PRINCIPAL’S MESSAGE

Thank you to all the wonderful parents who baked and/or helped out at the P&C Canteen last Wednesday, it was a huge success and all the children and staff really enjoyed the delicious lunch. $400 profit was raised on the day.

Attendance is very important and we encourage all our students to attend every day. When this happens learning becomes easier and friendships are able to develop. Appointments and family holidays are classified as leave and it is preferable for these to occur out of school hours or during school holidays. 95% attendance is the minimal benchmark for all children in NSW therefore we are rewarding students who have achieved this level on Friday 6th Nov. with a small ice block. There will be another reward at the end of the year.

Year 5 & 6 will walk down the street at lunchtime today to watch the Boomerang March come through town. This march has been organised to commemorate the original march which travelled through Central West towns in 1916 recruiting willing volunteers to go to war and fight for our country and her allies. Dylan Slattery - Year 5 will be riding his horse in the march.

Year 3 have their excursion to Cowra next Monday 9th November. Cost will be $20.00 per student, they will be attending the Cowra War Museum, Cowra POW Camp site and the Tourist Information Centre to see the hologram. Permission notes will go home today please return notes and money by Friday 6th November.

Our Fete is fast approaching. Classes are well underway with their planning and if your child comes home with a request for something for the fete then you’ll know why. It is our major fund raising event for the year and last year we raised in excess of $7000. This is a good opportunity for kids to do jobs at home to earn some extra pocket money to take to the fete. There are some great stalls this year ranging from produce to photo booths to ten pin bowling.

I will also be holding a "survey stall" for parents, great prizes to be won if you fill in a very quick survey!

Have a great week!

Sharon Hawker
Principal

Contacting the school
Mail: PO Box 157, Canowindra NSW 2804
Office hours: 8.30am - 4.00 pm
Phone: 6344 1403
Fax: 6344 1462
E-mail: canowindra-p.school@det.nsw.edu.au
Web: www.canowindra-p.school.nsw.edu.au
PBL (Positive Behaviour Learning)

During the coming weeks we will be reinforcing our PBL Core Values and building our class rockets by collecting stars for demonstrating responsible, respectful and safe behaviours around our school. We look forward to our first rocket blasting off ..........10..9..8..7..6..........

We are a PBL School

PBL is being RESPONSIBLE, RESPECTFUL AND SAFE.

This week’s focus area is: New Rules on Level 2.

Weekly draw winners: Thomas Street, Lincoln McMillan, Samuel Bullock and Madison Devlin

Breakfast Club for Term 4 will be having a theme for each week. The theme for this week is Fresh Fruit. If you are a person who catches an early bus or if you are still feeling hungry when you get to school on Tuesday mornings, head down to the Breakfast Club in the Canteen on Level 2.

Term 4 Week 5
Theme: Fresh Fruit

P & C News

The P&C would like to thank all the Parents & Carers that took the time to support the Fundraiser last week, also to the Parents that spent their time helping, cutting, serving and being a part of the day.

The home baking was of such high quality and it appeared that the students and teachers enjoyed the atmosphere of having the P&C present in the school creating such excitement from the canteen on level 2.

The recess of home baking and watermelon all selling for various amounts of 50c, $1 or $2 was a great contributor to the fundraising. The lunch orders of Chicken Burgers or Ham & Salad Wraps were well supported and we made a profit of approximately $400 for the day.

The P&C would like any feedback to help make this a success, we are thinking once a term, but if you have the time and would like to contribute to the committee, we could possibly offer this on a more regular basis. Please direct feedback to either the school office or Alison Stephens 0408 876 930 or alison.tom@vinesight.com.au

Next P&C Meeting today Monday 2nd November 3.30pm in the Staff room. It’s the last meeting for the year! We look forward to having an end of year social meeting with details yet to be finalised, we will put an invitation in an upcoming Newsletter

School Fete The P&C will be running the BBQ for lunch. Please email or let us know of any suggestions that you would like to see.
Day for Daniel

On Friday 30th October our school held an awareness event for the Morcombe Foundation. Staff and Students got right behind this ‘Day for Daniel’ by wearing a red t-shirt on this day!

Hannah Gordon pictured with her prizes after winning the recent Fruit & Vegie Month competition

Kinder J will be having a cake stall at the Fete. We would greatly appreciate if families could bring cake, biscuits, muffins, cupcakes or slice along to be sold on the day. All money made will go towards our school. Your involvement would be fantastic as the children really enjoy purchasing items from the cake stall.

Many thanks Kinder J & Miss Jasprizza

GET THE APP

It’s easy !! Go to www.canowindra-p.schools.nsw.edu.au on your smartphone, and you will be asked do you want this added to your home screen?

Click yes and your done!!

You will then have the School calendar and School Newsletter at your fingertips.
Term 4 Band Fees are due

Students who participate in Band are to pay $40.00 per Term and to date there are several students yet to pay their fees!!

Please forward fees to the office ASAP.

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SunSmart Snippet

The simplest way

to be SunSmart!

Did you know that we need some sun exposure to make vitamin D for healthy bones and muscles?

UV levels are at their lowest in winter – meaning you should brave the cold and get some sun on your arms!

In June and July, most people need 20-25 minutes of sun exposure during mid-morning or mid-afternoon, or if you’re in Southern NSW 30-40 minutes in the middle of the day.

Don’t risk damaging your skin. UV levels can change from day to day. When UV levels are 3 and above, use sun protection.

Check UV levels for your local area on our free SunSmart App for smart phones, download from the App store or Google Play.

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

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Year 6 to 7 Transition Program

The table below outlines the Year 6 to 7 transition program. The planned activities will provide students and parents with the opportunity to experience a range of school procedures. Throughout this program students will begin building knowledge of their new environment and develop positive relationships with Canowindra High School staff and students.

The first activity is for parents only and includes an information session, a school tour and a light morning tea. Any parents interested in attending need to sign in at the front office on the morning of the session. If you have any questions please contact the school.

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Activities</th>
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| Term 3 Week 6  
Thursday August 20  
2015            | 10.00am – 11.00am | Canowindra High | Parent Information Session, School Tour and Morning Tea |
| Term 3 Week 8  
Tuesday September 1  
2015            | 8.55am – 9.24pm | Canowindra High | Getting to Know You Activities & Sport |
| Term 4 Week 5  
Wednesday November 4  
2015            | 8.53am – 9.24pm | Canowindra High | Experiencing Electives/ Sport |
| Term 4 Week 6  
Thursday November 12  
2015            | 6.30pm         | Canowindra High - JSMH | Family BBQ |

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Enrol Now for 2016

Kindergarten Orientation Information

Parent Information

Evening 6pm Wed. 21st Oct.
Session 1 - 1.40pm Wed.
28th Oct.
Session 2 - 1.40pm 4th Nov.
Session 3 - 1.40pm 11th Nov.
Session 4 - 1.40pm 18th Nov.
This week’s Class in Focus is:
Year 3

Year 3 have been busy in the kitchen juicing lemons in preparation for the fete next week. One of their latest creations is the apple rose which is made from pastry and apples.
PUBLIC NOTICES

Canowindra Health Service

‘Beyond the Measurements’ (BTM) Program

A program focusing on exercise, dietary advice, emotional and behaviour changes to support a healthy lifestyle.

Commencing
17th November 2015 for 6 weeks
Tuesdays 5.30pm-6.30pm.
Cost: $30.00

Location: first week at Canowindra Hospital gym
To be eligible for enrolment participants must have a body mass index (BMI) of 30 or above.

To calculate your body mass index (BMI) it is your weight divided by your height in metres squared.

Example:

\[
\text{BMI} = \frac{\text{Weight in kg}}{\text{Height in m}^2}
\]

Your BMI can also be calculated using the link:

To Register:
Contact the Canowindra Community Health Centre on 63403300.
An appointment will then be scheduled for a pre-program review. Numbers are limited to 20

Aurora College
The virtual selective school for rural and remote students

Aurora College is NSW’s first virtual selective school, offering a mix of online and on-ground school classes. The school is a unique experience, allowing students to connect locally and learn globally.

Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students connect with their teachers and classmates in their local school through a virtual learning environment.

The college gives rural students the opportunity to study subjects not available in their local school. For details, please visit our website.

Aurora College offers student-expensed career options through innovative partnerships with businesses and wholesalers, skilled and senior education students.

Students in the selective stream are chosen in the same way as students in all other selective classes in NSW government schools.

Applications for entry to Year 7 to 10 in 2015
OPEN 13 OCTOBER 2014 AND CLOSE ON 16 NOVEMBER 2015
Visit Selective High Schools website
http://www.selectiveschools.nsw.edu.au

HOMER PLACE FUNDRAISER
FRIDAY NOVEMBER 27
6.30 for 7pm
Cowra Services Club
Tickets $30
Nibbles included at the bar
 MONSTER RAFFLE

GERARD V - A BRILLIANT HYPONOTIST, HILARIOUS, CHARMING AND COMPELLING

Tickets available from:
Homer Place Inside Out
Ginger & Gelato
Royce’s Bakery

Sport and Recreation’s
Swim and Survive lessons

Australian summers usually involve plenty of fun in and around the water, but no parent should forget how important it is to make sure our children stay safe.

Sport and Recreation’s Swim and Survive classes for preschoolers and school aged children help youngsters learn important ways to be safe and enjoy our pools, rivers, beaches, lakes and oceans.

The intensive nine-day programs provide wonderful results, and are great fun as well. Plus family discounts make our program affordable for all children in the family.

Sport and Recreation runs Swim and Survive classes in pools throughout regional NSW.

Our instructors are nationally qualified and screened for their suitability to work with children.

Prices for 40 weeks lessons are $60 for school-aged children and $40 for preschoolers (prices exclude pool entry fee).