TERM 4
WEEK 4
27th October 2014
Wed 29th
12-45pm Scripture
1-30pm VC – Ants
P&C Meeting 7.30pm
Fri 31st
Yoga
Kinder Transition
2.00pm - 3.15pm
Outstanding Notes
Scripture Notes
Live Life Well
surveys
Yr 7 Selective High
School placement

Top hit Ted!

Kinder Transition

Responsible Pet Ownership

Yoga
Congratulations to our students participating in extra curricula activities. Well done to Rosie Collins who made it into the semi finals at the State Athletics Carnival! This is an outstanding achievement particularly from such a small school as ours! Congratulations also to our Enviro Champs on presenting their project at the recent finale! We also hope our 4 students enjoy their day at REEC next Tuesday. Thank you to all staff and parents who assist our students over and above the standard curriculum provision. Matong Public School students are very fortunate to have such wonderful opportunities on offer.

This week we welcome Miss Crouch and Miss Strano, who are in their second year at Charles Sturt University. Miss Crouch (St 2/3) and Miss Strano (Stage 1) will be observing and assisting individual students and small groups over the next four weeks. We do hope they enjoy their time with us.

This week you will be receiving interim reports in Numeracy and Literacy as a commitment to providing current progress reports as well as suggestions as to how you can assist your child at home. Understanding the specific educational needs of individual students is a vital element in identifying and planning the personalised support and adjustments that they need, in consultation with parents. We as a staff are endeavouring to ensure parents receive clear and easy to understand information on their child’s progress using use plain language. The information will provide information on a student’s learning in each of the key learning areas (KLAs) or subjects and compare the student’s achievement against the NSW syllabus standards. Final reports will be sent out at the end of year as usual.

Anne-Moore, Principal

Wanted - sewers and material

An essential component of the new learning spaces will be comfortable, flexible seating. We would like to make a range of hand-made comfy cushions for our plastic chairs and for learning on the floor. We are looking for materials and most importantly anyone who is able to come along to the school to help the students make the cushions. You do not have to be an expert in cushion making, just willing to work with a group to assist with the making (although all experts most welcome!!!). We are looking to re-cover the soft chairs with nice bright colours also. Please let the office know if you have any ideas, materials, ideas for where to source materials or time to assist in the making. If you find any bright ideas for our classrooms, please add to the pinterest board:

http://www.pinterest.com/annemareemoore/reimagining-the-learning-spaces
STAGE ONE NEWS

On Friday last week, Laura and Josef joined us for their first whole day at big school. Carmen and Zeta (the dog) came to visit as well. They taught us about being safe around dogs and cats and also how to care for our pets. We learned the safe way to ask an owner if we could pat their dog.

1. Stop and ask the owner
2. If the owner says yes, tuck your thumb into your fist and let the dog smell your hand.
3. If the dog is happy, pat it from the collar down to the tail.

In other news, Stage One is fundraising for Australian animals by making and selling muffins. We will be making posters to tell you more about this. Please watch this space.

STAGE 2/3 NEWS

Thankyou to parents and caregivers who are supporting their children’s learning at home with quite a few students regularly completing their weekly homework. In Term 4 we are "Shooting for the Stars" so each child that completes their homework receives a star to add to our display. Every student needs to earn at least 8 stars on the display to be part of a fun reward at the end of the term. So please keep encouraging your child to complete their home learning so that they can be part of the fun too!

I am pleased to hear of some clever learning happening at home with Ted finishing the Briar Rabbit series and Erin spent time over the weekend creative writing too. Keep up the wonderful effort children and don’t forget to keep sharing your achievements in class and on Edmodo so we can all celebrate your new knowledge and skills! We are aiming to share more of the student’s work on Edmodo as well, so make sure your child shows you how to access this online.

On Wednesday afternoon we will be participating in a video conference called "Amazing Ants" and to support our learning we are exploring the ant colonies that live in our playground by completing an ant experiment with our results to be sent to the Botany Bay Environmental Education Centre.

Finally a warm welcome to Miss Crouch - we hope that you enjoy your time at Matong Public School!

CONCERT NEWS

Please see the attached note for information regarding roles and costumes for Presentation night.
**CHAPLAIN’S THOUGHT OF THE WEEK**

In my role at school, I spend time with students in the class and in the playground. I sometimes notice aspects of their school life that may need a helping hand! This week it is:

**Ups and Downs of life and what to expect...**

Many of you would have watched a Grand Final recently on TV of either Rugby League or AFL. I was watching the Rabbitohs v the Bulldogs with particular interest. Due to being from South Australia, no one really cared about the NRL and who won but obviously in NSW it is very different. I wanted to know the result and how the game panned out in order to be able to relate to the students and some very keen teachers about what happened in the game. It struck me that the game is very two sided (‘Of course!!’ You might be saying) but hear me out. When you have the ball you are doing all that is within your power to break through the lines in order to score a ‘try’ and every time you get tackled you get up and keep going. You do this 5 times and after the 5th tackle it then becomes the other team’s ball. Here’s what struck me – it’s then your turn to defend. Your mentality has to change. You can’t be all gung-ho and attack because the other team has the ball so you must defend your line. It usually happens EVERY 5 tackles (unlike other sports where you can hold onto the ball for longer periods of time.)

Now apply that principle to life... there will be times when you can attack life - you want to study hard for a test - really get stuck into work because you are loving it - have loads of fun playing with your friends or kids - enjoy cooking - enjoy doing your chores/cleaning - enjoy the weekend/holiday... BUT... as in rugby league particularly, you know that the other team is going to get the ball and they will want to run at you as hard and fast as what they can. It's in these times - you don't have the motivation to do your chores - there isn't any money to be able to afford take away so you have to cook - studying for a test is not what you want to be doing right now - there is a great show on TV right now but there are other important things that you have to do first - work is terrible right now and it's only Monday - you have no energy to mow the lawns or play with the kids or go over to a friend's house... it's in those moments that you need to take a deep breath, brace yourself, know that this is part of the game (part of life) and defend like you meant it because you know that it will be your turn to attack again shortly.

See how you go this week. Notice the good times and notice the harder times too and try and change your mentality towards some of those things that you may not like to do.

Jeremy Polkinghorne (Mr P)
SPECIAL THANKS

Special Thank you to Carol Rudeforth at Willow Boutique and Thelma Irvine at Somerset Rose, Coolamon for so kindly displaying Stage One’s scarecrow art works in their shop windows throughout the recent Coolamon Scarecrow Festival. Additional thanks to Thelma Irvine for setting up ‘Sheriff Scarecrow’ for us on the day and for returning him safely to school. We really appreciate your help, ladies. Please support these generous local businesses. – Valerie McKelvie

Willow Boutique
108 Cowabbie St
Coolamon
(02) 6927 2211

Somerset Rose
91-93 Cowabbie Street ~ Wed – Sun
Coolamon 0427 227968

THANK YOU

Thank you to all the people who sent in items for use in class including Mr Michael Calvo and Mrs Helen Hatty and to the Beard Family for their donation of Christmas stamps. (Sorry if I have forgotten someone.)

Thank you also to Mrs Michelle Hatty for mending our wild cat costume and for making home reader bags for Josef and Laura for 2015.

Thank you Mrs Kristie Smith and Mrs Cathy Collins for your assistance with Speech.

Thank you to Mrs Nikki Kitching for covering more of our library books.

Your generosity is greatly appreciated.

LIBRARY DAYS

Stage 2/3 Monday
Stage 1 Tuesday
HEAD LICE

Head lice are becoming a problem again. Parents please check your children’s hair and treat if necessary.

PORTFOLIO RETURN

Please return portfolios to school at your earliest convenience.
Remember your Stars and Wishes sheet.

WANTED PLEASE

# Old pairs of socks
# Old newspapers
# Fabric scraps

Thank you

AWARDS

Stage One:
Laura Hatty – joining in so well during Kinder transition
Josef Meier – joining in so well during Kinder transition

Stage Two:
Amanda Costello – making a smooth transition back into class
Jack McGovern – improvement in reading

Stage Three:
Connor Smith – excellent effort and results in Maths
Ella Collins – improved attitude to Maths

Special Awards:
Jaylene McFarlane, Grace Collins, Will Beard

Principal’s Award
Erin Kreis – acting responsibly in the playground
If I called your teacher tonight what would she tell me about you?

FRIDAY LUNCHES

Lunch orders need to be at school by Thursday if students want a Bakery lunch on Friday.

P&C NEWS

Next P&C meeting this Wednesday 29th October. All welcome.

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Healthy Snacks Cost Less

Homemade Banana Bread
$3.50/kg

Muesli Bar
$2.20/kg
Facts on Convenience Snacks

A wide variety of processed convenience snacks exist to liven up the school lunch box. These products may appeal to busy parents/carers because they provide quick and easy foods for children. High pressure advertising can lead us to believe we are providing healthy foods for our children. However, whilst some of these new products can be healthy choices, many are not. It is important to read the nutrition label on packaging to assess each food choice. Information about food labelling can be found at the Food Standards Australia New Zealand website.

The nutrition facts about some common lunchbox snacks are discussed below.

Fruit Straps

Fruit straps are high in sugar and low in nutrients compared with other snack alternatives. The high sugar content provides energy for growing bodies but lacks fibre and vitamins that are just as important for children. Fruit straps are a poor choice compared to nutritious alternatives such as fresh, canned or dried fruit. Fruit straps tend to stick to teeth, which increases the risk of tooth decay. They are also expensive compared with fresh fruit.

Muesli Bars and Breakfast Bars

There are many types of muesli bars available. Those that contain chocolate chips, or have chocolate or yoghurt coating usually have a high fat and sugar content. Bars that contain sticky sweetened dry fruit may stick to children’s teeth. Muesli bars that are low in fat and sugar could be an occasional lunch box item.

Breakfast bars have also become popular substitutes for breakfast in recent years. Compared to cereal, some breakfast bars have 1-2 times the amount of sugar and half the amount of fibre. The addition of milk to a breakfast cereal helps to reduce the harmful effects of sugars in cereals with regard to teeth. Milk is not normally consumed with the breakfast bars.

Potato Chips

Chips are high in fat and salt and provide very few nutrients. Those that are ‘cholesterol free’ or ‘baked not fried’ still contain unhealthy fats and are high in salt. Chips that are labelled ‘light’ usually have lower amounts of salt than ‘normal’ chips, but are still high in salt and contain the same amount of fat. Further information on fats can be found on the Eat Well Be Active Facts on fats page.

Sweet Biscuits

Sweet biscuits are high in fat and sugar. Plain biscuits and crackers that are lower in fats and sugars could be used as an alternative to sweet biscuits.

Dried Fruit

Dried fruit contains similar nutrient and fibre levels to fresh fruit and can be a good alternative. However, dried fruit is a much more concentrated source of fruit sugars and can stick to teeth. Dried fruit is still a better alternative to fruit sticks or fruit straps as the fibre contained in dried fruit reduces the fruit sugar effects on the teeth.

Dried Noodles

Dried two-minute noodles are a popular snack for children – eaten both raw and cooked. For some of these noodles the manufacturing process involves the addition of large amounts of saturated fat. The flavour sachets may also contain a large amount of salt. However, there are some low fat varieties of two-minute noodles available. The nutrition panel on the packet will provide information on the fat and salt content of the product.

Further Information

The Eat Well Be Active website is a Queensland government initiative which provides factual information about nutrition and physical activity for all ages. Nutrition Australia has produced a Guide for Healthy Lunches to help parents choose foods for their children which promote health and wellbeing.


This Fact Sheet was adapted from the Food For Smiles resource produced by Queensland Health.
COOLAMON LIBRARY NEWS

Our next Storytime will be held Friday 7th November @ 10.30am. The theme is "Teeth". Dr Therese English from the Coolamon Dental Clinic will be joining us for this storytime. She is will giving some helpful hints to the children and their parents on the importance of looking after their teeth.

Our "Food for Fines" campaign has started again at the Coolamon Library. This is a great opportunity to clear all outstanding fines by donating non-perishable food in lieu of money. All collected food will be donated to St Vincent de Paul in Coolamon. They will then distribute the food to our local families within our shire.

The Coolamon Library is on Facebook! News, pictures, events and opportunities are regularly uploaded - join us now!

Join the library today - Free membership.

Please come along to the Capture Coolamon Shire Opening Night this Friday evening, 6:30pm at the Up-to-Date Store Coolamon, for drinks, canapés & award announcements!!!!

Tickets are $15 at the door. You can join our Facebook event here if you like:
https://www.facebook.com/events/1479712228973489/

Hope to see you there!!
Cheers Bron Hatty

GANMAIN PIED PIPER PRESCHOOL INC

Now taking Enrolments for children 3-5 years of age

Please phone the preschool on 69276269
Leave your name, address and child's name and date of birth

An Information/Enrolment Pack will be posted to you.
1. In which Canadian city did an armed terrorist break into the country’s parliament buildings?
   a. Ottawa
   b. Toronto
   c. Montreal

2. What sport is offering an amnesty (immunity from prosecution) for anyone coming forward with information about match-fixing?
   a. Australian Rules
   b. Rugby League
   c. Cricket

3. True or False, the Government has confirmed that the United States and the United Kingdom have asked Australia to send medical teams to West Africa to help combat Ebola?

4. What was different about a recent heart transplant that was performed by Australian doctors?
   a. the recipient was the youngest ever
   b. the patient was kept awake during the operation
   c. the heart that was transplanted had stopped beating for twenty minutes

5. Which country has been suffering the effects of Cyclone Hudhud?
   a. India
   b. Bermuda
   c. Japan

6. How many households and businesses are likely to face disruptions in Brisbane while the G20 summit is held there?
   a. 8 thousand
   b. 18 thousand
   c. 80 thousand

7. Swedish inventor Alfred Nobel set up the Nobel Prizes for Physics, Chemistry, Peace and Literature (amongst others) in 1895. What is his most famous invention?
   a. the microscope
   b. the telephone
   c. dynamite

8. In which country did fighter pilots come close to shooting down an Australian plane last week?
   a. Russia
   b. Indonesia
   c. China

9. A paralysed man has walked again after cells were transplanted into his spinal cord. Where did the cells come from?
   a. a mouse
   b. his own nose
   c. a donor’s spinal cord

10. Why was a cafe at Neutral Bay on Sydney’s north shore in the news last week?
   a. UK chef Jamie Oliver has bought the cafe
   b. they have won an award for having the ‘best breakfast’ in Australia
   c. several people were injured when a car reversed into the cafe

11. Sadly, Gough Whitlam died last week. What was he most well-known as?
   a. a past Australian Prime Minister
   b. a famous poet
   c. a famous Australian cricket player

12. True or false, a Spanish nurse who was the first person to catch Ebola outside Africa has been cured of the deadly virus?

13. What jail sentence did Oscar Pistorius receive?
   a. 12 months
   b. 15 years
   c. 5 years

14. Why were Katherine residents told to stay indoors when a listed heritage building caught fire?
   a. firefighters were worried that there would be a gas explosion
   b. police were worried that the arsonist that started the fire could be dangerous or armed
   c. the building was thought to have contained asbestos (a toxic building material)

15. Sadly, Oscar de la Renta died last week, what was he best known as?
   a. a famous actor
   b. the French Prime Minister
   c. a famous fashion designer
1. In which city was this marathon run last week?

2. True or false, these photos are of the same woman?

3. What famous Australian art festival includes these objects?

4. Which country has this flag?

5. Name this Australian comedian who has been in the news recently.
Weekly Quiz - Answers

1. In which Canadian city did an armed terrorist break into the country's parliament buildings?
   a. Ottawa - Ministers and lawmakers have hailed the House of Commons' sergeant-at-arms, Kevin Vickers, as a hero for firing the shots that brought down the armed assailant, identified as a Muslim convert.

2. What sport is offering an amnesty (immunity from prosecution) for anyone coming forward with information about match-fixing?
   c. Cricket - Currently, players and officials can be suspended for up to five years and fined for failing to report a corrupt approach without delay, or for not disclosing information about a cheating third party.

3. True or False, the Government has confirmed that the United States and the United Kingdom have asked Australia to send medical teams to West Africa to help combat Ebola?
   True - Foreign Affairs officials today revealed the United States and the United Kingdom had made direct requests for Australian support. Sierra Leone and Liberia, two of the countries at the centre of the outbreak, have also asked for help. Although the Tony Abbott has been reluctant to send medical teams, this may well change with increased international pressure.

4. What was different about a recent heart transplant that was performed by Australian doctors?
   c. The heart that was transplanted had stopped beating for twenty minutes - For the first time, Australian doctors have transplanted a heart that had stopped beating in what they say is a paradigm shift for organ donation. The newly developed technique would save 20 to 30 per cent more lives.

5. Which country has been suffering the effects of Cyclone Hudhud?
   a. India - The cyclone wrecked homes, uprooted trees and power lines, blocked roads and damaged crops in the two states. As many as 400,000 people have been forced to flee from the eastern coast.

6. How many households and businesses are likely to face disruptions in Brisbane while the G20 summit is held there?
   c. 80 thousand - The G20 Taskforce that is in charge of making sure the summit runs smoothly has written letters to 80,000 people to let them know the disruptions they may face during next months G20.

7. Swedish inventor Alfred Nobel set up the Nobel Prizes for Physics, Chemistry, Peace and Literature (amongst others) in 1895. What is his most famous invention?
   c. Dynamite - Nobel amassed a fortune during his lifetime, with most of his wealth from his 355 inventions, of which dynamite is the most famous. In his will he gifted 95% of his fortune be used to create a series of prizes for those who contribute the "greatest benefit on mankind".

8. In which country did fighter pilots come close to shooting down an Australian plane last week?
   b. Indonesia - The dramatic mid-air chase came after radars detected a light plane flown by two Australians, in Indonesian air space without papers or clearance to be there. They were told they needed to land or they would have been shot down. The pilots were delivering the plane to its new owner in the Philippines.

9. A paralysed man has walked again after cells were transplanted into his spinal cord. Where did the cells come from?
   b. His own nose - A man with a completely severed spinal cord has walked again after scientists from Britain and Poland took cells from his nose, transplanted them into his back and re-grew his spinal cord.

10. Why was a cafe at Neutral Bay on Sydney's north shore in the news last week?
    c. Several people were injured when a car reversed into the cafe - Emergency services were called to after a four-wheel drive reversed into the Wild Basket cafe. Seven people who were sitting at tables inside the cafe were hit. Luckily there were no people sitting at the outside tables.

11. Sadly, Gough Whitlam died last week. What was he most well-known as?
    a. A past Australian Prime Minister - Edward Gough Whitlam (died at the age of 98), was the 21st Prime Minister of Australia from 1972 to 1975 and led Labor to power for the first time in 23 years.

12. True or false, a Spanish nurse who was the first person to catch Ebola outside Africa has been cured of the deadly virus?
    True - The nurse was one of the hospital staff who treated two elderly Spanish missionaries who caught the disease in West Africa and were taken back to Madrid. It is believed she was given human serum containing antibodies from Ebola survivors and other drugs.

13. What jail sentence did Oscar Pistorius receive?
    c. 5 years - Pistorius will serve a maximum five years behind bars. He will also serve three years on a separate conviction related to negligent use of a firearm. The sentences will be served concurrently and he could be eligible for parole within 12 months.

14. Why were Katherine residents told to stay indoors when a listed heritage building caught fire?
    c. The building was thought to have contained asbestos (a toxic building material) - Residents surrounding the area were asked to stay indoors or find alternative accommodation until the smoke dispersed.

15. Sadly, Oscar de la Renta died last week, what was he best known as?
    c. A famous fashion designer - Legendary fashion designer Oscar de la Renta has died at 82. The Dominican-born American fashion icon dressed first ladies and other fashionistas for decades including the recent wedding dress for George Clooney's new wife.

VISUAL ANSWERS

1. Beijing - heavy smog led to many runners wearing masks
2. True - Renee Zellweger has been the subject of much talk in the entertainment industry for her recent cosmetic surgery.
3. Sculpture by the Sea - the exhibition started in 1998 in Bondi Beach and is now held in Sydney and Perth.
4. Turkey
5. Josh Thomas - confronted Queensland MP Wyatt Roy on social media over Australia's asylum seeker policy.

Feedback: staff@classroomsolutions.com.au