



Wednesday 6 November 2013

Term 4 Week 5

“THE RISK” CUP

Yesterday saw students staff and parents witness the ‘running’ of The Risk Cup. Students dressed up in their Melbourne Cup Day costumes and participated in hobby horse races, paper aeroplane races and blow-the-ping-pong ball races! Lots of prizes were awarded for good luck and skill alike.

It was great to see so many smiles and laughs during the activities as students learnt to appreciate a fun activity, take turns and accept that sometimes you win and sometimes you lose!

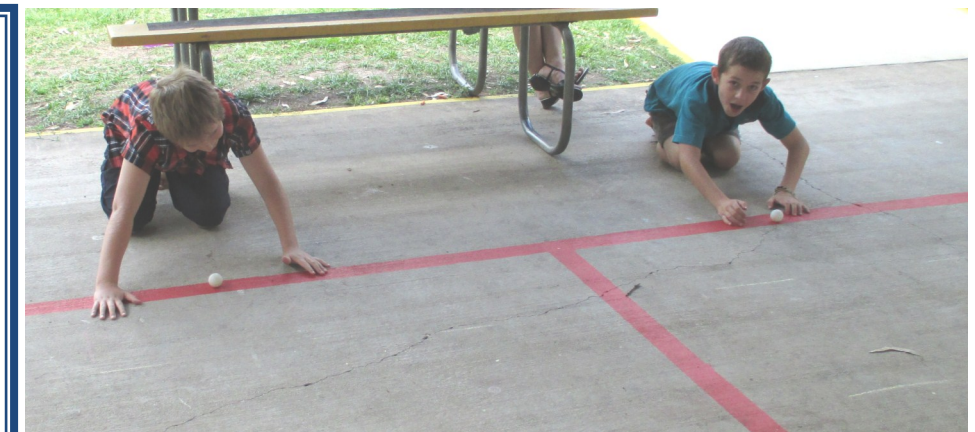
A BIG, BIG thank you to the parents who sent in morning tea treats. Students were licking their lips quite a lot through recess!

What's in this week's Newsletter

- Christmas Tree Info
- Friday Lunches
- Student Welfare Policy Review
- 10 Day Swimming School
- Free Dental Program
- Healthy Nutrition at School
- Dates & Events to remember

Attachments

- Kyogle Cinema
- P&C Roster for Xmas Tree
- Yowie Markets



Ned and Luke line up for the hilarious ping-pong ball blowing race!



**Annie (left) and Daniel (right)
won the paper aeroplane races.**

**NEXT P&C
MEETING
MONDAY
25 NOV**

CHRISTMAS TREE P&C ROSTER

The P&C meet this week and are right on the ball with preparations for the Christmas Tree on 10th December.

A roster of jobs is attached to today's newsletter which is for families to fill in and send back a.s.a.p. Please pick a job that you would be happy to do on the night and return the note.

The P&C would like to encourage everyone to do at least one of the jobs listed so that we share the workload.

FRIDAY LUNCHES

THIS WEEK

ZUCCHINI SLICE - \$2 per student (2-3 slices each). The zucchinis have been grown in the school garden so the flavor will be fresh and yummy!

STUDENT WELFARE & DISCIPLINE POLICY

The P&C assisted with the review process of the Student Welfare and Discipline Policy this week. The draft policy will be sent home for all parents to review next week. Staff and students will have the chance to look over it and make any changes that might be needed.

The final draft will then be presented to the next P&C meeting for approval and implementation in 2014.

10 DAY INTENSIVE LEARN-TO-SWIM

CLASSES - START NOV 25

Our annual swim school will commence in a few weeks.

Please remember to get your fees in before swimming commences.

INSTRUCTOR COST:

Our 2 specialist instructors are **free**

POOL COST: Entry to the pool is **free**

(Thanks to Kyogle Council).

BUS 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!

FREE DENTAL

PROGRAM FOR CHILDREN

The NSW Health Service offers families a free dental service on application.

If you ring 1300 651 625 and prove that you are eligible (have a medicare card), you can negotiate free dental check-ups and follow-ups for your children at a local level (Lismore or Casino).

The school does not organise this program - we are just making sure families are aware of what is available to them as a free and fully funded program by the state government.

We believe there may be changes to the program sometime in 2014 so it would be worth investigating now.

Christmas Tree & Presentation Night



The job roster below makes the night easier by sharing the work.

“Many hands make light work”

JOBS	NAMES
Door Collect money & sell raffle tickets	
Santa's Helper	Kerry Moss
Set up Tables & chairs outside for supper	
Supper Prepare and place supper items on tables outside after play ends	Lisa Little Tanya Wright
Drinks - handing out soft drinks & collect coupons	Tammy Porter
Ice Blocks Handing out ice blocks after play	Robert Green Tammy Porter
Tea & Coffee make & serve tea & coffee	
Remove Decorations At end of evening	
Clear tables & wash up After supper	Tanya Wright
Return tables & chairs to hall At end of evening	
Sweep Hall	



CHRISTMAS HAMPER

It is getting close to that time of year again....

Please start bringing in donations for our

Christmas hamper.

EVENTS & DATES TO REMEMBER - TERM 4

MOBILE LIBRARY	FRIDAY 15 NOVEMBER
SMALL SCHOOLS SOCIAL	TUESDAY 19 NOVEMBER
10 DAY SWIMMING SCHOOL BEGINS	MONDAY 25 NOVEMBER
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



XAVIER COOK - Writing a fantastic personal letter independently

PRIMARY CLASS



NED ARTHUR - An improved attitude in class to Maths and Reading that has had instant positive results.

HEALTHY NUTRITION AT SCHOOL

For good health, well-being and a healthy weight, it's recommended that we eat:

- plenty of plant foods, such as fruit, vegetables, bread and other grain-based foods
- moderate amounts of animal foods (preferably lean and reduced fat), such as lean meat, reduced fat dairy products, chicken, fish and eggs
- small amounts (sometimes or not at all) of fatty, high sugar 'extra foods', such as lollies, chocolate, soft drinks, cakes, sweet biscuits, pies, sausage rolls, sugary drinks.

The *Australian Guide to Healthy Eating* sets out the amounts of each of the five food groups that children and adults should eat every day.

Many students consume too many 'extra foods'.

- Around 25-30% cent ate confectionary at least four times a week. At The Risk PS, we have noticed some children have several sugary/salty treats of some description every day in their lunch box.
- Almost half of boys and over one-third of girls reported eating hot chips or similar products at least once per week.
- One in five students indicated that they ate potato crisps or other salty snacks at least four times per week which is about what is happening here at The Risk PS.
- Children who regularly consume sugary, fatty, salty snacks often complain of tiredness in morning lessons and cannot hold their concentration. The body and brain are designed to operate on 'slow-burning' calories that fruit, veg and cereal products provide.

HOW TO IMPROVE LUNCH BOX NUTRITION

AVOID -

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

LIMIT TO ONE 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.

SMALL SCHOOLS SOCIAL

TUESDAY NOVEMBER 19th

Keep this night free !!!

The Theme will be announced in next weeks newsletter

THE RISK HALL

CHRISTMAS CAROLS

7.30pm

NOVEMBER 23rd

Bring a plate for supper

Supper will be served following the Christmas Carols

ALL WELCOME

