



Clunes Public School Newsletter

31 October 2013

Week 4 Term 4

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Our school stands proudly on Bundjalung land

Our School

Dreamworld Band Performance

Our band received pleasing reports on both their performance and behaviour at Dreamworld. The children had a fantastic day and the school received a certificate in recognition of their entertaining performance. Thank you to Mr Hort and mums, Sharon Howard and Helena Jacobi who accompanied the children on the day. Thank you to Mrs Heather McKay for her organisation of the day and her continued dedication to our musicians.

Interrelate

Year 5 and Year 6 enthusiastically participated in their Interrelate sessions. No doubt there was some interesting conversation in households this week. We hope these lessons will ensure our children are well informed and feel able to be open about the changes they feel physically and emotionally while growing up.

World Teachers Day



This week we celebrated World Teachers day. (the day was actually celebrated on the previous Friday – however we were all too busy!!!)

Year 6 students spoke at our morning assembly, acknowledging the teachers’ hard work and many “beyond the call of duty” roles they take on. Students thanked them for the care they take in ensuring our feel safe, happy and engaged in their learning.


To show their appreciation, Year 6 students volunteered to be “personal assistants for a day” for each of our teaching staff. Teachers will take up this attractive offer towards the end of term. No one was short of ideas on how our senior students could help them out!

Keeping our kids healthy

This week we again focused on keeping our children healthy. Staff looked at our “Live Life Well” program and the various strategies and promotions related to it.

This program provides funding to our school to

SCHOOL CALENDAR

WEEK 4	WEEK 5	WEEK 6	WEEKLY
Fri 1 Nov <ul style="list-style-type: none"> Interrelate Years 5-6 Student Assembly – 1/2 	Thurs 7 Nov <ul style="list-style-type: none"> Day 3 Kindergarten Orientation Fri 8 Nov <ul style="list-style-type: none"> Responsible Pet Program at 2pm Creative Arts Camp	Mon 11 Nov <ul style="list-style-type: none"> Day 4 Kindergarten Orientation Fri 15 Nov <ul style="list-style-type: none"> Student Assembly – K/1 	Tuesday <ul style="list-style-type: none"> Beginner Band Canteen Wednesday <ul style="list-style-type: none"> Library Student Banking Instrument Tuition Friday <ul style="list-style-type: none"> Sport

enhance our fundamental movement, healthy eating and lifestyle programs as well as purchase equipment.

We continue to promote eating lots of fruit and vegetables and congratulate all our children who eat crunchy, fresh, nude food.

We have also been reminding our children to drink plenty of water. (Research shows children need to drink approximately 1.2 litres a week).

Our K/1 also had a visit from Mrs Baxter who presents talks on correct techniques for blowing our nose and washing our hand. Both essential to good health, clear heads and good hearing!

Vegie Club up and running again.

Mr Sky has again formed a band of enthusiastic vegetable garden club students.

It is also great to see some rain about to help our gardeners keep everything growing.

Kinder orientation helpers

Mrs McKenzie has been very busy making sure our 2014 kindergarten children are enjoying their classroom visits and are well prepared for the following year.

Thank you to our wonderful Year 6 helpers who are assisting with our new students.

Year 4 and 5 students will be trained over the following week and will meet their new kinder buddies next Thursday.

Expectation of the week Term 4 Week 5

Consider those around you

Michelle Slee

Relieving Principal

Assembly

Our next assembly will be tomorrow, Friday 1st November at 2.15pm in the school hall. The 1/2 class will be presenting an item for your enjoyment. All families are invited to attend.

Dreamworld Performance

Last Thursday, the combined Clunes – Goonellabah Band performed at Dreamworld. They played 8 pieces in a very competent and professional manner, maintaining the performance requirement that Dreamworld expects of the school groups invited to play there.

The children enjoyed the rest of the day on the rides. This was their reward for the commitment to practice and extra-curricular performances.

Many thanks go to Mr Nigel Hort, Sharon Howard and Helena Jacobi for accompanying the children.

Heather MacKay
Music Co-Ordinator

Music Tuition Fees

Fees for Term 4 for all instruments except piano are now due. Payment can be made in cash; by cheque payable to Clunes Public School; by EFTPOS; or by credit card over the phone.

Important Music Tuition Information

Due to the Creative Arts Camp there will be **no** Music Tuition provided by Mr Nigel Hort in Week 5. However, there will be piano tuition as usual.

Canteen

It was a very busy and successful day for the re-opening of the canteen this week. Thank you to all parents who supported us. You will be pleased to hear that the canteen will now be open every Tuesday during term 4. Thank you to all our volunteers for the term.

COOSH News

This week at COOSH we welcome back Hannah as Coordinator and Carolyn returns next week. We send a big thankyou to Kylie and Viv who have stepped up to this role during Hannah and Caroline's practicums and also to Laura and Lisa who have been assisting with the activities and children's learning. Halloween has been the theme for the program and games chosen and the children have enjoyed



making flying bats, mad monsters and witches stew! Our Halloween party will be a highlight on Thursday with spooky games, creepy challenges and fearsome food!

Any child who has attended the service is invited, so come with your costumes, ready to party. All you need to do is call to make a booking: 66219750.

We look forward to seeing the scary you!
From the team at COOSH.

Uniform Shop

The Uniform Shop will be open on Monday 11th November from 8.45am. For all your uniform needs please contact Sasha (smurch0@gmail.com) who will only be too happy to help you out. Price List / Order Form enclosed.

Auskick

Don't forget Auskick starts tomorrow at 3.15-4.15pm. Julian will be here from 3.00pm onwards to supervise the students partaking in this activity.

Year 7 Selective High Schools in 2014 & 2015

If you are considering applying for a Selective High School in 2014 or 2015, please contact the Office or Michelle Slee for further information. The closest Selective High School is in Armidale and there is an Agricultural High School at Grafton.

Dates for you Diary

Thurs 7 th Nov	Kindy Orientation 9.00-11.00
Fri 8 th Nov	Responsible Pet Program – 2.00
Mon 11 th Nov	Kindy Orientation 9.00-11.00
Wed 13 th Nov	P&C Meeting
Fri 15 th Nov	K/1 Class Assembly
Wed 4 th Dec	Life Education
Thurs 5 th Dec	Life Education
Wed 11 th Dec	School Concert
Wed 11 th Dec	Reports sent home
Fri 13 th Dec	Christmas Presentation for K-6 – 9.30
Fri 13 th Dec	Year 6 Assembly
Mon 16 th Dec	Year 6 Dinner & Disco
Tues 17 th Dec	Whole School Fun Day Outings
Wed 18 th Dec	Last day of Term 4 for students
Thurs 19 th Dec	School Development Day
Fri 20 th Dec	School Development Day

Photos of the Week

Mrs McKenzie's class learnt all about hygiene this week with the correct way to blow your nose, wash your hands and how you should cough into your elbow.

Alysha & Aiden
blowing their noses



Toby making sure he
washes his hands for 20
seconds

Community Announcements

Lismore Public School
\$20.00 Portrait Fundraiser
Framed 10"x13" Family Portrait
Sunday 10th November



***Limited offer one voucher per person/family**
***Parent/guardian to view own portraits or p&h applies**

***No refund for failure to keep appointment**

Sharon - 0466 388 422 or 6622 2731
lanesharon@hotmail.com

See sample portraits and invite a friend:

www.laurajean.com.au

www.facebook.com/laurajeanfundraising

Southern Cross Cultural Exchange is seeking volunteer host families to host international exchange students arriving in February for a stay of one term, one semester or two semesters.

TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2014 for their 3, 5 or 10 month programs. Our international students from Germany, Italy, Finland, Colombia and Mexico will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on **1800 500 501**, request our international student profiles, and capture the spirit of family and friendship!

If anyone would like a Show Schedule for Bangalow Show to be held on 15th & 16th November, there is a limited supply available at the Office.

What's the best drink to quench a thirst? **WATER!!!**

Even better, it has none of the sugar, found in fruit drinks, sports drinks and flavoured mineral waters, which can cause tooth decay.

Fruit juice, which contains Vitamin C, is often seen as a healthy choice of drink. However, fruit juice is high in sugar and kilojoules, just like fruit drinks. For example a 250ml cup of apple juice or cola contains up to six teaspoons of sugar.



Add it up - just one can of soft drink per day means you're adding 18 kilos of sugar to your diet each year!

You can have them occasionally, but these drinks are not a necessary part of a healthy diet.

Australian researchers found that children aged between 4 and 12 years old who drank 500ml or more of fruit juice or cordial per day were twice as likely to be overweight or obese as children who consumed none.

How much to drink?

The recommended daily amount of fluids is:-

5 glasses (1 litre) for 5 to 8 year olds
7 glasses (1.5 litres) for 9 to 12 year olds



You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Hints to help you drink more water

- Pack a water bottle whenever you go out
- In summer put a frozen water bottle in your lunch box
- Keep a bottle of cold water in the fridge in summer and drink warm water in winter
- Water down juices, sports drinks and cordials
- Use smaller glasses when drinking sugary drinks
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Information taken from www.healthykids.nsw.gov.au/kids

