FROM THE PRINCIPAL’S DESK

Dear Parents/Caregivers,

Our 2016 Kindergarten students attended their first Orientation session last Friday – many in their school uniform!

They were very settled and enjoyed a variety of activities including a tour of the school with their new buddies from Year 4 who received many positive comments about the great job they did as guides. I certainly witnessed this as they visited the front office and patiently and clearly explained to new parents and preschoolers what happened in this part of the school.

The second Orientation session will be held next Friday.

Last Monday the Bellingen Sustainability Centre “The Stables” was officially opened by Costa from ABC program Gardening Australia. 17 students attended this opening and listened to the vision that the Learning Alliance has for sustainability and the environment in Bellingen. This is certainly something our school will plan to be a part of in coming years as we renew our focus on Environmental Education.

Year 6 is in Canberra this week with Mrs Sommerville and Ms Everson. Canberra offers so much to see and do. I know they will have a great time with jam packed days and evenings. Ian Dillon and Peter Rowe are also attending as parent helpers. Thank you to these teachers and parents for taking a week away from their families to accompany our students.

Planning for 2016 is well underway so if you know of families who may be coming to our school can you please let us know? One student can make the difference to how many classes we form. Likewise if you are leaving the area we are sorry to see you go, but would appreciate you contacting the school office to let us know.

Have a great week

Elizabeth Mulligan
Principal
Have you returned your Family Occupation Employment Index (FOEI) information form sent home last week?

It is critical that the details are complete and returned as your information will help ensure that all students are being well served by our school.

ALL FORMS ARE TO BE RETURNED TO SCHOOL ASAP WHETHER CHANGES HAD TO BE MADE OR NOT.

Thank you to the many families who returned their form by last Friday.

CANTEEN NEWS

This Wednesday is the 11\textsuperscript{th} of November and as everyone knows this is Remembrance Day. This means that at 11 o'clock our young receptacles of knowledge will show their respect by remaining silent for one minute.

But, the 11\textsuperscript{th} of November is also the anniversary of other notable events in our history. One such event occurred in 1880 at 10 o'clock in the morning when Ned Kelly uttered his famous last words of “Such is life” before he shuffled off his mortal coil.

To remember the demise of the most famous bushranger this week’s special will be a bacon and egg pie commonly known as a “Neg Kelly” (bacon ‘N’ EgG, get it). The special will be available on Thursday and Friday only and at a cost of $3.50 or $5.00 with a drink.

Feeding your children to a better education,
Eddy Vardabasso, Canteen Supervisor

BUS APPLICATIONS

Students in year 2 who are progressing to year 3 and have a bus pass would have recently been sent a new application form. Students may reapply if they fall under the following criteria.

- The straight line distance from their home address to school is 1.6 km or further.
- The walking distance from home to school is 2.3 km or further.

Students who do not fit this criteria may contact the office for details on how they may appeal and apply for a bus application.

HEAD LICE

Head Lice have been detected in a number of classes. Would you please check your child’s hair and treat with the appropriate treatment if you detect lice or eggs. Students should not return to school unless this treatment has been administered.

We recommend that students with long hair keep it tied back. Thank you

Canteen Roster – November

| Tue 10 | Leonie Jennings |
| Wed 11 | Donal O’Suilleabhain |
| Thu 12 | Laurie Rosa, Elizabeth Joyce |
| Fri 13 | Sue Travis, Leonie Jennings |
| Mon 16/11 | Leonie Jennings |
| Tue 17/11 | Leonie Jennings |

The simplest way

...to use frozen fruit & veg.

Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?

The facts:
- We all need to aim for two serves of fruit & five serves of veg. every day.
- Frozen/canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive.
- Frozen and canned vegies are usually packed shortly after picking, so very few nutrients are lost.
- For canned vegetables, look for labels that feature “no added salt” or “salt reduced”.
- Choose canned fruit in natural juice, rather than syrup.
- Health Star Ratings are on many packaged foods now – the more stars, the healthier the choice.

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

Nutrition Snippet

Eat It To Beat It

Cancer Council NSW

New South Wales Department of Education and Training
A REMINDER THAT DOGS ARE NOT PERMITTED ON SCHOOL GROUNDS UNDER ANY CIRCUMSTANCES.

Children should not approach any dog without the owner’s permission and never approach a stray dog.

A staff member received a dog bite last week when removing a dog from students who were holding it.

Students will be reminded to REPORT if a dog is in the playground and NOT to approach it.

CRUNCH & SNIP SNIPPET
Crunch & Sip does not have to be limited to school days. Encourage your children to crunch on fruit & vegetables and drink plenty of water over the weekend and during holidays. Don’t forget to join in! Be a positive role model by enjoying Crunch & Sip with your kids as you set them up for a lifetime of healthy eating habits.

CURRENT NOTES
- FOEI Enrolment forms (with the orange note)
- Year 6 High school enrolment forms
- Mixed Tag Football note

Diary Dates

November

Mon 9 – Fri 13  Canberra Excursion – Yr 6
Mon 9 – Fri 20  Year 2 & 3 Swim School
Fri 13        Kinder Orientation – Literacy & Numeracy
Fri 20        Kinder Orientation – Home/School relationship building
Sat 21 & Sun 22 – Family Portrait Fundraiser
Fri 27        Kinder Orientation HSIE– No Parent/Carer Session

December

Fri 4 4.15 Guitar Concert
Tue 8 Year 6 Farewell
Wed 9 Combined Piano Concert 9-11
Thur 10 Presentation Day
Wed 16 Last of Term for Students

Community Notices

Bellingen Public School does not endorse these products or services.

Vipassana Meditation Course
A 3 day course in Vipassana as taught by SN Goenka will be held in the local area starting 18th till 21st December, 2015. This refresher course is for students who have completed a 10 day course in this tradition of Vipassana as taught by SN Goenka. Please apply via www.bhumi.dhamma.org

Vipassana means to see things as they really are. It is a practical method of self-awareness which makes it possible to face the tensions and problems of daily life in a calm and balanced way. By this art of living, mental tensions dissipate and the positive qualities of love, joy, compassion and equanimity naturally develop. This path of mental purification is unique in its simplicity, lack of dogma and, above all, its results.

For more information about Vipassana, or to apply for a full 10-day course to learn this technique of meditation, please visit www.bhumi.dhamma.org

Please contact Tali Krieger on 0655 2627 if you would like further information.

May all beings be happy!
ATTENTION ALL YOUNG ARTISTS
The BELLINGEN YOUTH ART PRIZE 2015 is calling for entries!

Entry forms are available from our school office, The Nexus Gallery or The Youth Hub, so start creating now as entries close on Friday 4th December.

To encourage participation we are running workshops for those who want assistance with framing 2D Works. The sessions will be short 20 - 30 minutes and students can bring in their works for assistance. We will look at how students can mount/frame works themselves and what they need to consider when taking works to a framer.

It will be an interactive session and a learning experience for the students. Parents and teachers are welcome to attend.

Information sessions dates and times November Workshops
THURSDAY 19th NOVEMBER - 4pm
TUESDAY 24th NOVEMBER - 4pm
THURSDAY 26th NOVEMBER - 4pm

All framing sessions will be at Bellingen Shire Youth Hub, Cnr Church & William St Bellingen

(See the Brochures with further details are available from the office)

Launch of the Bellingen Shire Local Food Guide and Growers Market Flyer
9:30am Saturday 14 November 2015 at Bellingen Growers Market, Bellingen Showground, cnr Black & Dowle St, Bellingen Clayton Donovan, Australia’s only hatted indigenous chef and star of Wild Kitchen which aired on ABC TV will launch the brand new Bellingen Shire Local Food Guide and Growers Market Flyer. The event will start with a Welcome to Country and finish with sweet treats cooked by Clayton himself. Tea and coffee will be available at the Growers Market stall and the market café will be open for delicious lunch. Music by Janugiina in Gumbaynggirr language, and by Akabella Choir.