

EVENTS & DATES TO REMEMBER - TERM 4

MOBILE LIBRARY	FRIDAY 15 NOVEMBER
COLOURSS SOCIAL	TUESDAY 19 NOVEMBER
10 DAY SWIMMING SCHOOL BEGINS	MONDAY 25 NOVEMBER
P&C MEETING	MONDAY 25 NOVEMBER 3.30PM
MOBILE LIBRARY	FRIDAY 30 NOVEMBER
CHRISTMAS TREE @ THE RISK HALL	TUESDAY 10 DECEMBER
LAST DAY OF TERM FOR STUDENTS	WEDNESDAY 18 DECEMBER

INFANTS CLASS AWARDS



ZARA BAILEY -

Always being cooperative, helpful and a cheerful class member

PRIMARY CLASS AWARDS



MAGGIE MOSS -

Making big improvements in reading and writing this term.



The Risk Public School

NEWSLETTER

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Wednesday 13 November 2013

Term 4 Week 6

THE RISK PUBLIC SCHOOL REMEMBERS

On Monday this week, The Risk Public School students and staff commemorated the anniversary of Armistice Day, which we call Remembrance Day.

Jack and Ned, our Student Parliament leaders, led a short but solemn ceremony in the presence of all students and staff in front of the school flag pole.

Jack read an emotional poem about a young man's pledge to 'be the best he can' as a legacy to all those who made the ultimate sacrifice.

Both boys did a great job of conducting the ceremony which included a beautiful poppy-encrusted wreath that all students helped to make.

What's in this week's Newsletter

- School Evaluation
- 10 Day Swimming School
- Friday Lunches
- Book Club
- Christmas Tree Info
- Healthy Nutrition at School
- COLOURSS Social
- Dates & Events to remember

Attachments

- Kyogle Cinema
- P&C Roster for Xmas Tree
- Book club
- Swimming Roster
- COLOURSS Social Flyer

COLOURSS

SOCIAL

NEXT TUESDAY

19 NOV@ WIANGAREE



TOGETHER WE LEARN

SCHOOL EVALUATION

Over the coming weeks staff will not only be preparing student reports for the end of the year, they will also be conducting evaluations of the year's work and making plans for 2014.

Staff will be involved in -

- Evaluation of the school plan
- Evaluation of specific teaching and learning programs conducted this year
- Preparing the annual school report
- Preparing the annual financial statement
- Planning budgets and programs for 2014

In the coming weeks, parents will be given the opportunity to have an opinion on a variety of levels of how the school has been running and what could be done to make improvements.

A few surveys will be sent home via the newsletter and a discussion at the next P&C meeting will be avenues for parents to provide feedback and ideas about school performance and improvement.

The staff at The Risk PS would value your input so please consider contributing when the chance comes.

10 DAY INTENSIVE LEARN-TO-SWIM

CLASSES - START NOV 25

PERMISSION NOTE ATTACHED

Our annual swim school will commence in less than 2 weeks.

Please complete the attached permission note and return to school as soon as you can.

Please remember to get your fees in before swimming commences.

COST: \$20 per student or \$30 per family.

This covers about 50% of the cost - the school will use global funds to pay the balance.

Thank you to the families who have responded with offers of help for the swimming school.

We can still use a few more to help our swimmers become better swimmers.

Your help is greatly appreciated

FRIDAY LUNCHES

THIS WEEK

Home-made Pies -\$1.50 each

Home-made Sausage Rolls - \$1

LAST BOOK CLUB FOR 2013

Book Club brochures are attached to today's newsletter. Please send in any orders by next Friday, 22 November.

CHRISTMAS TREE

P&C ROSTER - Thank you to those families who have already returned their list of preferred jobs for Xmas Tree.

There are still a few to go so please re-visit the roster sent home last week.

THINKING ABOUT SANTA - Items to put under the Christmas Tree need to be kept to about \$10. These can be sent to school or put under the tree at the event. Please put your child's name on the wrapping. If you know of other families that are coming please let them know that Santa will arrive after the play and hand out gifts from under the tree.

COOKING - Cakes, slices, biscuits etc. These can be cooked now and sent to school to be frozen. We have two freezers at school and these are fairly empty.



HEALTHY NUTRITION HABITS AT SCHOOL

Last week saw a pleasing improvement in healthy options in student lunch boxes.

The Risk PS is all about encouraging students to make good nutrition choices early in life so that later on, good eating habits are built into their lifestyle.

The current trends around the world are alarming - children are being allowed to eat 'treat foods' as if they were healthy foods. They are eating more junk food than healthy food each day! This has caused many serious health issues that last a lifetime such as -

- Childhood obesity
- The onset of type 2 diabetes (strong connections to poor diet) has dramatically increased for adults because of bad eating habits established when young.
- Heart disease greatly increased later in life for those with poor nutrition habits

What the research is saying is that even though children might seem fit and healthy and a bit of junk food won't hurt, the bad eating habit is cemented into place and health problems occur later in life.

Initiatives run by government such as Premiers Sporting Challenge, Gutsy Challenge, Live Life Well @ School and Active After School programs are all geared to changing habits to healthier choices with exercise and eating.

COLOURSS SOCIAL

NEXT TUESDAY NOVEMBER 19th

WIANGAREE HALL

5.30 For a 6pm start

Finishes 8pm

Fancy Dress theme is

THE JUNGLE!

Food and drinks on sale

thanks to Collins Creek PS

HOW TO IMPROVE LUNCH BOX NUTRITION

AVOID THE FOLLOWING TREAT FOODS -

Lollies, chips, fruit straps, roll-ups, chocolate, fruit juices, cordial, noodle snacks, highly processed cakes.

LIMIT TO ONE TREAT IN THE LUNCH BOX PER DAY.

Most things in a foil or plastic wrapper should be avoided.

INCREASE -

Sandwiches with healthy fillings, wraps, fruit & veg chopped into bite sizes, real yoghurt (unsweetened), nuts, dried fruit, cracker biscuits & lite cheese, home-made cakes or muffins, leftovers from a healthy dinner the night before, bowl of salad, uncoated popcorn.

THE RISK HALL

CHRISTMAS CAROLS

7.30pm

NOVEMBER 23rd

Bring a plate for supper

Supper will be served following the Christmas Carols

ALL WELCOME

