Dear Parents and Caregivers

At the recent Principal’s Conference I attended one of the speakers was a sleep expert who talked about the importance of sleep for children and adults. Missing out on just one hour of sleep a night can have a negative impact on the brains ability to think, problem solve and learn. Some things we can do to help get ourselves and children ready for a good nights sleep.

One hour before bed:
* Turn off bright lighting - ambient lighting like lamp light is much better
* Don’t exercise - this is better done earlier in the day
* Don’t eat a heavy meal
* Have a warm shower
* Turn off small screens - especially back lit devices like phones and tablets
* Keep a diary of things to do the next day so that the mind isn’t stuck on them when trying to sleep
* Don’t drink coffee (after midday) or alcohol (obviously for adults).

With the busy end of the year we all have I wish you a refreshing sleep each night.

NC Cricket

Ashleigh was part of the NC girls cricket team that played in the State Carnival in Dubbo last week. The team made it to the Semi finals, although were defeated in this round, coming 7th overall. As a result they will be ranked in Pool A in 2016. Ashleigh contributed 7 wickets and 25 runs to the team’s results.

Learn to swim program

The School Learn to Swim lessons will be held at Grafton Pool from 16 November to 27 November 2015 inclusive. Students need to come to school wearing their swimmers under their clothes. Please be sun safe and ensure sunscreen is applied plus if possible a hat that can get wet. Don’t forget to pack underwear in a plastic bag for changing into at the pool.

Disco

We will be having a disco at the school on Thursday 19 November 2015 commencing from 5:30pm to 7:30pm. The SRC have chosen a Spooky theme. Entry is $2.00 per student. A hot dog meal deal is available by pre-order only, please return the attached note by Tuesday 17 November.

Kindy Orientation

The final Kindergarten orientation session is Friday 13 November between 12:00pm and 3:00pm. If you know of anyone that may have a child starting kindy next year, please ask them to contact Debbie in the office ASAP so enrolment can be finalised.

Book Sale

After a library reorganisation and sort Ms Clare will be selling books, at a cost of 50c per book, on Monday, Tuesday and Wednesday before school and at recess.

Assembly

Congratulations to the following students who received Merit Certificates at our assembly on Monday 2 November.
K/1 – Lincoln & Phoebe.
2/3 – Maddison, Leilani & Trianna.
4/5/6 – Harrison, Jimmy, Jaz & Claire.

Congratulations to our Bronze Award recipients - Amelia, Tayla, Kai, Alec & Domanik also our Silver Award recipients - Marcus, Makina, Rose, Tayla, Milly, Dean, Jonah & Jarret and to our Gold Award recipient - Taliera.

Special congratulations to our first Platinum Award recipient - Jack.
Our next assembly will be held on Monday 16 November at 2:20pm with K/1 presenting an item. Everyone is welcome to attend.

Remembrance Day

Students took time at 11:00am today to hold one minutes silence and remember the men and women who served our country in past and present wars. As part of Remembrance Day it’s a great opportunity to discuss Australia’s role in these conflicts with your children.

At the service we talked about Australia’s role in the Malayan Emergency & Indonesian Confrontation in the 1950’s & 60’s. If you would like more information this can be found at Dept of Veterans’ Affairs Anzac Portal at www.anzacportal.dva.gov.au.

P&C Fundraising - HELP NEEDED

Our P&C are selling raffle tickets at Maclean this Thursday and on Thursday 3 December. If you are able to assist please contact Katie Brown. On 0402 498 134.
2017 Selective High School Applications

Year 6 Iceblocks
Year 6 will be selling iceblocks at lunchtime on Wednesdays and Fridays this term. A range of iceblocks will be available at $1.50 each, with Zooper Doopers being 30c for a half and 60c for a full one. All money raised goes towards the Year 6 end of year activities.

Year 6
Students in Year 6 have chosen to go to the Big Banana for their end of year celebration. A permission note has been given to Year 6 students today. Parents/caregivers are invited to attend. More information is on the permission note, which needs to be returned as soon as possible so we can finalise arrangements.

2016 School Captains
We have reached that time in the year where we begin the process to elect our 2016 school captains. Students in Year 5 will speak at the morning assembly on Tuesday 1 December, with voting taking place on that day. All students in Year 5 will be expected to make a speech.

Jacqui Menzies
Principal


P&C News
Raffle - Each family received a book of ten raffle tickets for the end of year raffle. Please return book and money as soon as it is sold. Also extra books are available if you would like to sell more.
Presentation Night - Pre-order notes will be sent home on the next newsletter for presentation night meal.

Community News
These advertisements are accepted in good faith and the school does not vet them. Parents are advised to request further information or credentials from the advertiser, if they seek product use or participation in the activity.

Uniforms for Sale
2 x size 8 Jackets (zips don’t work)
3 x size 4 skorts
3 x size 8 skorts
1 x size 10 skirt
3 x size 6 plain red shirts
2 x size 6 red shirts with black collar and logo
4 x size 8 plain red shirts
3 x size 8 red shirts with black collar and logo
2 x size 10 red shirts with black collar and logo
1 x size 12 red shirt with black collar and logo
1 x size 12 plain red shirt
2 x size 14 red logo shirts
1 x size 10 black sports shorts
$5 per item please either text 0457441310 or ring 66477061 after hours.

Bookclub - Orders and payment due by Wednesday 18 November 2015.