



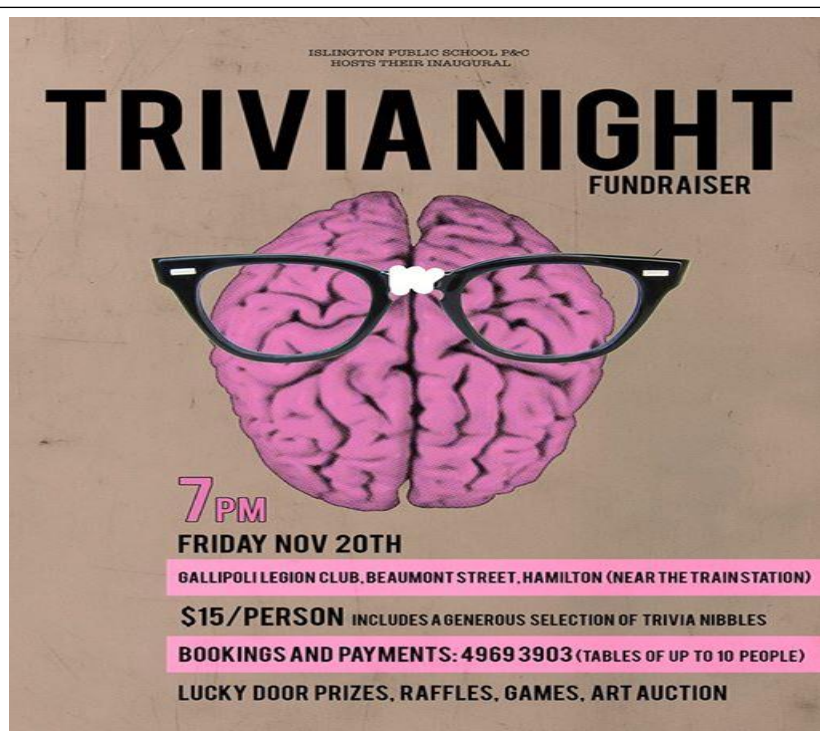
### Parents as Teachers - Community Helpers (PaTCH) Graduation

Congratulations to our first group of PaTCH participants who graduated from the training course on Thursday 8<sup>th</sup> October. Having successfully completed a 10 week course involving participation in 5 training sessions and practicum in an early years classroom, Toni, Dina, Leanne and Mel are now accredited volunteers able to support children learning to read, write and use counting in the early years of schooling. We are very fortunate to have such skilled and dedicated community members supporting our teachers and students. Many thanks also to the K-2 teachers who supported our PaTCH volunteers in their classrooms.

We are hoping to offer the PaTCH training course again in 2016. Please contact the school if you are interested in participating.

Nicola Moroney  
Instructional Leader Early Action for Success  
Sarah Baldwin  
Literacy/Numeracy Trainer Early Action for Success

Term 4	Calendar 2015
13 Nov	School Assembly 2pm
14 to 20 Nov	School Swimming Scheme
16 Nov	P & C Pie Drive Orders Close
18 Nov	P & C Meeting 6pm
18 Nov	Kinder Orientation 9.30-11am
20 Nov	Book Club Orders Close
21 Nov	Carrington Village Markets
24 Nov	P & C Pie Drive Pick up Orders Day
27 Nov	Last Canteen 2015
27 Nov	Walk a Mile – Boys only
27 Nov	School Assembly 2pm
3 Dec	School Leaders Speeches 9.10am
4 Dec	Canteen Pizza Day
9 Dec	Presentation Day
9 Dec	Benefactors Lunch
11Dec	<b>No Canteen - Canteen Closed</b>
14 Dec	Year 6 Farewell Dinner
15 Dec	P & C Student Lunch
16 Dec	Pool Day Excursion
16 Dec	Last Day Term 4



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.

# ndis National Disability Insurance Scheme

## What is the National Disability Insurance Scheme?

The National Disability Insurance Scheme (NDIS) is a new way of providing individualised support for people with a disability who have a permanent or developmental delay that affects their ability to take part in everyday activities.

If you live in Maitland, Newcastle or Lake Macquarie and are under 65 you may be eligible to access the NDIS.

### Visit us

Find out how the NDIS might assist you, your family member or friend by visiting our information stands between 9.30 and 4pm at:

**Rutherford Marketplace**  
28th October, 18th November & 9th December

**Lake Macquarie Fair**  
4th November, 25th November & 16th December

**Morisset Square**  
11th November & 2nd December

**Bonnells Bay Shopping Centre**  
9th November & 1st December

Phone: 1800 555 727

[www.ndis.gov.au](http://www.ndis.gov.au)

## CEP Outdoor Digital Media Festival

Despite the rain CEP Outdoor Digital Media Festival was a very successful evening and well supported by students, parents and staff from Islington Public School.

A special thank you to the P & C and parents who managed our stalls of hair braiding and henna tattooing.

## Library Helpers Needed

The library welcomes any parents who are able to volunteer some time to help cover new books that have arrived. Please see Judi in the office and let her know if you can help.

# Community Link Up Celebrating Social Inclusion Week 2015

You're invited to a **FREE** community event to promote Social Inclusion for people of ALL abilities.

Don't miss this opportunity to discover what's on in your community and to promote YOUR community group.

Join us as we create an inclusive community!

**When:** Thursday 26 November 2015

**Time:** 10am - 2pm

**Where:** Newcastle PCYC, Corner Young and Melbourne Roads, Broadmeadow

**RSVP:** Phone Libby on 4905 0705 or email [elizabeth.pike@vinnies.org.au](mailto:elizabeth.pike@vinnies.org.au)

**Lunch and entertainment will be provided.**

Partnering with PCYC **PCYC NEWCASTLE**



St Vincent de Paul Society *great works*



## 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 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 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 (90 mins) and physical activity sessions (30 mins)



QUALITY FAMILY TIME TOGETHER



FUN ROUGH & TUMBLE PLAY

### 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](mailto: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.