Positive Awards System

Congratulations to the following students who have progressed through our positive awards system and have been recognised by their peers and teachers for a great effort.

Assembly Awards

HB1  Brock S  Zara J
HB2  Riley S  Miah I
HB3  Abby B  Ryan S
HB4  Bodhi C  Noah F
HB5  Hayley P  Connor B
HB6  Winter B  Satrey C
HB7  Zarya T  Tyson P
HB8  Freya W  Anna W
HB9  Bodhi P  Sam D
HB10 Michael O  Heidi L
HB11 Joel B  Ray R
Mrs Foulkes:  Cooper H, Jen S
Miss Matthes:  Ben R, Rylan T


4C's Award Winners
"Together we learn and achieve in a caring, cooperative, courteous and committed environment"

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<thead>
<tr>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
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<tbody>
<tr>
<td>Nevaeh B</td>
<td>Paige M</td>
<td>Serenity C</td>
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<tr>
<td>Mathew G</td>
<td>Cooper A</td>
<td>Jackson P</td>
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Pictured left are: Serenity, Paige, Nevaeh, Mathew & Jackson

Coming Events for Term 3 2014

18/09/14  Aldavilla Spring Spectacular Fete
19/09/14  BSG Rewards Day
          Last day of school for Term 3
07/10/14  Students return to school
16/10/14  Kindergarten Orientation
          1.15pm-3.00pm
17/10/14  Assembly HB12 12.15pm
24/10/14  Kindergarten Orientation
          9.15am 11.30am
29/10/14  Kinder Timbertown Excursion
31/10/14  Play Group for Kindy 2015
          11.30am-1pm
          Assembly HB11 12.15pm
6-7/11/14  Whole School Swimming
          9.30am-12.00pm
10-14/11/14 Swimming School
17-21/11/14 Swimming School

Judy Wright & Kim Taylor (Director - Public Schools)
On Wednesday 3rd September Mrs Wright received a Macleay Education Community of Schools Award presented at the opening night of the Spring into Art exhibition at Gladstone. Mrs Wright’s award was in recognition of her invaluable contribution to the school. Congratulations!
Developing a Healthy Lifestyle

Parents and caregivers can encourage children to be more active by having them participate in family activities as well as sports. Following are some ideas you can use to keep your kids healthy:

- **Limit the amount of children’s television, computer and electronic games usage to a maximum of two hours a day.** Very little physical exertion is needed to watch TV or use other electronic equipment so for the sake of fitness their use of these needs to be limited. One third of Australian children would prefer to play computer games than play outside so parents may have to be assertive and, at times, over-zealous but so be it.

- **Encourage children to walk and play outside.** Most children would get their required minimum two hours of exercise a week by walking or riding their bikes to school. This is a contentious issue but a recent poll revealed that 60 per cent of Australian 6 – 13 year olds would like to walk to school but only 30 per cent actually do.

- **Keep unhealthy food out of the trolley and include more fruit.** As keepers of the family purse parents have the main stake in what food goes in and what stays out of the shopping trolley. Only 43 per cent of Australian children eat fruit after school so more fruit could be a good place to start.

- **Parents play with their children or join them in a physical activity.** It should be easy for adults to sell their children on the virtues of playing physical games outside as play comes before work in most children’s dictionaries.

- **Make sure you and your children get sufficient sleep.** Choose a reasonable bedtime that allows for nine to 12 hours sleep for a school-aged child – some teens need even more sleep than a young child!

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

Aspirational Longitudinal Study

Aldavilla Primary School is involved in a study known as an ‘Aspirational Longitudinal Study’. This is a four-year research project that is the first of its kind to seek an insight into the factors that shape the career and educational aspirations of students in the middle years of schooling.

The research team will follow groups of children from state schools in three regions - the North Coast, Hunter/Central Coast and Northern Sydney to investigate how their aspirations develop or change over time. The Aspirations Study aims to work with schools, families and their communities to increase opportunities for students and help them realise their career and educational ambitions.

As this study will play a part in creating more opportunities for future generations of students in the region it would be appreciated if parents of Year 5 students could complete a survey to help build the data. Please follow the link below.

https://www.surveymonkey.com/s/PC_Aldavilla_PS

Careers Fun Day

On Friday 12th September all students enjoyed getting dressed up, we saw everything from artists to zookeepers. The day was part of the Year 6 fundraising activities and we would like to thank the volunteers for coming in and speaking with our Stage 3 students. It was valuable for the students to hear first-hand about their respective careers.

Artist, Nyah from HB4

Amy-Lee, Fergus & Sam
After their classmates practiced their bandaging skills.

Savannah, Annalise and Felina looked the part as teachers.

Reminder: Hat washing this week.
Students are reminded to bring their own hats this week as we will be washing all school hats.
Canteen Roster Term 3

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Canteen Roster Term 4

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**Chess Tournament**

On Thursday 14th September, fifteen students from Years 3-6 travelled to Kempsey East Public School to take part in the MECS Inter-school Chess Tournament. This is the second tournament for the year. The tournament held in Term One saw Aldavilla Primary School claim the title of Champion School on average points score.

It was another great day, with the students playing six games within their respective year division throughout the day. Oscar S and Chais S encountered one another in the Year 6 division grand final, with Oscar S securing 1st place and Chais S 2nd place. We also had a number of our students receive 3rd and 4th place within their respective divisions.

At the conclusion of the day points were totalled and an average score was determined for each school based on the number of their students participating. Aldavilla Primary School managed to successfully defend their title as Champion School. Congratulations to all of the students involved for both their achievements and the commendable way that they represented the school.


**Spring Spectacular**

- **18th September, 2014**
- Class stalls will be operational from 1pm
- Fete opens to the general public 3pm
- Closing time 7pm.

School will finish at 3pm as normal.

Students are not permitted to stay at school after 3pm without parental supervision. If your child is having a change of routine such as being picked up rather than catching the bus on this day, please send a note to school with your child.

Xandi, Beth and Blake making pizza

**Community News**

**Basketball – Melville High**

Thursdays 5-6pm $3 week.

All primary school boys and girls welcome.

Call Max on 0402 800 773.

**TREASURE YOUR CHILDREN**

Treasure your children as you make beautiful memories with them. Enjoy parenting every day, at every stage. Come and take part in a great parenting program anytime that suites you. The Program is FREE. Contact Sheri Foster on 6562 8968 0417 185 875
Winter 2014 Tennis Camp

Our great school holiday tennis camp is back!

AT THE KEMPSEY TENNIS CLUB

We are offering 3 days of games, coaching, match play AND a BBQ lunch each day.

All it costs is $50

It will run for 3 days, 9 am – 1 pm

1st week of holidays

Mon 22nd, Tues 23rd & Wed 24th Sept

All enquiries: Geoff on 6562 7866 or 0414 345 662