

Only 11 Friday's until Christmas..... apparently.

Welcome back to Term 4.

Our welcome also extends to 3 new ladies in the chook house- Mrs Brown, Hermione and Fluffy Bottom (Fluffy for short). They have made themselves right at home with Hawke proudly announcing his and their return.....all day. I'm sure Miss Kathleen's neighbours are also happy to have Hawke returning to us.



The students are well into their swimming lessons and I'm sure will be sleeping well for you all this week. We are also sharing the lessons with students from Larnook and Corndale Schools.

Friday for swimming:- Two very important things to remember

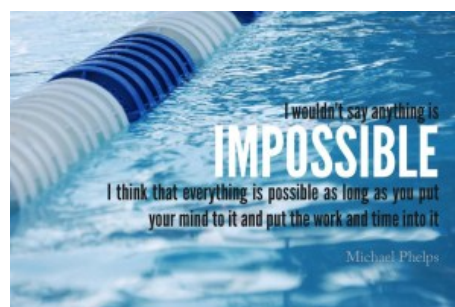


Students **MUST** bring long sleeve shirt preferably with buttons) and long pants to wear in the pool for their safety test and a plastic bag for wet clothes.

Money for an ice-cream from the shop. Students are able to buy an ice-cream from the pool shop on Friday. Please send back the attached note with the money if you would like your child/children to have one.

I will collect the ice-creams from the shop on the day to avoid lengthy delays.

Mrs Bath



Upcoming Events

October 10

FIRST DAY OF TERM 4

SCHOOL SWIMMING PROGRAM
STARTS (1 week only)

October 19

P & C meeting 2.30pm

October 21

Kindergarten Orientation
Commences (Every Friday Term 4)

Friday Ice-cream Note – 14th October 2016 (SWIMMING)

Please tick the box for which ice-cream your child/children would like to have and enclose, with the money, in an envelope.

Icecream	Cost	✓ Choice
Icy Twist	\$1.00	
Paddlepop (rainbow/chocolate)	\$1.30	
Calippo	\$2.00	
Cyclone	\$2.00	
Cornetto	\$2.00	
Paddlepop Shaky Shaky cup	\$2.00	
Splice	\$2.20	
Golden Gaytime	\$3.00	
Magnum (Classic/Ego)	\$3.60	

I have enclosed \$ _____ Signed _____



Five Ways to Eat More Healthily.

Try these 5 ways to eat more healthily every day. It is easier than you may think.

- Swap your snack. Many people reach for a snack or two in between meals. Snacking is fine, just be sure to choose healthy options. The key is to have some healthy snacks ready when hunger hits.
- Cut one unhealthy treat. Try to mix one unhealthy food item each day. Whether it is a donut in the morning, bag of chips at lunch, or chocolate cake after dinner.
- DO NOT drink sweetened drinks.
- Skip seconds. Taking a second helping can add up to unwanted calories. If you still do not feel satisfied after a meal, add a second helping of vegetables, fruit, or salad.
- Just say "no" to fried food. Frying food adds lots of unhealthy calories and saturated fat to any dish. Instead of fried chicken or fish, choose grilled, or poached instead. And skip the French fries. Instead, see if you can substitute for the vegetable of the day or a side salad.

The logo for 'Go4Fun' features the text 'Go4Fun' in a stylized font with a play button icon inside the 'o'. A blue banner with the word 'FREE!' is overlaid on the logo.

Free Healthy Lifestyle Program for kids 6.5 to 13 years

- ✓ Fun games & physical activity for kids
- ✓ Build self-esteem & motivation
- ✓ Improve eating habits

Enrol now for Term 4
Goonellabah

CALL: 02 6620 7502

NSW Health Northern NSW Local Health District

A photograph of a group of children in blue school uniforms sitting in a circle on the floor, smiling at the camera.