The “No Parking” signs installed in Dight Street last Wednesday will be enforced from midweek. The no parking zone is operational between 8.00am to 9.30am and 2.30pm to 4.00pm school days.

The following conditions apply:

**In accordance with Australian Road Rule 168, the driver of a vehicle must not stop on a length of road or in an area to which a ‘No Parking’ sign applies unless the driver is dropping off, or picking up passengers or goods, which must be completed within 2 minutes and does not leave the vehicle unattended (driver stays within 3 metres of the vehicle). In affect a ‘No Parking’ zone is a drop off and pickup area or a ‘Kiss & Drop’ zone.**

I trust that this change will assist with parents dropping your children off in the morning and reduce some of the congestion in Dight Street.

**CITIZENSHIP AWARDS**

Tonight Mr Clark and I will be attending the Annual Rotary Citizenship Awards Dinner at Richmond.

We are very pleased to be in attendance to congratulate Rose Ryan and Tara Hottwagner who are both very worthy recipients of this award.

Congratulations girls!

**2015 STUDENT LEADER SPEECHES**

Tomorrow afternoon, Year 5 candidates will be delivering their ‘leadership speeches’.

This will be an opportunity for students to address the school with prepared speeches as part of the election process for the 4 Student Leader positions.

I wish all students good luck; as they prepare for their individual speeches.

Our new student leaders will be announced at the Presentation Assembly on Monday 15th December.
WHOLE SCHOOL REWARD

This Thursday, 27th November we will be holding our ‘whole school reward day’, which complements our merit system.

Students will be participating in ‘water activities’ in class groups throughout the day.

Please ensure that your children bring swimmers, sunscreen, towel, rash shirt, boat shoes or similar; if they are to participate in the planned activities.

I thank Mrs Tuck and Miss Parkinson for organising this initiative and trust that our students will enjoy this treat!

COMMUNITY EVENING

Our end of year Community Evening will be held on Friday 12th December.

The evening will commence at 6.00pm and all parents and families are most welcome to attend.

The program for the evening will be:

6.00pm – 6.45pm: Class variety performances
6.45pm – 7.15pm: Dinner (families to provide own ‘picnic’ dinner)
7.15pm onwards: Class Christmas Carols/ Community Carols, P & C Raffle Draw

Seating: Bring folding chairs, rug.

NB: As this is a school function the consumption of alcohol and smoking are prohibited on school premises.

YEAR BOOK

I highly recommend families purchase this memento of 2014 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
**STAGE 1 (K – 2) COMMENDATIONS**

Congratulations to these students who received awards last week. Well done!

**KC**
- Ryan Callaghan - great story writing
- Grace Vredegoor - fantastic listener

**K-1F**
- Shelby Stanyer - fantastic work with her sounds
- Richard Baldwin - great work in Maths

**1-2R**
- Jacob Simmons - being a wonderful student in class
- Kobi Manion - improved attitude to reading

**2Z**
- Alex Zouait - being a helpful class member

**2-3B**
- Brock Smallwood - a massive improvement in his application during writing tasks
- Stephanie Pemberton - being a helpful class member at all times

**STAGE 2 & 3 (YEARS 3-6) COMMENDATIONS**

Congratulations to these students who received awards last week. Well done!

**2-3B**
- Ethan Lewry - being an active participant in all class activities
- Charlotte Collier-Mitchell - fantastic effort in all areas of her work

**4M**
- Lana Stark - for being a conscientious, hardworking student

**5T**
- Lachlan Morgan - for effort in all schoolwork and being a considerate class member
- Connor Simmons - enthusiasm in all areas of school life

**6C**
- William Baltaks - great problem solving
- Ebony Towner-Cohen - excellent effort

**GROUP PHOTOS**

Order forms for students in group photos have been sent home today. If you wish to purchase any of these group photos please complete order form and return with payment by Thursday 4th December, 2014. These photographs are available to view in the school album, which can be found in the school office.
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.
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

Tuesday 25th November - Student Leader Talks
Thursday 27th November - Teddy Bear’s Picnic K-2
Thursday 27th November - Water Fun Day
Friday 5th December - Year 6 Mini Fair
Friday 12th December - Community Evening
Wednesday 17th December - Regent Theatre Visit

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
Thursday 4th December - School group photos
Friday 5th December - Year Book order form/payment
Wednesday 10th December - Regent Theatre Visit
Wednesday 10th December - Christmas Raffle tickets money

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.
Is your child a caffeine-junkie? – Parenting Ideas by Michael Grose

Walk past any supermarket after school and you’ll see kids in school uniforms clutching a can of energy drink. Downing an energy drink is fast becoming the cool thing to do.

School-aged children are increasingly using coffee and other caffeinated drinks on a regular basis. Anecdotally, it seems that coffee drinking for children is on the rise, while many kids routinely consume energy drinks.

One Australian study found that 27% of boys aged 8-12 years had consumed energy drinks in a two week period prior to being surveyed. Teachers in the United Kingdom are reporting a similar trend, so it’s a significant issue in both parts of the world.

Walk past any supermarket after school and you’ll see kids in school uniforms clutching a can of energy drink. Downing an energy drink is fast becoming the cool thing to do.

There’s nothing new in making fizzy, sugary, caffeinated drinks available for kids. A certain soft drink company with global brand status has been doing this for years. But the range of caffeinated, high energy drinks that have been brought to market over the last five or six years make soft drinks look tame in comparison. The new breed of drinks that is attracting children’s attention, not to mention their pocket-money, are loaded with caffeine, sugar and protein at levels intended for high performance athletes.

Energy drinks are designed for an adult market.

They’re only sold to children in Australia due to a loophole in the law. Many parents wouldn’t allow their children to drink coffee at home due to its caffeine content yet kids can walk into a shop and purchase any one of a dozen highly caffeinated drinks.
What’s wrong with coffee and caffeinated drinks?

Caffeine is a stimulant that speeds up parts of the body and the brain. It increases heart rate, blood pressure and body temperature. A cup of coffee maybe a good pick me-up for adults, but health professionals agree it’s not suitable for children. Exercise is a far healthier pick me-up for kids and adults alike.

Caffeinated drinks give kids an instant high, making them feel awake and alert but doctors are concerned about links between high consumption of caffeine and insomnia. Once in the system, caffeine stays around for hours, which causes sleeplessness and sleep disruption.

There are plenty of other adverse side effects for kids drinking energy drinks including, bed-wetting, difficulty concentrating and anxiety. There is consensus among health professionals and the sports science community that energy drinks should not be consumed by children and early teens.

There have been calls from health professionals in many western countries for governments to ban the sale of energy drinks to children and young people. The jury is still out regarding banning caffeine drinks however there’s certainly a role for parents to play regarding limiting children’s consumption.

Parental guidance for kids is essential about this issue. Parents shouldn’t leave it up to schools to educate kids or governments to legislate against energy drinks. Parents need to talk to their children and young people about the impact that coffee and energy drinks have on their bodies, letting them know why they are on the no go list. And they should make sure that highly caffeinated drinks don’t make their way into their shopping trolley and into the refrigerator at home.

Putting aside the adverse side effects that these drinks have on children’s health, including addiction, we don’t want to send a message to children and young people that drugs and artificial chemicals are necessary for them to perform at their best.