From the Principal’s desk…… Celebrating another terrific week of learning!

Welcome back to Term 4 2014! We trust everyone enjoyed their holidays and are ready for a rigorous term of fun loving learning!

Oscar Trivia Night Friday 24 October, 7:00-10:00pm:$10 Tickets available from the office on Friday.

Wow! What a night! Fabulous Prizes!
You are welcome to Dress Up in your glamour gear, walk the red carpet and go in the drawer for a prize or just wear casual clothes. This is an adults only event. Our special guest MC is our resident stand up comic, Hannah Boland! Key features include:
* Bring your own drink and nibbles!
* Opportunity to book a table for 10 for $100 or single seats for $10
* Silent auctions for some fabulous gifts; bring lots of gold coins and your cheque book!
* Buy a raffle ticket for some great prizes
* A great fun night out! Bring your friends and family members (over 18).
This is our P&C Fundraiser for school ipads! We have some very generous donations! Thank you to our organising committee, including Kylie Hill, Nardia Luckman, Karin Johnson, Hannah Boland and team!

TRIVIA NIGHT RAFFLE TICKETS - WILL BE DISTRIBUTED TOMORROW.

Congratulations to our Students who received a Term 3 Celebration of Achievement Award
We enjoyed a fabulous occasion, sharing our school and student success with our special guests from Hume Coal and Berrima District Credit Union. Our Training and School Bands performed together with our School String Ensemble. I encourage you to view our pictures celebrating our student success.

Ice Bucket Challenge Success
Thanks to Mr Mark Berry, Mrs Grace Provino and Mr James Freeman for accepting the Ice Bucket Challenge to raise further funds for Motor Neurone Disease. This condition is very close to our community heart as Glenn Sargood and his family continue to battle with this crippling disease. Many thanks to Tom Sargood, who nominated our team. Students donated a gold coin. Despite the ice, it was a heart warming episode. We shared much fun and laughter as we farewelled Term 3 together.

New P&C President
Congratulations to Mrs Megan Johnson and Mrs Cheryl Sharp for accepting the Presidency for the remainder of the 2014 term of office. The big focus of P&C this term will be:
* The Oscars Movie Trivia Night: 24th October to raise funds to purchase more ipads for the school with a goal of $5,000
* Support the Kindergarten Orientation, Wednesday 22nd October
* Support Year 6 Farewell, Tuesday 9th December, 2014.
A Big Thankyou to Colo Vale Rural Fire Services
As part of our Bushfire Strategy, Captain Craig McMullen and the Colo Vale team safely burnt our collection of branches and collected bush waste during the holidays. Many thanks! This reduces our bushfire hazards around our school. And in addition, the dead wattle tree was also removed by a professional.

Tricks for encouraging kids to read
Is your child a reluctant reader? Why not try helping them find the book that goes with a movie or DVD they’ve enjoyed, or are about to see. Encouraging your child to read can help them to build their imagination as well as giving them a better vocabulary. Kids who read different types of books develop a wide range of language skills and are better placed to understand different types of texts as they progress into high school. School A to Z has lots of tips and ideas on encouraging your child to read, at http://bit.ly/HLPmB9.

How much water does your child really need?
Staying hydrated is even more important during the warmer months. Every part of your body needs water to work properly and dehydration can lead to painful kidney stones. Many people don’t feel thirsty until they are already dehydrated, so packing a drink bottle with your child’s school lunch is a good reminder for them to drink during the day. Sports drinks and juices are popular with kids, but they often contain a lot of sugar. To find out the recommended daily intake of water for your child’s age at http://bit.ly/ZjwUj

Learning and living in the 21st Century

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Uniform Shop
Roster

October
7/10 Cindy G
10/10 Jane Wiltshire
13/10 Vanessa Eccleston
14/10 Rachel May

Banksia Bites Canteen
Roster

October
8/10 Closed
10/10 Closed
15/10 Grace R, Terri Davis 1/2 day, Linda Z 1/2 Day

Oscar Trivia Night
Friday 24th October, 2014
7:00-10:00pm
$10 Tickets available from the office on Friday.
Book a table or book single seats
Fabulous Prizes! BYOD
LIBRARY NEWS

Thank you to all parents and carers who helped produce such wonderful outfits to celebrate reading “taking you to other worlds” for Book Week. The school looked very colourful and I'm sure all the children enjoyed the day.

A big thank you also to the canteen helpers who provided a host of imaginative space treats for purchase on the day, planets, moon rocks and space cupcakes were a great hit on the day.

The Colo Vale School annual Book Fair will be held during the week beginning on Monday 27th October with a Parents only preview from 2.15-3pm.

Students will preview the fair on Tuesday 28th and create their wish lists.

The fair will be open on Wednesday and Thursday (29th/30th) before school (8.15-9am) and after school (2.30-3.30) on both days.

Parent Helpers
I would really appreciate some parent helpers to assist with the fair sales.
If you can help with the Book Fair sales on either Wednesday or Thursday could you please come and see me in the Library.

Anne Wood
Teacher Librarian

STEWART HOUSE BAGS
Please return your bags by this Friday 10th October, 2014.
TERM 3   END OF TERM   ASSEMBLY

CONGRATULATIONS TO STUDENTS WHO RECEIVED A CELEBRATION OF ACHIEVEMENT AWARD
Students who received a Celebration of Achievement Award at the End of Term 3 Assembly.

KH—Sean Murphy, Paige Alexander
  KZ—Dani Taraby, Ben Brown
1G—Makayla Enslow, Sarah Brown
1/2N—Nash Linsley, Harley Rebbeck
  2P—Rory James, Amity Banhidi
3/4A—Jeddlin Beninca, Alix Luckman
  3/4D—Kazuki Norimura, Hanna Reyder
4/5F—Thomas Sargood, Tiko America
  5/6P—Elise Balla, Hailli Naranjo
  5/6S—Callum Ross, Tiana Cook
RFF—Riley Sharp, Grace Shakeshaft
Library—Joshua Scotson, Cooper Sharp
LST—Lydia McConaghey, Harry Bell
Principal’s Award—Lilly Henry

CONGRATULATIONS!
Mental Health Week This Week. (from Better Health Channel)

Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Boost your wellbeing and stay mentally healthy by following a few simple steps.

1. Connect with others. Develop and maintain strong relationships with people around you who will support and enrich your life. The quality of our personal relationships has a great effect on our wellbeing. Putting time and effort into building strong relationships can bring great rewards.

2. Take time to enjoy. Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you. Do a crossword; take a walk in your local park; read a book; sew a quilt; draw pictures with your kids; play with your pets.

3. Participate and share interests. Join a club or group of people who share your interests. Being part of a group of people with a common interest provides a sense of belonging and is good for your mental health. Join a sports club; a band; an evening walking group; a dance class; a theatre or choir group; a book or car club.

4. Contribute to your community. Volunteer your time for a cause or issue that you care about. Help out a neighbour, work in a community garden or do something nice for a friend. An effort to improve the lives of others is sure to improve your life too.

5. Take care of yourself. Be active and eat well – these help maintain a healthy body. Physical and mental health are closely linked; it’s easier to feel good about life if your body feels good. You don’t have to go to the gym to exercise – gardening, vacuuming, dancing and bushwalking all count. Combine physical activity with a balanced diet to nourish your body and mind and keep you feeling good, inside and out.

6. Challenge yourself. Learn a new skill or take on a challenge to meet a goal. You could take on something different at work; commit to a fitness goal or learn to cook a new recipe. Learning improves your mental fitness, while striving to meet your own goals builds skills and confidence and gives you a sense of progress and achievement.

7. Deal with stress. Be aware of what triggers your stress and how you react. You may be able to avoid some of the triggers and learn to prepare for or manage others. Stress is a part of life and affects people in different ways. It only becomes a problem when it makes you feel uncomfortable or distressed. A balanced lifestyle can help you manage stress better. If you have trouble winding down, you may find that relaxation breathing, yoga or meditation can help.

8. Rest and refresh. Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body. However, feelings of fatigue can still set in if you feel constantly rushed and overwhelmed when you are awake. Allow yourself some unfocussed time each day to refresh; for example, let your mind wander, daydream or simply watch the clouds go by for a while. It’s OK to add ‘do nothing’ to your to-do list!

9. Notice the here and now. Take a moment to notice each of your senses each day. Simply ‘be’ in the moment – feel the sun and wind on your face and notice the air you are breathing. It’s easy to be caught up thinking about the past or planning for the future instead of experiencing the present. Practising mindfulness, by focusing your attention on being in the moment, is a good way to do this. Making a conscious effort to be aware of your inner and outer world is important for your mental health.

10. Ask for help. This can be as simple as asking a friend to babysit while you have some time out or speaking to your doctor (GP) about where to find a counsellor or community mental health service. The perfect, worry-free life does not exist. Everyone’s life journey has bumpy bits and the people around you can help. If you don’t get the help you need first off, keep asking until you do.

If at any time you are worried about your mental health or the mental health of a loved one call Lifeline 13 11 14.

Netty Dubokovich- Student Welfare Worker…. “SpeakLife”