There seem to be many, many visitors in our school today. They are all visitors of the four legged kind. They have come to join in the Teddy Bear’s Picnic with Kinder, Years 1 and 2. This finishes a small language unit in class. Who would have thought teddies have so many adventures and character traits as we have heard over the last few weeks. I hope they enjoyed their day out at school, there was a lot of food at the picnic, so thank you to all those teddy carers who were able to bring something along. I hear teddies did have their best school behaviour, not one has been put into the Consequence Room. Please take a look at the pictures on this Newsletter.

Returning Notes and Monies - Swimming
There are many notes out and around at the moment for swimming, end of year activities and events. Please make sure these are coming back to school on time.
Speaking of swimming, our lessons start next week – on Tuesday next week and continue on days over the next 4 weeks after that. A timetable went out yesterday for the K/1/2 group. We apologise for the fact that there is not a set pattern of days but we have tried to work around other pool commitments also.

Bus Travel
I would like to remind everyone about the privilege of having school buses. With this comes responsibility, the responsibility to be a safe passenger. At the moment we have many children who are being noticed by our bus drivers for not being safe nor respectful on buses. As many know, “Northern Rivers Buses” has the right to suspend children off bus runs. Being suspended from a bus means families need to make special arrangements to have the children still come to school. This is not always easy. At school we are constantly giving the message of what a safe and respectful bus passenger looks like, they are:
- Always in their seat
- Not throwing things around the bus
- Not shouting, nor using bad language at others
- Sitting where the driver has asked them to be.

We are asking all families to have this talk with their children. Being on a bus can be a nice social time for kids and extra time to be with friends. It should be a chill out time before home or before school. I am feeling very upset at what some of our bus drivers are going through at the moment with the behaviour of our children on some buses. This must stop or consequences will be bus travel suspensions, poor attendance and then rules are set in place about legally having to be at school. Your support in this is appreciated.

Staff Leave
Starting Monday, Mrs Olive will be on leave for two weeks. Mrs Woodley will be taking the class. Michelle Woodley had the class last term and well knows the routines.
continued………………
Mrs Maleckar is also on leave for 2 weeks from this Monday and will be replaced by Mrs Mazoudier.
We make every effort to get in casual teachers for emergency days who know each particular class, or have a talent that can be used as a focus for that class. This helps make as little change of routine as possible.

Whole School Singing
This year again we are taking part in “Count Us In”. This is a small project that gets many schools all over Australia to join in singing at the same time. The song this year is “Paint You A Song”. We will be joining in live with this tomorrow. The website for any information is -http://www.musiccountusin.org.au/

Taken from the Pink Paper this week…..
Something to consider in the meantime :
When troubling times occur, help kids feel secure with the family’s ability to cope by saying, "We can handle this. We have a strong family,” rather than “Don’t worry. Everything will be all right.” [Chick Moorman]

By saying these words instead it gives a sense of strength, togetherness and a hope that everything will be OK over time. Optimism is always important. The other words can seem not unbelievable at that moment and put a focus on luck and the fact that we should ignore our feelings, such as worry.

Have good positive week ahead

Chat time……..
Please feel free to contact the office to arrange a suitable time to chat about any concerns or questions you may have, or if more convenient please email me at: jane.cottee@det.nsw.edu.au

Gubi Awards

<table>
<thead>
<tr>
<th>Name</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mackenzie Baddeley</td>
<td>250</td>
</tr>
<tr>
<td>Stella Llewellyn</td>
<td>210</td>
</tr>
<tr>
<td>Tigerlily Corkill</td>
<td>210</td>
</tr>
<tr>
<td>Ethan Lewer</td>
<td>110</td>
</tr>
<tr>
<td>Ryley Baddeley</td>
<td>160</td>
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<tr>
<td>Kachina Partridge</td>
<td>20</td>
</tr>
<tr>
<td>Flynn Collins</td>
<td>90</td>
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<tr>
<td>Amber Pollock</td>
<td>180</td>
</tr>
<tr>
<td>Zoe Knox</td>
<td>70</td>
</tr>
</tbody>
</table>

P.S. Don’t forget to get your table ready for our School Trivia Night – December 6th. We hope you have it marked on your calendars!

Bandanna Day this Friday 31st October

Bandanna’s are available from the Front Office for $4.00 or a pen for $3.00. There are some great colours this year! Thank you for supporting young people living with cancer.

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Inadequate sleep may be linked to a sluggish metabolism!

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:
- **Preschool (3 – 5 years)** 11- 13 hours/ night
- **School (5 – 12 years)** 9 – 11 hours/ night
- **Teens (12 – 18 years)** 8.5 – 9.5 hours/ night

Some hints for a healthy sleep:
- Consistency: going to bed and rising at a regular time (be firm)
- having a 30 – 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
- No screens (TV, phones or game consoles) in the bedroom

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**Weekly Awards**

**KCT**
- Cody Martin—Improvement in reading
- Annique Collins—Improvement in reading

**1/2 CO**
- Flynn Collins—Improvement in class activities
- Bryce Gollan—Always displaying lovely manners

**3/4MM**
- Blaire McElligott—Working well in class
- Izak Welch—Working well in Maths

**Ms Hayes Group**
- Savannah Partridge—Making an excellent start with her project
- Angel Spek—Working hard on her play

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**The simplest way**

...to food shop on a budget

Here are our 5 top tips for saving money at the checkout:

1. Create a weekly menu plan
2. Write a shopping list according to the menu plan + stick to it!
3. Compare unit pricing - often you will be able to save a lot of money this way
4. Buy fruit and vegetables that are in season- this can save you up to 35% than other times of the year- or buy canned/frozen where fresh is not available
5. Limit your purchases of processed snacks/meals - these are often unhealthy and expensive

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

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**Nutrition Snippet**

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Stage 1 had a wonderful morning at their Teddy Bears Picnic! Staff and students brought their precious Teddies for everyone to admire and share — the food was great too........