Kinder Orientation

On Wednesday our school welcomed Kindergarten students for 2016 at our very first Kinder Orientation session. Some of our senior students gave a tour of our school, followed by a Teddy Bears’ Picnic.

Dymock’s Book Bonus

Kirsty Formosa, winner of the Dymocks Book Bonus, finally had her books arrive, along with $2000 worth of books for our school. Well done to Kirsty and her family. Enjoy reading all those books!

Ride to School Month

Each day in October students who ride their bikes to school will qualify for weekly giveaways from Ride2School sponsor, Cessnock Commonwealth Bank AND one ticket per day in our special “Bike Rack-AtTraction” draw.

Crazy Hair Day

On Friday 16th October, our school will be having a Crazy Hair Day to support the team ‘Le Krasey Krew’ in Relay For Life. Members of our staff, students and community make up the team. Gold coin donations will help the team reach their goal of $2500 to be donated to the Cancer Council.
## Kookaburra Awards

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<tr>
<th>Mrs Singleton</th>
<th>Mrs Pitt</th>
<th>Miss Rawlins</th>
<th>Miss Williams</th>
<th>Mrs Manderson</th>
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<td>Nate P, Sam D</td>
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<td>Brodie E</td>
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<td>Hannes M, Evie S</td>
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<td>Zac C</td>
<td>Jackson H</td>
<td>Mason S</td>
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## Principals Awards

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## Kindergarten Orientation

Kindergarten Orientation sessions began yesterday with a Teddy Bears’ Picnic and general introduction to our school. The children had a lovely morning exploring the school with some of our school leaders followed by a picnic lunch. Remaining orientation dates are as follows:

**2. Friday 23 October 2015 from 9:10am until 11am** in the library. Parents leave your child in the Kinder room before going to the library and collect him/her when the meeting is finished. Mrs Trigg will talk to you about school routines etc.

**3. Wednesday 28 October 2015 from 9:30am until 11am.** Meet at the classroom ready for fun and games (with Year 5 buddies). Parents leave your child here and collect him/her at 11am, please ensure your child wears a hat, joggers (no sandals) and has a drink bottle. You can ask any questions you may have during pick up time.

**4. Thursday 5 November 2015 from 9:30am until 11am.** Come straight to the Kinder room. Parents leave your child here and collect him/her at 11am.

**5. Wednesday 11 November 2015 from 9:30am until 11am.** Come straight to the Kinder room. Parents leave your child here and collect him/her at 11am.

## Intensive swimming

We have had a fantastic response to the swimming program, 60 students will be participating. This is a 10 day program which commences on **Monday 26 November** and runs until **Friday 6 November**. The total cost will be paid for by the school and a bus will be used to transport the children. Please return permission notes by **22 October 2015**.
Grandparent’s Day

Kearsley Public School would like to recognise the role of our Grandparents, in their families and in the Kearsley community on Friday the 23rd on October 2015 by inviting Grandparents into our classrooms and school. The day is planned as follows:

10.30am: Grandparents are invited to visit classrooms.

11am: Share a sausage sizzle lunch (Grandparents will be provided with a free sausage sandwich, tea/coffee and biscuits).

11 -12pm: An opportunity for Grandparents to observe or be involved in traditional playground games.

12pm: Grandparent’s Assembly. This assembly will replace the normal Friday morning assembly and will include students sharing stories and artwork about Grandparents. Kindergarten will also perform a song about Grandparents.

1pm: Conclusion of Grandparent’s Day.

Life Skills

Students from Kindergarten to Year 6 will be participating in a Life Skills Program during this term. The program will commence on Monday 26 October and will continue every Monday until the 23 November. This is a wellbeing program that focuses on developing physical, social and emotional skills that helps to build resilience. Teaching the students skills they can use to calm themselves when they are angry and soothe themselves when they are distressed will serve them throughout their lives.

Last term the Life Skills group ran a trial day with all of our classes which was thoroughly enjoyed by all. The school is covering the cost of this fantastic program for all students.

P & C News

Uniform Update – We are currently waiting on a sample uniform in our school colours from ‘Excel Uniforms’. Once received, they will be on display for the whole school community.

Postie Bike GP – The P&C are busily preparing for the school stall to be held at the Postie Bike GP Day to be held on Sunday 1 November within the Cessnock TAFE grounds. We look forward to seeing you all there. It’s a great family day out.

Christmas Raffle – The P&C are beginning to source prizes for our annual Christmas raffle, so if you know of anyone who would like to support the school and make a donation (vouchers, products etc), it would be greatly appreciated. In return we are happy to promote their business etc through our Facebook page and newsletter.

Canteen – When ordering lunches, please refer to the new canteen menu and price list. Most items have gone up 20c. If you need a new menu, please see the office.

If anyone would like to volunteer some time in our new canteen (even 1 day a month), please contact Amy Archibald – 0431891776. Every little bit helps.
News from the Year 3 Classroom!

Last term...

Term 3 was a busy and exciting term! Year 3 visited Taronga Zoo in Sydney for their first overnight excursion. All students had a fantastic time and enjoyed exploring the zoo. Many thanks to the parents that joined us and made the trip such an enjoyable experience. At the School Musical, Year 3 presented their item from the movie ‘The Lion King’, starring Jed and Pumba, Seth as Timon and Izaiah as Simba.

Last term our class Year 3 and 4 went to Taronga Zoo to have a Zoo Snooze. We split up in groups and classrooms to sleep and I got to sleep with the snakes. It was fun! When we were trying to eat our dinner, the emu kept poking its head out of the fence. By Ashley

In term 3, we went to Taronga Park Zoo in Sydney. We slept there for one night and we went on a night walk to see the nocturnal animals. In the morning we walked around the whole zoo. By Jed

Last term, Year 3 went to Taronga Park Zoo for the Zoo Snooze excursion. A few groups slept with Reptiles in their room, the others had Fennec Foxes next to them. I really liked the seal show. By Chevelle

In term 3, we went to Zoo Snooze at Taronga Zoo. We went to the old elephant cage where kids used to ride the elephants. We also got to touch as real elephants task. We then saw the Lemurs, one of them was called King Julian. I loved Zoo Snooze! By Izaiah

In term 3, we went to the Zoo Snooze for an overnight sleepover and we saw lots of animals. A couple of weeks later, we had a spelling bee competition. Then we had a school musical, I was in the Lion King dance. It was a very fun term. By Lilly.

This Term....

Year 3 are participating in a competition where they design and create a Christmas Card for Clayton Barr. We have been busy designing the cards and they are looking fantastic! Later in the term, we will participate in the swim school program, students are already very excited to participate in this program. We look forward to many exciting activities this term including Grandparent’s Day, Swim School, Presentation Day, PBL reward day and many more.
HELP US SUPPORT JODIE’S PLACE

Kearsley Public School is proudly a White Ribbon School. We would like to support Jodie’s Place our local women’s refuge by collecting items of need. They are in great need of toiletry items - anything you might use in the bathroom, they need it! Think toilet paper, deodorant, sanitary items, toothbrushes, toothpaste, hair care, plus baby items such as wipes and nappies.

Please consider picking up an extra item or 2 when you next shop, and drop it off to the office. Thank you for your support!
Kearsley Canteen Roster—Term 3, 2015

### October

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### November

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All volunteers who work in the school canteen, reading groups or who volunteer and are on school grounds need to pay a membership fee to be covered for insurance purposes. Please pay your $2.00 P&C /Canteen membership to the school office ASAP. Amy Archibald is doing canteen rosters and can be contacted at amykarchibald@gmail.com for any questions regarding rosters.

THE CANTEEN IS NOW OPEN EVERY MONDAY!

SCHOOL BANKING

Please send in bank books every Thursday for Mrs Duggan to process. Some great prizes can be earned for regular banking! Thank you.
MENTAL HEALTH MONTH COMMUNITY EVENTS
FRIDAYS IN OCTOBER

FREE MOVIE UNDER THE STARS

OCT 9
“Honeym” (2015) Bennett Park, Dungog
Starts open 10.00pm for 10.30pm start—BYO chair, picnic rug & food

OCT 16
“Alexander and the Terrible, Horrible, No Good, Very Bad Day” (2014) Buddlesby Park, Gunnedah
Starts open 10.00pm for 10.30pm start—BYO chair, picnic rug & food

OCT 23
“Paper Planes” (2014) Mallund Park, near roulette
Starts open 10.00pm for 10.30pm start—BYO chair, picnic rug & food

FREE MOVIE UNDER THE STARS

OCT 30
“Pirates” (2012) Mallund Park, near roulette
Starts open 10.00pm for 10.30pm start—BYO chair, picnic rug & food

FREE EVENT: VALUE YOUR MIND

Mallund Regional Art Gallery
Mental Health Information, art workshops, sport and social activities from 10.00am—3.00pm. All ages & walks of life welcome.

Good for Kids

Active as a Family

Busy lives and long work schedules can mean that many families spend time apart during the week and exercise on their own.

Here are some ways to connect as a family, revive energy levels and feel fit and healthy:

- A simple walk after dinner
- Join in all ages group like a fun run or cycling group
- Play touch football or cricket in the backyard on weekends
- Go for a hike or bike ride around local walking tracks
- Spend the day at the beach or your local swimming pool.

Good for Kids good for life

Recipe: Vietnamese Rice Paper Rolls

INGREDIENTS

- 22cm round rice papers
- 12 leaves
- 1 small Red capsicum
- 1 small Carrot
- 1 small Avocado
- 1 small Cucumber
- 3/4 cup Mint leaves
- Fresh lime juice

METHOD

1. Cut the cucumber, capsicum, carrot and avocado into short thin strips and finely chop the peanuts.
2. Combine the sweet chilli sauce, soy sauce and lime zest and set aside as the dipping sauce.
3. Break a rice paper roll in a bowl with warm water until soft. Place strips of the vegetables and herbs on the wrapper, from about 3cm from the base.
4. Fold up the bottom of the wrapper, fold in sides and roll up encasing all the ingredients. Serve the dipping sauce and enjoy.

Tips: You can buy rice paper rolls from Coles. If your family prefer full rolls you can use slices of beef for stir fry.
Please support Craig Richards (a parent of our school) who has generously tinted the classroom windows of 2 of our classrooms. The reduction in glare and heat will benefit our students for years to come. Thank you for your support Craig!

Nutrition Snippet

The simplest way
...to get organised for school lunches.

Over the course of your child’s school life, you will pack around 2,500 school lunches!

Follow our six-step method to make school lunches easy, healthy and eaten every day!

1. Always include a serve of fruit (cut up if your child is young)
2. Always include a serve of vegies (don’t forget legumes like baked beans count, too!)
3. Always include a drink of water
4. Always include a serve of wholegrains (bread, rice or pasta leftovers)
5. Always include a serve of reduced-fat dairy (cheese, yoghurt)
6. Always include a protein (egg, chicken, tuna).

See our website and facebook for more ideas!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

Cancer Council NSW

Everyone deserves a personal travel manager

Let me tailor your next holiday

Jane Fowler
Your Personal Travel Manager
1300 856 479
E: Jane.Fowler@travelmanagers.com.au

Nutrition Snippet

The simplest way
...to make pizza, healthy!

Healthy pizzas are easier to make than you think...

What you need
- multigrain English muffins/or pizza bases
- tomato paste
- diced vegies, i.e.: diced mushroom, diced tomato, diced capsicum, pineapple pieces, grated carrot, olives
- reduced-fat grated cheese

Method
- spread tomato paste on muffin
- place vegies on top and sprinkle with cheese
- bake in oven/ under grill until cheese melts and is golden...watch your kids enjoy eating vegies!

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

CAROLS
BY CANDLELIGHT

Location:
ABERMAIN MISSION HALL CHURCH &
ABERMAIN PUBLIC SCHOOL

Monday, 14th December 2015
Gates open 5.30pm for a 6.30pm start
Gold Coin Donation Entry
Food & drinks available throughout the night
Visit from Santa
Fireworks begin at 9.00pm

ALL WELCOME! DON'T MISS THIS ONE!!