Dear Parents/Carers

The Book Week parade was a lot of fun yesterday and I would personally like to thank all families and children for making a huge effort to help make the day special! The costumes were fantastic and showed a great deal of imagination and creativity. Well done everyone!

I also want to thank the community for supporting our Sky Stories event last Thursday. I would have to say that the evening was perhaps the highlight of the year so far for me and I hope it can become an annual event. Aunty Gloria’s stories were entertaining and Saturn was simply stunning!

Can I please ask that parents always use the designated crossing when walking across Suttor Street in the afternoon? Worryingly, I have seen several near misses recently where parents cross with their children over the crest of the hill and from behind a bus; three of those yesterday in the pouring rain. This is extremely dangerous and puts the lives of children at risk. We have spoken to the children about using the crossing, but they are unlikely to listen if parents don’t also heed this advice. Please set an example of safety through your own actions.

Schools are part of a big community and our school is currently benefitting from some strong community links, such as with the PCYC. Another of these is with Central West OOSH, who provide wonderful before and after school care at our school. We are very pleased to announce a strengthening of this relationship as CWOOSH will now also be offering vacation care in the school holidays from Bathurst West. If you would like more information, please contact Tanya (0411 521 460 or admin@cwoosh.com).

We say break a leg to our senior choir as they compete in the Orange Eisteddfod on Thursday, and good luck to our athletes attending the Western Region trials on Friday.

I hope you thoroughly enjoy/enjoyed the school concert today. Thanks for so strongly supporting our school!

Have a great week!

Darren Denmead
Relieving Principal
Canteen News

Roster

| Mon 31/8 | T.Roels |
| Tues 1/9 | J.Baillie, |
| Wed 2/9 | J.Baillie, R.Coello |
| Thurs 3/9 | J.Baillie, R.Small |
| Fri 4/9 | T. Roels, C.Griffiths |

A big thank you to all those families who supported the Hamburger Day held by the canteen last week. It was great to see the children enjoying their hamburgers. Once again thank you to those people who donated items for the meal deal and thank you to those ladies who helped cook, assemble and bag up around 200 hamburger meals on the day. It was an awesome effort by all. THANK YOU ALL.

Our next special day will be our fantastic CUP CAKE AFTERNOON TEA which will be held on the Infants Sports Carnival day - FRIDAY 11th SEPTEMBER. We sell cupcakes and other delicious goodies on this day to the whole school and parents who attend the sports carnival are most welcome to purchase a delicious home made cup cake. Cost will be 60c. A flyer will go out next week with all the details. SO LOOK IN YOUR CHILD’S BAG FOR THE NOTE.

Swimming K-4 Advance Notice

In Term 4 K-4 children are invited to be involved in a learn-to-swim/water safety program at Bathurst Aquatic Centre. The program runs for 8 days in early November. The cost for the 8 lessons, including pool entry and bus fare, will be $85.

Permission notes will be issued week 8 of this term and full payment and notes will need to be returned by the 16th October (Week 2, Term 4) for your child/children to be enrolled. Look out for the note in Week 8!
plan
lecture
network
nourish
guide
task
design
nourish
network
lecture
share
future moves
Thank you to everyone who came along to make our Sky Stories Community Event such an enjoyable evening. Special thanks to Aunty Gloria for sharing her personal Sky Story and to Suzie New and Nick Ruddell from CSU for assisting with the telescopes and the star gazing.
The simplest way
...to get organised for school lunches.

Over the course of your child’s school life, you will pack around 2,500 school lunches!

Follow our six-step method to make school lunches easy, healthy and eaten every day!

1. Always include a serve of fruit (cut up if your child is young)
2. Always include a serve of vegies (don’t forget legumes like baked beans count, too!)
3. Always include a drink of water
4. Always include a serve of wholegrains (bread, rice or pasta leftovers)
5. Always include a serve of reduced-fat dairy (cheese, yoghurt)
6. Always include a protein (egg, chicken, tuna).

See our website and facebook for more ideas!

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

Student Notes Sent Home
- P&C Family Portrait 2nd Day

Sydney Olympic Park - Kids In The Park
Sydney’s largest school holiday program returns this spring school holidays! There are a bumper 70+ fun-filled activities to keep kids active, outdoors and entertained. A range of activities are free or under $25, making it affordable to discover Sydney’s most exciting playground this holidays.

Archery – Kids on Target & Little Archers
All Day Holiday Recreational Program
Science, cooking, writing workshops
Gymnastics
Circus Skills & Flying Trapeze
Circus Solarus Kids’ Games - FREE
Park Patrol - Mighty Minibeasts
Sport & adventure camps
Walk and Squawk - NEW
....and lots more
Full details at www.kidsinthepark.com.au

The simplest way
...to pack a healthy lunch box.

Remember your daily target for fruit and vegies?
Everyone should aim for 2 serves of fruit and 5 serves of vegies, every day. Sounds hard, but it’s easy if you include fruit and veg across the day…try these simple ideas:

- Pack vegetable sticks – try carrots, celery, capsicum and cucumber – with hummus and vegetable based dips (like pumpkin, beetroot, spinach or red bean)
- Add a small 160g tin of baked beans to your child’s lunch box.
- Leftovers are an exciting lunch box addition: try packing fried rice, vegie stir-fries or some vegie frittatas - they all taste great cold!
- Make a fruit salad – use whatever fruit you have in the house, children prefer small pieces of food.

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

The simplest way
...to protect your skin at the snow!

Did you know that you can almost get a double dose of ultraviolet (UV) radiation at the snow?
Snow and water increase your risk of sun damage as they reflect up to 90% of UV radiation on a clear day. Are you heading for the slopes? Check out these SunSmart tips:

✓ Slap on a winter hat, such as a balaclava, hood or a beanie with flaps to cover your ears
✓ Slide on goggles or wrap-around sunglasses
✓ Apply SPF30+ or higher, broad spectrum and water resistant sunscreen and lip balm at least 20 minutes before going outside
✓ Reapply sunscreen every two hours – put a small tube in your jacket pocket
✓ Take a break from the slopes during the middle part of the day.

Be SunSmart and your children will follow your lead. Enjoy the winter!

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartday.com.au
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 2 hour sessions will be split by “fruit breaks”

Garden Club

Father's Day Family Night

Time: 6pm - 8pm
Date: Thursday 3rd September
Activities:
This is a free event for the whole family focusing on our local dad's. The night will include Putt-Putt mini golf, laser tag, Billy Cart Building and making a gift for dad. Lights refreshments will be available throughout the evening.

Bookings recommended for more information or to book speak to a team member in store or go to www.bunnings.com.au and book your nearest store.

2015 Carp Blitz - Sunday 1st November, Evans Bridge, 7.30am—2.00pm

2015/2016 JUNIOR CRICKET REGISTRATION
WHEN: SUNDAY 6TH SEPTEMBER
TIME: 1PM – 3PM
WHERE: BATHURST SHOWGROUND NEAR THE CRICKET NETS
COST: $80.00 FOR U7’S & U9’S
   $100.00 FOR U11’S, U12’S, U13’S & U14’S
ALL NEW PLAYERS TO THE CLUB WILL RECEIVE A PLAYING SHIRT AND ALL REGISTERED PLAYERS WILL RECEIVE A BUCKET HAT
WE WELCOME PLAYERS OF ALL AGES
CONTACT STEPHEN CAIN ON 0405 030 032
OR TRACY CALLEN 0431 301 621