UNIFORM

Thank you to all the students and their families for the improvement in uniform last week and early this week. I look forward to seeing a continuation of this effort for the remainder of the year. Parents/carers are reminded that if you are having trouble accessing uniforms please contact the front office.

UPCOMING EXCURSIONS

We have a number of excursions coming up this term. The K-2 trip to Woolgoolga will take place on Wednesday 4th November. Parents/carers are reminded that the due date for notes and money is Friday 30th October.

We are currently organising the year 3 excursion to Yarrawarr Aboriginal Cultural Centre. We have confirmed that the date for the excursion will be Friday 4th December. We are just waiting for a final costing. An information and a permission note will be sent home as soon as we have finalised all the details.

GRAFTON HIGH SCHOOL ORIENTATION

A reminder to all parents/carers of year 6 students who will be attending Grafton High School in 2016, about this week’s orientation day on Wednesday 21st October. Students meet at 9.05am outside the front office at the entrance to Grafton High School. Students can be collected at the front of the

SPECIAL ASSEMBLY

All parents/carers and grandparents are reminded about our special assembly on Friday 23rd October. The assembly will commence straight after our morning assembly. Kindergarten and 1/2C are looking forward to sharing some of the interesting things they have been doing in class.

STELLA PROGRAM

Last Friday our year six students had the opportunity to visit the Southern Cross University Campus in Coffs Harbour as part of the Stella program. From all reports the students had a great time and were involved in a number of interesting activities that dealt with robotics and health. It was also an opportunity for students to gain firsthand experience of what actually happens at a university and to understand that attending university is an option that is open to everyone once they have completed year 12.

SWIM SCHOOL

Thank you to all those year 2 and year 3 students who have returned their swim school notes. There are a limited number of spots left for year 3 students. If your child is in year 3 and you would like them to attend please return the note to school as soon as possible or alternatively please call the front office.
school at the end of the school day at 3.15pm.

Students should bring a pen and sun hat. They will attend a series of lessons and do a range of activities to make them more familiar with the high school day, the environment and with each other. A muffin and fruit salad will be supplied for recess and a turkish roll with filling for lunch; however, students are welcome to bring more or purchase food from the school canteen.

SOUTH GRAFTON HIGH SCHOOL ORIENTATION DAY

Information concerning the orientation day for students attending South Grafton High School in 2016 is as follows;

Tuesday 17 November 2015: 9am – 1.30pm. Students are to stay until 1.30pm. Parents are invited to attend an information session, a guided tour and morning tea, (which will be provided to the parents) from 9am to 11am. If any parents/carers require more information please contact our year adviser for 2016, Sally Chapple.

JACARANDA NOTES

Please return completed Jacaranda notes if you intend for your child to be away on Jacaranda Thursday. If we do not receive a note and your child is away, we are unable to mark the day as a special leave day and the roll will be marked as an unjustified absence.

YOU CAN DO IT

This week we have started looking at the key to success of Resilience. People who are resilient calm down soon after being upset, without help. They can recognise their own feelings and are able to control their own behaviour in stressful or upsetting situations.
YOU CAN DO IT

RAFFLE

The P&C are holding a raffle to raise funds for our school. They have asked that each family please provide any non-perishable items for the hamper. Please check any items for donation are well within the use by date before leaving them at the front office. Thank you for supporting our school’s fundraising efforts.

SPECIAL CANTEEN DAY

The canteen is holding a special fruit salad order day on Monday 9th November. The fruit salad will be served at lunch time. Separate order sheets have been sent home. Orders with money need to be returned by Wednesday 4th November.
LIVE LIFE WELL

Our school has been implementing the Live Life Well @ School program for several years to take a whole of school approach to the nutrition and physical activity of our children. This has included:

School Community Partnerships:

- Encouraging active transport
- The school newsletter promotes healthy eating, physical activity and limiting small screen recreation

School Ethos & Environment:

- School has promoted nutrition campaigns such as “Fruit & Veg Month” and “Crunch&Sip”
- Our students joined nearly 10,000 other students in Northern NSW for the Big Vegie Crunch
- Sports equipment is available at recess and lunch
- Our school canteen is compliant with the Nutrition in Schools Policy / Fresh Tastes @ School
- Healthy food is provided at school functions

Teaching & Learning:

- Students learn about healthy eating and physical activity
- Food, physical activity or PE related topics are linked across the KLAs or canteen
- Physical activity is a part of the school curriculum
Jacaranda Children's Party
Saturday 24th October 2015
Market Square, Grafton - Registrations Open 8:30 for 9am start
Come dressed in costume and join in the fun!

Dress up sections are:
* Section 1 Favourite Character, TV, Nursery Rhyme, Story Book etc
* Section 2 - Most Resourceful - Recycle & Reuse
* Section 3 - "Jacaranda Blossoms" - Favourite Purple Outfit
* Section 4 - Under 3 Toddler Section

The Jacaranda Party Princess will be chosen during the morning by drawing a name from a Gold Box. Girls aged 8-11 are eligible to enter.
The Jacaranda Party Prince will be chosen during the morning by drawing a name from a Blue Box. Boys aged 8-11 are eligible to enter.
The Jacaranda Flower Girl and Page Boy will be chosen from children aged 4-7 years.

There are lots of other prizes to give away throughout the morning, with every child receiving a small prize on the day.

Refreshments will be provided free for the children and the cutting of the "Happy Jacaranda Cake" will also take place.

We would like to thank the above mentioned sponsors.
FAMILY RELATIONSHIP SKILLS PROGRAM

Free Workshops for Parents

Grafton – CRANES’ Pullens Centre
Toddler Tantrum Toolbox (1day) Wednesday 14th October or Thursday 3rd December
Return to Calm (1day) Wednesdays 21st October or 9th December
Life With a Blended Family (2 days) Fridays 16th and 23rd October
Who’s in Charge? (4 days) Wednesdays 28th Oct, 4th, 11th, 18th November
Understanding Your Child’s Brain (2 days) – Mondays 2nd and 9th November

Grafton – CRANES’ Sunshine House
Dads are Important (2 days) Tuesdays 24th November and 1st December (evenings)

Maclean - TAFE
Life With a Blended Family (2 days) Fridays 20th and 27th November
Bringing Up Great Kids (6 days) Thursdays 5th, 12th, 19th, 26th Nov. and 3rd, 10th Dec.

Yamba – Wooli St Community Hall
Toddler Tantrum Toolbox (1day) Thursday 22nd October
Return to Calm (1day) 8th December 10am to 1pm

Day courses – 9.30am to 12.30pm
Evening course – 6.30pm to 8.30pm

Free childcare available

BOOKINGS ESSENTIAL
For details or to register contact the FRSP team at CRANES on
6642 7257 or email admin@cranest.org.au
Spaces are limited so book early!

Full course calendar available at www.cranest.org.au