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## This Friday 18<sup>th</sup> October!

### Message from the Principal...

Dear Parents & Carers,

Welcome back to Term 4. I hope all students, families and staff have had a relaxing holiday. Term 4 is always a busy term, so I urge you all to keep a close eye on the calendar in the newsletter and the Facebook posts so that you are up to date with what is happening and when. One of the first tasks for the term is to start the process for electing our school leaders for 2020. Later this week Mrs Dunning and I will meet with the Year 5 students to discuss the expectations for our leadership team and the nomination process. Nominations need to be submitted by Friday Week 2, 25 October.

The canteen is not open today due to the break in that occurred during the holidays. It is disappointing that this has occurred and I apologise for the inconvenience this has caused students and families. Members of the P&C will endeavour to have the canteen restocked today and hopefully it will be open tomorrow. Please keep an eye on our school outside school hours and if you see anyone on site that you feel should not be there please report it to the Police.

The Tell Them From Me parent survey will be open until the end of next week. Thank you to the parents who have already completed the survey, but we need more! Please follow the link below to go directly to the survey. This link is also available on our Facebook page. The more surveys completed the more valid the information we receive.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>. To access the survey for our school go to: <https://nsw.tellthemfromme.com/22h7g>

Have a great week.

Narelle Kessey  
Principal

## Calendar

### October

14 Students and Staff Resume  
18 Grandparent's Day  
18 School Run4Fun  
23 Kinder Orientation  
25 Year 6 Fund Day  
28 P&C Meeting 6 pm

### Core Value.

This week our core value is *Responsibility*. "I can be ready to learn so I can do my best."

### Assembly

This week is our special Grandparents Day Assembly to be held on Friday at 11.30am in the school hall.

### Thought for the week...

"Anyone can find the dirt in someone.  
Be the one who finds the gold."  
~Proverbs 11:27

## Grandparents Day

### Assembly and lunch

We would like to invite all our wonderful grandparents to our special Grandparents Day at school this Friday 18<sup>th</sup> October. Grandparents are invited to come to school for a very special 11.30am assembly to watch performances by 5/6M, 3/4MJ, 1/2DR, the School Choir and our school band The Nabibeats. The P&C will provide tea and coffee after the assembly and then we invite Grandparents to stay and eat with their grandchildren. An order form was sent home at the end of last term. Please attach the form to a lunch bag and return by Wednesday (16<sup>th</sup> October). The only food the canteen will be preparing is the food listed on the forms. Please do not order from the general menu.

### Run4Fun

Grandparents are then invited, along with any parents to watch and/or participate in the School Run4Fun. If parents/grandparents are joining in they may like to wear an old light coloured t-shirt. For more information on the fundraiser please see below.

## School Run4Fun

The P&C will be holding a **Run4Fun Colour Explosion** on Friday 18<sup>th</sup> October to raise funds for our school! This will be held on Grandparents Day and will replace our annual walkathon. To participate all students must return the participation form sent home last term. All students who have not yet returned the form will be sent home today with another note.

This will be a fun event with a BLAST OF COLOUR!

The powders are made from high quality corn starch and permitted food colours. It's non-toxic, biodegradable, skin safe and environmentally friendly.

**There will be various colour powder stations throughout the course with two designated lanes – one for colour powder, the other with watered down powder. This lane is designated for children listed as asthmatic.**

STUDENTS WHO TRAVEL ON THE BUS ARE ASKED TO BRING A CHANGE OF CLOTHES FOR THE BUS TRIP HOME. Students may not be allowed to travel on the bus if they are covered in the colouring.

You may create a Student Profile Page at [www.myprofilepage.com.au](http://www.myprofilepage.com.au) which is unique to you and start fundraising. If you do not wish to participate online you may collect cash and hand into the office by the cut off date, being Friday 25<sup>th</sup> October. The P&C will then submit your form on your behalf.

## ICAS

Unfortunately the ICAS testing will not be done this year. A note will be sent home regarding refunds for any parents who have paid for these tests.

## Canteen Menu

This week we will send home the Summer Menu. This menu will replace any previous menus. Please discard all old menus.

## Canteen Roster

Parents, please come in and put your name down to help out at the canteen, our volunteer situation is getting dire! Support your school, do your bit. Every little bit helps, once a term on the roster makes a big difference.



Wk	Monday	Tuesday	Wednesday	Thursday	Friday
1	14/10  Tarryn Margraf Tanya Combe	15/10  Lyn George Michelle Thompson	16/10  Hannah Kelly <b>Volunteer needed</b>	17/10  Kim Page Emily Pye	18/10 Tanya Combe Lyn Dower Jamie Lee Eason Berlinda Neale <b>Grandparents Day</b>
2	21/10  Tanya Combe <b>Volunteer needed</b>	22/10  Margaret Dale Faye Thompson	23/10  Tanya Combe Elva Salmi	24/10  Michelle Thompson Amanda Holden	25/10 Tracey Dell Danae Meadows Bec Harper
3	28/10  Elva Salmi <b>Volunteer needed</b>	29/10  Tanya Combe Faye Thompson	30/10  Michelle Thompson Faye Thompson	31/10  Emily Pye <b>Volunteer needed</b>	1/11 Camilla Watkins Christine Heffernan Mel Hobden
4	4/11  Mel Hobden <b>Volunteer needed</b>	5/11  Tanya Combe Michelle Gordon	6/11  Gaye Godbolt Faye Thompson	7/11  Amanda Holden <b>Volunteer needed</b>	8/11 <b>Volunteer needed</b> <b>Volunteer needed</b> <b>Volunteer needed</b>
5	11/11  Tarryn Margraf Tanya Combe	12/11  Lyn George Margaret Dale	13/11  Hannah Kelly Michelle Thompson	14/11  Kim Page Emily Pye	15/11 Lyn Dower Christine Heffernan Mel Hobden
6	18/11  Mel Hobden <b>Volunteer needed</b>	19/11  Michelle Thompson Faye Thompson	20/11  Amanda Holden <b>Volunteer needed</b>	21/11  Tanya Combe Elva Salmi	22/11 Jamie Lee Eason Berlinda Neale Tracey Dell
7	25/11  <b>Volunteer needed</b> <b>Volunteer needed</b>	26/11  Michelle Thompson <b>Volunteer needed</b>	27/11  Tanya Combe <b>Volunteer needed</b>	28/11  Emily Pye Elva Salmi	29/11 Geraldine Carson Christine Heffernan Mel Hobden



## Let's get your teeth healthy together!

Hunter New England Oral Health provides FREE dental care for ALL children under 18yrs of age

We offer: Check-ups with x-rays, cleans, fillings and more!

We accept the Child Dental Benefits Schedule

For more information about oral health and accessing our service, visit the HNE Kids Health webpage at [www.hnekidshealth.nsw.gov.au/oralhealth](http://www.hnekidshealth.nsw.gov.au/oralhealth)



**Health**  
Hunter New England  
Local Health District

**Call 1300 651 625 to book an appointment for your child**



## Good for Kids good for life

### HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit [healthyschoolcanteens.nsw.gov.au](http://healthyschoolcanteens.nsw.gov.au) and search 'parents and friends'



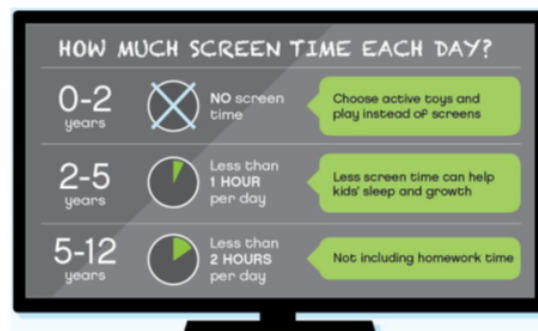
## Good for Kids good for life

### TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24hour Movement Guidelines



3 brilliant days  
**OCTOBER 18, 19 and 20**

**DIESEL LLOYD SPIEGEL HAT FITZ & CARA**  
**TURNER BROWN BAND 19-TWENTY HUSSY HICKS**  
**MASON RACK BLUES ARCADIA ANDREW SWIFT AFRO MOSES**  
**KRIS MORRIS & JOSH DUFFICY BLAKE O'CONNOR FAT PICNIC LEANNE PARIS**  
**MONTGOMERY CHURCH BEATING HEARTS CLUB ANGUS GILL WAANG DJARRI DANCERS**  
**MARK OATS & MATT ZARB SOFIELLA WATT & THE HANDSOME HUSBANDS JOSH NEEDS**  
**COLIN LILLIE JAMES BENNETT MINIQ VENA KLYMO THEN JOLENE HUDSON ROSE**  
**TRAPPS THE SOUTHERN HOLD RUBY BLUNT WINGSONG**

**OCTOBER 18, 19 and 20**