Diary Dates

**Thursday 3rd December**
Helpers Morning Tea

**Monday 7th December**
Presentation Day – 11.45am

**Friday 11th December**
Sing-a-long and village fair

**Monday 14th /Tuesday 15th December**
Class parties

**Wednesday 16th December**
Year 6 Graduation dinner & disco

**Last Day of Year for students**

2016
**Wednesday 27th January**
Staff Development Day

**Thursday 28th January**
Students in Year 1-6 commence

Albury High School Band visit.

Respect, Responsibility, Care.
**Presentation Day**

Many of our students will be recognised for their hard work and effort in academic, creative and sporting achievements during our Presentation Day to be held Monday 7th December. We are encouraging all parents to be in attendance so that the many accomplishments of our students over the year can be celebrated.

As Presentation Day is normally well attended we will need to ask for prams to be left outside to help make space for people. Also, if you could fill up all seats and not leave seats between people that will make it easier on us.

PLEASE NOTE: A light lunch, supplied by the hard working P&C, will be available following the presentation of awards. We are all looking forward to your company on the day.

**Albury High School band visit**

A very big thank you to Mr Danny Cowan and students in the Albury High School Band who came and played for us yesterday. Our students were certainly very excited to hear the band’s wonderful renditions of popular songs. I know all of the office staff loved James Brown’s “I Feel Good”. Words such as ‘inspiring’, ‘amazing’ and ‘wonderful’ were used by our students to describe the band.

**Swim School**

The Swimming Scheme has commenced this week. I am sure the students will benefit greatly from their newly acquired swimming skills. Thank you to Nicole Morrison and Jenny Boyd for organising the swim school as well as instructing students each day.

**Year 6 High School Orientation Program**

The Year 6 students have their final visit to Albury High next week. I am sure they will find the day beneficial as they will make new friends and get a further taste of what high school life is all about.

**Helpers Morning Tea**

Over the year, we have been inundated with offers of help by you and other community members, and as a way of saying thanks, we would like to invite you to a ‘Helper’s Morning Tea’ on Thursday 3rd December at 11.00am. Whether you have been helping in the classroom, library, sporting days or any P&C activities, please come and share a cuppa and some nibbles with us. It’s the least we can do.

**It’s getting pretty busy – don’t miss out!**

Don’t forget to keep checking the school calendar/diary for the details of upcoming events. A reminder that we will be sticking to our due date deadlines. Any note in blue needs your permission and possible payment.

**Sharon Julien**

Principal

**SCHOOL ASSEMBLY AWARDS**

Congratulations to the following award winners:-

**Student of the Week**

Allirah Whybrow

**Gotcha Awards**

Kristen Mundy-Thiele

Mia Chandler

Cheylaah Williams-Bihler

Callum Hillier

**Merit Certificates**

K/1B

Keaton Beechey

Izaak Loney

K/1C

Brock Loney

2M

Charlotte Horn

3/4GW

Thomas Stevens

Santique Murray

5/6B

Evy Brew

Zharlia Parker

**Citizen Awards**

K/1B

Rhiannon Smith

Kristen Mundy-Thiele

K/1C

Dahkota Sherwen

Kaylee Nugent

2M

Mia Chandler

Baylee Morton

3/4GW

Chloe Kettle

Damon Sinclair
How to Learn Awards
Shakia Willis, Miley Mundy, Callum Smith, Samson Delaveris, Angelo Zamudio, Taralee Bottrell, Blake Heeman, Kane Roberts, Billy Taylor, Thomas Stevens, Brandon Fitzgerald.

Canteen News
Please note that as the canteen is helping to cater for the lunch which follows the Presentation Day awards and celebrations on Monday December 7, it will be open at both recess and lunchtime. This is a one-off so be sure to take advantage of this opportunity.

With the school year drawing to a close it’s time to keep an eye out for extra specials being offered by the canteen so that we can use up our remaining stock. These specials may be in the form of discounts on counter sales or as lunch deals similar to the Wonderful Wednesday specials. Please bear with us as when items run out they will drop off the menu.

The P&C thanks all families who have used the canteen throughout the year. There have been a number of changes in both days of operation and staff. The canteen prides itself on offering quality food at reasonable prices and we appreciate the support we receive from all families. Thank you also to the wonderful volunteers who assisted during the year – your generosity and efforts help keep the canteen running smoothly.

More changes are a foot for next year as Trish Taylor, who has been running the canteen so capably since August has decided to finish up at the end of term. Thank you, Trish, for all your hard work and innovation and best of luck with your new endeavours.

The canteen will open next year on Wednesdays, Thursdays and Fridays as per usual.
**Summer Reading Club**

**When:** 1 December 2015 - 31 January 2016
@ LibraryMuseum and Lavington Library.
**Price:** Free

**Kids, Join the Lost Worlds Summer Reading Club and discover some great books over the school holidays.**
The Summer Reading Club will kick off on Tuesday 1 December, and don’t forget, the more you read the more rewards you earn!
Collect your reading records from the LibraryMuseum or Lavington Library and get reading.

**Summer Reading Club Awards**
Lavington Library: Thursday 4 February 2016, 4.00pm
Library Museum: Wednesday 3 February 2016, 4.00pm

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**The simplest way ...to pack the five food groups!**

Follow our easy guide to pack the healthiest lunch box that features the five food groups – and don’t forget a bottle of water!

**Fruit:** It’s high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in small containers, and remember, kids are more likely to eat it if it’s cut up into small pieces.

**Veggies:** Pack carrot and celery sticks with hummus or salsa, or even a vegie slice

**Breads + cereals:** Try wholemeal bread, wraps and pita, or rice and pasta leftovers.

**Reduced-fat dairy:** A slice of cheese, yoghurts and custards are all great lunch box items.

**Lean protein:** Cooked chicken, tuna, egg, roast meat, or legumes such as red kidney beans and chickpeas.

For more information visit www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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**A Quick Bite ...**

**A Good Night’s Sleep**

School aged children who don’t get enough sleep may be irritable and get upset easily. Lack of sleep also affects their ability to learn at school. They may have difficulty listening to the teacher and understanding instructions. They may be unable to make good decisions and learn effectively.

Taking action early and setting a regular bedtime and waking time is a good start. Avoiding stimulating activities before bedtime and having a quiet bedroom with no TV or games can help prepare the child for sleep.

Offer milk or water as drinks before bedtime rather than drinks containing caffeine, cola drinks, milo, hot chocolate or fruit drinks which can keep children awake.

A good sleep means a good start to the next day.

**Acknowledgement:** Centre for Community Child Health ACI Melbourne

For more information visit mthd.health.nsw.gov.au/keepinghealthy

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**Reducing your risk of skin cancer**

**Sun-safe hats**

**Key points**

- A sun-safe hat protects the whole face, head, back of neck and ears.
- A hat can reduce the amount of ultraviolet (UV) radiation reaching the eyes by 50%.
- Broad-brimmed, bucket and legionnaire-style hats provide good protection.
- When choosing a hat for children, ensure that it fits correctly, and shorten the cord to reduce the risk of it catching during play or on equipment.