



Hi everyone,

Thanks everyone for a great and relaxing disco night last Friday. I loved all of the costumes- parents who dressed up looked fantastic as well. Well done to our prize winners who get to go on a holiday up the coast. We will be running another raffle with the same top 3 prizes again in the coming months.

Students completed their first day at swimming on Monday with an initial test and then were placed into groups according to ability. They all participated really well. Behaviour was fantastic and students were extremely organised when asked to change quickly after their swimming lessons. A great start! Well done.

- Could you please ensure that your child/children have a bottle of water with them. It does get quite warm at the pool and a quick drink of water before getting back on the bus is advisable.

Speaking of great starts..... a few Saturdays ago, I went to a course in Brisbane entitled Seven Steps to Writing Success. Over the past few weeks students have focused on Sizzling Starts- how to start your writing with impact.

Here are a few fab starts from our students!

“Stupid boy,” said his pencil. Why are you sharpening me over and over again? You should be doing your school work. I’m nearly out of lead!”  
by Venus

All the kids are at school- but not one teacher! It was Saturday! The kids loved school.

By Hudson

BANG! The walls started to close. The town got quiet. It made everything spooky. Suddenly there were some howling noises.

By Hailey

BANG! My fish is dead! Now what am I going to do?

By Ava

## Upcoming Events

### November 5

School Swimming Scheme 10 day program

### November 21

ICC Cook Island Cricket Team skills visit

### November 26

10.30am ICC Cook Island Cricket Team game (Lismore)

### December 12

12.30am Non-Denominational Christmas Scripture Presentation

### December 17

LAST DAY TERM 4



Next week we will be looking at how to plan our writing using a very simple graph idea and how to pick the best story lines.

This week I have 3 professional learning days around School management, Leadership, 21<sup>st</sup> Century learning and other topics on technology. Mr Shepherd and Miss Jodie will be teaching and swimming with the students while I attend these programs.

Alison Bath

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.

[Malcolm X](#)

### Parent tips – 31 October 2014

#### Selective high schools

Online application for Year 7 entry to selective high schools in 2016 closes 17 November. Find out more:

<http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/index.php>

#### Choosing the right shoes

School shoes may all look the same but the cost can vary from about \$30 to \$120 and beyond. Does a more expensive shoe mean a better shoe? Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes>

#### NSW public school terms and holidays

Here's a snapshot of NSW public school terms and holidays for 2015 - 2016.

Find out more:

<http://www.boardofstudies.nsw.edu.au/events/vacations.html>

#### Jargon explained

If your child's teacher mentions G&T in the COLA, she's actually talking about gifted and talented classes being held in the covered outdoor learning area.

More school jargon explained:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/school-jargon-busters>

#### Where's the octopus

Wow - it's videos like this that show kids how cool studying science can be. Watch it with them:

<http://www.youtube.com/watch?v=aoCzZHcwKxl&feature=youtu.be>



### Which is healthier: Fresh, Frozen or Canned vegetables?

Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It's important that they ARE fresh, though, because as the time they are stored increases, their nutrients decrease.

Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results. Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins EXCEPT for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties. Whichever you use it's great that you're getting the important five serves a day for your family!

