

Sussex Inlet Public School Carnival Results 2018

| Event | 1 st place | 2 nd place | 3 rd place |
|------------------------------|-----------------------|-----------------------|-----------------------|
| Boys Open 100m Freestyle | Riley Spencer | Blake Jones | Hayden Firmstone |
| Girls Open 100m Freestyle | Charlotte Greenwood | Amelie Buchanan | Emily McNeil |
| Boys 8-10Yr Breaststroke | Sam McNeil | Liam Murphy | Ewan Greenwood |
| Girls 8-10 Yr Breaststroke | Jayme Firmstone | Melodie Buchanan | Liliana Klimiuk |
| Boys 11 Yr Breaststroke | Blake Jones | Jordan Sassall | Lochlan Curtis |
| Girls 11 Yr Breaststroke | Ebbony Fletcher | Matilda Goodwin | Mia-Rose Wilkes |
| Boys 12-13 Yr Breaststroke | Hayden Firmstone | Riley Spencer | Luca Boyton |
| Girls 12-13 Yr Breaststroke | Charlotte Greenwood | Isabelle Harris | Hannah Bowman |
| Boys 8-10 Yr Backstroke | Sam McNeil | Liam Murphy | Brandon Hirst |
| Girls 8-10 Yr Backstroke | Liliana Klimiuk | Krystal Mackenzie | Melodie Buchanan |
| Boys 11 Yr Backstroke | Blake Jones | Jordan Sassall | Taj Shipley |
| Girls 11Yr Backstroke | Ebbony Fletcher | Mia-Rose Wilkes | Bonnie Cheetham |
| Boys 12-13 Yr Backstroke | Riley Spencer | Hayden Firmstone | Cooper Moroney |
| Girls 12-13 Yr Backstroke | Charlotte Greenwood | Emily McNeil | Amelie Buchanan |
| Boys 8 Yr 50m Freestyle | Jake McLaughlin | Liam Sloan | Harper Cropper |
| Girls 8 Yr 50m Freestyle | Liliana Klimiuk | Summer Firmstone | Brianna Mackenzie |
| Boys 9 Yr 50m Freestyle | Bailey Kezik | Hayden Webber | Tyson Clarke |
| Girls 9 Yr 50m Freestyle | Emma Murphy | Jayme Firmstone | Jasmine Harbrow |
| Boys 10 Yr 50m Freestyle | Sam McNeil | Liam Murphy | Ewan Greenwood |
| Girls 10 Yr 50m Freestyle | Krystal Mackenzie | Melodie Buchanan | Tori Isherwood |
| Boys 11 Yr 50m Freestyle | Blake Jones | Jordan Sassall | Jude Leonard |
| Girls 11 Yr 50m Freestyle | Ebbony Fletcher | Matilda Goodwin | Kirsten Sargood |
| Boys 12 Yr 50m Freestyle | Riley Spencer | Mitchell Kezik | Cooper Moroney |
| Girls 12 Yr 50m Freestyle | Charlotte Greenwood | Amelie Buchanan | Hannah Bowman |
| Boys 13 Yr 50m Freestyle | Hayden Firmstone | | |
| Boys 200m IM (4x50m Senior) | Riley Spencer | Blake Jones | Lucas Solari |
| Boys 200m IM (4x50m Junior) | Sam McNeil | | |
| Girls 200m IM (4x50m Junior) | | | |
| Girls 200m IM (4x50m Senior) | Charlotte Greenwood | Amelie Buchanan | Emily Mc Neil |
| Boys 8-10 Yr 50m Butterfly | Hayden Webber | Sam Mc Neil | |
| Boys 11 Yr 50m Butterfly | Blake Jones | Jordan Sassall | Lochlan Curtis |
| Boys 12-13 Yr 50m Butterfly | Riley Spencer | Hayden Firmstone | Lucas Solari |
| Girls 8-10 Yr 50m Butterfly | Krystal Mackenzie | Charlotte Macdonell | Ella Crehan |
| Girls 11 Yr 50m Butterfly | Ebbony Fletcher | Mia-Rose Wilkes | Bonnie Cheetham |
| Girls 12-13 Yr 50m Butterfly | Charlotte Greenwood | Emily Mc Neil | Amelie Buchanan |
| Junior Boys Relay | Wahoo | Barracuda | Marlin |
| Junior Girls Relay | Wahoo | Marlin | Barracuda |
| Senior Boys Relay | Marlin | Barracuda | Wahoo |
| Senior Girls Relay | Barracuda | Marlin | Wahoo |

SIPS District Swimming Carnival Team 2018

| | |
|---------------------|---|
| Emily Mc Neil | Snr 50m Backstroke, Snr 50m Fly, Open 100m Freestyle |
| Riley Spencer | Open 100m, Snr 50m Breast, Snr 50m Backstroke, 12yr 50m Freestyle, Snr 50m Fly, Snr 200m IM, Snr Boys Relay |
| Hayden Firmstone | Snr 50m Breaststroke, Snr 50m Backstroke, Snr 50m Fly, 13yr 50m Freestyle, Snr Boys Relay, Open 100m Freestyle |
| Isabelle Harris | Snr 50m Breaststroke, Snr Girls Relay |
| Charlotte Greenwood | Open 100m Freestyle, Snr 50m Breaststroke, Snr 50m Fly, Snr 50m Backstroke, 12 yrs 50m Freestyle, Open 200m IM, Snr Girls Relay |
| Blake Jones | Open 100m, 11yr 50m Breaststroke, 11yr Backstroke, 11yr 50m Freestyle, 11yr 50m Fly, Snr Boys Relay |
| Sam McNeil | Jnr 50m Breast, Jnr 50m Backstroke, 10yr 50m Freestyle, Jnr 200m IM, Jnr 50m Fly, Jnr Boys Relay |
| Liliana Klimiuk | Jnr 50m Backstroke, 8yr 50m Freestyle, Jnr Girls relay |
| Melodie Buchanan | Jnr 50m Breaststroke, 10yr 50m Freestyle, Jnr Girls Relay |
| Mia Wilkes | 11yr 50m Backstroke, 11yr 50m Fly |
| Bailey Kezik | 9yr 50m Freestyle, Jnr Boys Relay |
| Hayden Webber | 9yr 50m Freestyle, Jnr 50m Fly, Jnr Boys Relay |
| Liam Murphy | Jnr 50m Breaststroke, Jnr 50m Backstroke, 10yr 50m Freestyle, Jnr Boys Relay |
| Jake McLaughlin | 8yr 50m Freestyle |
| Krystal Mackenzie | Jnr 50m Backstroke, 10yr 50m Freestyle, Jnr 50m Fly, Jnr Girls Relay |
| Jayme Firmstone | Jnr 50m Breaststroke, 9yr 50m Freestyle |
| Emma Murphy | 9yr 50m Freestyle, Jnr Girls Relay |
| Matilda Goodwin | 11yr 50m Breaststroke, 11yr 50m Freestyle |
| Jordan Sassall | 11yr 50m Breaststroke, 11yrs 50 Freestyle, 11yrs 50m Backstroke, 11yr 50m Fly, Snr Boys Relay |
| Amelie Buchanan | Open 100m Freestyle, 12yr 50m Freestyle, Snr Girls Relay |
| Ebbony Fletcher | 11yr 50m Breaststroke, 11yr 50m Backstroke, 11yr 50m Fly, 11yr 50m Freestyle, Snr Girls Relay |
| Liam Sloan | 8yr 50m Freestyle |
| Summer Firmstone | 8yr 50m Freestyle |
| Mitchell Kezik | 12yr 50m Freestyle |
| Charlotte Macdonell | Jnr 50m Fly |

ROAD SAFETY INFORMATION

YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.

Drive and park safely near schools

The beginning and end of the school day are busy times for pedestrians and drivers outside schools.

You can help keep children safe by remembering the following:

- drop off and pick up children on the school side of the road
- never call out to children from across the road – it is very dangerous
- always take extra care when driving in 40km school zones
- follow all parking signs – these help keep children as safe as possible
- park responsibly even if this means you have to walk further to the school gate
- never double park – it is illegal and puts children at risk
- never do a U-turn or three-point turn outside the school as it puts children at risk of harm
- model safe and considerate pedestrian and driver behaviours to your children.

When travelling in a car ensure your children:

- use a booster seat if they are aged between 4 and 7 years old – it's the law
- are correctly buckled up in their seatbelts
- always get in and out of the car through the 'safety door' – the rear door on the footpath side of the car
- are never left alone in the car.



Up to 6 months

Approved rear-facing child car seat



6 months to 4 years

Approved rear- or forward-facing child car seat



4+ years

Approved forward-facing child car seat or booster seat



145cm or taller

Suggested minimum height to use adult lap-sash seatbelt

For further support

Go to the department's Road Safety Education program at education.nsw.gov.au/road-safety-education or visit education.nsw.gov.au and search for road safety education.

Seven new school zone traffic offences

To help schools keep the school zone safer for all pedestrians and drivers there are seven new traffic infringements with new fines.

None of the seven offences attract demerit points when committed elsewhere on the road but in a school zone they each come with two points.

The changes are:

1. Stopping in intersection - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
2. Stop within 20m of intersection (traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
3. Stop within 10m of intersection (no traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
4. Stop near bicycle crossing lights - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
5. Obstruct access to ramp/path/passageway - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$330 and 2 demerit points.
6. Not parallel park in the direction of travel - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.
7. Parallel park close to dividing line - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.

All updated school zone offences can be located through Roads and Maritime:
<http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>

February 2018

The simplest way

...to know the serves you need.

Eat It To Beat It helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

| How many serves a day? | | |
|------------------------|-----|-------|
| | Veg | Fruit |
| Adults | 5+ | 2+ |
| Breastfeeding women | 7½ | 2 |
| 12-18 (boys) | 5½ | 2 |
| 12-18 (girls) | 5 | 2 |
| 9-11 | 5 | 2 |
| 4-8 | 4½ | 1½ |
| 2-3 | 2½ | 1 |

A serve of fruit = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.

A serve of veg = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit