Dear Parents

I hope everyone has had a wonderful holiday and spent some extra time with their children. The weather was perfect and I am sure the children enjoyed being outside after a cold Term 3.

As this term always accelerates away with activities and celebrations, it is important for parents to keep up with the upcoming events in the newsletter. The P&C Bush dance is the first major event on Friday 24th October. Roll up the sleeves on your flannies, Yee Ha!

A letter would have been received by parents this year regarding the Medicare Child Dental Benefits scheme. Please don’t forget to access this service and contact your family dentist for further information.

Welcome to Mrs Sennett, relieving in Waratah 3 for the remainder of the year. We wish Amanda the best in her maternity leave.

I will be taking some leave between 20th October and the end of the year. Mrs Henry will relieve as Principal during this time.

Have a great week!

Stan Kowalski
Principal
School Awards
Congratulations to-
Khan, Sophie, Zoe, Leanne, Ryan, Liam Pellekaan,

Principal’s Awards
Congratulations to-
Ryan

We would like to welcome Mrs Brace from the University of New England to our school. Mrs Brace will be undertaking professional experience as part of her teaching degree with Miss Renneberg and Boronia 3 for the first four weeks of Term 4. We are very lucky as a school to have the chance to encourage and lead new teachers, and we hope that Mrs Brace enjoys being at Bathurst West as much as we all do!

AECG Awards Presentation
Congratulations to the following students and staff for their achievements -

Primary Achievement Award - Cooper
Primary Attendance Award - Mitch
Primary Leadership/Cultural Involvement Award Waggonah Dance Group
Outstanding Non Indigenous Staff Member - Mrs Kerrie Lloyd

Clothing Pool
The clothing pool is open every morning from 9.00 to 9.30

Nutrition Snippet
The simplest way...to healthier afternoon snacks

Choose these simple, tasty + healthy snack ideas to give your kids an after-school energy boost.

- Swap full fat ice-cream for reduced-fat yogurt with fresh fruit pieces
- Swap a tin of fruit in syrup for a tin of fruit in natural juice
- Swap flavoured milk for a reduced-fat fruit smoothie (try bananas or frozen berries)
- Swap a chocolate muffin for a fruit muffin

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
Central West OOSH Services

Provide before and after school care for children aged 5-12 years. We provide a variety of activities and experiences and breakfast and afternoon tea is available. CWOOSH is located in the School Hall. Bookings are essential as places are limited. Please call Tanya on 0411 521 460 or email admin@cwoosh.com for further information.

How much water does your child really need?

Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones. Many people don't feel thirsty until they are already dehydrated, so packing a drink bottle with your child’s school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar. To find out the recommended daily intake of water for your child’s age at http://bit.ly/ZjwUjo

Private tutoring

Are you thinking about a private tutor to complement your child’s education? School A to Z explores questions about what to look for in a tutor, what you would want your child to achieve and tips on what to ask a potential tutor. http://bit.ly/K5aczo

Leaving your child at home alone

At some point it will be necessary to leave your child home alone for a short period of time. There is no actual law in Australia that states what age a child can be left alone, but parents are legally responsible for their child’s safety and wellbeing. You may be nervous the first few times (although most kids are excited about the independence) so making some clear ‘home alone’ rules with your child gives them an understanding of their boundaries and how to stay safe. Read more here: http://bit.ly/1u5vTa9

Team sports – more than health benefits

As well as helping kids stay fit and healthy, team sports help them learn that things don’t go their way all the time and that they need to respect their peers. Sports also help children and teens with resilience, how to respond to setbacks and loads more benefits discussed here: http://bit.ly/HlgxVO

Tricks for encouraging kids to read

Is your child a reluctant reader? Why not try helping them find the book that goes with a movie or DVD they’ve enjoyed, or are about to see. Encouraging your child to read can help them to build their imagination as well as giving them a better vocabulary. Kids who read different types of books develop a wide range of language skills and are better placed to understand different types of texts as they progress into high school. School A to Z has lots of tips and ideas on encouraging your child to read, at http://bit.ly/HLPmB9

School Terms and Vacations

**Term 4, 2014 - Tues 7th Oct to Wed 17th Dec**

**GENERAL INFORMATION**

Administration Office Hours - 8.45am - 3.45pm  
School commences at 9.15am  
School finishes at 3.15pm  
Students are supervised from 8.45am

9.15-11.15 Class session 1  
11.15-11.45 Play  
11.45-1.45 Class session 2 which includes lunch  
Inside at 11.45  
1.45-2.15 Afternoon tea and play  
2.15-3.15 Class session 3  
The two 2hour sessions will be split by “fruit breaks”

*Nutrition Snippet*  

The simplest way  

...to use leftovers in the lunch box  

Leftovers are an easy way to pack your kids a healthy lunch whilst clearing out the fridge. Simply prepare a little bit extra the right before! Your kids will love the tasty leftovers and their lunch box will be sure to come home empty.

Try some of these ideas:

- Spaghetti bolognaise tastes great on a wholemeal bread roll
- Healthy fried rice or stir-fries are a fun alternative to a sandwich
- Turn leftover veggies into a frittata …they taste great cold!
- Simply add leftover baked veg to a sandwich or use steamed sweet potato or pumpkin as a sandwich spread with cheese (add your favourite salad)

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

We are respectful, responsible, safe learners
Entries are invited for...

Bathurst’s
Poetry / Lyric Competition

2015

Do you love Bathurst...?
Have you got a poem or song inside of you...??

We are looking for people wanting to contribute to Bathurst’s further history by writing lyrics or a song in “Bathurst’s Poetry/Lyric Competition”

If this sounds like you, go to the library (in Keppel Street) and pick up an entry form and competition details

entries close 30th November, 2014

Mitchell Conservatorium enriching lives with music

Bathurst Regional Council