Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues 19th August</td>
<td>K/1 Port Stephens Library</td>
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<tr>
<td>Fri 22nd August</td>
<td>Bookweek Parade 2:30 pm</td>
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<tr>
<td>Tues - Fri 2nd - 5th Sept</td>
<td>4/5/6 Canberra Excursion</td>
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**Lost Property - Reminder**
There are lots of jumpers in Mrs Mahony’s office. If your child has lost one please come and have a look. If they are still there on Friday 15th August they will be put in the second hand clothing pool.

**Book Week Parade - Reminder**
On Friday 22nd August we are having a “character dressup” parade to celebrate Book Week. Students need to wear school uniform to school, but bring a costume to change into for the parade which starts at 2:30pm. For the parade, each child is asked to dress as a character they know from a book. Please come along and share in the fun of celebrating Book Week. We are also having a book fair where families will be able to purchase a book (or two) to celebrate Book Week. The books will be supplied by McDonalds Bookshop in Maitland.

**Canberra Excursion - Reminder**
Our 4/5/6 excursion to Canberra is getting closer—it’s only 4 weeks away. Please ensure that you keep up your payments for this excursion, as would need all fees paid by Monday 25th August (we leave on Tuesday 2nd September).

**Entertainment Books**
The entertainment books are now overdue. If you still have yours at home please either return or pay for it.

**K/1 Library Excursion - Reminder**
On Tuesday 19th August K/1 are celebrating bookweek by attending the new Port Stephens Library. The session will include fun activities based on the "Connect to Reading" theme for Children's Book Week. The students will be travelling by bus leaving school at 9.15am, please make sure you are at school on time. We will be sharing the bus with Mount Kanwary Public School. The cost of the excursion is $6.00

**Create Art Carnival at Gresford P.S.**
Gresford P.S. is staging another CREATE Art Carnival on Wednesday, 3rd September. At this carnival there are many workshops—3D paper sculpture, lego movie making, manga to the max (drawing comic book characters), photography, splatter art, book making, fun with clay, drama and improvising, print making, rock friends (painting). The day starts at 9.30 and concludes at 2.45. The children who wish to go, select two workshops in which to participate. The cost for the day is $25 per student—there is also a canteen available for the day. 4/5/6 students will be in Canberra that week, but all students from K-3 will have the opportunity to attend on an individual basis. If you wish your child to attend this Creative Arts carnival, please contact the school for further information.
School Council
We are holding our first School Council Meeting on Monday, 25th August at 3.15. Our School Council members are: Pat Lannan, Cindy Lidbury, Kim Wallace and myself. If you wish to raise any issues, please see these members before the meeting.

Musica Viva
Last Friday’s Musica Viva Concert “Sounds Baroque” was one of the best I have ever witnessed. The children certainly enjoyed the performance—it was one of those which will be remembered for some time. The following photos are there to be enjoyed:

Jump Rope for Heart
There are still quite a few Jump Rope 4 Heart sponsorship forms still outstanding. Please return to the office ASAP, so this can be finalised. Sponsorship forms need to be returned even if no sponsors were sought.

Bookclub
Orders and payment need to be returned by August 27th.

Eggs
Lucy has an abundance of fresh eggs if you would like to buy some please see Lucy. As a result of the abundance of eggs Lucy also needs egg cartons.

Swimming School Term 4—Starts Week 1
We will be starting our “Swimming for Sport” program at Lakeside Leisure Centre from Week 1 next term. We will be participating in this program for 10 weeks each Friday from 1.15 – 1.55. The bus will pick up the children each day. The program is run by qualified swim instructors, with groups of 6-7 non-swimmers inside in the beginners’ pool with an instructor, or for more competent swimmers, groups of 10 students outside in the 50m pool with an instructor. (Only competent swimmers will need to wear the school Swim Shirt.) The P&C has again agreed to help fund the cost of the program for every student by paying the bus fares each week. This means each student is only paying for the 40 minute swimming lesson. The total cost (per child) for this program is $70.00. (The school and P&C are supplementing $37.00 per child) Please see either Mrs Mahony or myself if you require assistance paying for these lessons. Ms Hamer will be talking to each parent about their child’s swimming ability before the end of term. Could you please sign the general consent form attached and send it to school as soon as possible.
AN INVITATION TO CARERS

Do you provide care and support to another person? You are invited to Carer Connections Take the Opportunity to Connect with other Carers and listen to our Guest Speaker!

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

Guest Speaker:
Kim Breetcher, The Aged care Rights Service

Topic:
Planning Ahead: Wills, Power of Attorney, Guardianship, Advance Health Care Directive

Where:
East Maitland Bowling Club, Bank Street, East Maitland

TIME:
10.00am – 12.00pm

COST:
Free - Includes Morning Tea

WHEN:
Wednesday 29 October 2014

RSVP:
Friday 24 October 2014

For more information or to Register Contact HNE Carer Education & Support Program – Hunter on: 4921 4865 or 1800 887 776 or Email: education.reach@health.nsw.gov.au

We ask that you RSVP for catering purposes.

GoFun
FREE Healthy Lifestyle Program for Local Families

Dear Colleague,

Do you see children in your practice who are above their healthy weight?

It is with great pleasure that the GoFun team announce the following GoFun programs in Term 4, 2014:

<table>
<thead>
<tr>
<th>VENUE</th>
<th>Days offered</th>
<th>Time</th>
<th>Address</th>
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<tbody>
<tr>
<td>Adamstown</td>
<td>WED</td>
<td>3.30-5.30pm</td>
<td>Belmont North Public School</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Corner Nicklin &amp; Darling Sts</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Belmont North</td>
</tr>
<tr>
<td>Tamworth</td>
<td>THURS</td>
<td>4-6pm</td>
<td>Tamworth Public School</td>
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<td></td>
<td></td>
<td></td>
<td>Edwards Street</td>
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<td></td>
<td></td>
<td></td>
<td>Tamworth</td>
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<tr>
<td>Maryland</td>
<td>SAT</td>
<td>2-4pm</td>
<td>New Vine Baptised Church</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>340 Maryland Drive, Maryland</td>
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<tr>
<td></td>
<td></td>
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<td>(next door to Kinder Patch)</td>
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*Children do not have to attend these schools to attend a GoFun program - ALL welcome!!!

GoFun is a FREE healthy lifestyle program for families with children aged 7-13 who are above their healthy weight (>85th percentile BMI for age). The GoFun program is delivered by physiotherapists, exercise physiologists, dietitians and other qualified health professionals and is offered by Kaleidoscope in partnership with Population Health. Over the 10 week program that runs to the school term, GoFun participants can expect to improve their nutrition and physical activity behaviours, reduce sedentary activities, improve fitness, reduce BMI and most of all, improve self-esteem and confidence. Families should be encouraged to attend even if they are unable to commit to every session - they can still expect to see positive results!

For more brochures or more information, please call Program Manager, Maria Roberts on 0417 762 742 or call GoFun on 1800 760 800 to register a child (must be aged between 7.5 and 14 years). A GP referral is not necessary to register. Healthy weight is always welcome!

"I am really impressed with the effect your program has had on a number of my patients and their parents as being above the healthy weight range is often usually a family issue. Particularly I remember a young boy who went through one of your programs and is so proud to be still losing weight and exerting 6 months latter ... a definite thumbs up for the program!"

Dr Maree Murray, Paediatrician, Kaleidoscope, HNE Local Health District

Nutrition Snippet

The simplest way
...to bust hunger after school

Try these great fruity recipes that will keep your child satisfied until dinner time.

Raisin Toast Rippers
2 slices raisin toast topped with banana and a drizzle of honey.

Krazy Kebabs
Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

Fruity Smoothie
250mls reduced-fat milk
1 handful of berries
1 banana chopped
Place into blender and mix

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit
K/1 Library Excursion

I give permission for my child / ren ........................................................................................................... to travel by bus to Port Stephens Library, Raymond Terrace on Tuesday 19th August. I understand that there is a cost of $6.00 per student.

Signed: ................................................................................................................................. Date: ..............................................

Permission Note – Swimming Term 4 2014

I give permission for my child/ren ......................................................... to participate in the school swimming for sport program at Lakeside Leisure Centre, Raymond Terrace during Term 4, 2014. I understand that transport will be by bus, and that each child will be charged $70.00

Family Name .........................

Signed .................................................................