



Kinder Orientation Day One started was last Friday.

Charlize and Artainia joined in with all our school activities as well as completing other Pre- Kindy activities, including, making a booklet, reading, singing, cooking and craft.



Science

After the big excitement – on my part- to see if Darren could really test the houses using the leaf blower to create true storm wind conditions, the houses actually stood the test! (I was hoping for a little destruction.... ☹)

Yesterday, students made catapults and will test out the houses with flying 3D paper Angry bird cubes.



Upcoming Events

October 28

Kindergarten Orientation

November 4

Kindergarten Orientation

November 11

Kindergarten Orientation

November 14

P & C Meeting 2.30pm Art room

November 18

Kindergarten Orientation

November 25

Kindergarten Orientation

December 2

Kindergarten Orientation

Raffle

Just a reminder to start sending in items for the P and C Christmas raffle.



Christmas time: think family!

Summer is a lovely time together, and Christmas is special family time. When you're thinking of gifts, consider ideas that bring the whole family together in fun:

- Does everyone have a bike? Does the bike need accessories: helmet, bell, tassels, basket?
- Board games are a fabulous way to spend some time as a family
- Towels for the beach or pool or river, creek or dam
- A magnifying glass and drawing pad to go exploring the backyard plants and animals
- Healthy recipe book for family fun in the kitchen
- Craft and painting on an outside table (in the shade, and don't forget sun protection!)
- Is it a good time for you and your child to learn the lifelong skills of washing the car, vacuuming, washing up and cleaning the bathroom together?



ACTUALLY Fellas.... It's FROG season!...Time to start looking and photographing frogs. I've just bought new nets to complete our water testing down the creek. It also looks like the track will need a tidy up too.

Alison Bath

**Today was good.
Today was fun.
Tomorrow
is another one.**
Dr. Seuss

Frozen Banana, Avocado & Cocoa Super Smoothie

Preparation 5 mins | Makes 2

- 2 cups reduced fat milk**
- 2 peeled frozen bananas, broken in pieces**
- 2 tbs cocoa***
- 1 tbs white chia seeds**
- ½ ripe small avocado, halved & seed removed**



* Cocoa power is loaded with beneficial antioxidants. It is made by cold-pressing unroasted cocoa beans, this process keeps the living enzymes in the cocoa and removes the fat. It's available from the health food shops.

Step 1 Combine milk, frozen bananas, cocoa and chia in a blender.

Step 2 Scoop in avocado flesh. Blend until smooth. Pour over ice in serving bottles or glasses and serve.

Why is avocado good for kids?

Avocados are one of the few fruits that contain some fat, but it's good fat that is essential for health.

Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells.

A good source of vitamin C, that helps keep gums and teeth healthy

