Message from the Principal

A Heartfelt Thank you

Thank you to Mrs Muller for relieving so effortlessly as Principal whilst I was on leave and Tania, Alana and Mr Harley for all their efforts, dedication and incredible teamwork over the previous terms. I would also like to air my appreciation for the wonderful effort of the P&C and the continuing support that you all give to your children and the wonderful community we have at the school.

Performance at Kyogle High School

The school will be travelling into KHS to view the student production of the Jungle Book. We will be leaving the school at 9.30 and returning at 12.00. Entry is by a gold coin donation.

COLOURSS K-2 day and Public Speaking for Year 3-6.

Next Tuesday the school will be travelling to Barkers Vale for the combined COLOURSS K-2 day and Public Speaking for Year 3-6. K-2 undertakes activities at the Early childhood building and public speaking is held at the hall. Only 2 students from Year 3-4 are allowed to compete at Barkers Vale and those students competing will be decided from in-class speech giving.

Barkers Vale School will be providing a canteen on the day if students wish to purchase lunch.

COLOURSS stands for Community of Learners of Upper Richmond Small Schools and comprises of 6 small schools. It provides multiple social and education opportunities for our students throughout the year.

Lismore Show expression of interest – Thursday 22nd

Please send in your expressions of interest by this Friday if you are interested in your child attending the Lismore Show with the school. Lismore Show offers diversity in their environmental and educational program for schools. A decision on whether we will attend the show will be made after all the expression of interests have come in and the availability of volunteer drivers. If the school attends then we will be looking for voluntary drivers on the day. Please take into consideration that the school also need drivers for Barkers Vale next Tuesday for the combined COLOURSS K-2 day and Public Speaking for Year 3-6.

Childhood Toys Homework

All students have the following homework project to complete as part of the My Place unit, which addresses the change and continuity strand of the HSIE syllabus. This is due by Monday Week 4. The students are to interview 2-5 adults on the subject of their childhood toys. Students may draw or write about the toys. If parents or carers could please help their child read the questions that would be appreciated.

Virtue of the Week

You are practicing “Assertiveness” when you

- Share your own ideas and feelings
- Tactfully tell others what you really think
- Don’t allow others to lead you into trouble
- Avoid being aggressive or passive
- Ask for what you want and need
- Expect respect at all times
**P & C Information**

The next P & C Meeting is Thursday 8 October 2015 at 3:30 at school. We will organise the Street Stall.

We have booked in to do a Street Stall on Saturday 10 October from 8am - 12noon. We will be looking to sell: Preserves, Cakes, plants and bric a brac.

Tamara

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**Community Billboard**

**Kyogle Swimming Club**

The first night of pointscores for the coming season will be held on Friday 9th October at the pool. Pointscores is open to any age person who can swim 12.5m or more of any stroke. There is also carnivals that you can compete in if you wish and training is available at the pool weekdays from 4pm. New members most welcome. Marshalling at 5.45pm for 6pm start. Committee members will be there from 5.30pm to sign on new members. There will be no BBQ for the first night. Bring an extra towel/jumper if it is cool.

For enquiries email Kerryn on kascsec@gmail.com or phone Sharon on 66322438.

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**Limit Screen time to Two hours**

- 40% of children aged 5 - 12 years watch an average of two or more hours of television or videos a day. This does not include time on other kinds of screens.
- Studies have shown that we use less energy watching TV than just sitting still.
- TV influences the food choice of kids - Australia has a high rate of food advertising during children's viewing hours.
- TV replaces time a child can be active and enjoy the Great Outdoors.
- There is an association between TV watching and being overweight.

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**Polystyrene Trays**

The school is after polystyrene meat or veg trays for art.

**Out of the school**

Ms Carter will be out of the school Thursday 14th and Friday the 16th October, as I will be undergoing a procedure at day surgery in Lismore.