



Hi everyone,



Yes.... Even Grumpy cat loves the rain at the moment. Our fruit and veges are happy and so are our watertanks!

It is also a great time to listen out for frogs and see if you can identify them – photos too would be great. We have already received photos from the community of the Great Barred Frog sent to us. Hopefully the Giant Barred Frog will also make an appearance!

It is unfortunate that Swimming was cancelled yesterday and again today due to pump issues at the Lismore pool. These days will be made up, but it won't be until December due to the pool being booked out for other intensive swim programs commencing next week. At this stage it looks like the 8th/9th of December.

As part of Remembrance Day learning, rather than talking about it, I asked the students to have a brainstorm and write up questions on what they would like to learn about Remembrance Day. We also watched a youtube clip which allowed students to think about war.

(http://youtu.be/86J_RTfg_zQ)

Students are writing their own information on Remembrance Day based on their own learning. This also led to students asking about the poem 'In Flanders Field,' which we found on youtube as well.

Some of the questions were: 'Why did Remembrance Day start?' "Who thought up Remembrance Day?" "Mrs Bath, did you have anyone go to war?" "Why do wars start?" "Why do we have poppies?"



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Upcoming Events

November 13

School Swimming Scheme continues until Friday 14 Nov.

November 21

ICC Cook Island Cricket Team skills visit

November 26

10.30am ICC Cook Island Cricket Team game (Lismore)

December 8

School Swimming Scheme make-up day

December 9

School Swimming Scheme make-up day

December 12

12.30pm Non-Denominational Christmas Scripture

December 17

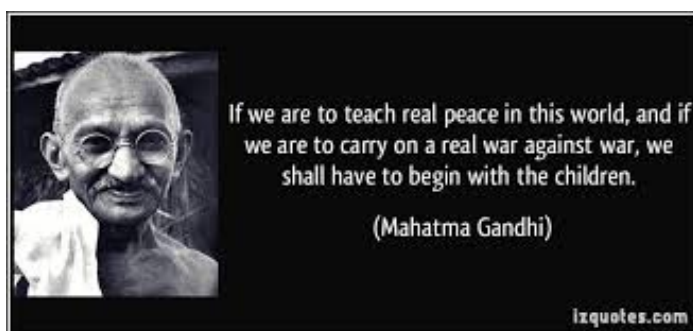
Last Day of 2014

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

by John McCrae, May 1915



Alison Bath

Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:
Preschool (3 - 5 years) 11- 13 hours/night

School (5 - 12 years) 9 - 11 hours/a night

Teens (12 - 18 years) 8.5 - 9.5 hours/night

Some hints for a healthy sleep:

- Consistency: going to bed and rising at a regular time (be firm)
- having a 30 - 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
- No screens (TV, phones or game consoles) in the bedroom



Sport and Recreation's Swim and Survive starting soon

Australian summers usually involve plenty of fun in and around the water, but no parent can forget how important it is to make sure children stay safe.

Sport and Recreation's Swim and Survive classes for preschoolers and school-aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches and lakes.

The intensive nine-day programs give wonderful results, and are great fun as well! Plus, family discounts make our program affordable for all the children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW, including somewhere near you.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for nine lessons are \$67 for school-aged children and \$48 for preschoolers (prices exclude pool entry fee).



For more information or to make a booking, visit
www.dsr.nsw.gov.au/swimandsurvive or phone 13 13 02



Office
of Sport
Sport & Recreation

2014 Koala Count Starts Today!

Join any time from now
until the 17th of November



Dear everyone!

We are very excited to announce that the Koala Count starts today (yay!). Please start counting koalas from today and as often as you can until the 17th of November. Let your family and friends know that the Koala Count has started, as you can join up at any time up to the 17th.

You can record where you see koalas using our smartphone app BioTag, or enter your sightings straight onto our web portal (www.koalacount.org.au). Remember even if you don't see koalas, we still want to know as this gives an indication of absence data, so please use the survey My Koala Walk to let us know where you searched. Record every koala sighting, even if you think it is the same animal as this gives us an idea of residency. For more information on the surveys, please see our Q&A on the home page of the web portal.

Thank you so much for taking part in the Koala Count! By running the Count annually we can keep a track of how our koala populations are doing from year to year. All data collected during the Count each year will be shared with others working with koalas, so by taking part you are really contributing to koala conservation in Australia!

A big thank you to the Atlas of Living Australia for developing our BioTag app and web portal.

If you have any questions or problems during the Count, please send me an email (grainnec@npansw.org.au) and I will help you out.

Happy counting!

In response to State Government funding cuts, **ACE Community Colleges, Lismore** will be closed on Fridays commencing from Friday November 14th 2014 however, will remain open from Mondays to Thursdays, 9am-5pm.

The Casino college administration and office will be closed effective immediately until further notice (courses scheduled to run out the Casino campus will continue to run as planned).

The ACE Community College Gold Coast campuses will continue to run as usual.

ACE Community Colleges has been delivering accredited and non-accredited training to the Lismore and surrounds' communities for over 35 years.

The staff of ACE would like to thank the local community for its ongoing support.

If you have any questions, please don't hesitate to contact the College Manager, Anne Stapleton: 02 6622 1903.

For further information regarding the state wide situation for community colleges and other training institutions, please see:

<http://www.theaustralian.com.au/higher-education/critics-say-nsw-scheme-smart-and-skilled-is-more-like-dumb-and-dumber/story-e6frgcjx-1227097736818>

Kind regards,

Michelle Shearer

Marketing Communications Manager

ACE Community Colleges

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I work Monday-Wednesday 8.30am – 4.30pm.

PO Box 526, Lismore NSW 2480

F: 02 6621 9917

W: www.acecolleges.edu.au

'International Day of People with a Disability'

TALENT QUEST

Enter the Life Without Barriers 'Talent Quest' at this year's Multitask IDPWD celebrations on 3rd December 2014 from 10 – 1pm, and be in the running to win some exciting prizes!

There are FOUR categories this year:

- ☺ Singing
- ☺ Dancing
- ☺ Comedy
- ☺ Surprise Act (where anything goes!)

To enter, fill in the attached Registration Form, and email it to melissa.edwards@lwb.org.au, or fax it to 6628 8194

*** Entries close on 1st December 2014**

There are limited spots for each category, so make sure you get in quick to secure your spot!



SAVE THE DATE!!

Lismore Child and Family Forum
Professor Fiona Arney
Australian Centre for Child Protection

The Neglect of Neglect
Protecting Australia's Children:
Understanding child neglect and potential actions for prevention and early intervention

Wednesday 19th November 10-12.30pm
YWCA NSW Northern Rivers Auditorium
101a Rous Road Goonellabah

This forum is an opportunity for people working with children and their families in the Lismore 2480 area, to connect with other services, foster collaboration and contribute to forum discussions on topics that affect their work.

Guest speaker Professor Fiona Arney is a natural, engaging, inspiring and down to earth speaker whom will share her experience, knowledge and practical examples and strategies with us on the topic of 'The Neglect of Neglect' *Understanding child neglect and potential actions for prevention and early intervention*. It is important to understand how intervening early in the life of an issue can have a powerful effect on diverting children and families from the tertiary system.

You may have attended a previous Child & Family Forum with Emeritus Professor Dorothy Scott. Professor Fiona Arney has worked for decades with Professor Dorothy Scott and now holds her previous position as the chair of Child Protection and Director of the Australian Centre for Child Protection, based at the University of South Australia.

She has almost two decades of experience in research with vulnerable children and their families, and the organisations and systems that support them.

RSVP by November 12th: Briony 66255811 or
brionyl@ywcansw.com.au



Story-time



For Aboriginal & Torres Strait
Islander families with children
0-5 years of age

Stories, songs & craft!!!

Where: The Goonellabah Library

Upcoming dates in 2014:

- Tuesday November 11th 2014, 1.30-2.30pm
- story-telling & music with Mereki
- Tuesday December 2nd 2014, 1.30-2.30pm



Transport available

For more information contact:

Zoe Dodd at the YWCA NSW Goonellabah
6625 5809 or 0425 366 979

