You Can Do It!

Focus for Week 2 - Persistence

The ability to remain focused on a task until it is completed even if it may be difficult. To work hard to achieve results.

Principal’s Pen

Welcome back to Term 4. It is hard to believe we are coming to the end of Week 2 already. A lot is happening at Boolaroo PS.

A panel has been formed to select the next Principal for Boolaroo PS. The process takes around 6 weeks. We should know the outcome before the end of this term.

One of our focus areas at school this year is to promote a love of reading among the children, and we are indeed fortunate to be included in the ‘Books in Homes’ program. ‘Books in homes’ is a program that has ran across Australia for the past 14 years and has provided 1.7 million books to children across the country. The children are given the opportunity to select books they would like to read and these books are provided to them. We are fortunate to be sponsored in this program by the volunteers from the Seventh Day Adventist Church administration office that visited us during Book Week. More information about ‘Books in Homes’ program will come out later in the Term.

Over the next few weeks, we will be holding our Kindergarten orientation sessions. Ms Jones has been very busy organising these and is full of enthusiasm for a wonderful and exciting year for them in 2015.

In Weeks 4 and 5 our students will also be heading off to camps and I am sure they will be great ambassadors as always for our school.

Louise Wrightson—Principal

IMPORTANT NOTICE: DUE TO UNFORSEEN CIRCUMSTANCES THE CANTEEN WILL BE CLOSED TOMORROW 17th OCTOBER. IT WILL OPERATE ON MONDAY
School Canteen

There will be NO CANTEEN on Friday 17th October. We apologise for the inconvenience. The Canteen WILL BE OPEN ON MONDAY.

P&C Meeting

The next meeting is Thursday 23rd October at 2pm. ALL WELCOME!!!!

Technology Raffle

Chemistworks have donated a beautiful basket of goodies to the school. This is the major prize in a raffle the school is holding to add to our technology equipment. Event Cinemas have also donated movie tickets and Bakers Delight will provide some yummy treats.

TICKETS ARE DUE BACK TOMORROW FOR THE WINNER TO BE DRAWN ON MONDAY

School Camps

Just a reminder for parents that there are two camps being held this term:

They are Year 5/6 to Canberra
From 27th to 29th October 2014.
And Year 3/4 to the Outdoor Recreation Camp at Morisset from 3rd to 4th November 2014.

Payments towards these camps and confirmation as to whether your child is attending are due now.

Please see the office if you need further information.

School Swimming Scheme

Thank you to parents who have finalised their swimming notes and money. If you want your child to be part of this program you need to advise the office as soon as possible. The dates for the program are:

Monday 10 November to Friday 21 November
Cost is $46 to cover pool entry and bus trips. Swimming program is provided free of charge.

Student Awards

Term 3 Week 10 Congratulations to Tarli, Jack, Charnts, Mabel and Imogen

Jayden—You Can Do It—Organisation

Charnts—You Can Do it—Getting Along
Here is an example of the great work our students are doing here at Boolaroo Public.

**Devils den**

Once there were a crew of men travelling along the sea until they found a bottle with something in it. The men pulled it up and they found a treasure map inside. They followed where the map led them. When they got the treasure, the volcano was going to explode, and one of the men said ‘THE DEVILS DEN!!’ in a very deep voice. The men pulled the treasure, out but one man slipped and fell over. It was a horror. They grabbed their crew mates and left the treasure on the island.

By Charnts

See the great illustration Charnts has prepared to go with his story.

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**Tempting your tastebuds**

Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it’s important to continue offering vegetables regularly as they are packed with nutrients that children need.

**So how do we tempt children’s taste buds?**

It’s important to know that children often need to be exposed to a food 8-14 times before they will start to accept the taste or texture of the food. The trick is to keep offering the food, showing that you enjoy eating it and encouraging your child to taste or try that food.

When it comes to vegetables, it helps to serve them in different ways - some children love vegetables raw but not cooked, some love them baked but not steamed and some only like them served separately and not mixed together.

The key is perseverance.

**Below are some great vegetable ideas:**

- Serve them as finger food as they are easy to pick up
- Serve them in different shapes by using a small biscuit cutter
- Serve vegetables with dips such as cottage cheese, salsa, hummus etc.
- Mix vegetables into pasta and rice dishes
- Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

Reference:

Adapted from Munch & Move Healthy eating newsletter snippets
Community News

The Family Energy Rebate
There is some information attached to this newsletter that may be of assistance to families with soaring Electricity Bills.

Girls Cricket
Twilight Girl’s Cricket is starting up again. Registrations are now open for ages 8 to 12. It’s fast and exciting and is played on Friday evenings from 5pm to 6.30pm at Wallsend Park, Thompson Street, Wallsend. The cost is $99.00 per person and includes a MILO T20 Blast Tshirt, KFC T20 Big Bash Leagues team cap and other giveaways. To register visit www.newcric.org.au or for additional information contact Sharyn on 0400 724491 or email administrator@newcric.org.au

Invitation to Carers
Do you provide care and support for another person? You are invited to Carer Connections. Take the opportunity to connect with other carers and listen to our guest speaker. This will be held on 29th October at the East Maitland Bowling Club. You need to RSVP by 24th October to 4921 4895 or 1300 887 766. It is free and morning tea is provided.
This is run by Hunter New England Health Local Health Network.

Come to our FREE FRUIT & VEG SENSE WORKSHOP
This will be held here at Boolaroo Public School on Thursday 13th November from 1.00pm until 3.00pm. Learn to save time and money making healthy meals, learn clever ways to enhance fussy eaters and get a free recipe book simply by attending. This great opportunity is made possible by the Cancer Council of NSW and is part of the “Eat it to Beat It” campaign.
The school will be sending home further information before the event. Come along and make a real difference to your family and their health.

WE CAN HELP YOU WITH MORE THAN JUST YOUR SCRIPTS
* Compounding * Sleep Apnoea
* Dose Administration Aid
* Cardiovascualr Risk Assessment
* Weight Management
* Health Checks * Opioid Substitution
* Home Medicine Review * MedsCheck *Diabetes MedsCheck *Baby Advice *Wound Care * Continence Aids Payment Scheme * Quit Smoking Sup-

Boolaroo Small School Big Heart
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