



## Calendar

### 2019

#### November

Monday 25 November	Announcement of SRC for 2020
Friday 29 November	Scripture Service 10am in the hall - all welcome  Helpers' Morning Tea 11am under the hall COLA - to thank our wonderful volunteers  CAPA Concert 11.30am in the hall - music students will perform - all welcome  Gingerbread House Night 6.30pm in the hall

#### December

Wed 4 December	Captains' speeches 9.30am in the hall - all welcome
Friday 6 December	Presentation Day
Wed 11 December	Year 6 Farewell
Wed 11 December	P&C Meeting 7pm in the staff room
Wednesday 18 Dec	Nemingha's Got Talent Last day of school for students
Friday 20 December	Term 4 ends

### 2020

#### January

Tuesday 28 January	Term 1 commences for staff Staff Development Day
Wednesday 29 January	Term 1 commences for students Years 1-6
Monday 3 February	Kindergarten starts

#### April

Thursday 9 April	Term 1 ends
Friday 10 April	Good Friday
Monday 13 April	Easter Monday
Saturday 25 April	ANZAC Day
Monday 27 April	Term 2 commences Staff Development Day

Clothing Pool - open each Monday and the first Friday of each month, 2.30-3.30pm

## KH have been busy bees!

This term kindergarten have been learning all about spiders and bees.

We have been exploring factual texts and learning how to write information reports.

The students did a wonderful job of performing in the play 'The Very Hungry Spider' and leading the pre-schoolers in the Monster Shuffle dance for our assembly item.

In mathematics we have been engaging in lots of hands-on fun, learning all about volume and capacity, 3D objects and addition doubles.

Emily Holcombe



# The importance of healthy food choices

Christopher Jackson, Principal

**On Tuesday we had the last data collection snapshot from the Swap-it campaign and we hope to receive our report before the end of the year. It is great to see so many children sitting down at recess and lunch with delicious, healthy food in their lunchboxes.**

Studies have proven that children who eat a hearty breakfast and lunch are more focused and peaceful in their studies and social settings. Their bodies are in a constant state of growing, and it requires a steady stream of nutrients and calories to keep growing.

Our Stephanie Alexander Kitchen Garden program

teaches our students the proper role of food in their lives and encourages them to be active participants in healthy food choices now and into the future.

Children who eat a nutritious lunch have better overall health. Those who have a healthy diet are sick less often and when they are sick they recover quicker. It also has been shown that good nutrition not only improves overall health during childhood but better health during childhood leads to better health as an adult.

***Eat breakfast like a king, lunch like a prince, and dinner like a pauper.***

**Adelle Davis (1904 - 1974)**

Children who eat a nutritious lunch will find it easier to learn in class. Those children who fill up on sugary snacks or, worse yet, skip lunch are often tired and disinterested in school by early afternoon.

We see that the best learners in school are those students who can maintain a steady blood sugar level from having eaten a

nutritious lunch. Having your child eat a nutritious lunch can provide them with a significant tool to gain an education and later success in life.

In addition, children who have healthier diets tend to be healthier, missing less school and enabling them to gain a better education.


*Ask not what you can do for your country. Ask what's for lunch.*

**Orson Wells (1915 - 1985)**

## The cost of Christmas

**Christmas is a time of celebration, but it can also be a very difficult time of the year for families who are struggling.**

We have been asked to provide all families with details of these local support agencies:



**Free Professional Help 24/7**  
For parents & carers of children 0 - 18 in NSW

**1300 1300 52**

Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18 who live in New South Wales.

Parents, grandparents and carers anywhere in the state can call Parent Line on 1300 1300 52 for no more than the cost of a local call. It is available 9am to 9pm Monday to Friday, and 4pm to 9pm on weekends.

[www.parentline.org.au](http://www.parentline.org.au)



The Family Referral Service (FRS) brings together families, support services and community resources so that our children and young people are safe and well.

They work with all services to find out what best supports young people and families.

[familyreferralservice.com.au](http://familyreferralservice.com.au)



The following notes have been sent home this week:

**All students**

Parent feedback survey and CAPERS survey.

*Please return by Friday 6 December*

## Get Active with Scouts!

Scouts welcomes children and young people from Kindy to Year 12, offering a safe and supportive environment where your child can make new friends, learn life skills and embark on new adventures!

**Your local Scout Group is:**

**TAMWORTH OXLEY**

**Joey Scouts: Monday 5:15PM—6:15PM, 5-8 Yrs**  
**Cub Scouts: Wednesday 6:00PM—7:30PM, 8-12 Yrs**  
**Scouts: Monday 6:30PM—8:30PM, 11-14 Yrs**  
**Neil Bryan: 0402114284 [neil.scouts@y7mail.com](mailto:neil.scouts@y7mail.com)**



Scouts is an eligible provider of the NSW Government's Active Kids Program. Scan the QR code to claim your child's Active Kids voucher and SAVE \$100 on joining and membership fees!