



Children's University Open Day was very successful with a lot of students enjoying the day.

Term 4	Calendar 2015
16 Oct	School Assembly 2pm
21 Oct	P & C Meeting 6pm
22 Oct	Engineering Challenge 6pm Gallipoli Club
27 Oct	Kinder Orientation Parent Evening 6pm-7pm
28 Oct	Kinder Orientation 9.30-11am
27 to 29 Oct	Sydney Excursion Years 3 to 6
30 Oct	School Assembly 2pm
4 Nov	Kinder Orientation 9.30-11am
4 Nov	Sushi Day
6 Nov	Yakka Day
9 to 20 Nov	School Swimming Scheme
11 Nov	Kinder Orientation 9.30-11am
11 Nov	CEP Film Festival
13 Nov	School Assembly 2pm
16 Nov	P & C Pie Drive Orders Close
18 Nov	P & C Meeting 6pm
18 Nov	Kinder Orientation 9.30-11am
21 Nov	Carrington Village Markets
25 Nov	P & C Pie Drive Pick up Orders Day
27 Nov	School Assembly 2pm
9 Dec	Presentation Day
16 Dec	Last Day Term 4

Premiering Short Films

from 18 CALLAGHAN schools on the BIG OUTDOOR screen. Starts at 7:40pm - 8:45pm

Written, acted, filmed and edited by students K-12. Bring a chair and indulge in the many offerings that will be available and support our local community of schools.

Callaghan College Waratah Campus
Turton Rd Waratah
THURSDAY 12th NOVEMBER
5pm - 9pm



2015 CEP OUTDOOR DIGITAL MEDIA FESTIVAL



GLENDORE PS HAMILTON NORTH PS HEATON PS ISLINGTON PS
JESMOND PS MARYLAND PS MAYFIELD EAST PS MAYFIELD WEST PS
MINMI PS PLATTSBURG PS SHORTLAND PS TIGHES HILL PS
WALLSEND PS WARATAH PS WARATAH WEST PS
CC JESMOND CAMPUS CC WARATAH CAMPUS CC WALLSEND CAMPUS

SCHOOL PERFORMANCES 5PM - 7PM

THE MARCHING KOALAS 7PM

Coffee Ice Cream Nachos Soft Drinks
Games Face Painting CornCobs Show
bags Fairy Floss Cupcakes Sausage Sizzle
Slushies Glow Stick Popcorn Temporary
Tattoo Puppets and much more...

LUCKY DOOR PRIZES!!

TICKETS ARE AVAILABLE AT ANY PARTICIPATING SCHOOL
\$5 Per Person
\$10 Family
Gates OPEN on Turton Rd at 4:30pm



New Jackets can be ordered from the office. Cost \$60.

P & C Christmas Raffle
Donation may be left at office. All proceeds used for Year 6 Farewell & Student Christmas Lunch.

Cookbook

Our P&C are organising the publication of a cookbook consisting of the Islington school community's favourite recipes. The cookbook is anticipated to be ready for sale as a school fundraiser by the end of Term 4 and would make a lovely Christmas gift.

If you would like to contribute a recipe (plus a story and/or photos) for the cookbook, please email them to the following address:

islingtonpscookbook@gmail.com



let's play netball

Sponsored by Athlete's Foot

Netball is a fun, inclusive sport, open to people of all ages, abilities and cultural backgrounds. Netball is a wonderful way to meet people and make new friends, all in a safe and respectful environment.



NETBALL NSW NEW TO NETTY PROGRAM 2015

Are you aged 10-15 years and interested in playing Netball for the first time? New to Netty is a come and try program to learn the basics skills and rules of Netball in a fun and safe environment.

Free Netball Skills Program – Each Monday, 12th October – 2nd November 2015

Charlestown

5.15pm-6.15pm, at Charlestown Netball Association Netball Courts, Bula Street, Charlestown

Newcastle

5.30pm-6.30pm, at Newcastle Netball Association Netball Courts, Union Street, Newcastle

Wangi Wangi

5.30pm-6.30pm, at Westlakes Netball Association Netball Courts, Dobell Drive, Wangi Wangi

Participants **MUST** register with Monique Smith: 0420 550 642 or msmith@netballnsw.com

Registrations close 5pm, Friday 9th October, 2015



letsplaynetball.com.au

officialnetballnsw netballnsw netballnsw netballnsw.com



**Newcastle
Premiers
Swimming
Club**

REGISTRATIONS
11th October
@ 5-6pm

2013-2014 SEASON

MAYFIELD POOL – FRIDAY NIGHTS

Our club is for swimmers of all ages and abilities – novices to veterans. Come along and have fun in a non-competitive atmosphere!

Free training and stroke correction provided for club swimmers on weekday afternoons.

For more information contact:
Yvette Ph 49689409 or Michelle Ph 49676912

Like us on our Facebook Group Page:
Newcastle Premiers Swimming Club

Registration
only \$85 per
swimmer



Want to play the game the **WALLABIES** play?
Want to have fun and make some new friends?
Want to learn some new skills?
Want to be part of a family friendly Club?

THEN PLAY RUGBY WITH THE HAWKS!

REGISTER YOUR INTEREST FOR THE 2016 SEASON

Players aged 5 to 18 all welcome

Under 7's

Walla Rugby
2 handed touch rugby. (No Tackles)
7 players per team.
Modified Field
Non Contested scrums and lineouts.

Under 8's to 10's

Mini Rugby
Tackle Rugby
10 players per team.
Half Size Field
Non Contested scrums and lineouts.

Under 11's to 18's

Play under the IRB Under 19's Laws
Tackle Rugby
15 players on the field
22 players per team
Full size field
Contested scrums and lineouts

For more information, contact

Lesa ph: 0400 488976

or

Gerry 0419 488 917

EMAIL: blueandgold@kooee.com.au

Check us out at www.hamiltonhawks.com.au

Find us on
facebook



Proudly supported by the Hamilton Rugby Club and the Hamilton Old Boys



Healthy Dads, Healthy Kids



ARE YOU A DAD? ARE YOUR KIDS IN PRIMARY SCHOOL?

Register your interest now to be involved in an international award winning healthy lifestyle program in 2016!



Healthy Dads, Healthy Kids is a FREE nine week program run by The University of Newcastle

"I cannot recommend this program enough."

"Healthy Dads, Healthy Kids made me a better father."

"The four of my kids and I had smiles and sore abs. The abs were from laughing so much!"

What does 'Healthy Dads, Healthy Kids' involve?

- 9 x 90 minute face-to-face weekly sessions delivered by expert facilitators for dads and kids consisting of:
 - 5 x dads and kids information sessions (30 mins) and physical activity sessions (60mins)
 - 2 x weight maintenance, healthy eating and physical activity information sessions for dads-only (90 mins)
 - 2 x dads, mums and kids information sessions (60 mins) and physical activity sessions (30 mins)



QUALITY FAMILY TIME TOGETHER



FUN ROUGH & TUMBLE PLAY

What our research has shown the program improves:

Morgan et al (2011). International Journal of Obesity

Dads have achieved:

- health improvements of weight loss, reduced waist circumference and blood pressure
- increased physical activity
- improved parenting skills
- improved diet
- improved relationships with their children and family quality of life

Kids have achieved:

- a healthier weight
- increased physical activity and fitness
- improved educational outcomes
- improved sports skills
- improved social and emotional well-being

What will you get out of 'Healthy Dads, Healthy Kids'?

- Dads learn how to manage their weight without having to give up the foods and drinks they love
- HDHK will provide dads with parenting secrets to getting kids physically active, reducing kids screen time and improving their self esteem and confidence
- Dads and kids will spend quality time together participating in fun rough and tumble games, health-related fitness and sports skills activities



IMPROVE SPORTS SKILLS



DADS OR ANY MALE ROLE MODEL OF PRIMARY SCHOOL KIDS
REGISTER YOUR INTEREST NOW

Email: healthydads@newcastle.edu.au

or call The University of Newcastle team on (02) 4913 8759 if you have any questions.

There is no cost to families who participate in the 'Healthy Dads, Healthy Kids' program.



CHRISTMAS at STOCKTON CENTRE

CAROLS BY TORCHLIGHT
 Wednesday 9th December 2015

live music followed by spectacular fireworks display!

bring the family and picnic

fun starts at 6:00pm



SANTA ON THE OVAL
 Wednesday 2nd December 2015


come along to see Santa arrive by helicopter!

an experience not to be missed!

fun starts at 10:30am



ALL WELCOME!

 Norfolk Drive, Stockton, use the visitors carpark on your left.

 Catch 136 from Stkn Ferry Wharf

 StocktonFete



57th annual STOCKTON FETE

proudly presented by Stockton Hospital Welfare Association

SATURDAY 24TH

OCTOBER 9:30-2:30

hot & cold drinks
 Pirate Pete
 Market stalls
 chocolate wheel
 jumping castles
 face painting



 Catch 136 from Stkn Ferry Wharf

 Norfolk Drive, Stockton Centre FREE PARKING

 StocktonFete



Carrington Public School
 Young St Carrington

CARRINGTON VILLAGE MARKETS

SATURDAYS 9AM - 2PM
 21 MARCH | 20 JUNE | 22 AUGUST | 21 NOVEMBER

Proudly sponsored by   

Children's University

