Principals Message from my desk

2014 Term 4 Week 2

I have been impressed by the way in which the students have settled back into class routines. They are enjoying working with Miss Gordon who brings fresh ideas into the classroom.

We have decided to cook every second Wednesday this term. Please accept my apologies for not advising everyone of this last week. This week Miss Gordon will be utilising some of our own produce in preparing lunch with the students.

The students are participating in the MILO T20 BLAST SCHOOL CUP at Gundagai today. They are under the capable supervision of Miss Gordon, Miss Sini and Mrs Guldbransen and, judging by the number of ‘little’ cricket fields I saw being set up when I dropped students in, should have a very busy day.

Next week we are taking students into Tumut to see a show called ‘The King and Queen of Green’. This is a show about recycling and rubbish and is being brought to Tumut by the Shire Council.

We welcome Mrs Stewart back from her overseas’ travel this Thursday. I will be travelling to Narrandera on Thursday to update my CPR and Examiner’s credentials, something I have to undertake annually. This enables me to conduct CPR course for local schools at certificate cost only.

Enjoy your week,

Jen

Thought of the Week

“Today I shall behave, as if this is the day I will be remembered”

Fruit Break

Please make sure you send in some fruit each day for the kids to share for fruit break they really enjoy this treat.
**Coming Events**

**TERM 4**

**Week 3**

**Mon 20th Oct** - Reading with Puggles.

**Tues 21st Oct** - The King & Queen of Green & the Realm of Rubbish Performance, Tumut.

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**Newsletter tips**

**Leaving your child at home alone**

At some point it will be necessary to leave your child home alone for a short period of time. There is no actual law in Australia that states what age a child can be left alone, but parents are legally responsible for their child's safety and wellbeing. You may be nervous the first few times (although most kids are excited about the independence) so making some clear ‘home alone’ rules with your child gives them an understanding of their boundaries and how to stay safe. Read more here: [http://bit.ly/1u5vTa9](http://bit.ly/1u5vTa9)

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**Team sports – more than health benefits**

As well as helping kids stay fit and healthy, team sports help them learn that things don’t go their way all the time and that they need to respect their peers. Sports also help children and teens with resilience, how to respond to setbacks and loads more benefits discussed here: [http://bit.ly/HlgxVO](http://bit.ly/HlgxVO)

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**Lunch box ideas**

Kids tired of the same old sandwiches for lunch each day? School A to Z’s Lunchbox section has some fresh ideas to help busy parents add some healthy, fresh variety to school lunches. [http://bit.ly/qsfDOE](http://bit.ly/qsfDOE)

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**Getting organised for Term 4**

Welcome back to school! Keep track of the week numbers of each Term and help your family stay on top of the million and one things happening this time of year with School A to Z’s monthly planners. They’re easy to print out and pop up on the fridge for all to see. You might even want to print a spare for each child’s bedroom so there are no excuses for them to forget homework, chores and other weekly activities. [http://bit.ly/UbmQz8](http://bit.ly/UbmQz8)

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**SunSmart Snippet**

**The simplest way to protect your face, neck and ears!**

Did you know that when it comes to sun protection, not all hats are equal? We all know that hats help protect against skin cancer and eye damage. But did you know that baseball caps do not provide adequate protection? There is now very clear evidence that baseball caps leave the cheeks, ears, chin and back of the neck exposed to ultraviolet radiation, increasing your child’s risk of skin cancer later in life.

- **Bucket hat**
  - Bucket or surfer-style hats should have a deep crown and sit low on the head. The angled brim should be at least 5cm for children (6cm for adults) and shade the face, ears and back of neck.

- **Brimmed hat**
  - Brims should be at least 8cm for children (7.5cm for adults). The brim should be proportional to the size of the child’s head and provide shade for the whole face.

- **Legionnaire hat**
  - Legionnaire-style hats should have a flap that covers the neck. The side flap and front peak (brim) should meet to protect the sides of the face.

For more information visit [www.sunsmartnew.com.au](http://www.sunsmartnew.com.au) or call 9334 1781

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**Shoot for the moon.**

Even if you miss, you’ll land among the stars.

-oscar wilde

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**Be yourself.**

Everyone else is already taken.

-oscar wilde