Alice’s Adventure - Murwillumbah Theatre Company
Friday 31st October 2014
All students K-6 have been invited to attend the Murwillumbah Theatre Company’s “Alice’s Adventure,” this Friday. This is an amazing opportunity for our students to experience a live show.
Thank you to the families who have already paid and returned their permission slip. Unfortunately there are still many outstanding so we have included another permission note for those students. Please return this ASAP.

2015 Kindergarten Transition—9:00am - 3:00pm
Our 2015 transition to Kindergarten program will begin next Monday 3rd November and run for 5 consecutive Mondays. If you have a child beginning school next year please let us know. Alternatively if you know of any children in the Tumbulgum community who is of school age in 2015 please let them know or have them contact the school office for further information. Dates for orientation are listed on the calendar.

2015-2017 School Planning - Strategic Directions
Tuesday 11th November 5:00pm
Last term, we held a Vision Planning meeting and extended an invitation to all parents. We had a good representation of parents attend and they have agreed to form a “focus group” to continue the planning process this term.
If for some reason you were unable to attend last term but would still like to be involved, I invite you and the focus group to attend the next meeting where we will look at 3 strategic directions for 2015-17.

K-2 Currumbin Wildlife Sanctuary Excursion
On Friday 5th December all students from K-2 will travel by bus to Currumbin Wildlife Sanctuary. Whilst there, children will attend a special Wildlife Presentation. The cost of this excursion is $23.50. A note was sent home last week. Don’t forget to return the permission slip and money as soon as possible.

Yr 3-6 Sunshine Coast Camp/Excursion Payment Plan
Last week the medical permission note was sent home. Please return this completed and signed to the office as soon as possible. We must forward these to Underwater World before our arrival.
We would ask that you follow the payment plan below.

<table>
<thead>
<tr>
<th>Term 2</th>
<th>$50.00</th>
<th>Deposit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Term 3 Week 5</td>
<td>$50.00</td>
<td>Friday 15th August</td>
</tr>
<tr>
<td>Term 3 Week 10</td>
<td>$50.00</td>
<td>Friday 19th September</td>
</tr>
<tr>
<td>Term 4 Week 2</td>
<td>$50.00</td>
<td>Friday 17th October</td>
</tr>
<tr>
<td>Term 4 Week 6</td>
<td>$50.00</td>
<td>Friday 14th November</td>
</tr>
</tbody>
</table>

If you are experiencing any difficulty with payments please speak don’t hesitate in speaking to me.
**Weekly Awards**

**Week 2**

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lilly M</td>
<td>Consistent, quality work</td>
</tr>
<tr>
<td>Declan</td>
<td>Outstanding work in mathematics</td>
</tr>
<tr>
<td>Samuel</td>
<td>Consistent effort in all aspects of learning</td>
</tr>
<tr>
<td>Shelby</td>
<td>Fantastic work in mathematics</td>
</tr>
<tr>
<td>Jaxom</td>
<td>Fantastic dragon narrative</td>
</tr>
<tr>
<td>Estella</td>
<td>Fantastic dragon narrative</td>
</tr>
</tbody>
</table>

**Value Awards**

**Week 2**

<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tia</td>
<td>Being involved</td>
</tr>
<tr>
<td>Briony</td>
<td>Being prepared</td>
</tr>
<tr>
<td>Bianca</td>
<td>Being prompt</td>
</tr>
<tr>
<td>Neria</td>
<td>Being respectful</td>
</tr>
<tr>
<td>Jackson</td>
<td>Being responsible</td>
</tr>
</tbody>
</table>

---

**P&C News**

**Upcoming Fundraising Events**

**Melbourne Cup Function**

*Tuesday 4th November*

The P&C again have been invited to be a part of the Melbourne Cup Lunch at the Tumbulgum Tavern, with the tavern kindly donating a portion of its lunch profits to the P&C Association, and with raffle prizes once again being kindly donated by the Tumbulgum Community Chest. Anyone wanting to assist myself and Kelly Yates on the day please let me know. We only require six people to assist with setting up raffle table, selling raffle tickets and sweeps. The Community Chest has also donated a major raffle prize, which we will start selling tickets for very soon. Prior to the day if anyone could assist me in wrapping the raffle prizes please let me know.

**Antique Car Club Luncheon**

*Saturday 8th November*

Once again the P&C will be providing lunch for the Gold Coast Vintage Car Club at the school. Any parents who can help on this day, your assistance will be greatly appreciated.

The P&C requires helpers for the following times:

- 9am-11am - Setup of lunch area, equipment setup, table setting, chairs, tea/coffee station etc.
- 11am-1pm – Getting food ready for service, food serving etc.
- 1pm- 3pm – Food service, cleaning up and packing away.
- We also need assistance with donations of baked goods for the tea and coffee station.

If you can assist with any or all, that would be great! Your support for these fundraising events will benefit all the students in our school. So please lend a hand if you can. For further information please don’t hesitate to contact me!

Alicia Morgan
President
0402497181

---

**Nutrition Snippet**

The simplest way...

...to add fruit and veg to brekky

Try our winning breakfast ideas at home:

- Serve your toast with a sliced avocado and/or tomato
- Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped veggies and melted cheese
- Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie
- Simply slice some banana or strawberries onto your regular breakfast cereal

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
Mrs Happ called in to introduce Patrick who is 7 days old

The winning Ball Games team

Canteen
Friday 31st October—Regular Menu
Friday 7th November—Red Food Day
All food provided by the House of Gabriel
Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Modern kids are busy kids. Regardless of age, their days are filled with activities.

Under fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives.

School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week.

Nothing wrong with kids being busy as long as they have plenty of chances to relax and unwind.

Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure kids get bored every so often.

There is a temptation to fill kids’ days with activities so that no time is wasted.

“I’m bored!” is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child’s boredom.

There is nothing wrong with a little boredom now and then.

Boredom can be good for kids’ mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the fire.

Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fire. Yep, TV used in this way is good for kids’ mental health.

2. Let kids exercise without rules.

Kids are the kings and queens of play. Always have been. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation.

Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.

Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions so encourage teens to find activities that they truly love and get lost in. Free play generally takes young children to flow very quickly so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.

Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, telling nursery rhymes, providing soothing back rubs and other ways.

5. Unwind with your kids.

When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliché I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be busy and involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective as well as everyone’s sanity is maintained.