Dear Parents and Caregivers,

Welcome to Term 4 of the school year. I hope everyone enjoyed their Spring holidays and are refreshed ready to be safe, respectful learners. Congratulations and well done to the parents and grandparents who supported our school P&C BBQ at Bunnings during the first Sunday of the holidays. Their hard work paid off as they raised just over $2000. As you can see above we have a new breakfast program starting this term. It is hoped that this program will eliminate the need for children to eat their recess food before the morning bell and increase their concentration during their learning. Our last Active After School will be Tennis and Cricket. Please return the forms to Mrs Morante before 10 October. Next year this program will be operating under a different name and format.

Mrs Karen Johanson - Principal

From the Principal

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"You've probably heard it before from your own parents, "Breakfast is the most important meal of the day." Now you're the parent trying to say it to your sleepy, grumpy, frazzled children, who insist they are not hungry as you try to get everyone fed and moving in the morning.

It's important for kids to have breakfast every day, but what they eat in the morning is crucial too. Choosing foods rich in whole grains, fibre and protein while low in added sugar may boost kids' attention span, concentration and memory - which they need to learn in school.

Skipping breakfast can make kids feel tired, restless or irritable. In the morning, their bodies need to refuel for the day ahead."

Extract from: Breakfast Basics - KidsHealth.org

Last term some, (72) students were surveyed about whether or not they had eaten breakfast before coming to school and if so, what they ate. 75% of these students said they ate breakfast. The foods eaten for breakfast ranged from Weetbix, Cocopops, Fruit loops, porridge, toast and pancakes. Some students said they had some juice, water or milk with their breakfast.

To help students and parents, we are offering some free breakfast food in the canteen from 8:40am until 9:00am. There will be whole grain cereals, toast and fruit available for students who want to 'top up' on what they have already eaten or for any number of reasons didn't have breakfast at home.
“It was a fun and educational experience.” Hollie.
“I enjoyed dancing with my friends.” Shaye.
“Dance 2B Fit was exciting, enjoyable and challenging.” Zach.
“The best part was to be able to learn new dances and perform in front of an audience.” Charli.

“The best part was when we had to jump up, spin around, then say, ‘What?’ at the end.” Tia
“I liked mum there to watch me.” Toby

The PBL focus this week is **Being Safe - Walking on hard surfaces.**
“I liked watching people dance.” Declan
“I liked the moves.” Tyrone
“I liked wearing my Smurf hat.”
“I liked when we did the robot.” Imogen
“I liked it when my mum came to watch me.” Destiny
“I like the part where we stand up.” Claire

Our school Library will be closed for borrowing from Week 3 onwards for stocktake.

Please return all borrowed books before then.

We are safe, respectful learners.
“We made the skirts with string and material. I liked them because they were colourful.” Caitlyn

“It was hard to perform but I liked it because people cheered for us.” Sebastian

“We had to really practice and count the steps and time. We all smiled during the performance because the parents were there.” Tyson

“I really liked the part where we put our feet together and were sliding.” Alora

Milo Cricket at Maitland Park last term. Our students represented us well and thoroughly enjoyed participating in this community event.
Positive Behaviour for Learning

We are safe, respectful learners striving for personal best in a happy and friendly environment.

Staff have completed another three hours of Professional Learning in PBL with Lochinvar PS yesterday afternoon.
This term there will be weekly lessons focussing on a different expectation each week. This week the focus is on Being Safe - Walking on hard surfaces.
Teachers will be looking for students following this expectation and rewarding them with Gillo Golds. Parents and carers can assist at home by talking to their child about the importance of being safe at school.

Our Next Community PBL Meeting—To Be Advised

INTENSIVE SWIMMING LESSONS

Year 2 and 3 students have received information about Intensive Swimming lessons for later this term. Please read and return the permission note as soon as possible. They do not go until week 8 so there is plenty of time for parents and carers to make payments in instalments if they wish.

The P&C Uniform shop is open every 1st and 3rd Friday of the month from 9:00am to 9:30am.

The next P&C meeting is Tomorrow, 9:15 in the school hall.
All parents, grandparents and caregivers welcome.

SCHOOL BANKING PROGRAM

Don’t forget to hand in your Dollarmite account to the office every Tuesday.

Enrol now for 2015

If you have or know of any children intending starting school next year, please see our school office. Names are being taken and enrolment forms are available now.
NEWSLETTER SURVEY RESULTS

Thank you to all the families who returned these surveys. These results will be analysed and used to continually improve our communications with the community. 90% of parents say they receive the newsletter regularly. Whilst this is a good result, the question needs to be asked as to why 10% of parents are not.

62% of parents always read the entire newsletter compared to only 26% of our students. 38% of parents only read the parts that interest them compared to 39% of our students.

35% of our students hardly ever read the newsletter.

Our goal this year was to create a newsletter that would be of interest and appealing to the whole school community, parents, carers and students. The sections of the newsletter that parents are most interested in (in order of importance) are:

Classroom Capers, Front page story, Diary Dates, Principal's Message, Weekly Award Winners, Positive Behaviour for Learning, From the P&C, Sport Report and Just for Fun. Interestingly, the students equally preferred Classroom Capers and Just for Fun, then Weekly Award Winners, Sport Report, Front page story, Diary Dates, Principal's Message and From the P&C.

Some suggestions from students include: tips to be a good learner, more games, puzzles, activities and colouring in, what classes are doing for sport, a canteen menu, a garden and animal section, star of the week with information about that person, dot-to-dots, easier find-a-words, captions for photos, No Bully Zone and introducing new people.

From the P&C

Welcome back to Term 4!! I hope each and every family had a lovely and safe holiday. We had our fundraising BBQ at Bunnings on Sunday 21 September and we are pleased to say it was a massive success. A profit of $2063 was made. I would like to say a very big thank you to E C Throsby and Solutek for the donation of sausages, ice, eskies, BBQ utensils, additional bread and additional sausages. Also a massive thank you to the volunteers who gave up their day to help out. We wouldn’t have been able to do it without them.

Thank you Rachel and Bruce Kalb, Melissa and Wayne Hibbit, Theresa and Ronnie Milligan, Donna Curtis, Geoff Mullard, Benjamin Adan and Michael Bellamy.

Please come along to our next meeting on Thursday 9th October at 9:15am in the hall. Lots to discuss!

Thank you
Alexandra Bellamy

Week 10 Award Winners

PRINCIPAL’S AWARDS
Claire C—for doing her best always in all areas of her schooling
Jack W—for consistent effort and great achievement in Literacy
Jack J—for being a respectful and responsible student in all areas of learning
Aiden H—for improved effort and commitment to learning
Malcolm F—for being a responsible and respectful class member
Lakayla S—for being a responsible role model

100% ATTENDANCE in Term 3

We are safe, respectful learners.
Kindergarten students of 2015 and their families are invited to:

**WELCOME BBQ**: 28 October 2014 at 4pm (Free sausage sizzle)

**ORIENTATION 1**: 4 November 2014 at 10am

**ORIENTATION 2**: 11 November at 12noon

**ORIENTATION 3**: 18 November at 2pm

*Contact our friendly office for more information.*

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**COMMUNITY ORGANISATIONS**

*Maitland Hockey Association* Maitland Park, Contact Ros Sherlock 0418 212 489

www.maitlandhockey.com.au

*Maitland Tennis Centre* Rutherford Courts: Fairfax St, Rutherford

East Maitland Courts: Lawes and Page St, East Maitland,

Contact Tim Marquet 0431 188 367 or Pro Shop 49 34 5016, www.maitlandtenniscentre.com.au

*Maitland Swimming Club* Maitland Olympic Pool in Maitland Park, contact 49 33 5073

www.maitland游泳.org.au

*Maitland and District Cricket Association* contact Graham Cowan 0409 459 483

www.maitlandcricket.com.au

*Telarah Scouts* 1 Russell st, Telarah, contact Dorothy O’Toole 49 32 7407

www.nsw.scouts.com.au

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*We are safe, respectful learners.*
Q. What happens when two frogs collide?
A. They get tongue tied!

Q. How does it feel when a frog has a broken leg?
A. Unhoppy!

Q. What is a frog's favourite game?
A. Croaket!

Q. What did the frog order at McDonald's?
A. French flies and a diet croak!

Q. How deep can a frog go?
A. Knee-deep, knee-deep!

Q. What does a bankrupt frog say?
A. Baroke, baroke, baroke!