**Principal’s Message**

**Swim School**
Given the overcast sky and below average temperatures there could only be one activity happening this week…Swim School. Unfortunately, booking the swim school activity is akin to washing your car…it becomes a guarantee of rain! However, I was in 1/2R yesterday when the students returned from Swim School and they were very excited about their experience. The department has provided Swim School for many years and it is a cost-effective way of supporting the development of swimming skills in our children. My thanks to the many families who accepted the opportunity to participate in 2014.

**Kindergarten Enrolments**
This morning we received yet another kindergarten enrolment for next year. It is fantastic that there is continued interest in our wonderful school. This brings our kindergarten numbers to 60 for 2015.

**2015 Enrolments**
If you are aware of family movement away from or into our school community please inform the school office ASAP. We are currently on the cusp between 17 and 18 classes. While both 17 or 18 will provide effective opportunities for our students a few more options are available to us with an 18 class structure.

**Retirement**
Last Friday evening staff from Unanderra Public School celebrated a wonderful career in education, the career of Julie Turner. Mrs. Turner would be well known to the vast majority of our families as she has likely taught many of your children through her time with us. Several of our staff have shared large aspects of their careers alongside Julie here at Unanderra. There are several other staff who owe, in part, their current positions to Julie, including myself.

From my brief association with Julie I can certainly attest to all the positive stories of her character, expertise and passion that were shared throughout the course of Friday evening. At one point during the evening Julie reflected on a Dr. Suess quote:

*Don’t cry because it is over, smile because it happened.*

So true, Julie Turner, so true.

**Library Position**
You may recall from a recent newsletter my discussion concerning Mrs. Mitchell’s promotion to assistant principal at Batemans Bay PS. The process to appoint another teacher for 2015 has begun. The closing date for applications is next Wednesday. I am hopeful the process will be completed by 2nd December.

**Remembrance Day**
Today is an important day in our young nation’s history. This morning we held an in-class commemoration to mark this occasion. Students were able to reflect on this commemoration with their teachers.

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**Quote**
The love of family and the admiration of friends is much more important than wealth and privilege.

*Charles Kuralt*

Craig Redfern
Principal
**Reading News:** We hope you are continuing to talk about books before, during and after your children read.

**Congratulations for 100 nights**
1M Shaylee  
6M Sienna

150 nights is a fantastic effort! Well done  
1M Tyla  
6M Jake  

Kathy Dobinson, Learning and Support Teacher

**Library News:** Friday 14th November is our last day for borrowing. After that date we will need all books returned so we can prepare for end of year procedures.  
Karen Mitchell, Teacher Librarian

**Annual Giving Tree:** Our Christmas Tree has been decorated and placed in the foyer ready for donations from our school community. All donations of dried and tinned food as well as toys can be made up to 11:00 am Friday December 12. All items will then be given to the Salvation Army for distribution to Illawarra families in need. Thank you for your support of this extremely worthwhile project.  
Carolina Wilkinson, Administrative Manager

**Canteen News:** Canteen will be closed from December 1 to December 5 inclusive.  
Mel, Canteen Manager

**Annual Helper's Morning Tea:** We have begun to distribute invitations to our Annual Helper's Thank You Morning Tea.

This year the morning tea will be held on Wednesday, 3rd December at 10:30am. If you have helped at our school but not received an invitation, please contact me. Thank you  
Robyn Matts, Helper's Morning Tea Organiser

**School Website:** You can also view the school newsletter on the school website: [www.unanderra-p.schools.nsw.edu.au](http://www.unanderra-p.schools.nsw.edu.au)  
To view previous newsletters go to the ‘Our School’ page and then go to ‘News & Announcements.’ Permission notes for excursions etc. can be found as an attachment on the School Calendar.

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<th>Dates for the calendar</th>
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<tr>
<td><strong>Wed Nov 12</strong></td>
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| **Friday Nov 14** | • Wests Illawarra Rec Sport Program Years 3-6  
• Last Day Library Borrowing |
| **Tuesday Nov 18** | • Figtree High School Talk to Year 6 Room 20 1:45pm – 2:45 pm |
| **Wednesday Nov 19** | • Gold Assembly 2:00pm |
| **Friday Nov 21** | • Wests Illawarra Rec Sport Program Years 3-6 |
| **Tuesday Nov 25** | • Stage 3 to Unanderra Pool for Water Safety/ Swimming Tests |
| **Friday Nov 28** | • Wests Illawarra Rec Sport Program Years 3-6 |
| **Monday Dec 1** | • Canteen Closed reopen on Monday December 8  
• P & C Meeting 7:00pm |
| **Wednesday Dec 3** | • Annual Helpers Thank You Morning Tea |
| **Monday Dec 8** | • School Captain Speeches 9:30am – 10:30am |
| **Tuesday Dec 9** | • Combined Scripture Assembly 10:30am – 11:00am  
• Stage 3 Excursion Jamberoo Rec Park |
| **Wednesday Dec 10** | • K-2 Sports Day 9:00am- 1:00pm |
| **Thursday Dec 11** | • SRC End of Year Show Full Rehearsal |
| **Monday Dec 15** | • Presentation Day 3-6 Presentation Assembly 9:15am  
Family Recess 10:45  
K-2 Presentation Assembly 11:30 |
| **Tuesday Dec 16** | • Year 6 Graduation  
• Year 6 Farewell |
| **Wednesday Dec 17** | • Students last day for 2014  
• SRC End of Year Show |
| **Thursday Dec 18** | • Term 4, 2014 Staff Development Day |
| **Tuesday January 27** | • Term 1, 2015 Staff Development Day |
| **Wednesday January 28** | • Students Years 1 to 6 Return 2015  
• Best Start Assessment Commences for Kindergarten Students |
| **Thursday January 29** | • Best Start Assessment Continues for Kindergarten Students |
| **Friday January 30** | • Best Start Assessment Concludes for Kindergarten Students |
| **Monday February 2** | • Kindergarten Students Commence 8:55 am finish time 2:30 pm |
| **Friday February 6** | • School Swimming Carnival 9:15 am – 12:00 noon |
Final Fete Fun Day Update -

IMPORTANT: Unreturned Fete Raffle Ticket Books.

If you have not returned your unsold raffle ticket books, please do so urgently by dropping it into the school office box. Statutory declarations regarding what happened to the booklets will be sent out this week to all families that have not returned them. Please note that all booklets were number tracked by the P & C. As the booklets had a monetary value we need to account for all booklets and must either receive the booklet, the $20 as a donation or the statutory declaration for audit purposes. Thank you to all those people who have already returned booklets.

Last P & C Meeting for 2014: Our last meeting for the year has been scheduled for Monday 1st December 2014 at 7:00pm in the school staff room. At this meeting we will be discussing and deciding on our financial commitments and our fundraising events/activities for 2015. We would happily welcome any new ideas, so if you would like to have a say in events for 2015 please come along and join us. As this is our last meeting for the year it is a tradition to invite teaching staff and hold an end of year celebration to celebrate our achievements and efforts for 2014. For all financial members and volunteers who have assisted us in 2014, please join us on this night for nibbles and drinks. As alcoholic beverages will be available children under 18 years will not be allowed to attend.

Bright Star Kids: For all your school labelling needs see Bright Star kids. Just provide the school’s details when you create your account or at checkout when you complete your order and 20% of sales will be paid back to the school. Support Bright Star Kids at www.brightstarkids.com.au

Joanne Crawford, P & C President

School Banking: Well-done UPS bankers, another fantastic week with 81 bankers. This week’s weekly class winners are 2W, they will be rewarded with the school banking plaque.

Don’t forget to be in the running for the current promotion, all you need to do is make a school banking deposit between 20th October and 30th November for you chance to be in the running for 40 Gopro Hero3 white edition cameras and 150 Slip’N’Slide double wave riders. So let’s keep those deposits coming!

All students and parents please be aware that the “Prize Cards” are being sent home, so please fill in and return it with your next school banking. Tokens do not add onto next year’s tally so please choose a prize as soon as possible once you reach 10 tokens. Penguin/Shark plush toys and whale shark pencil case are out of stock and will no longer be available this year.

Thank you for your support and keep up the great work!!

Elizabeth Ilievski and Dajana Castagna, Banking Coordinators

Community News


Future Leaders Program: An ideal development opportunity for school Student Representative Council (SRC) or any student who shows leadership potential. To make a booking or find out more, contact Sport and Recreation on 13 13 02 or visit http://dsr.nsw.gov.au/futureleadersprimary/ for primary school programs and http://dsr.nsw.gov.au/futureleaderssecondary/ for secondary schools.

Understanding Climate Change: Is your child learning about climate change at school? CSIRO’s scientists are learning how the earth’s climate system works through observation, measurement and modelling. Find out more: http://www.csiro.au/Outcomes/Climate/Understanding.asp


The competition is now open and will close on Saturday 14 February 2015.

Ready For High School: Just to let you know that the Transition to high school, Ready for High School Checklist is now available in 36 languages. Search by language: http://www.schools.nsw.edu.au/languagesupport/documen ts/start_ss/rfhsc.php

- A $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE? To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?
Before you apply, here’s a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

For more information & assistance PHONE Service NSW 13 77 88 EMAIL fer.program@trade.nsw.gov.au WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate

Health Snippets from Illawarra Shoalhaven Local Health District

TV – turn it off
Studies have found that children who watch large amounts of television have poorer school results and consume a higher number of unhealthy snacks. It’s important that parents set limits for watching TV. You set the limit and your child chooses when to use this time.

Hungry or Thirsty?
Children can sometimes mistake hunger for thirst. If your child says they are hungry before dinner, offer them a drink of water first. If they are still hungry, offer them a healthy snack.

Did you know…?
6 to 12 chips (100g) contains around 3 teaspoons of fat and 1000kj. Compare this to a small baked potato (100g) with a light spray of oil having less than ¼ teaspoon of fat and 400kj. Why not make healthy hot chips at home? Just cut 2 large potatoes into chip-sized pieces, spray with canola oil and bake in a hot oven until golden brown.

Be Active Every Day
Physical activity means to move the body. Exercise classes, dance, sports, games, everyday playing, swimming, skating, cycling, active play, skipping and walking are all activities which keep adults and children healthy.

Make it Easy
Children (and adults) are more likely to eat healthy snacks if it is made easy for them. Try cutting up some fruit and putting it in the fridge for when the kids come home. If it’s easy to grab they are more likely to eat it.

How much physical activity is enough?
The National Physical Activity Guidelines for Australians recommend at least 60 minutes of moderate to vigorous physical activity each day for children. This can be spread throughout the day. Children do not get enough physical activity at school so encourage your child to be active before and after school.

Children Love to Cook
Teaching your child to cook will not only give them handy life skills but will also encourage them to enjoy healthy foods. Assign one night each week as ‘kids night’ where your children have to cook the evening meal (and clean up).

Rainy Day Activities
Keeping kids active and occupied on wet days can be challenging. Use some of these ideas to keep your children occupied on rainy days:
* Build an indoor cubby house with sheets and chairs or cardboard boxes
* Play hide and seek
* Basket softball – how many times can you throw a foam ball into a washing basket
* Have a dance competition
* Make play dough

At the Supermarket
Involve your child at the supermarket by giving them a list of foods to find. Add a few unusual foods to the list such as avocado, risotto and spinach.

Disclaimer: Unanderra Public School will, as a service to parents, advertise community news for not for profit organisations and charities, which may be of interest. UPS does not necessarily endorse or sponsor the events and accepts no responsibility to the management or organisation of these events.