Woodburn Public School

Week 3 Term 4 Wednesday 22 October 2014

For Your Diary

Week 3  20 - 24 Oct
   Fri  3/4/5/5 Swimming

Week 4  27 - 31 Oct
   Wed  Kindy Orientation
        9:25-11:25
   Thrus  Entertainment Night
   Fri  3/4/5/5 Swimming

Week 5  3 - 7 Oct
   Wed  K/1/2 Swimming
   Fri  3/4/5/5 Swimming

Next P & C Meeting
   Monday  27 Oct @ 6:30pm

Shane’s Simplicities.....
Active After School Communities –
GOLF

This term we are able to offer golf as our Monday afternoom AASC sports program. There are still some places available. Golf is on Monday afternoon between 3:30 and 4:30pm. The program will run for another 6 weeks and it is hoped that we can hold an event in conjunction with the Woodburn-Evans Head Golf Club toward the end of term. The program remains free of charge for participating students. Please return the enclosed expression of interest so we can allocate places before next week.

Enrolments for 2015

Thanks to all the new families who have completed and returned enrolment forms for the 2015 school year. This is very beneficial to our whole school planning. If anyone knows of additional families/students who may be considering enrolment please encourage them to contact the school at their earliest convenience.

Until next week

“Don’t let bad thoughts ruin your day.
Tilt back your head and just blow them away.”

John F Connor

PLEASE NOTE: SWIMMING IS NOW $2:10 ADMISSION FEE

email: woodburn-p.school@det.nsw.edu.au Web: www.woodburn-p.schools.nsw.edu.au
**SRC News**

**Term Four Entertainment Night**

Our final Entertainment Night of the year will be held on Thursday 30 October. Come along wearing your favourite dress up outfits as we have a great time watching “How to Train Your Dragon 2”.

Time: 5.30 to 8pm  Cost: $5 per child or $12 per family.

Bring along a plate of yummies for us to sell and some change to spend.

Tracey Tebbutt
SRC PATRON

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**Community Stuff**

**Playgroup at Woodburn PS**

Every Thursday (during school terms) from 9:30 am to 11:30 am. Come along for a fun morning. We have a great facility with plenty of toys and games. It’s very informal - a chat and morning tea while the kids play. It’s open to Mums, Dads, Grandmas, Grandpas and Carers.

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**Learner Driver Course**

Aboriginal Learner Driver course commencing wed 22/10 @ 12.30pm at casino TAFE. Contact Campus 66612000 or turn up to the first class.

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**Sharing Food and Caring For Community**

As we go into summer, many back yard gardens will be overflowing with abundance. How many times have you heard “I’ve got so much fruit on my trees, I don’t know what to do with it all”? Here’s a great way to share resources and strengthen the ability of local organisations to help vulnerable people.

IT’S SO EASY TO HELP

Bring any excess fruit or veggies from back yard gardens to the Lismore Community Garden each Wednesday morning from 8.30am to 12 noon and we deliver it to local food charities. Please help us “Stop the Rot” and redistribute this valuable resource of fallen fruit that often goes to waste.

If you would like more information about our project, please call me on 0420 640 411 or 6625 2806.

Kerry Gibson (on behalf of the Lismore Food Tree Group).

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**Centenary Celebration 1914-2014**

St Joseph’s School, Woodburn 25 & 26 October 2014.

Come along for a Great weekend, and see old friends

**WEEKEND ACTIVITIES**

Saturday - Open day Displays, School Tours, Entertainment

1.30pm School Performance-Our story 100 years. Morning Tea and Catered Lunch available.

Saturday Night - Dinner Dance  Evans Head RSL Club, $40 Limited tickets. Tickets available now at school office.

Sunday - Official Ceremony 9am Mass All

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**Student Banking**

School Banking is on each Friday morning. If you haven’t opened an account and would like to, please drop into the office.

Lyn Blake
COORDINATOR

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**Inadequate sleep may be linked to a sluggish metabolism!**

Mounting evidence points to poor sleep resulting in a sluggish metabolism, and poor sleep is a risk factor for becoming overweight!

The recommendations for sleep are:

- Preschool (3 - 5 years) 11-13 hours/night
- School (5 - 12 years) 9 - 11 hours/night
- Teens (12 - 18 years) 8.5 - 9.5 hours/night

Some hints for a healthy sleep:

- **Consistency**: going to bed and rising at a regular time (be firm)
- having a 30 - 60 minute quiet time before bed; this might include a bath or shower, pyjamas, a drink, cleaning teeth, a toilet visit, a bedtime story, a goodnight kiss and then lights out as parents leave the bedroom.
- **No screens (TV, phones or game consoles)** in the bedroom
Saints Church, Woodburn, Morning Tea available
Official Centenary Ceremony
For more information contact: St Joseph’s School on 66822468 or Yvonne on 66825695.

**Cricket**

‘Milo T20 Blast gives girls and boys the opportunity to play fun games of cricket in an active and social setting, just like their Big Bash League heroes! Register today at T20BLAST.COM.AU’

‘MILO in2CRICKET introduces girls and boys to Australia’s favourite sport. It’s fun, safe and teaches basic skills to help kids learn to play just like their Australian Cricket Heroes. See IN2CRICKET.COM.AU

**Community Access Bus**

The Mid Richmond Neighbourhood Centre offers return bus trips to Ballina on Tuesdays. Pick up in Evans Head starts at 10am and drop off back in Evans Head is around 3pm. Cost is $10 Per Person for the return trip. To Book a seat or for more information, please phone Eileen at the Neighbourhood Centre on 66824334.

If you require more information please email eileen.stewart@mrnc.com.au or feel free to call on 66824334. I am available Mondays, Tuesdays and Thursdays.

**Did you know**

- The Emu and the Kangaroo are on our crest because neither animal can walk backwards.
- The ‘dingo fence’, which runs from Queensland to South Australia is the longest fence in the world (5,530km). It is about twice as long as the Great Wall of China.
- If all of the shells on the roof of the Sydney Opera House were combined, they would create a perfect sphere.

**AAS - Golf**

I would love to participate in Active After School Golf on a Monday afternoon.

Name __________________________________________
Name __________________________________________
Name __________________________________________
Parent Signature ________________________________
Phone _________________________________________

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Canteen Roster

**STOP PRESS: FULL MENU NOW AVAILABLE ON MONDAYS!**

**New:** Fruit Stack Iceblock 50c

Hot Food only available at lunch. New prices are now in effect. REMINDER - BROWN PAPER BAGS ARE 10C EACH IF NOT BROUGHT FROM HOME! Please have your money securely placed in your lunch bag! Parent Helpers for the next week are in bold. Thanks for your ongoing help - we really appreciate you! If you cannot make it on your rostered day it is up to you to find a replacement. Any ideas for canteen PLEASE come along to our next P & C Meeting!