Well! What a week of weather we are having! Unfortunately the rain, while great for the garden is unwelcome for most of our farmers. Hopefully the results from this week’s deluge will not all be bad.

Next week the students will be involved in the R&SL Remembrance Day service. This is an opportunity for our younger generation to experience the solemnity of this occasion and gain some appreciation for the sacrifices many have made. The teachers will be speaking with their classes about why we celebrate this day and what it means to so many in our communities.

At Governing Council last week, I announced that the newsletter will be published fortnightly from 2016. We will produce the fortnightly newsletter in odd weeks so that we can still communicate items of interest at assemblies in the even weeks. I feel that both of these avenues of communication, together with Tiqbiz and class newsletters will keep our school community well informed of the happenings at school.

In case you hadn’t noticed, this term is flying past! Our Year 7s are excitedly awaiting their Graduation dinner on 3rd December, in Week 8 and preparing for Transition. Classes have started planning and practising their concert items ready for the end of year concert on the 8th December. Teachers are preparing to write the final reports for the year.

Busy times!

See you at assembly tomorrow

Prue

Friday was World Teachers Day and many thanks to students and Mrs. Wurst who prepared a beautiful morning tea for the great Teachers at our school! Wow! Very impressive apple cakes.

Attendance Target for Term 4 - 94% - Week 3 90%

Credit Union Pageant Community Site tickets are available from the school again this year, thanks to Kylie Clogg. The free tickets (wristbands) will enable you to access the Community Site in Wakefield Street. There will be some umbrellas for shade, free face painting and access to toilets. Please enquire at front office for maps, wristbands etc.
Jez is asking for your support with fundraising for the Guide Dogs. She has been busy making some very colourful Loombands to sell at school and they will be on display in the front office, prices ranging from .50c – $1. Any gold coin donations would be gratefully accepted.
A healthy, active workplace is one that:
• Values health and wellbeing
• Actively encourages workers to be active
• increases opportunities to be healthy and active
• supports workers to make healthy choices
• integrates health and wellbeing practices into organisational culture and structure
• uses a wide range of strategies to improve the health and wellbeing of workers.

What are the benefits of establishing a healthy, active workplace for both the organisation and the individual?
• improved mental health
• improved physical health
• improved concentration
• improved relations with co-workers
• decreased health risk factors
• enriched lives

G’day Asia

All students visited Gladstone on Monday to see a performance called G’day Asia’. The performer and his puppets took us on a whirlwind tour of Asia, where we learnt facts about Asian culture. Year 1/2/3 students commented on the show.

Madison Yr 1 – The monkey’s voice was funny
Adam Yr 3 – I enjoyed learning about different Asian Cultures.
Skye Yr 2 – It was helpful because I might want to go there one day.
Will Yr 3 – The performer and his puppets were really funny.
Jackson Yr 3 – The “Oga Oga’ was interesting.
Asia Yr 3 – Lots of our students got to go in the dragon parade. It looked like fun.
COMMUNITY NOTICES

High consumption of soft drinks and other sugary drinks are associated with a number of health problems, including overweight and obesity, increased prevalence of tooth decay and poor nutrition.

As part of a collective OPAL strategy, OPAL MidNorth recently undertook a junior netball and football barcode data survey across all three OPAL MidNorth regions. The aim of this survey was to better understand the current culture of parents, team managers and coaches providing sugary drinks and colds during junior sports participation. Early indications from this very brief and simple data collection were encouraging, showing that the supply of sugary drinks to junior footballers and netballers during games time was minimal. The data did suggest however that the supply of soft drinks to junior footballers and netballers was far more common place and that there was reason to pursue a dedicated, collective movement to change the culture behind this practice. Much like the consumption of sugary drinks, the cultural change towards the supply of soft drinks during game times is negatively impacting on the health of children and draws no evidence of improved energy levels or performance.

The ‘sugar free junior sport and physical activity’ movement is a collective OPAL response aimed at working with sporting clubs and bodies, regionally and state-wide to support healthy food and drink consumption in junior sport and physical activity. We have over 50 organisations state-wide committed to the cause and OPAL MidNorth invites your sporting club to become a ‘sugar free junior sport and physical activity’ ambassador.

Why sugar free sport and physical activity?

It’s about taking one small step in supporting our children to eat and drink well. Foods like sugary drinks and colds are considered to be ‘extraneous’ foods by the Australian Dietary Guidelines however these ‘extraneous foods’ have now become common place and are consumed at a much higher and consistent rate than ever before. The sugary food and drink consumption at junior sport is contributing to the worrying statistic that 40% of the average child’s intake is coming from these ‘extraneous’ or ‘sometimes’ foods. However evidence does suggest that individuals will eat healthy foods and drink if the environment is made easier for them to choose healthier options.

OPAL MidNorth is seeking committed sports clubs and physical activity environments to work with OPAL on consulting, developing and implementing policy or rule environments that:

**Encourage** junior players to drink water before, during and immediately after sports participation and discourage junior players to drink soft drinks, including sports drinks, before, during and immediately after sports participation.

**Discourage** parents of junior players to provide soft drinks and sugary drinks for pre, during and immediately after sports participation.

What’s next?

OPAL MidNorth request this letter to be tabled at your next sport club committee meeting and the opportunity for your club to become a ‘sugar free junior sport and physical activity’ ambassador to be put forward for discussion. We aim to promote our MidNorth region as leaders in the overall aim of achieving supportive environments for children and families to eat well and be active. Accepting this invitation and playing a proactive role in this OPAL State-wide response is one simple way of showing your club’s commitment to improving the health and wellbeing of our local young athletes. To register your club’s interest and schedule appropriate meeting times with your local OPAL team, please email OPAL MidNorth Program Manager Emma Young on emmaa@midnorth.sa.gov.au or contact Emma on 0439 030 303.

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SOUTHERN FLINDERS NETBALL CLUB

A.G.M

Held on 9th November 2015 at the Laura Tennis Shed

7:30pm start.

Please come along and support this meeting ready for the 2016 season.

By attending this meeting you learn valuable information without being tied to a position, all new and past members welcome.

Any information please contact Bern Schmidt
0439864330

Summer swimming Lessons
Gladstone Swimming Pool
(Formerly known as VACSWIM)

DECEMBER 14th-18th 2015

Enrolment: Saturday 28th November 10-12pm

At the Gladstone Swimming Pool

For swimmers of all levels School starters 2016 and older

Jayne Potter: 86622338

Please Note: Koffi’n Kandi Cafe will not be opened on Saturday November 14th due to a family function.