



From The Office:

Students

We welcome two new Occupational Therapy students, Stephanie and Nadine, who have settled into the school and are already making a difference.



We also have Tyler McLean working in the office with Mrs Gifford for his work experience. Tyler has been at our school before and is a great help to Mrs Gifford.

Intensive Swimming

Intensive swimming will start next Monday. Please send in the permission notes as soon as possible so we can access the children and begin the lessons.

Don't forget towel, swimmers, casual shoes/thongs and goggles (if they have them) to wear to the pool.

Please mark all clothing clearly with your child's name including their hat. Remember to send the \$2.40 for the pool entry. If your child is selected for lessons you may bulk pay the rest of the money.



Gubi Awards

Week 5 Term 4

Charlotte Cartwright	370
Chevy Jeffery—Petagna	300
Riley Eller	290
Connor Chaffey	20
Annique Collins	260
Gillian Stewart	320
Lotus Barratt	70
Rebecca Bradley	160
Jalarna Buchanan	150
Hunter Stevens	420
Ben Martin	130

Canteen Menu this Friday

16th November

Chicken Nuggets = 50c ea

Hash Browns = 50c ea

Fish Finger = 50c ea



For Your Calendar:

19.11 Intensive Swimming starts for selected students.

27.11 Solid Mob Show

13.12 Swimming Carnival at Woodburn Pool

19.12 Last day for students 2018

30.01.2019 First day for students

Don't forget Friday Feedback – every Friday Morning at 9am – call on in, all comments and ideas appreciated.

“HAPPY BIRTHDAY”—14.11 – 20.11

16.11 Rebecca Bradley



Fence Banners

We hope you have noticed our lovely bright banners on the fence. Thank you Elissa for sourcing these to make our school beautiful.



Live Life Well @ School

Our school has been implementing the Live Life Well @ School program this year to take a whole of school approach to the nutrition and physical activity of our children. This has included:

School Community Partnerships:

- The school newsletter promotes healthy eating, physical activity and limiting small screen recreation
- Some or all of our fundraising is healthy or health-neutral
- Parents and/ or local sports groups are invited to participate in healthy food preparation or sports events
- Encouraging active transport
- Sporting Schools program

School Ethos & Environment:

- School has promoted nutrition campaigns such as “Fruit & Veg Month”, “The Big Veggie Crunch” or “Go for 2 & 5”
- School has a fruit, vegetable and water break such as “Crunch & Sip®”
- We have an edible garden that helps to reinforce healthy eating to students
- We have painted new playground markings
- Sports equipment is available at recess and lunch
- Our school canteen follows the new Nutrition in Schools Policy and NSW Healthy School Canteen Strategy
- Healthy food is provided at school functions

Teaching & Learning:

- Students learn about healthy eating and physical activity
- Students participate in healthy cooking activities
- Food, physical activity or PE related topics are linked across the KLAs
- Students are involved in 150 minutes of physical activity a week
- Fundamental Movement Skills are taught in all years

Principal: Jane Cottee