Welcome to the silly season. From now until the end of term is very busy with lots of activities for each stage of the school.

**Intensive swimming**
The Kindergarten, Year 1 and Year 2 students will be swimming Monday’s, Tuesdays and Thursday’s until we have 10 days achieved. Some of our Stage 2 and 3 students are also having stroke correction practise. Please don’t forget to pack their swimmers, towel, sunscreen and thongs to walk to the pool along with $2.20 for each day. Mrs Bosscha is certainly busy going to and from the pool. Thank you Mrs Bosscha!

**Reports**
Class teachers are busily writing the reports for your children and these will go home on Friday 4th December. If you would like to talk to your child’s classroom teacher please contact the school for an appointment.

**Life Education**
Kindergarten, Stage 1 and Stage 2 are going to the Life Education Van next Thursday 26th November. Our Stage 3 students had their sessions with Interrelate earlier in the year. All payments and notes from first term are still valid. Anyone who hasn’t paid or sent back the notes, please have them in to the front office by Monday 23rd November.

**Remembrance Day**
We were very proud of our students at the Remembrance Day service last week. The wider community appreciated our effort to attend the service and commented on how the children were so well behaved.

Thank you to Mrs Maleckar and our children who attended on our behalf.

*Keep calm and enjoy the count down to Christmas!*
Reminders:
Year 6 Graduation
Year six parents and carers may purchase their tickets for the Graduation Dinner from the Front Office. $15.00 per student and $20.00 per adult.

Book Club
Book Club orders to be returned to the office by Friday 20th November as the order will be sent on Monday 23rd November.

Library Books
Once again we are asking you to check—under the bed, behind the couch, in the cupboards and anywhere else you may think of for hidden books. Please return these to the school as the annual stocktake is underway!

Raffle Tickets
Please return all your raffle books and money by Friday 4th December as the Friends of Coraki Public School will be drawing the raffle on Monday 7th December.

Thank you to Aaron Compton for his generous donation of A Christmas Ham towards the raffle.

Also a HUGE thank you to all who donated goods for the raffle—the baskets are overflowing with great items for Christmas!

Did you know that prunes are dried plums? Choose plums over prunes as they have less sugar and pop them in your shopping basket over February & March when they are at their best. They are sure to be a hit for Crunch & Sip with their juicy, burst of flavour.

In your grandparents’ generation, “normal” was very different to what it is now.

For a start, we don’t physically move as much. We rely more on cars to get us around than move with our own legs. We watch television and use our mobile phones for hours on end. Most of us work in occupations that require sitting in front of a computer screen all day.

Furthermore, we are eating differently. Portion sizes have gone up while fruit and vegetable consumption has gone down. We eat take away at lunchtime instead of a packed lunch. And the amount of sugar consumed has grown exponentially — in our grandparents’ day a confectionery aisle in the supermarket didn’t even exist.

Basically we are opting for ease instead of health. It is all too easy to think it’s normal, but it’s not. In fact, it’s creating a huge problem for us and our health.