Musica-viva Performance – November 3rd

“Meet a prince, celebrate a wedding, dance a fisherman’s jig! Your students will do all this and more when Pastance visits our school. With its unique blend of traditional Celtic music, melodic songs and rare historic instruments, Pastance transports students across the continents and through the centuries. Students will have the opportunity to play percussion instruments, such as the spoons, bodhrán (bowrawn) and washboard, and interact with the ensemble’s distinctive, hand-crafted instruments like the triple harp, Baroque guitar, shawm... and of course, the bagpipes! Most of all, Pastance demonstrates the power of music to tell a story”.

This performance is for all students and has a subsidised cost of only $5. Parents and younger siblings are more than welcome to attend free of charge and join in the fun.

CATS Parent Sessions

This week parents heard from Liz Alder about the importance of Attendance at school as well as getting some great tips on how to help your child to read.

Don’t forget that our CATS Parent sessions are also open to parents of current parents who wish to improve their skills or knowledge in how to help your kids.

Thursday 5th November

2-2.30pm – The importance of correct speech.(Isabelle- Speech Pathologist)
2.30-3pm – How to deal with Bullying/Building Resilience with your kids

Outstanding accounts

Our school financial rollover happens at the end of November. Please ensure any outstanding amounts are paid ASAP so we can include it in this year’s accounts. Invoices for outstanding money are attached each week to the newsletter.
In the garden

Kids were busy maintaining the gardens this week. Our herbs are looking great and tomatoes making great progress. Our kitchen researches past on some great tips about the advantages of planting basil next to tomatoes so we transplanted the basil so they become happy neighbours.

In the Kitchen

This week in the kitchen, kids were busy researching Italian foods including pesto. We used our kitchen skills to create an amazing pesto, using fresh ingredients- straight from the garden! We added the pesto to the pasta and everyone gave it a thumbs up! We also experimented with a range of homemade herbal teas, choosing their own herbs from the garden.

Raising money to support Kids with Cancer

Thank you to everyone who supported Bandanna Day which falls today. Our staff and students raised $242 for CANTEEN which supports kids with Cancer. Great job everyone!

Cricket Blast Day.

We will be submitting 3 teams of cricketers to participate in a Cricket Blast 20-20 competition next Thursday. They will include a Stage 3 team, a Stage 2 team and a girls team. It will be held at Turner park and looks to be a great day aimed at fun and participation with rules set up to ensure all kids get lots of goes.

Totems taking shape

Some of our Aboriginal students were kept busy this week creating the next stage of our Aboriginal Education Area. Several of our totems were given a coat of base Aboriginal colours in preparation for the individual totem designs that represent the students and our school. These designs were created as part of our NAIDOC week celebrations in Term 3.

Financial Literacy

Students will take part in financial literacy workshops on Monday run by the Commonwealth Bank StartSmart workshops. These sessions aim to improve kid’s knowledge of how money works, and the importance of saving and budgeting. Parents are more than welcome to sit on a session to see what the kids are learning.

K-2 at 10am
Year 3 and 4 at 10.40am
Year 5 and 6 at 11.20am.
Smart Foods to boost Learning

Exercise is good for thinking because it supplies oxygen to the brain. Avoid white squishy things like chips, white bread and cakes. Check out some of these other great food ideas.

**Learning, concentration and memory:** eggs; dark coloured vegetables such as silver beet, spinach, broccoli and beans; and oranges. Exercise is also good for thinking because it gets the blood flowing.

**Happiness and sleep:** almonds; cottage cheese; richly coloured berries such as strawberries, blackberries, blueberries and raspberries; lean beef; milk; pumpkin seeds; and turkey.

**Pleasure, motivation and concentration:** dairy such as milk, yoghurt and cheese; fish such as wild salmon; oats; and chicken.

**Energy and memory:** chicken; dairy such as milk and yoghurt; lima beans; peanuts; and sesame seeds.

**Calmness:** avocado; eggs; grape juice; peaches; peas; and sunflower seeds.

**Longevity:** think Mediterranean diet such as olive oil and tomatoes.

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**CLASSROOM NEWS**

**Class Awards K/1/2**

Congratulations to this week’s award recipients:

**Mason Ducombe-King** always being a responsible and organised learner  
**William Russell** outstanding contributions in classroom discussions

**Class Awards 2/3/4**

Congratulations to this week’s award recipients:

**Preston Burgess** being respectful in whole class activities  
**Hunter Copeland** contributing great ideas in class discussions

**Class Awards 4/5/6**

Congratulations to this week’s award recipients:

**Rose Brell** working hard during Robotics  
**William Cagney** improvement in writing

**Library Awards**

Congratulations to this week’s award recipient:

**Erin Jackson** always being a responsible and respectful library user

**Congratulations to the following students who have reached Bronze and Silver Level for Demonstrating Positive Behaviours.**

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<thead>
<tr>
<th>Award</th>
<th>K/1/2</th>
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<td><strong>BRONZE</strong></td>
<td>Sara Lethbridge-Coyle 22/5</td>
<td>Riley Dederer 12/6</td>
<td>Kyeodon Harrison-Brown 15/5</td>
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<td>Alyssa Singleton 22/5</td>
<td>Bethany Shepherd 17/7</td>
<td>Drew Dodgson 17/7</td>
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<td>Stuart McCarry 22/5</td>
<td>Hunter Copeland 24/7</td>
<td>Erin Jackson 31/7</td>
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<td>Lakota Kasteel 29/5</td>
<td>Katelyn Shepherd 24/7</td>
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<td>Chain Gollodge 29/5</td>
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<td>Kayley Thompson 29/5</td>
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<td>Hayley Butler 12/6</td>
<td>Dylan Winship 7/8</td>
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<td>Kellara Dooley - 26/6</td>
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<td>Jade Probst – 26/6</td>
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<td>Porsha Burgess 30/10</td>
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<td><strong>SILVER</strong></td>
<td>Abi Bedford 30/5</td>
<td>Jasmin Harris 28/8</td>
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<td>Cooper Hollingshed 30/5</td>
<td>Kaleb Henry 8/10</td>
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<td>Mason Duncombe-King 30/5</td>
<td>Molly Russell 8/10</td>
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<td>Ella Szkopkowski 30/5</td>
<td>Makayla Cagney 8/10</td>
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<td>Chlo Josephson 30/5</td>
<td>Paryss Morton 16/10/15</td>
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<td>Jack Davis 30/10</td>
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*Have earned $20 Millfield Dollars for Positive Behaviours*

*For earning $40 Millfield Dollars through Safe, Respectful and Responsible Behaviours*

**William Cagney 28/8**
NSW Health Alert - Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.