Welcome to Term 4 2014

I would like to thank Miss Thomas, Miss Giorgi and all of the staff for their support last term as I recuperated from knee surgery.

It was great to be able to attend the fete and catch up with so many families and local supporters of the school. It was lots of fun and a great fundraiser for the P&C. A huge thank you to the P&C who organised the whole event.

David Munday
Principal

Schools Spectacular Fundraiser- Out of Uniform Day
As part of our fundraising for the Schools Spectacular, we will be holding an Out of Uniform day on Thursday 23rd October. Students are asked to come out of uniform and bring a gold coin donation. No singlet tops to be worn.

Serenity off to State Championships!
Congratulations to Serenity Clancy who will be competing at the State Athletics Championships to be held at Homebush, Sydney, this Wednesday, 15th October. Serenity will be contesting the 11yr girls 800m event. Serenity placed second at the North Coast championships held last term in Lismore. It is a wonderful achievement to compete at this elite level of sport - good luck Serenity!

BSG Rewards Day – Last day of Term 3
Parenting Ideas by Michael Grose
HOW MANY SCREENS IS YOUR CHILD WATCHING?
Childhood today is an indoor activity. A recent News poll survey found that children under 10 spend less than ten per cent of their free time playing outdoors. The older children become, the less vigorous the activity they engage in. The average time for 5-6 year old children involved in vigorous activity was 4.3 hours a day. By the time children reached the 10-12 year age group, this figure had halved to 2.2 hours a day. Most of children’s physical activities are performed at school.

The biggest factor affecting children’s play habits is the revolution in sedentary entertainment options- television, computers and video games. Most of the research available about kids and screens focuses on television viewing, and that is inconclusive. Many children when they leave the TV use a computer or play a video game so they simply replace one screen with another rather than engage in physical activity.

Here are some ideas to help ensure children spend more time involved in active pursuits away from electronic screens:

Set time limits on the use of television, computers and video-games. One Australian study revealed that 40 per cent of parents in homes with televisions have no time limits or rules for TV viewing and just fewer than 50 per cent of families eat their evening meal in front of the TV.

Keep televisions, computers and video-games in public places so that you can monitor their use.

Have screen-free time. Either once a week or have some time each day when all screens are off, unless they are needed for educational purposes.

Ensure a range of alternative play options are available that suit the interests of each child. Actively encourage each child to participate in at least one weekly creative, community-based or sporting activity.

How children spend their time influences their personal and social development as well as their physical well-being. Some children need little guidance regarding their use of free time, while others benefit from parents’ encouragement to try healthier alternatives to the range of electronic screens that compete for their attention.

Aldavilla App:
The Android menu is activated by the physical menu button on all Android devices. The physical menu button is usually on the left side of the centre (home) button just below the screen. Once tapped the menu slides up from the bottom of the screen which gives access to all features of the app.

Kindergarten Orientation:
Orientation visits commence this Thursday at 1.15 - 3.00pm. The children will spend time in the Kindergarten classrooms and go for a ride on the bus with their parents. This is a very exciting time for the children and their families.

Term Planners
Term Planners are being sent home this week with your child. These planners are to assist you with organisation for Term 4 by listing upcoming events and activities for each Home Base.

Judy Wright
Community Partnership Officer
Judith.wright7@det.nsw.edu.au

Hi everyone, welcome to Term 4 cooking and gardening program. This term we will be talking about the different courses a meal can include. For example, entrée/appetiser, main meal and dessert.

In Weeks 2 and 3 we will be cooking a variety of entrees; Weeks 4 & 5 a variety of main meals and Weeks 6 & 7 a variety of desserts.

In Weeks 8 & 9, as a finale for Term 4, we plan to cook a 3 course meal with a Christmas theme.

We need volunteer helpers to make the cooking program a success. Please consider volunteering your time. Just call the office or Gaye Dufty on 0427 625 156. Look forward to seeing you all in the train.

The Department of Education now requires volunteers at schools to provide 100 points of identification if they haven’t volunteered before or during the last 6 months. Please see the office. Thanks

Volunteers are also needed for our gardening program. No heavy lifting or digging required, it is more a support role for the students.

Jake P, Linc Mc, Dylan W in cooking class
Week 2 Term 4 2014

14th October, 2014

Nevaeh B, Blake D, Abbey R

Canteen News:
Summer Time Special:
New wraps to beat the heat:

**Chicken Caesar**  
Cos lettuce, chicken, cheese,  
bacon pieces and Caesar dressing  $4.50

**Sweet Chilli Chicken**  
Sweet chilli tender, lettuce, tomato, cheese, sour  
cream and sweet chilli sauce  $4.50

It’s disappointing to report that we only have three  
helpers in the canteen. One of these great, reliable  
ladies has no children or ties to Aldavilla. Isn’t it sad that  
with over 100 families within the school we can only get  
three helpers. If you can help, even one day a fortnight,  
or even monthly, that would be great and being able to  
see your child’s face is the best reward. It’s a great  
stress-free environment, so if you could spare some  
time, please pop into the canteen and see us.

**Whole School 2 Day Swimming Program**

All students are expected to participate in our Learn to  
Swim program which will be conducted over two days on  
**Thursday 6th November and Friday, 7th November.**  
Transport will be by bus from Aldavilla P.S. Cost is $10  
per child.

For full details of the Whole School 2 Day Swimming  
Program, please refer to the Information Note and  
Consent form sent home with your child yesterday.

**Intensive Swimming School**

A 10 day intensive learn to swim program will be  
conducted for all children in Years 2, 3 and 4, as well as  
students in Years 5 and 6, **that cannot swim 50m.**  
**There are limited places available.**

The Intensive Swimming School will be conducted from  
**Monday, 10th November to Friday, 21st November.**  
Cost is $45 per child which includes the Whole School  
Swimming Program.

Transport to and from the pool each day will be by bus.  
For full details of this program, please refer to the  
Information Note and Consent form sent home with your  
child yesterday.

**Please return the money and permission note in the**  
attached envelope to the office by Friday 24th  
October. EFTPOS and credit card facilities are  
available.

If you wish to apply for Student Assistance please  
contact the school office.

**Opportunity Class Placement for entry to a selective**  
**high school in 2016**

Applications for selective high school placement for  
students entering into Year 7 in 2016 can be made online  
between 14 October and 17 November, 2014. A note  
detailing instructions on how to apply will be sent home  
to all parents/carers of Year 5 students.

**Community News**

**Autism Spectrum Disorder Workshop 2014NSWPC15**

Venue: Australis Sanctuary Resort  
250 Pacific Hwy (South), Coffs Harbour  
**When:** Two day workshop Wed 12 & Thurs 13 Nov  
**Time:** Day 1 9am to 4.30pm (Registration from 8.15am)  
Day 2 9am to 3.30pm  
**Online registrations preferred**  
www.positivepartnerships.com.au  
Registration form available in school office **only** if you do  
not have access to the internet.

**Junior Basketball**

Primary “Learn to Play” season – every Thursday  
afternoon 5pm Melville High School hall.  
Skills sessions and a game for $3.  
High School ages play at 4pm on Thursday.  
Women play on Monday evenings at 6pm.  
For more info, ring Evelyn Jacobs 0418 463 278.

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**Canteen Roster Term 4**

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<th>Week 2</th>
<th>Natalie</th>
<th>Lorraine</th>
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<td>Natalie</td>
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<td>Meagan</td>
<td>Lorraine</td>
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**LUNCHBOX TIPS**

For a balanced lunchbox we suggest:
- A main meal (sandwich, wrap, salad)  
  containing veggies and a protein food (meat, fish, chicken, egg, cheese)
- A piece of fruit
- A healthy snack (e.g. veggie sticks)
- A drink (water is the best choice)
- An extra snack can be included  
once a week. Try to reserve these for days when  
your child needs more energy

For more ideas visit www.healthy-kids.com.au