W
11 TH NOV BEAJAY H ANDREA	12 TH NOV CANTEEN CLOSED	13 TH NOV TARA H COURTNEY	14 TH NOV CANTEEN CLOSED	15 TH NOV CAMERON F MARYANNE ROWENA W
18 TH NOV BEAJAY H ASHLEA OR GEOFF T	19 TH NOV CANTEEN CLOSED	20 TH NOV TARA H MARYANNE	21 ST NOV CANTEEN CLOSED	22 ND NOV MARYANNE LISA W EDDIE M
25 TH NOV BEAJAY H SHERELLE	26 TH NOV CANTEEN CLOSED	27 TH NOV TARA H COURTNEY	28 TH NOV CANTEEN CLOSED	29 TH NOV MARYANNE ROWENA W
2 ND DEC BEAJAY H ASHLEA OR GEOFF T	3 RD DEC CANTEEN CLOSED	4 TH DEC TARA H JO D	5 TH DEC CANTEEN CLOSED	6 TH DEC MARYANNE COURTNEY ROWENA W
9 TH DEC BEAJAY H ANDREA	10 TH DEC CANTEEN CLOSED	11 TH DEC TARA H COURTNEY	12 TH DEC CANTEEN CLOSED	13 TH DEC MARYANNE ROWENA W CAMERON F
16 TH DEC CANTEEN CLOSED	17 TH DEC CANTEEN CLOSED	18 TH DEC CANTEEN CLOSED	19 TH DEC CANTEEN CLOSED	20 TH DEC CANTEEN CLOSED

PLEASE NOTE: IF YOU ARE UNABLE TO WORK ON THE DAY YOU ARE ROSTERED, PLEASE CONTACT **Maryanne 0408 219 003** AS SOON AS POSSIBLE. THANK YOU FOR SUPPORTING YOUR SCHOOL AND VOLUNTEERING TO HELP KEEP OUR CANTEEN OPEN. PLEASE NOTE CANTEEN WILL ONLY OPEN ON A TUESDAY IF WE ARE ABLE TO FIND MORE VOLUNTEERS.

NSW POLICE FORCE CRIME PREVENTION SERIES

Safe people, Safe places

The safety and wellbeing of our children is paramount. As parents and carers we can't always be with our children to advise and protect them.

When out and about, children can be confronted with situations where good decision-making is vital. With this in mind, advising our children with appropriate responses to certain situations will help them avoid trouble and danger.

Here are some simple tips to give your children for when they are out and about.

Protect your child walking home

- **ALWAYS** identify safe places on the way home from school.
- **DO NOT** stop and talk to people you don't know. Go straight home or to your intended destination.
- **ALWAYS** find a safe place if you feel frightened. These include schools, shops, churches or police/fire/ambulance stations and tell them that you are frightened.
- **NEVER** get into a car with someone you don't know.

Protect your child on public transport

- **NEVER** travel in isolated areas. Find crowded carriages, guard's compartment (marked with a blue light) or at the front of the bus.
- **ALWAYS** try to travel in groups of friends if possible.

Protect your child when in public spaces

- **ALWAYS** carry a contact number for your parents. (On a card attached to your clothing, written on your arms or in your phone).
- **DO NOT** walk away from family or friends without telling them where you are going, when you'll be back and who you are with.
- **ALWAYS** walk away from fights or arguments, unpleasant or aggressive behaviour and take your friends with you.
- **REMEMBER**, always tell your parents, carer or teacher if something has happened.

For more crime prevention information
visit us on www.police.nsw.gov.au

Protect your children

Every Day Counts—Attendance

Regular attendance at school for every student is essential if students are to achieve their potential, and increase their career and life options.

Parents must ensure that their children, who are enrolled at school, attend every day the school is open for their instruction.

They provide an explanation for absences by means such as a telephone call, written note, App notification or email to the school within 7 days from the first day of any period of absence (preferably earlier).

Planning a Family Holiday?

We encourage all of our families to take trips during school holidays. No exemptions can be granted for family holidays, however, parents should contact the school and apply for extended leave, before they go on holidays. Leave will only be granted if it is seen to be in the best interests of the child. Educational, social and participation reasons should be specified on the application and travel documentation should be provided.

Wash Your Hands After...**THE YOU CAN DO IT! EDUCATION SOCIAL AND EMOTIONAL LEARNING FRAMEWORK - STUDENT**

Sport day will be Friday
each week for this Term the
whole school.

Students are required to wear their
sport uniform on this day.

PARKING RESTRICTION SIGNS

**You cannot stop here**

Unless there is a medical or other emergency

Maximum penalty: \$330 and two demerit points

**You cannot stop here**

You are not allowed to stop your vehicle unless you are driving a bus.

Maximum penalty: \$330 and two demerit points

**You can stop here for two minutes only**

You have no more than two minutes to drop off or pick up passengers or goods and the driver must stay within three metres of the vehicle.

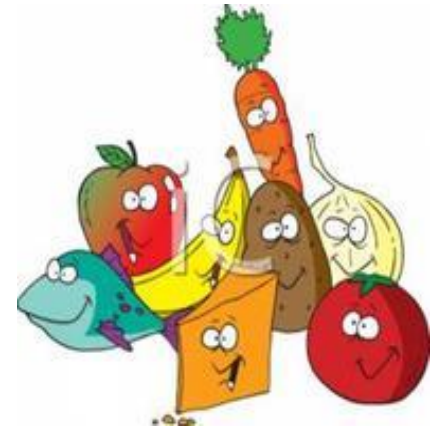
Maximum penalty: \$183 and two demerit points

**You cannot stop here**

Unless a current Mobility Parking Scheme (MPS) permit is displayed.

\$549 and one demerit point

☎ 02 4921 0333 🌐 lakemac.com.au 📧 council@lakemac.nsw.gov.au

**Late Arrivals/Early Leavers**

Parents/caregivers are to **accompany their child/ren to the office** when bringing them in late for school. **The late note (slip) must be handed to the teacher.**

Parents/caregivers are to obtain an early leavers (slip) from the Administration Office before collection their child from the teacher.

Voluntary Contribution and Technology Levy 2019

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.**

Please update your details!**New Phone Number?**

We need to be able to easily contact you if your child is sick.

**New Address?**

We need to know where to send correspondence.

New Emergency contact numbers?

We need to know who to contact.

Change of employment?

Employment details have an impact on school funding.

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.

Kinder 2020

We are currently enrolling students who will commence Kindergarten in 2020. If you have a child who will be commencing Kinder in 2020, please contact the School Administration Office.

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.

Year 7 2020 at Cardiff High

New Student in 2020?



Dear Parents and Caregivers,

All new students attending Cardiff High School next year have been assigned a 30 minute fitting to attend an appointment 2019.

It is important that all new students attend a fitting appointment to ensure all students have the required uniform ready to start in 2020.

Please check your inbox (including the Junk or Spam inbox) for a confirmation of your booking appointment. If you have not received a confirmation and you still need an appointment, please contact the shop as soon as possible. Call 0401 036 834 or email at cardiffhigh@alinta.com.au

We offer 6 month lay-by payments options, as well as size exchanges in January 2020.

Thank You - Cardiff High School Uniform Shop
www.alintaapparel.com.au

LIDS F♥R KIDS!

Don't throw away those plastic lids! They can be recycled to make prosthetic limbs for disabled children using 3D printing.

Next time you are planning to throw your bottle cap away, think twice as it can be used to make prosthetics for children using 3D technology.

Did you know it takes 500 lids to make a limb?

The Judd Family at Cardiff Public School, have kindly volunteered to collect as many plastic lids as our school community can provide, and deliver them to "Envision Hands", the company which produce mobility aids for kids. Once the lids are transported to Envision Hands' warehouse in Melbourne, they are organised into colours.

Next, they are shredded and then fed through an extruder, which produces an ink-like filament.

That filament is then used in conjunction with 3D software to print the mobility aids.

Types of container lids that can be recycled include: milk, water, juice and soft drink (only, and NO pop-top lids please!). Could you please rinse the lids and remove the inner seals. A large storage container will be placed in the library for the collection at our school.

Thank you so much for helping out with this amazing project!
Lyndal Wallace
Librarian



Cardiff High School
Celebrating Excellence, Opportunities and Success

CHS Year 7 2020
Orientation Day
Tuesday 3rd December 2019
9.15am to 1.50pm

Parent Information Meeting
Tuesday 3rd December 2019
7pm



Phone: 4954 9966
E-mail: cardiff@schoolstart.nsw.edu.au

Good for Kids good for life

CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L
6—12 years 1.5L



TIPS TO DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle when you go out
- Pack water for school
- Encourage drinking extra water when they play sport
- Limit buying sugary drinks



Information source: © Cancer Council Victoria 2019



Health
Hunter New England
Local Health District

HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Good for Kids good for life

TIPS TO HELP KIDS EAT VEGGIES



EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggie's every day. Most kids eat Fruit each day but they don't eat enough veggies.*

*Australian Bureau of Statistics (National Health Survey, 2014-15)



MAKE
FAMILY
NORMAL

This resource has been developed by
Newcastle Spelling Local Health District,
published November 2019



Health
Hunter New England
Local Health District

HNEHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>