Building healthy habits

Children are learning habits that will often last them a lifetime. Consider the following:

- Breakfast is important. Children who eat breakfast have better concentration. Eating breakfast can reduce snacking on high-energy foods in the afternoon in both adults and children.
- Be realistic about the size of the serve you offer children. Forcing children to finish what is on their plate when they are not hungry may lead to overeating and/or strong food dislikes.
- Avoid giving children processed snack foods high in sugar. Encourage brushing teeth in the morning and before bed to develop good dental habits.

IF YOU ARE INTERESTED IN YOUR CHILD LEARNING TO SWIM THERE ARE PAMPHLETS AVAILABLE AT THE FRONT OFFICE.

TERM 4 2014 CALENDAR

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>21</td>
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<td>23</td>
<td>24</td>
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<td></td>
<td>1D Thalgarrah</td>
<td>1E Thalgarrah</td>
<td>New England Sings Rehearsal NECOM</td>
<td>6R &amp; 5K Gym</td>
<td>2G &amp; 2 F Gym</td>
</tr>
</tbody>
</table>

Year 6 Performance

‘Charlie’ in the school hall 7:00pm

PROUDLY SPONSORED BY:

HUNTS CARPETS AND BINDS

JEWLZ AND BITS

LOVE PAINT PTY LTD

NORTHERN INLAND CHIROPRACTIC

WESTSIDE ESPRESSO

MT VIEW PHARMACY

PROUDLY SPONSORED BY:

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JEWLZ AND BITS

LOVE PAINT PTY LTD

NORTHERN INLAND CHIROPRACTIC

WESTSIDE ESPRESSO

MT VIEW PHARMACY
FROM THE DEPUTY’S DESK.......  

SCHOOL PHOTOS TIMETABLE

<table>
<thead>
<tr>
<th>Tuesday 28 October</th>
<th>Wednesday 29 October</th>
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<tbody>
<tr>
<td>9:20</td>
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<tr>
<td>2:00</td>
<td>2:15</td>
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<tr>
<td>Family Photos</td>
<td>Subject to change on the day</td>
</tr>
</tbody>
</table>

Year 5 Selective High School Placements for 2016

All Year 5 students have been given information about the application process for selective high schools placement in 2016. To be eligible for a position in a selective school or class in 2016, students are required to sit a placement test on Thursday 12 March 2015.

This includes placement in the selective classes at both Armidale High and Duval High School for Year 7 in 2016.

Applications close on Monday 17 November and must be completed online, there is not an option to complete a written application. If your child did not pass on the information sent home last week or if they were absent from school, additional copies of the note are available from the front office.

Farrer Memorial Agricultural High School Students in Year 5 wishing to attend Farrer Year 7 2016: On-line applications opened from Tuesday October 14 and will close November 17, 2014. Please go to the following website to register: www.farrer.nsw.edu and follow the ‘Selective Schools’ link on the right hand side.

AROUND THE CLASSROOMS

5P students have had a great start to what is shaping up to be a very busy term. Students have begun exploring information about bushrangers and learning all sorts of fascinating facts particularly about Ned Kelly and Thunderbolt. This is part of our Literacy unit ‘Ned Kelly - Villain or Hero’.

Later this term we will go on an excursion to McCrossin’s Mill in Uralla and we will spend some time panning for gold.

Thank you to the families who bought in flowers to plant in the new large pots around the Year 3 classrooms. We planted these gorgeous flowers last week and they look fabulous! Anne-Maree Pattison

Thank you to all the people who have donated plants, seed trays and soil for our new garden beds.

Used and Pre-loved Goods

We need GOOD QUALITY pre-loved items (not electrical) to be delivered to school by Friday November 21. Contact Sue Wilson 6772 1610

News From The Music Room

I am so impressed with the students in our New England Sings choir. They have worked hard at learning their songs and have been singing beautifully in rehearsal.

The students need to wear full school uniform when they attend the rehearsal this Thursday at NECOM.

For the performance on Sunday November 2, students wear their black trousers and brightly coloured t-shirts.

K-Mart Wishing tree Committee have changed the date to Saturday November 8, beginning at 10am. Junior Choir students will be performing at this event. A permission note will be sent out closer to the date.

Yours in music, Sally Spillane

K-2 Athletics Coordinator Juliann Porter

You Can Do It ‘Persistence’ Fun Day

We are having ‘You Can Do It’ Fun Day with a focus on ‘Persistence’ on Thursday October 30. Students may wear purple clothes on this day. Students will be involved in many group activities emphasising persistence skills throughout the day.

Icypoles will be sold for $2.00. Students may bring their money on the day and give it to their class teacher. The icypoles will handed out after lunch.

This will be a wonderful day at our school as students will work together across the grades to practise the skill of persistence.