Dear Parents and Carers,

Congratulations to all students for their outstanding performances at the Marketplace last week for Education Week. It was an exciting adventure for us all and one that students and staff thoroughly enjoyed. Thanks to everyone who supported and helped celebrate our activities.

Our Chinese lunch was also a great success and Jess, Tracey and I were especially impressed with the manners and behaviour of all.

During our open classrooms on Thursday we presented the Directors ‘Local Hero’ Award. As it was impossible to identify only one local hero from our school we chose to award it to the whole school. This will be recognised through the purchasing of a book to be put in the library.

I have included our Strategic Directions from our School Plan as part of our newsletter to keep reminding us of where we are headed.

Enjoy the week,
Jenni

Bernie O’Connor Football and Netball Carnival- 
Friday 14th August.
The planning and organisation for this day is well underway. Greater Kengal will be entering 3 netball teams and 1 football team. Team lists will be sent home when finalised along with the draw.

P&C Meetings
We have decided to change the time for P&C meetings. They will now be held on the Tuesday of Week 3 & 8 at 3.15pm. At last weeks meeting there was a lot of discussion about the Bernie O’Connor football and netball day organisation and the Henty Field days. Please read the attached information from the P&C for details on how you can help.

Debating Update
We completed our fourth debate against Henty last Thursday and after some well thought out arguments we were awarded the win. A great effort from all. This means we have had 2 wins and 2 loses and will now wait and see whether we make it to the next round.
Recorder

This week our 4 recorder students, Rachael, Rose, Hayley and Grace, perform at the Opera House on Wednesday night. They are very excited and I’m sure it will be a memorable event. Thanks to the parents who are taking them to Sydney.

Years 3-6 Rotary Spelling Bee

There has been a problem with the word lists and new ones have been sent home today. The school competition will be held on Monday 10th, with the top 3 students moving to the next level at Henty Public School on Monday 17th August.

Student Meeting update

At last week’s student meeting it was decided to support 2 fundraisers.

1. Jeans for Genes day- Friday 7th August.
Wear your favourite jeans on this day and bring a gold coin donation to go towards research into childhood diseases.

2. Cupcakes for Cancer- Thursday 27th August
On this day we are going to decorate cupcakes that we will then freeze and sell each Tuesday for the month of September to raise money for cancer research.

Special lunch order day

Sausage rolls will be available for lunch on Friday 7th August, as part of our Jeans for Genes fundraising day. They will be $2.00 each (large size). Please send in the money by Thursday 6th so we have an idea of quantities.

School Rules

Last term we reviewed our school rules at the student meetings. They have now been finalised and are;

Be a learner

Be kind

Be safe

Follow instructions

2016 Kindergarten students

We are currently taking enrolments for 2016 Kindergarten students. Please contact the school for more information, and spread the word to any new families!

There will be a Parent Information Session on Tuesday 1st September 6.00pm. The Kindergarten Orientation program will then have the children attending school for 5 Fridays (full days) during Term 4, Weeks 3-7.

3-6 Excursion

The next payment for the excursion is due this week, please make regular payments to ensure that your children are able to attend.

Fruit Break

All students are encouraged to have a piece of fruit every day for fruit break. This is important as it enables brain activity and fills the break until the lunch time. Please make sure all pieces are cut and easy for the children to eat.

Student Absences

Remember that all absences need to be explained within 7 days of the first missed day of school.

Also, all students who leave the school within school hours, or who arrive after school commences, must be signed in and out of the school by an adult at the office.

Your help with these matters is greatly appreciated.

Lost Property

There is currently a lot of items in the lost property tub, could parents please look to see if your child is missing some clothes and check at school.

Hot Chocolate

This term the students have decided to sell hot chocolate. The cost will still be $1.00. Students are able to pay in advance if you wish to do it this way. Eg $10.00 for 10 weeks’ worth.

Notes and Money to be Returned

3-6 Ballarat/ Melbourne Excursion
$50 payments due fortnightly.
**Week 4**

**Wednesday, August 5th**  
Festival of Instrumental Music @ Sydney Opera House  
BHS- Long Transition

**Friday, August 7th**  
Jeans for Genes Day

**Week 5**

**Monday, August 10th**  
3-6 School Spelling Bee

**Wednesday, August 12th**  
Life Education Van @ Pleasant Hills School

**Thursday, August 13th**  
Yr. 5 @ REEC

**Friday, August 14th**  
Bernie O’Connor Football and Netball Carnival

**Week 6**

**Monday, August 17th**  
Henty Rotary Spelling Bee

**Wednesday, August 19th**  
BHS- Long Transition

**Thursday, August 20th**  
Jenni @ Primary Principals Conference

**Friday, August 21st**  
Jenni @ Primary Principals Conference

**Week 7**

**Tuesday, August 25th**  
Yr. 6 @ REEC

**Wednesday, August 26th**  
School Photos

**Thursday, August 27th**  
Cupcake Day

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**The simplest way**

...to pack a healthy lunch box.

Packing a healthy lunch box is one way to get your kids eating the right amount of fruit and veg. There are a few ways of making healthy lunch boxes hassle free:

- Pack the night before, so it's not a rush in the morning.
- Always pack a serve of fruit: chopped or sliced for younger kids, or a fruit salad for a change.
- Always pack a serve of veg: think sliced vegie sticks, hummus or vegie dip, left over roast vegies.
- Include salad on your child’s sandwich – every bit counts!
- Include wholegrains and a serve of protein (lean meats, eggs and tofu all count)
- Add a serve of dairy and a bottle of water.

**Remember to aim for five serves of veg, and two serves of fruit every day!**

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

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**A Quick Bite...**

**6 Tips for Smart Shopping**

The weekly shopping experience is becoming more challenging with so many new products coming into the market. Here are some tips to make it a bit easier for you:

1. Have a shopping list: planning your weekly meals will save you time and money.
2. Don’t shop when you are hungry: you will end up with more “sometimes foods” in your trolley.
3. Shop for healthy foods first: put fruit and vegetables, bread, dairy and meat in your trolley first.
4. Buy plenty of fruits and vegetables, especially those in season.
5. Read labels: Choose high fibre food options. The saturated fat shouldn’t exceed half the fibre.
6. Check the “unit price” - you will be surprised to find that healthier foods are cheaper!

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