PRINCIPAL’S MESSAGE

BUS TRAVEL
Last Friday, I spent considerable time dealing with an incident that occurred on one of the morning buses that students catch to school.

I seek your support in discussing with your children; the importance of not talking to or making any form of interaction/communication with ANY unknown adult while travelling on a bus.

I am aware that Busways offers a ‘school service’ and a ‘run’ service.

The difficulty arises when any member of the public can travel with school students on a particular ‘run’ service – for this reason all students need to display appropriate, acceptable behaviour while at the same time do not engage in any communication with members of the public.

I also recommend that students on such bus services sit at the front of the bus.

COMMUNITY PERFORMANCE
Last Thursday evening our dance and percussion groups performed in Thompsons Square as part of local business group celebrations.

I thank the students involved for their performances, the parents for your continued support and commitment and also Mrs Buckle for her sustained dedication to the dance group.
Our school was again well represented within our local community.

ZOO SNOOZE
This afternoon, Stage 2 departs for an overnight excursion to Taronga Park Zoo.

This will no doubt, be a memorable occasion for the students as they have the opportunity to experience the zoo ‘after hours’, as they participate in planned activities.

I thank Mrs Berghofer and Ms McCauliffe for their organisation and time given to this learning experience. I also thank Mr Paraha for assisting on the excursion.

YEAR BOOK
I highly recommend families purchase this memento of 2015 which highlights every class as well as events held throughout the year.

Order forms have been distributed with the delivery date being confirmed as 10th December.
Payment is due with your order form on/before Friday 5th December.

Mike Watson
Principal
STARR AWARDS
Congratulations to the following students who received STARR awards last week. Well done!

KC
Matilda Bush    Violet Crofton    Brooke Farrugia    Talaana Gabriel
Anna-Lee Hitchen    Mikayla Layt    Chloe Pike    Grace Vredegoor
Jesse Blume    Ryan Callaghan    Swayzee Kennedy    Corbin Shearer
Jared Wesley-Smith

K-1F
Richard Baldwin    Ruby Blume    Tommey Clark    Lily Crofton
Cassidy Grima    Peri Kane    Madeleine Macdonald    Lily Paraha
Stephen Radunz    Jack Stubbs    Shelby Stanyer

1-2R
Owen Brown    Gracie Morrison    Jaylee Morgan    Jacob Simmons
Aleeya Warrington    Preston Kennedy    Jett Mackintosh    Kobi Manion
Marcus Mavin    Zak Oaklands

2Z
Kendra Shuttleworth    Cooper Harriss    Lachlan Kersten
Lucas McIlrick    Joshua Wade

2-3B
Makaelah Simmons    Mia Bruton    Gemma King    Ella Paraha
Taylah Reeves    Jordan Tolmie    Bonny Xia    Ethan Lewry
Oliver Macdonald    Ryder Mavin    Riley Taylor

4M
McKeeley Whitmore    Gemma Whitmore    Ryan Snelling
Emily Shamoun    Paige Hottwagner    Seth Stanyer    Ethan Farnbach

5T
Fatima Almusilhi    Codi Hardiman    Caitlin Brodie-Davies    Jada Cooper
Elizabeth Dries    Cody Maher    Katrina Maher    Darcy Martin
Alexi Suela    Taine Nolan    Felicity Tait    Leroy O’Connor

6C
Sarah Benson    Trent Cockerill    Bradley Cole    Caleb Dries
Abby Galea    Tara Hottwagner    Kody Massingham    Rose Ryan
Kayleigh Sullivan


HAWKESBURY COMMUNITY SERVICES CHRISTMAS APPEAL

Hawkesbury Community Services is having its annual Christmas Hamper drive to provide Christmas hampers to families in the community.
If you would like to donate non-perishable food items to this worthwhile Christmas appeal they can be left at the front office.
Items can include long life milk, custard, cream, tinned fruit, chips/pretzels, shortbread, biscuits, tinned ham, family lolly bags, fruit mince pies, Xmas cake, Xmas pudding, soft drinks and cereal.

Thank you in anticipation of your support
CORRECTION – WATER FUN DAY
The date on the note for the Water Fun Day was incorrect. The correct date is Thursday 27th November, 2014. We apologise for any inconvenience that this may cause.

SWIMMING CARNIVAL 2015
Our Annual swimming Carnival will be held at Richmond Pool on Thursday 5th February, 2015, from 6pm. Notes will be sent home soon for nomination of entries for this as it needs to be finalised before the end of term. The carnival offers competitive races of 50m only.

SCHOOL LEADER TALKS
On Tuesday 25th November, at 12:40, our Year 5 students will present their 2015 School Leader speeches to the whole school. We cordially invite family and friends to attend the speeches. Following the presentations, students and staff will vote for 4 Leaders for 2015. The new leaders will be announced at our Presentation assembly on Monday 15th December.

STUDENT BANKING
School banking is every Tuesday!
Rewarding Regular Savings With Precious Prizes Competition!
To find out more, visit: commbank.com.au/deepsavers
Reward Tokens
If you have 10 or more tokens you can trade them for a reward!
All rewards except the penguin keyring are available.

SCHOLASTIC BOOK CLUB
Book Club will be sent home tomorrow. The last day for payment and orders from this issue will be tomorrow Tuesday 18th November.
When placing an order please ensure that the Student’s Name and Class are on each order form and if you have paid by credit card on-line that you have included your receipt number on the order forms.
Please be aware that the school office cannot accept eftpos or credit card payments for Bookclub.
CLOTHING POOL

The Clothing Pool will be opened for sales on the following day:
Friday between 8.30-9.00am
If you need access at any other time please ring
Kylie 0416274804 or Lisa 0403015423
If you have any uniforms that no longer fit, please consider sending them to the
Clothing Pool.

FOR YOUR DIARY

Monday 17th November - Zoo Snooze Yrs 3 & 4
Tuesday 18th November - Zoo Snooze Yrs 3 & 4
Tuesday 18th November - Book Club orders
Tuesday 25th November - Student Leader Talks
Friday 5th December - Year 6 Mini Fair

The school office is open from 8.30am until 3.00pm.
Uniform purchases 8.30am to 2.45pm.

LAST DAYS FOR PAYMENT

Now due - Voluntary Contributions
Tuesday 18th November - Book Club orders/payment
Friday 5th December - Year Book order form/payment

Payments can be made by cheque, cash & eftpos

Please be aware that the school office cannot accept eftpos or credit card
payments for Book Club.
Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

It seems strange to talk about promoting good mental health in children. Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that can come with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society, one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common kind.

Having good mental health doesn’t mean that kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result, they learn better and have more friends as well.

As a parent, it’s useful to reflect on the mental health habits that you promote in your kids. Here are five basic mental health habits that you can consider right now:

1. **Sleep:** Sleep is the one of the building blocks of mental health and well-being. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well!!!!!! Children need between 10 and 12 hours sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single, most powerful strategies to improve kids’ ability to cope with stressful or changing situations is to ensure they get enough sleep.

2. **Exercise:** When my mum told me all those years ago to turn the television off and go outside and play, she didn’t know that she was promoting good mental health. She just knew that physical activity was a good thing for an active, growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?
3. Help others: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to others and to help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

4. Talk: A problem shared is a problem halved! Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child or young person has a problem let him know that his concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help you get a clearer picture of how they may be feeling.

5. Relaxation: Make sure your child or young person has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching-off may benefit from practising meditation or mindfulness, but most kids just need to have the time to chill out, and they'll relax quite naturally.

These five habits are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits don’t get overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore them or trivialise them. Talk to your children and tie these activities to their mental health but do so in your own way and in your own timeframe.

Second, assess which of these five essential habits need your attention and make some adjustments over time to push the pendulum back, if necessary, in favour of your child’s mental health.