Zone Swimming Carnival

Congratulations to all the students who competed at the Zone Swimming Carnival on Tuesday. Our team were great representatives for our school and showed a tremendous attitude both in and out of the pool. Many thanks to, Mrs Smith and Mrs Larkin for their work with the team. Well done to all!

Leaders by the Bay

Our student leadership team, along with other local primary school students, participated in a leadership program that was held at Sharkies on Tuesday this week. Throughout the day the students explored the nature of leadership and what this means for them in their roles at school. They were mentored by the local secondary students, providing them with excellent role models.

Later in the day, our leadership team gave a presentation on what leadership looks like at Woolooware PS and they then had the opportunity to hear from other local primary schools. They also worked on proposals for possible projects that will be presented and discussed next week. I was so impressed by the maturity and behaviour of our students – they certainly did us proud!

Clean Up Australia Day

This weekend people all around Australia will be involved in the Annual Clean-up Australia Day. To coincide, we held our clean-up day today and it was great to see Woolooware students getting involved and taking pride in their school.

Car Park [Repeat]

As the number of children at Woolooware continues to grow, so does the number of cars. Unfortunately there was a little accident in the carpark this morning as a result of so many vehicles coming and going. Luckily, nobody was hurt this time but there is potential danger of injury in the future. For this reason, we ask that parents and carers refrain from entering the carpark in vehicles at all times. There is usually parking available on Riverview Ave and Franklin Road early in the morning for drop-off to WOOSH.

Jason Ezzy
Principal
Notes Home:

K-6 School Photos
K-6 P&C Class Rep
3-6 ICAS Comps
Yr 6 Canberra Excursion
Yr 5 Hill End Excursion

K-6 If you have received another General Consent/Permission to Publish could you please return to the office ASAP
Did you know…?

8 to 12 hot chips (100 g) have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

**Ingredients**
- 2 large potatoes cut into chips or wedges
- 1 teaspoons canola oil
- 1 teaspoon soy sauce

**Method**
1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

---

**Fresh fruit and vegetables – the green food**

Fresh fruit and vegetables are not only good for your health, but they are also good for the planet. Fruits and vegetables come in their own environmentally friendly packaging. Fruit or vegetable scraps can also be composted or used in a worm farm. You can also help the environment by choosing produce without foam trays or plastic containers.

---

**Selecting delicious fresh produce**

Here are some tips on choosing the best fresh fruit and vegetables for taste and storage:
- select fruit and vegetables that feel firm, smell nice and look fresh
- small or medium size fruit make good choices for children
- choose vegetables that snap rather than bend
- avoid any fruit or vegetables that are limp, split or feel spongy.
Woolooware P&C
Easter Raffle
Donations

We are seeking your help of Easter Eggs, Easter treats, soft toys, baskets, cellophane, ribbons etc

Please drop your donations to the collection box in office foyer by Wednesday 16th March

Raffle is drawn at the Easter Hat Parade on Thursday 24th March

THANK YOU for your continued support!
## Community Calendar

### Term 1 2016

<table>
<thead>
<tr>
<th>Week</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>25 January</td>
<td>26 January</td>
<td>27 January</td>
<td>28 January</td>
<td>29 January</td>
</tr>
<tr>
<td></td>
<td>Australia Day Public Holiday</td>
<td>Staff Development Day</td>
<td>Students Return Year 1-6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>1 February</td>
<td>2 February</td>
<td>3 February</td>
<td>4 February</td>
<td>5 February</td>
</tr>
<tr>
<td></td>
<td>Kindergarten Start</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>8 February</td>
<td>9 February</td>
<td>10 February</td>
<td>11 February</td>
<td>12 February</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Swimming Carnival</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>15 February</td>
<td>16 February</td>
<td>17 February</td>
<td>18 February</td>
<td>19 February</td>
</tr>
<tr>
<td>5</td>
<td>22 February</td>
<td>23 February</td>
<td>24 February</td>
<td>25 February</td>
<td>26 February</td>
</tr>
<tr>
<td>6</td>
<td>29 February</td>
<td>1 March</td>
<td>2 March</td>
<td>3 March</td>
<td>4 March</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cronulla Zone Swimming Carnival</td>
<td>Leadership By The Bay</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>7 March</td>
<td>8 March</td>
<td>9 March</td>
<td>10 March</td>
<td>11 March</td>
</tr>
<tr>
<td>8</td>
<td>14 March</td>
<td>15 March</td>
<td>16 March</td>
<td>17 March</td>
<td>18 March</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sydney East Swimming Carnival</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>21 March</td>
<td>22 March</td>
<td>23 March</td>
<td>24 March</td>
<td>25 March</td>
</tr>
<tr>
<td></td>
<td>Harmony Day</td>
<td></td>
<td>Good Friday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>28 March</td>
<td>29 March</td>
<td>30 March</td>
<td>31 March</td>
<td>1 April</td>
</tr>
<tr>
<td></td>
<td>Easter Monday</td>
<td></td>
<td>P&amp;C Disco</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>4 April</td>
<td>5 April</td>
<td>6 April</td>
<td>7 April</td>
<td>8 April</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Photo Day</td>
<td></td>
<td>Hols</td>
</tr>
</tbody>
</table>
Maintaining his long standing commitment to sponsor the KidsMatter initiative at Woolooware Public School, David Wolfhart of Century 21 Cronulla will donate $300 to the school for every property sale in 2015 relating to a referral from parents (including nominated friends & relatives) of the Woolooware Public School community.

DAVID WOLFHART

P: 02 9523 6399
M: 0422 975 793
E: dwolfhart@c21cronulla.com.au

29-31 Croydon St, CRONULLA 2230

SHARKS BASKETBALL
HOLIDAY CAMP

19th to 22nd April 2016
9am - 2pm Age 7 to 15 years
T-Shirt & Ball for all Camp Participants

Download enrolment form from our website:
www.sutherland.basketball.net.au

Waratah Park Rawson Ave Sutherland
Phone: 9542-1999 Fax: 9521-5696
Email: admin@sutherlandbasketball.net.au
Website: www.sutherland.basketball.net.au