**Principal’s Message………………….**

**Star Award Treat**
This afternoon our Star Award students have had the opportunity to be rewarded for their exemplary behaviour and attitude. We have spent the afternoon playing ping pong, playing with bubbles and drawing with pavement chalk, as well as playing other games. It is always delightful to spend time with students who always follow the 3Bs. Our final Star Awards for 2014 will be presented at assembly in week 4.

**Canteen News**
Last Wednesday we welcomed Tracey Ruthven back to our canteen. We would like to thank Max Odlin for the great work she did in Tracey’s absence.

**School Photos are on TOMORROW!**
Please ensure that your child is in full school uniform for the photos. Please return your envelopes tomorrow, if you haven’t already done so.

**P & C**
There will be a P&C meeting in the library at 6pm today. We will be discussing the new planning cycle. All parents and citizens are welcome to attend.

**Kindergarten Enrolments for 2015**
Our kinder transition program will be held next week on Monday 20th October, Tuesday 21st October and Wednesday 22nd October. Enrolment forms for kindergarten students should be completed and returned as soon as possible. If you have friends or neighbours who have children eligible to start school next year, could you please encourage them to contact the school as soon as possible.

**Our Australia**
DVDs that were ordered were sent home on Friday. I had the opportunity to watch it over the weekend; I hope you will enjoy it as much as I did.

I noted Sam Corcoran was not acknowledged on the video for all his help with the sound. Thank you Sam!

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**WHAT'S HAPPENING………………….**

**Week 2**
Monday 13th October – P & C Meeting
Tuesday 14th October – School Photo’s
Friday 17th October - Assembly

**Week 3**
Mon – Wed 20th, 21st, 22nd Oct – Kinder 2015 Transition

**Week 4**
Wednesday 29th – Day 1 Life Education Van

**Responsible Pet Care**
Presenters from the responsible Pet Care Program will be here on Thursday of this week for Kindergarten, Year 1 and 2 students. Please discuss with your child what they have learned regarding how to approach animals whilst out in the community.

**Musica Viva**
Thank you to all our parents who supported this program. Pastance performed at our school on Thursday as part of the Musica Viva program.

**Life Education**
Due to the rising costs of this program, and the reducing numbers of students who attend this program, we will be moving to running this program once every two years. This year we have been able to negotiate a special reduced cost of $5 per child.

The Life Education Van will be visiting our school on Wednesday 29th October, Monday 3rd November and Tuesday 4th November.

**Swim School**
We have been allocated our dates for Swim School which are Weeks 8 and 9 this term (24th November to 5th December). Costs will be $56.00 per child. **A note was given to your child today.**

Deb Bradshaw
Principal
**KD News**

Hi to all our Kinder families and apologies for missing the deadline for last week's Newsletter. A belated welcome back to the final term of 2014. I can't believe it's only one more term until our Kinders become first class.

This week your child will be bringing home homework. I have changed the spelling on the inside to reflect the new program we are using. We now have 3 spelling levels - level 1 learns 5 words; level 2 - 8 words; level 3 - 10 words. The first 5 words in each list are individually selected for your child. Instead of using the LSSCWC system we want the child to "write it fast and write it neat" (using the correct starting point etc). Let me know if you need further clarification about this. Congratulations to all parents who tirelessly help their child/ren with work at home. It never ceases to amaze me how much any child is capable of learning.

Lastly, Congratulations to Emily Dark on learning all 1,000 sight words in the Secret Galaxy Program - only one other child has ever accomplished this in kindergarten and that was her big sister Caitlin - Well done, Emily!

---

**Canteen News**

Small Salad - $3.00  
Baked Potato – Corn & Ham - $2.50  
Baked Potato – Bolognese Sauce - $2.50

If you are available to help in the canteen please contact the office and put your name down on a vacant date.

**CANTEEN SPECIAL**

- Pumpkin Soup with bread roll - $2.50  
- Potato and Leek Soup with bread roll - $2.50  
- Pumpkin & cheese fritters - $1.50 each  
- Pumpkin & cheese fritters with salad & coriander pesto - $5.50  
- Pumpkin & cheese fritter wrap with salad - $4.00

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**Assembly**  
Friday 17th October  
Everyone welcome

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**1O news**

Sorry we missed the newsletter cut off for Week 1, but I would like to say a very big thank you to the parents who assisted and helped with our Spectacular items. We hope you enjoyed it!

This term we are learning about Mini-beasts and Getting Along with Others. We are also going to be learning about Japan with the help of Mr Donato each even week Tuesday.

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**News from A Class and R Class**

Please remind and encourage pupils to read and complete home reading journals each day. Their reading journals should be brought to school daily as we check for reading comprehension and discuss their comments with each student. We value this component as part of our morning routine.

This term pupils will be participating in gymnastic activities, at school, each Thursday during P.E time, so it is essential all students come dressed appropriately to partake in these activities.

The term 4 speech task sheet will be sent home in Week 3 and will enable pupils to have 4 weeks research time, before their presentation is due. It is a Science based speech on the environment.

Remember library day is Thursday, but books can be borrowed and returned during lunchtimes or before school.

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**Rock Star Award** in the canteen. Students who order something new and fresh off the blackboard will be in the running to receive a canteen voucher to be used the following week off the blackboard menu. Last week’s winner: INDIELLE EVERSON

INDIELLE please see Tracey in the canteen to receive your voucher.
SAVE THE DATE!!!

The Frederickton Hall will be holding its Annual Halloween Fancy Dress Disco on 1st November 2014 starting at 7.00pm. There will be small prizes for dress-ups.

There will be chips and drinks for sale on the night.

Community News

**You’re Invited**

*Walk, Talk Tour @ MHS*

**Wednesday 5th November, 2014**

9am – 11.00am

Is High School a big step…..

To all Year 6 students and families

The staff at Melville High School welcomes any students, parents or fellow educators for a Pre Orientation Day tour of our comprehensive high school. Tours will be conducted by Leon Ruhl the year 7 advisor for 2015 and Liz Heath LAST and aimed at familiarising students with the lay out of the campus, daily routines, schedules and a question time to relay any fears students may have making this big educational transition. This tour is in addition to the Orientation day on 3rd December 2014.

**Bookings are essential**

**First step……** Ring the school on 65627511 and book a tour with our very helpful administration staff or email Leon Ruhl on Leon.ruhl1@det.nsw.edu.au or email Liz Heath liz.heath@det.nsw.edu.au

Next…. Arrive on the Wednesday and enjoy the morning with Leon and Liz exploring the Melville HS environment.

Light refreshment will be available.

We are looking forward to seeing you at Melville High.
SOUTH WEST ROCKS NIPPERS NEWS

The weather is warm, the water is crystal clear and the start of our season is fast approaching. Mark these following dates in your diary and take note of the important information.

1. **Pool Swims this Thursday the 16th of OCTOBER at 4pm** at SWR Public Pool for the Under 8's and up. Under 8's will only be swimming 1 lap; the other age groups will swim 8 laps. For our older kids who have just completed their SRC as you have completed your proficiency you will not need to do this one.

2. **First Nippers Day, this Sunday the 19th of OCTOBER**, 9am sharp. Please understand the first few weeks can be chaotic. Parents are urged to please help their children's age managers whenever possible.

3. If you require **age caps or swimwear** we will be opening in the downstairs room from 8am and finishing at 9am sharp. This will only be occurring for the first few weeks so please organise yourself to ensure you have what you need for your children early in the season.

Please understand that Nippers is a volunteer organisation. Your help is always required, big or small. Please help your child's age managers, when nippers has finished help carry flags and tents off the beach and ensure if your child takes a board down that they bring it back to the board room. Many hands make light work and it is greatly appreciated.

Looking forward to a fantastic season.

For any enquiries please email Shannon at mrsaskew@hotmail.com
### SPRING GROUP SESSIONS

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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<th>Thursday</th>
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<tbody>
<tr>
<td>6am</td>
<td><strong>STRENGTH &amp; STRETCH</strong> Frederickton Oval</td>
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<td><strong>BOOTCAMP</strong> Frederickton Oval</td>
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<td>9.30am</td>
<td><strong>ZUMBA</strong> Oddfellows Hall Kemp St West Kempsey</td>
<td><strong>BOOTCAMP</strong> Servicers Park Kempsey</td>
<td><strong>HEARTMOVES</strong> Crescent Head Country Club</td>
<td><strong>HEARTMOVES</strong> Garvey Dance Edinburgh Lane West Kempsey</td>
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<tr>
<td>11am</td>
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<td><strong>HEARTMOVES</strong> Frederickton Hall</td>
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<td>12.30 to 1.15pm</td>
<td><strong>LUNCH = BOX</strong> Servicers Park Kempsey</td>
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<td><strong>LUNCH = BOX</strong> Servicers Park Kempsey</td>
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<tr>
<td>1.30pm</td>
<td></td>
<td><strong>Gloved Up</strong> South West Rocks Little Bay</td>
<td><strong>U.M.P.H</strong> South West Rocks Little Bay</td>
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<tr>
<td>4pm</td>
<td><strong>BOOTCAMP</strong> Kempsey High School Hall</td>
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<tr>
<td>5.15pm</td>
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<td></td>
<td><strong>ZUMBA</strong> Kempsey High School Hall</td>
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**BOOTCAMP:** A combination of cardio & strength training with variety each session. Be motivated in a group to get yourself in great shape. All fitness levels catered for.

**GLOVED UP / LUNCH = BOX** A boxing fitness class for full body conditioning (equipment provided).

**HEARTMOVES:** Gentle fitness program enjoyed at your own pace to music. Low to moderate exercise intensity, designed to be safe for people with long term health conditions.

**STRENGTH & STRETCH:** Body strengthening, conditioning & toning via body weight, light weights, resistance bands & fit ball exercises combined with stretching.

**U.M.P.H:** stands for **U Must Push Hard.** Bush runs, beach circuits & boxing.

**ZUMBA:** A fun way to get your body moving. Set to International dance rhythms with easy-to-follow moves for a full-body workout. Exercise in disguise!

Also specialising in custom designed Personal Training sessions that will help you reach your goals.

Gaye White  
0419 0419 19  
glovefit2@gmail.com