



Hi everyone,

Well done to all our swimmers- some great learning going on down at the pool. This Friday is the final testing day where students can show how much they have improved. One of the homework questions from last week was to set your goal for swimming. Hopefully students have either achieved or exceeded their expectations.

Next Friday, Mrs Whillas and I will be taking most of our students to Our Voice at the SCU where they will be sharing ideas on sustainability and our project, as well as listening to other schools and speakers on the same topic. More details to come when they finalise the program this week. There will be no cost for students to attend.

Books In Homes order forms were filled in today. For those parents new to our school, Books In Homes offers students a chance to choose 3 books that they would like to read and take home. As reading is important, the cost of this scheme is budgeted in to our school plan, so all students can take part. Our school gets to keep the 48 books that are sent out to choose from each term. This program occurs over three terms a year which means that all students take home 9 books over the year and we are able to stock a beautiful range of books in our library.

I'm sending home a booklet today on the Parents Guide to the NSW Primary Syllabuses. Over the past few years, the Board Of Studies has been updating the Curriculum. On page 2, there is an outline of when the new curriculums have been started or will start to be taught in schools.

Alison Bath

Upcoming Events

October 30

Pre-Kindy Program
continues

October 26

P&C Meeting 2.30pm
Artroom

December 4

Scripture Christmas
Presentation

December 7

3 day Family Camp –
Binna Burra Lodge
Lamington National Park
(7 - 9 Dec)

December 15

School Christmas Concert

December 16

Last Day of Term 4



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.



Sport and Recreation's Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should 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 provide 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.

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

Prices for nine lessons are \$69 for school-aged children and \$49 for preschoolers (prices exclude pool entry fee).

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

