**Lost Clothing-reminder**

We have an insurmountable amount of clothing gathering around our school, with most of the clothing **without names**. Please check that all your child’s clothing has names on it, as we can then return it to the rightful owner.

**3 Way Conferences – next week**

Our 3 Way conferences are planned for the end of this term, but this year we have made them **optional** for families. Please contact Alison to book in. We have made the following times available to those families who wish to take this opportunity to be involved with the 3 Way Conference. They are:

- **K/1**: Wednesday, 17th September
  - 8.30 – 11.15
- **1/2/3**: Thursday, 18th September
  - 8.00 - 11.15
- **4/5/6**: Wednesday, 17th September
  - 8.00-9.00, 12.00 – 3.45

* Other times by arrangement with class teacher.

**Drums**

Drums were cancelled last week due to the Canberra excursion, the drum make-up lesson will be Wednesday 8th October @ 8:45am (Week 1 Term 4)

**Canteen - Reminder**

As you are aware our canteen ladies shop each week to ensure our lunches are fresh. To assist Jo and Ruth could you please have your lunch order in by Thursday morning, as they will be doing the shopping on Thursdays during school hours.

**Jump Rope for Heart - URGENT**

There are 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.

**End of Year Performances**

Please note that we have set our dates for the end of year performances, so please ensure these dates are noted in your diaries.

- **School Musical**: Monday 15th December (Week 11)-starting at 10.00 am
- **School Musical Recital**: Tuesday 9th December (Week 10)-starting at 9.15 am
- **Presentation Night**: Wednesday 10th December (Week 10) starting at 6.30 pm
- **Year 6 Day Out**: Tuesday 16th December.
Debating
Our Debating Team will be arguing their case again next Tuesday, against Glen William Public School (here at our school) with the topic “Teachers should wear a school uniform”. We are the affirmative so it will be interesting which arguments they use to convince us that this should happen.

Canberra Excursion—report
4/5/6 students plus 9 parents and myself, returned from a very busy excursion to Canberra last Friday night. Our 4 day excursion went very well, with all students (and their parents) representing our school beautifully. We visited many sites, with everyone becoming more knowledgeable of Canberra and the Federal Government system. I would sincerely like to thank all parents who attended this excursion, as the extra support I received during these 4 days was much appreciated and very valuable to the success of our trip.

Students from our school have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of $20 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Crazy Hair Day
Tomorrow, Friday 12th September, our Year 6 students are holding another fundraiser—Crazy Hair Day—all for a gold coin donation. This is not an out of uniform day, just crazy hair please.

3 Village Art Donation
Some of our children entered the 3 Village Art Photo Competition as a part of the 3 Villages Art Festival. The Art Festival raised money for the Rural Fire Brigades and the Maitland Hospital Foundation. They have also kindly donated $200.00 to our school.
School Disco
This is a reminder that the School Disco is planned for tomorrow night, 12th September. All the details are outlined below.

School Chaplaincy-report
We discussed the School Chaplaincy Program during our Tuesday night P&C Meeting as well as having our Public Information afternoon meeting yesterday afternoon. As a result, we need ALL FAMILIES to cast their vote as to whether we go ahead and apply for a School Chaplaincy Program or not. (This is only the first step). We have some information booklets at school which should answer most of your questions if you missed the meetings. Please see Alison in the office about casting your (“Secret Ballot” vote) so the School Council can base its decision on accurate information.

Those families who will not be here will not need to vote as any future Chaplaincy Plans will not affect you.

Description Stories
I have attached two Description stories that have been written in the 4/5/6 class in the last few weeks for your enjoyment. Lucy has written about “The Feeling of being Nervous” and Leila has written one about “Mysteries”

Soccer Session
All children will have the opportunity of participating in a soccer (football) coaching session next Wednesday afternoon. It is free and run by the Newcastle Jets.

Small Schools’ Public Speaking Competition
Four students from Iona represented the school at Mount Kanwary Public School on Wednesday in this competition. Shaleea (Early Stage 1), Isabella (Stage 1), Oscar (Stage 2) and Bailea (Stage 3) were great representatives for our school. They learnt how different and challenging it can be to speak in front of strangers rather than to people you know. They also had the opportunity of seeing speakers from other small schools compete. We are proud of all of them, especially Shaleea, who won the Early Stage 1 competition and is shown below with the other competitors from our school, wearing the medal which was presented to her.
P&C News

The walkathon that was scheduled for the 19th September was been postponed for another date. A number of families will be away for last day of school and we also can’t get enough parents to assist on that day.

This year will be my last year as P&C President as the term is a maximum of 3 years. I encourage everyone to give some thought as to who will take on this role next year, as well as some of the other executive positions.

Please make note of the following future dates:

12th September  School Disco - 6:30pm til 9:00pm. **(Tomorrow Night)**
This will be a fancy dress night, with an open theme. Come in any outfit you choose. Parents are encouraged to dress up as well. Year 6 will be selling pizzas as part of their end of year fundraiser. Drinks will also be available for sale. If each family could bring a plate of something for a communal table that would be appreciated.

15th October  Iona School Horse Sports. – This is our major fundraiser. To be held on a Wednesday at the Maitland Polocrosse grounds. Entries are quickly coming in for the day. A small number of parents have been busy seeking sponsors, but we would like to encourage all families to assist by distributing sponsorship letters or helping in some way. These letters can be collected from the office. Please place names of businesses you have approached on the list in the office.

As the day gets closer we will be needing names of people who can assist in the canteen or cooking the BBQ. If you can’t assist on the day then perhaps you could provide cakes, slices or biscuits to be sold in the canteen

We have a Samsung Notepad for the raffle, which we hope to have up and going soon.

If you have any questions regarding the Horse Sports Day please see either myself or Fiona.

23rd October  P&C Meeting – 2:00pm

Thanks

Pat Lannen
Small Steps

Small Steps is a free anxiety awareness program for NSW primary school teachers and parents.

Did you know:
- Anxiety disorder affects one in ten children
- Anxiety impacts on school, social, family and school life
- Early intervention is key in preventing the onset of more serious problems, including depression and substance abuse in adolescence
- Children who have anxiety at one stage of their life are likely to continue to experience it in later life
- Anxiety disorders can be treated with timely intervention, new treatment and a sport

Sessions

- The difference between normal anxiety and anxiety disorders
- Types of anxiety disorders
- Signs and symptoms of anxiety disorders
- Our free Small Steps presentations
- Involve:
  - Annual presentation by a speaker from the Mental Health Association NSW
  - Reference materials and information
  - Recommended reading list
  - Questions and answers

When and Where

Date: Thursday 18th September 2014
Time: 1:30pm
Location: Tamirind School
RSVP: 11th September on 4223 7779

Organised by the Mental Health Association NSW with the support of NSW Health and Communities

JOIN NEWCASTLE HUNTER JUNIOR OZTAG

NEW COMPETITION IN NEWCASTLE.
Non tackling recreational Sport.

Venue: Waratah Park Young St Waratah.

Registration Fees: 95PP
Shorts - $25
Tights - $30

Teams are to organise own playing shirts with numbers. You can purchase these at www.cigearalla.com.au

Competition Information
Ages 9yrs to 18yrs
Commences 16th Sept 2014
Concludes 23rd Dec 2014
This is a 12 week comp.
We do not play in School Holidays.

Please Contact
Alex Stones Ph: 0471387733
Wesliee Howard Ph: 9340 17964
Or Email: newschristian@oztag.com.au

For more info please go to www.newcastleoztag.com.au and click on the ‘junior’ tab on the left hand menu.
An evening of star with ABC science broadcaster Robin West. The panel will feature internationally acclaimed astronomers Dr Andrew9, Dr Charles Lindner, Prof. Joel Bland Haman and Prof. Fred Watson.

Take a look at the scientific instruments and telescopes and learn about the observations scientists make in the field. For children.

Enjoy a talk by Dr. Andy Williams, astronomer with the University of New South Wales, on "The Universe and the Galaxy".

Further details can be found at: www.astro.org.au or www.facebook.com/StarFestSidingSpring

Vacation Care at Raymond Terrace
Operating from Raymond Terrace before and after School Care, Cnr William & Bracken Street, Raymond Terrace.

- Operates during school holidays
- 7.00am to 6.00pm Monday to Friday
- Friendly High Quality Educators
- NCAC Accredited
- Excursions and Workshops Each Holiday
- Games, crafts, cooking and fun with friends
- Costs from as little as $27.65 a day

Vacation Care really is the cheapest and best entertainment around for School Kids 4-13 yrs

Contact Port Stephens Children’s Services for bookings and information 49800368

Maitland Hockey

U/9 & U/10 - Beginner Thursday, 9:30 am to 10:15 am at the Athletics Unit, East Maitland. Contact: John Holford on 6744 2717.

U/11 & U/12 - Beginner Thursday, 9:30 am to 10:15 am at the Athletics Unit, East Maitland. Contact: John Holford on 6744 2717.

Women’s - Beginner Wednesday, 1:30 pm to 2:30 pm at The Athletics Unit, East Maitland. Contact: John Holford on 6744 2717.

Mens - Beginner Monday 12:00 pm to 1:00 pm at the Athletics Unit, East Maitland. Contact: John Holford on 6744 2717.
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 ................................................................

11 September 2014
The feeling of being Nervous

We can feel nervous in many ways and in a variety of situations.

It feels like a volcano as it slowly starts to bubble and boil up. It rises and cracks in your throat. You feel it seeping out of your eyes, you feel like the world is big and you are small, everything is caving in on you. Suddenly, you feel like you are the only one left and you are alone like a single clover in a grassy field.

Quickly, a waterfall of feelings blinds you and you don’t know which way is left or right. You feel a butterfly fluttering inside you trying to get out. Feeling insecure and worried, the feelings you can’t explain, creep up on you.

Feeling lonely and sick you eagerly find someone that can wrap their arms around you, speaking words of kindness and safety. Suddenly, your volcano settles and leaves you relieved like a fierce angry storm that has quickly and suddenly stopped with the sun slowly revealing itself, creating a rainbow. Once again, you feel happy and settled, knowing you are safe and everything is ok.

Many people feel nervous in any situations. It’s a part of life and we have to deal with it even when we feel we cannot.

Lucy 10.9.14
Mysteries

Shhh! Listen! Its right in front my nose! I just know it! Years and years of these mysteries. I'm just so close to the answer, what is it? Looking, searching, and asking, I still haven't found the answers. I look... the clues?

Snow, what? I just don’t get it, fire... just impossible, and last of all, sand, yellow, spotty, with green, mouldy seaweed on top of the bright yellow sand, what is it? I think, time goes ticking by, tick, click, tick, then the clock strikes twelve! I jump! I know the answer to the mystery! The beach! My treasure is buried on the beach! Yes!

This is a mystery. You’re right next to the brain-working answer—then you’ve got it! Jump with joy, yell with glee, show the world your answer!

Leila  9.9.14
Iona School Disco

Time to get out your dancing shoes!

Date: Friday 12th September
Time: 6.30—9.00pm
Place: Woodville School of Arts
Cost: Free to all Iona students and their families
Rules:

1. All students must remain inside the hall and have a parents’ supervision
2. Have a good time
Food: Everyone brings a plate to share, a table will be set up
Drinks: Will be available to purchase on the night

Help wanted to set up on Friday morning at drop off time