Message From the Relieving Principal

Dear parents

My operation over, I am back ready to face the remaining weeks of the year with new vigour, there is a lot to be done. The children are already asking about the Christmas concert, we will have to start work on it soon. Mr Hausen has already taught them a song that Ms Jones and I think everyone will enjoy.

This week was Water Week so we investigated where our water came from and how we used and conserved it. The senior students chose a country that had difficulty with clean/fresh water supply to research. We will see the results of their research next week. In maths we have been working on patterns and algebra and the children have been particularly enjoying a new maths game.

This term I need to begin formulating the new school plan, which is to encompass the next three to five years. To do this I need to have input from you as you are all part of the school community. To begin this process I have included a simple survey which I would like returned to the school. All surveys will be anonymous. Children will also have the opportunity to express their ideas at school.

The school plan and the Principal’s position will further be discussed at the P&C meeting on Wednesday. Mr Peter Campbell, the Richmond Valley Network Director, will attend the meeting to discuss the Principal’s position.

Information is available at the school for any parents who wish to apply for entry into Selective High Schools in 2016, upon request.

Anne Goss

Parent Volunteers

We will be calling for parent volunteers for the Intensive Swimming in Weeks 8 and 9. If anyone is able to help out it will be most appreciated.

Star of the Week

Marley Graham

- Marley is a good friend to others
- He does the ‘golden rule’
- Marley enjoys doing lots of school activities like Yellow Box, handwriting and completing school textbooks
- He has good manners and is a good sport
- Marley is good working in the vegie garden and ecology centre
- He is fast at running and enjoys sport
- Marley is a good sport
Congratulations to the following students this week:

Ruby Stafford for excellent inventive spelling and sight word recall.
Tabitha Leonard for working independently.

P & C meeting on Wednesday 29th October. Peter Campbell, School Education Director, to attend. All welcome, please come along. Meeting starts 6pm in the school library.

Which is healthier: Fresh, Frozen or Canned vegetables?
Buying your fresh vegetables in season means they are at their peak nutritional value and at their cheapest. It’s important that they ARE fresh, though, because as the time they are stored increases, their nutrients decrease. Frozen vegetables have their nutrients locked in by the freezing process shortly after gathering, so they are a good option: steam or microwave in a little water for best results. Canned vegetables are a little less nutritious as the canning process affects heat sensitive vitamins EXCEPT for canned tomatoes where the antioxidants are made more available by the heat! Remember when using canned vegetables to get the low salt varieties. Whichever you use it’s great that you’re getting the important five serves a day for your family.

Term 4 at a glance

Wednesday 29th October - P&C meeting
Friday 31st October - Tuckshop
Monday 10th November - KEEP
Monday 17th November - Lake Ainsworth
Tuesday 18th November - K-4 excursion, more details to follow
Monday 24th November - Intensive Swimming starts
Monday 27th November - Kinder Orientation
Wednesday 3rd December - Kyogle High School Year 6 to Year 7 Orientation Day
Monday 8th December - KEEP

Community News

Kyogle High 70s Christmas Trivia Night
Where Saturday 6th December 8pm
Where KHHS School Hall
Cost: $20 pp, tables of 8
RULES:
No under 18s or school students
Dress in your best 70s xmas gear
BYO food and beverages!
Hosted By Mandy Nolan
Tickets can be purchased at KHHS office and Gateway Office Supplies

REGISTER TODAY at T20BLAST.COM.AU