**Principle News**

**Term 4 Important Dates**

This is a very busy term with lots of events happening right up until the last day of term! Please put these dates in your diary:

- Kindergarten Orientation dates Nov 12\textsuperscript{th}, 19\textsuperscript{th}, 26\textsuperscript{th} and Dec 3\textsuperscript{rd}.
- High School Transition Days Nov 26\textsuperscript{th}, Dec 3\textsuperscript{rd}.
- Step-Up Days (students spend the day with the teachers on their stage next year) Nov 26\textsuperscript{th}, Dec 3\textsuperscript{rd}.
- P&C Bunning BBQ Nov 28\textsuperscript{th}.
- Scripture Assembly Dec 2\textsuperscript{nd}.
- Year 6 Leavers Graduation Dinner Dec 2\textsuperscript{nd}.
- Year 6 Graduation Assembly 10.00am Dec 7\textsuperscript{th}.
- Carols By Candlelight 5.30-8.00pm Dec 10\textsuperscript{th}.
- Talent Quest midday Dec 11\textsuperscript{th}.
- Presentation Assembly 10.00am Dec 14\textsuperscript{th}.
- Mystery Excursion for students who achieve Platinum Onya Award Dec 15\textsuperscript{th}.
- ONYA Celebration Event for all students who receive Onya certificate this term Dec 16\textsuperscript{th}.
- School Closes for Summer Holidays 3.10pm Dec 16\textsuperscript{th}.

**Face painter / hand-made gifts**

We are still looking for a parent/carer or community member who is willing to volunteer to do some face painting during our Carols by Candlelight evening on Thursday 10 December. If you have (or know of anybody who has) some talent in this area, please let the school office staff know. We are hoping to provide this as a FREE activity for our students. The P&C have offered to cover the cost of any materials needed. We are also asking for donations of hand-made items (jewellery/crochet etc.) which can be sold at a P&C stall on Carols night. If any parents or community members are able to donate any items please bring them to the school office or hand them to a P&C member.

Thank you for your support.

**P&C Skate Night**

Thank you to all of the parents and P&C members who helped out during Skate Night this week. The event raised a total of $526 which will benefit your children as the P&C use all funds raised to support school initiatives.

**School Sunnies**

We had very little interest from parents/carers in buying school sunnies, therefore we will not be pursuing this idea.
Wacky Hair Day.

The SRC have organised a wacky hair day for Thursday 19 November. So come with your “wackiest hair” for the day and the cost will be a gold coin donation.

Skoolbag

We now have installed an App called “Skoolbag” as a communication tool to keep parents up to date on what is happening at our school. Instructions for parents on installing the App will be sent home today.

Friday Morning Sport

Rethink sweet drinks

Many children are so used to sugary drinks; it will take time to break the bad habit, as taste buds need to be re-trained away from the sweetness overload these drinks provide. Here are some things you and your child can do to help break the sugary drink bad habit:

Decrease the frequency. If your child is having juice three times per day, start by cutting out one serving per day.

Only carry water. When out and about, carry water to quench your thirst.

Water down juices. Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.

Stop buying sweetened drinks.

Make water easily accessible. Place a water pitcher in the refrigerator or on the counter, or put it in colourful, eye-catching water bottle or cup.

Infused water. Mix in fruit (frozen or fresh), vegetables or herbs such as mint or thyme. Let it sit overnight, and in the morning you’ll have a delicious batch of infused water.

Unsweetened milk. Cow’s milk, almond milk, soy milk or rice milk are all fabulous choices. Three servings per day help provide adequate calcium and vitamin D.

Next time your kids are reaching for a drink, help them refrain from sipping something sweet. Their health may depend on it.

Canteen Roster

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<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>9 November</td>
<td>Leanne</td>
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<tr>
<td>11 November</td>
<td>Jamie-Lee</td>
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<td>13 November</td>
<td>Maree</td>
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<td>10 November</td>
<td>Marette</td>
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<td>12 November</td>
<td>Rachel</td>
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PBL Rule of the Week

Stop Gossip

Please speak to your children about the importance of not spreading gossip and how it harms people.

Thank You for supporting PBL

Our breakfast club is supported by Nimbin Bakery