Dear Parents

Congratulations to all the students who have been having so much fun performing at the Eisteddfod over the past weeks. It has been a pleasure to see the excitement of the students as they prepare their performances. Thank you to all of the teachers who have been involved in these great performances. Well done to Chloe, Michaela, Zach and Benten who competed in the Spelling Bee at Raglan yesterday. Spelling aloud in public is a very difficult task and the pressure is extreme.

What a wonderful day the Infants had at their Sports last week! It was great to see so many happy children out on a beautiful Spring day, having so much fun. Thank you to all staff and particularly Mrs Wells for their work on the day.

Next term we have the following staff changes. Mrs Jackson will be on leave for four weeks; Mr Lang will continue to work with Banksia 4. Mr Denmead will be working on a school project for four weeks and also relieving as Assistant Principal, Mr Alexander will be taking over Wattle 3 for that period. Mrs Mills will take her maternity leave with Mrs Sennett working with Waratah 3. Mrs Rue will return to the school for one day per week in Eucalypt 3.

On a sad note for us, Mrs Low has announced her intended retirement at the end of the year. This will be a great loss for our school as her experience, energy and enthusiasm keep us all moving. We also congratulate Meg for her selfless decision in relinquishing the role to allow the school to fill her position for the beginning of Term 1 2014. This process has already begun and will conclude early next term.

A reminder to parents that the taking photos of students within school grounds or at school occasions outside school is not permitted. We have many students whose parents do not wish their children to be photographed and certainly not published. I have recently been informed that some photos of groups of children at a school event have been posted on the internet.

To allow for parents wishing to take photos of their own child receiving awards at assembly, we will have a time at the conclusion of the assembly when parents can take their child’s photo individually if they wish.

As Term 3 draws to a close and we realise we only have a short ten weeks before the end of the year. (I actually saw Christmas decorations for sale in one of our Hardware stores on the weekend!) I would like to thank everyone for the wonderful term we have had and wish you a safe holiday. Be safe if you are travelling away. Have a great week!

Stan Kowalski, Principal
School Awards

Congratulations to-
Kaylar, Beth, Sammy, Patrick, Eli, Machayla, Allira, Connor, Max, Noah, Nashita, Aj, Lacey, Issac, Jacob, Faith, Daniel, Noah, Tyesha-Lea, Aidan, Frances, Nevarone, Rose, Jordan, Olivia, Dylan, Trae, Harry, Chelsea, Lakayla

Principal’s Awards

Congratulations to-
Nashita, Jacob, Frances, Nevarone, Trae

Canteen News

CUP CAKE DAY
A BIG THANK YOU TO ALL THOSE FABULOUS PARENTS who cooked over 400 cup cakes for the canteen afternoon tea held last Thursday. I am truly amazed at the work and effort that was made by the cooks to send in all those great cakes. The look on the children’s faces said it all. Also a big thank you to the ladies who helped me on the day to serve all those hungry children and parents. They not only served at afternoon tea time but gave up their time to help prepare and serve the lunches to the children and parents. Thank you. Also Roseanne who made around 120 rainbow jellies. They certainly were a hit. Thank you also to all those parents and children who purchased something from the canteen on the day - you also showed your support of the canteen and the school in this way. It was a great way to celebrate the end of Term 3.

Just a reminder that the fruit promotion will finish this week. Could any children who have entry forms get them to me by Friday 19th September as I have to send them away in the holidays. This will be the last chance for children to purchase the fruit which will enable them to receive a minor prize from the canteen.

The canteen is still operating as usual all this week and children are able to order their lunches up to and including Friday 19th September.

Hoping all the families of Bathurst West enjoy the two week break and I look forward to seeing you all at the Canteen in Term 4.

SEP REPORT
The SRC has decided to run an Oz-Tag Competition in Term 4. There will be announcements made at the assemblies - so start thinking about fair teams. SRC representatives running the competition will decide whether the teams are even. After a mufti-day in Term 3 we have raised some money and the SRC needs some ideas on how to spend it. Some suggestions include buying sporting equipment like Frisbees and totem tennis poles. If you have any suggestions tell a SRC member Peter & Jacob

When lunch comes home ... again
Almost nine out of 10 Australian parents say children's resistance is a major obstacle in their efforts to provide a healthy diet, and in many cases school lunches are one of the battlegrounds. But it's a battle families can do without and there are some simple steps to help avoid it.
Find out more: http://bit.ly/K7loJD

Reduce, reuse, recycle
Australians throw away 3.3 million tonnes of food every year – up to a quarter of the country’s food supplies - mainly because we purchase too much. Consider planning your meals and only buy what you need. Reduce packaging in your child’s lunchbox and use re-usable containers rather than plastic wrap where possible. It also leaves our school grounds much cleaner!
School Terms and Vacations
Term 3, 2014 - Tues 15th July to Fri 19th Sept
Term 4, 2014 - Tues 7th Oct to Wed 17th Dec

Tips for tackling kids head lice
Use hair conditioner and a fine head lice comb. Apply conditioner to the hair and comb through with a wide-toothed comb to remove the tangles. Let the conditioner dry, then use a fine metal lice comb to remove the lice and pull the nits off the hair. The conditioner helps slow down the louse and makes it easier to comb out. Then rinse out the conditioner **THIS DOES WORK**. Make sure you re-treat your child’s head in seven days to catch any nymphs that may have hatched.

Learn to Swim/ Water Safety - K-4
Our Learn to Swim and Water Safety Program will again be organised for children in Years K - 4 during November. The approximate cost for the program will be $90. The cost will cover 8 lessons, bus fare and pool entry. Further information and permission notes will be handed out during the first week of Term 4.

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

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.
For fees and further details please contact Tanya -
Phone 0411 521 460
Email - admin@cwoosh.com

CWOOSH SCHOOL HOLIDAY PROGRAM
22nd Sept - 3rd Oct
Kelso Communal Hall (off Barina Parkway)

WEEK 1
Mon 22nd - Art Workshop
Tues 23rd - Barcoo’s Farm Visit
Wed 24th - Jumbo Jungle
Thurs 25th - Junior Commando
Fri 26th - PJ Day & In House Movies

WEEK 2
Mon 29th - Visit from Bathurst Fire Brigade
Tues 30th - Ten Pin Bowling
Wed 1st - Mad Science Day
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Getting ready for school camp
School camp is one of the highlights of childhood, however, it's also true that for some children (and their parents) the thought of staying away overnight can create a little anxiety. Read these tips for school camp confidence. Find out more: http://bit.ly/Zsl9Wg

Cyberbullying - prevention tips for parents
The statistics around cyberbullying are sketchy, mainly because it often goes unreported. What we do know is that the likelihood of children being bullied online or over the phone increases as they get older and use technology more frequently. Find out more: http://bit.ly/xHLLDH

How much screen time?
'Screen time' used to mean how many hours you spent watching TV and playing on the computer. However, with the growing number of digital devices on offer today, the question of what screen time means now is far more complex. Find out more: http://bit.ly/QFlqyz

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James Ruse Agricultural High School Orchestra and Concert Band
came to visit our school. Some of our students were lucky enough to workshop and perform with the groups.

Thanks to Mrs Peard for organising this special event.
Basic Event Instruction Course (BEIC)
Getting Started in Little Athletics

Central Tablelands Zone
Hosted By: Bathurst Little Athletics
Morse Park (near Visitors Centre) Bathurst
21 September 2014 at 10.00am

- Have you ever wanted to help at your Little Athletics Centre but not known how?
- Has your local centre ever asked for volunteers and you stood back because you didn’t want to make a mistake?
- Has your child ever asked for basic event assistance and you didn’t know how to help them?

If you answered YES to any of these questions, then this course is for you!

To do this course you don’t need to have any prior knowledge of Little Athletics; all you need is a willingness to learn. ‘Basic Event Instruction’ is a term used to encompass the essentials you need to know about how to conduct an event at the ‘how not to get disqualified level’.

The course also dispels some common myths and misconceptions about each of the Little Athletics events.

The majority of the course is practical, with some theory involved. The atmosphere of the course is fun and non-threatening, making it a day where people can feel relaxed and motivated by what they learn. It is also nice to know that there is no exam and no cost is involved.

What are the course topics?

**TRACK:** Running, Hurdles, Walks, Relays, Starting, Timekeeping

**FIELD - THROWS:** Shot, Discus, Javelin

**FIELD – JUMPS:** High Jump, Long Jump, Triple Jump

(It is not a coaching course or an official’s course but one that is a raw starting point for the first time parent).

Any questions please contact Bathurst Little Athletics 0402 014 759 Belinda Ireland or Veronica Amor (Central Tablelands Zone Coordinator) on 0427 621 823