FROM THE PRINCIPAL'S DESK

All is fairly quiet this week at school until Friday when we have a very busy day. A summary of Friday's activities is as follows:-

- P&C Street Stall—information attached
- Bandanna Day for Canteen—information attached
- Operation Christmas Child

STAFFING

There will be a few changes to staffing over the next couple of weeks. Mrs Draper is away for 3 weeks as part of her teacher training. Also, Miss Hunter is getting married!!!. We wish Hallie and her soon to be husband, Sam, all the best for their special day and their future together.

REVIEW OF STUDENT RECORDS

Due to changes in legal requirements the school will be sending out forms over the next couple of weeks to make sure all students medical records are accurate, current and in a form that can be recorded on our system for easy access. While some or all of this information may have been provided in the past, we need to have all information verified by parents/carers and updated in students records.

DRUM BEAT PROGRAM

Each Friday this term the students are taking part in a Drumbeat Program being held at the school. There are 7 more weeks to go on this program. This is an enjoyable music program for the students but also brings many other positive outcomes. Pupils will learn the importance of responsibility and teamwork among other things.

Just a reminder that the agreed cost for this activity is $5 per week to be paid on the day if you have not prepaid.

OPERATION CHRISTMAS CHILD

Don't forget this special Christmas project that Mrs Rawson is running with the children. Information is attached for those families who have not been here over the past couple of weeks.

The gift boxes will be made up on Friday, 31st October so children will need to bring in their contributions on or before that day.

FAMILY SCHOOL FEE

Just a reminder that family school contribution of $20 is now due for Term 4. It would be appreciated if any outstanding fees for Term 3 could also be paid.

Helen Gray,
PRINCIPAL
ATTACHMENTS

- P&C News Update
- Street Stall Flyer
- New Canteen Price List
- Christmas Tea—Community Hall
- BCS Halloween Disco

**Good for Kids good for life**

The Lunchbox equation

Are you struggling for ideas for your child’s lunchbox? Here are a few tips to ensure the balance is right.

- **A main meal** e.g. sandwich, wrap, salad, home-made dish etc. that includes vegetables and a protein food e.g. meat, fish, chicken, egg, cheese. Aim for wholegrain varieties such as wholemeal or multigrain breads, wraps, brown rice or wholemeal pasta etc.

- **A piece of fruit** – whole, cut into bite sized pieces, canned fruit in natural or unsweetened juice or dried fruit very occasionally.

- **A healthy snack** – vegetable sticks with salsa or hummus, cheese and crackers, wholegrain crackers with toppings etc.

- **A drink** – water is the best choice everyday

- **An extra snack** can be included for active children.

As a treat pack a small ‘extra’ pre-packaged snack once a week to teach children about eating “occasional” foods sometimes and not every day.

Reference:

CANTEEN PRICE LIST 2nd Term, 2014

Fridays, Hot Food

PIES (Large)--$3.50--PIES (Small)--$2.00

PIZZAS--$2.50

LASAGNE--$3.00

CHICKEN STRIPS--$1.30--CHICKEN WINGS--$1.20

Toasted Sandwiches--

Ham and Cheese--$2.50

Devon and Cheese--$2.50

Baked beans--$2.00

Spaghetti--$2.00

Drinks

Milk-shakes--$1.50 choc or strawberry

Popper Milk--$2.00 choc or strawberry

Bottle flavoured water--$2.00

LOL cans--$2.50

Ice-creams, yoghurts

Paddle-pops--$2.00

Yoghurt--$2.00
P&C News Update
27-10-14

• This Friday 31st October P&C are holding a street stall under the bus shelter at the Gwabegar Post Office. We will be selling hot dogs, cakes, slices etc. Donations of home cooked goodies on the day of the stall would be appreciated as well as any other bits'n'pieces that would contribute to a trash & treasure table (books, nick nacks etc... no clothing please). Drop any food items into the school on the day of the street stall or take the produce straight to the stall at the post office.
  • $2 raffle (prize - money tree)
  • $3 Hot Dogs
  • Start 10:30am till 1:30PM

Come down & grab a bargain

• Canteen will be holding a hamburger day on 21 November. Hamburgers will replace the regular canteen menu for this day only.
• AGM meeting will be next term on Tuesday 4th November. All welcome & encouraged to attend.
• This Friday 31st October is Bandanna Day. The students will have the opportunity to purchase merchandise (bandannas, pens etc) in support of Canteen, who in return do a fantastic job of supporting kids with cancer.

Calendar

• 31st October Street stall (Friday this week)
• 31st October Bandanna Day (Friday this week)
• 4th November AGM
• 15 November BBQ at Woolworths Coonabarabran
• 4th December Movie night
Street Stall
A fund raiser for the Gwabegar Public School P&C

Friday 31st October
10:30am - 1:30pm

Under the bus shelter
(at the post office)

Yummy cakes & slices

$3 Hot dogs

$2 Raffle
(Prize - Money tree)

Come along – All welcome