**Message from the Principal**

**Kindergarten Orientation**

The school is holding Kinder orientation for half days 9.30-12.00 every second Wednesday on the 4th, 18th November, 2nd December and a full day on the 9th December.

**Intensive Swimming**

Swimming is Week 8, 23rd-27th November. The students have double lessons every day for a week as opposed to having a single lesson for 2 weeks. We will need help transporting students to and from the pool at 9.45 and returning at 1.30. If any parents can volunteer this would be much appreciated. Also the Students will need swimmers, a rash vest or t-shirt, hat, towel and a water bottle.

**Variety Night**

This is a wonderful celebration for the students and this year it is scheduled for Friday the 4th December starting at 6.00. More information closer to the date.

**COLOURSS Social**

COLOURSS social is on Tuesday 6.00-8.00 Week 8 at Wiangaree Hall, 24 November.

**Polystyrene Trays & boxes**

The school is after polystyrene meat or veg trays for art and small boxes (toothpaste size).

**P&C lunches**

Thank you to all those parents that give up their time to provide the Wednesday lunches. We really need more volunteers to provide this much loved P&C activity. If every parent volunteers 1 turn a term, then we have enough people for each term. It is not necessary to come on the day as you can send in a meal with your child on the Wednesday mornings. The P&C provides $20 for each parent to purchase the ingredients, so there is no need to be out of pocket.

**Payments to school**

The Education Department’s end of financial year ends at the end of November. If you have any outstanding payments eg, music, it would be very much appreciated if they could be paid in full by the end of November. If payment is a problem please discuss with Ms Carter.

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### Dates to Remember - Term 3 2015

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<tr>
<th>November</th>
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<tbody>
<tr>
<td>Wednesday 4</td>
<td>Kinder Orientation</td>
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<tr>
<td>Tuesday 24</td>
<td>COLOURSS Social @ Wiangaree Hall</td>
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<tr>
<td>23-27</td>
<td>Intensive Swimming</td>
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### Virtue of the Week

**You are practicing “Diligence” when you**

- Pay careful attention to what you are doing
- Do things step by step
- Practice to the point of excellence
- Give your absolute best to whatever you do
- Work Hard
- Don’t give up

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**Next P & C Meeting**

Wednesday 2 December 2015

at 3:30pm

All welcome
Next P & C Meeting........ Wednesday 2 December 2015 at 3:30pm

All welcome

Collins Creek - Canteen Roster Term 4 2015

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<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>Food</th>
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<tbody>
<tr>
<td>NO CANTEEN</td>
<td>4/11/15</td>
<td>NO ORGANISER</td>
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<tr>
<td>Mel</td>
<td>11/11/15</td>
<td>Taco’s</td>
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<td></td>
<td>18/11/15</td>
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<tr>
<td>Chantelle</td>
<td>25/11/15</td>
<td>Mini Pizza’s</td>
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<td>2/12/15</td>
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<td>Sharon</td>
<td>9/12/15</td>
<td>Kids Café</td>
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<td>Kids Café</td>
<td>16/12/15</td>
<td>Kids Café</td>
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If you can help with canteen this term. We would appreciate it. The students & staff love it. Thank You!!!

Great celebrations: Fuel them up with the right kind of energy!

- Grate carrot & other vegies into lean mince for healthier sausage rolls or burgers.
- Try delicious kebabs made with lean meat, chicken or pork pieces and lots of vegies.
- Simple cheesy vegie muffins packed full of favourite vegies and reduced-fat cheese. Kids love the combination of flavour and colour of corn, capsicum & grated zucchini.
- How about sandwich sushi made with popular vegie fillings? Just cut crusts from wholegrain bread, spread thinly with low-fat cream cheese, add colourful vegie fillings, roll & slice into 2 or 3 pieces.
- Mini pizzas of half a wholemeal muffin topped with a range of fresh chopped veg, a little ham, tomato sauce and some grated reduced-fat cheese, place under grill for 5 minutes.
Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.

- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.
**Community Billboard**

**Afterlee School**

**Free Family Fun & Market Day**

Sunday 1st Nov 9.30am

Great Food & Entertainment
Chocolate Wheel & Raffles
Variety of Stalls

**FREE kids activities include**

Jurassic Joe Show
Animal Nursery
Jumping Castle
Face Painting

Games/Races (start at 10am)

Stallholders Invited (bookings essential) Enquiries Ph: 6633 3163
AFTERLEE P&C IS ORGANISING ALL FOOD & DRINK STALLS

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**Mad Hatter’s High Tea and Movie Day**

Come and eat cake. Drink tea!
Wear your WHITE HAT!
Watch the movie; “Mental”

RSVP 20th Oct to Nicole, Memcon 0417 022 393
Nicole.MemconWing@gmail.com

Thursday 29th Oct, Grove House, Geneva St, Kyogle, 11-2pm

Celebrate Mental Health Month in style!