Dear Parents,

In the blink of an eye weeks one and two have quickly passed by and it seems that before we know it end of year celebrations will be upon us. Planning for Presentation Night and the Year 6 farewell dinner are underway with students playing an active role in both processes.

Presentation Night

Presentation night will be held at school on Thursday evening 11th December, with students enthusiastically preparing musical performances and the like. All members of the school community are invited and encouraged to attend what promises to be a delightful evening.

Intensive Swimming Scheme

At this stage Swim Scheme has been organised for Weeks 8 and 9 of this term. As it stands our timeslot will be from 11.15 to 12.00 each day, however, I have requested that our school be given an earlier session due to our geographical isolation and reliance on parents to assist with transporting students.

Excursion

This Friday will see students take an adventure walk through the bushland behind school in an attempt to reach Bonville Peak. I will supervise the excursion with the support of Rom Murphy and Terry Crossland. Travel will be by private transport as far as Moody’s Road and then we will continue on foot. Interested parents are welcome to attend. Please ensure that you have returned the permission note sent home last week and that your child has all of the necessities such as sturdy footwear, hat, recess, lunch, water bottle etc.

Bunnings Barbeque

Our fundraiser barbeque was a resounding success with well over $1000 raised. Many thousands of sausages were sold (well it seemed like it anyway) with proceeds going to support the school via the P&C. A huge THANK YOU to all of those who helped with the planning and organizing of the barbeque and to the parents, staff and pupils who manned it on the day. We also appreciated the donations by individuals who helped keep our costs to a minimum, and to the businesses who provided bread and sausages at a very reduced rate, Baker’s Delight and The Butchers Bullevarad.

Raffle

Fantastic sporting equipment prizes are up for grabs in our fundraiser raffle. Please do your best to encourage students to sell as many tickets as possible. The draw will be held on Presentation Night, more books are available from school.

Cookbook

Thanks to the impressive commitment of the parent community we have a large number of Crossmaglen Public School Cookbooks available for sale. Please inform friends and relatives of their excellence. Cookbooks cost $10 each or 5 for $50. The cook books will also be available for purchase at the Bonville Post Office.

Crossmaglen Public School P & C

A P+C meeting was held on Wednesday afternoon with the focus of the meeting centering around logistics for Sunday’s BBQ fundraiser.

School Planning

At the P&C meeting last week I briefly discussed the new School Planning Model for 2015-2017. The new model emphasises community consultation and in line with that I aim to send a short survey home to parents in the next week or so. The survey will encourage community members to reflect on the school in terms of what it does well, what could be improved, and any ‘big picture’ ideas that may benefit students, families and the community. This process will be discussed again at the next P&C meeting.

Toormina High School Information Night & School Visit

Parents are invited to attend an information night at Toormina High School for students who are transitioning to Year 7 next year. The event will be held on Thursday November 27 at 6pm. On Wednesday December 3 there will be a Year 6 into 7 Orientation Day at Toormina HS, and on Wednesday December 10 7 Blue Extension Class will have an extra transition day. Further to this, a small number of students and staff from THS will visit our school on 6th November at 11.30am to share with students their experiences and information about the school.

Peter Rundle
Principal
Building Healthy Habits: Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.

- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.

- Avoid giving children processed snack foods high in sugar.

- Encourage brushing teeth in the morning and before bed to develop good dental habits.

Why is breakfast important?

- Children who miss breakfast are often reported as having poor behaviour and poor concentration

- Children who miss breakfast are often unable to meet their daily nutrient requirements

- Children who miss breakfast are more likely to have a greater risk of being overweight or obese

- Eating breakfast helps children learn and establish healthy eating habits

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