Dear Parents and Carers

As the term progresses we are getting increasingly busy. Teachers are turning their minds to finalising assessment and writing reports. We’ve had a successful series of excursions in recent weeks, and were VERY lucky with the weather for the Scotts Head trip.

Thursday’s SRC disco should be a fun event for the students and hopefully they’ll raise some money for the Headspace charity at the same time. Don’t stress too much about a costume, you children will be just as welcome in jeans and a t-shirt and the theme is just for fun.

I just want to say a special thank you to Mary Cooper for her amazing efforts in the canteen. Parent help is a vital part of the school culture, and we’d love to see more mums and dads getting involved. A great start might be to attend the P and C meeting, after school tomorrow.

All the best to you and all your families.

Greg Barron
CRUNCH & SIP

How can I make fruit and vegetables more appealing to my child?

Research has found that children prefer small, cold, crisp, juicy and sweet fruits and colourful, crisp, fresh vegetables. Try the following tips to encourage children to enjoy fruit and vegetables:

Buy a variety of seasonal fresh fruit so your child doesn't become bored. Involve your child in choosing what fruit and vegetables to buy
- Give them a small, hand-sized piece
- Cut large fruit and vegetables into small manageable pieces
- Make 'vegiepeople' with your child
- Freeze small pieces of fruit as an icy snack (try pineapple wedges, orange quarters or grapes).

SRC ICY CUP TUESDAY

Due to the Gala Day the SRC will be selling ice cups on Wednesday for 70c at lunchtime

SKOOLBAG APP

The school has purchased an App called Skoolbag, it can be installed on your phone or computer. We are working on what will be available such as notes, newsletter, absentee letter and more. Please find attached information re: the App.

SPACE DISCO

On Thursday 12th November, the SRC will be holding a Space Disco in the school hall to raise money for Headspace. All children must be dropped off at 6:30pm, and picked up at 8.00pm, a staff member must be notified before departure. Admittance will be $3.00 per student, with a light snack provided. Students are encouraged to dress up as space men or any of their favourite sci-fi characters.

We hope to see you there!

SRC

REMEMBRANCE DAY

On Wednesday 11th November, all students will attend a Remembrance Day Service at Eungai Cemetery.

All students and staff will walk from the school to the cemetery and return after the service. The service will begin at 10.50 am. Members of the Macksville RSL Branch will run the service and provide a drink for all our students. Family and community members are welcome to attend.

Thank you to Macksville RSL for this unique opportunity for our students.
Tour Itinerary for Gurrűuŋa Juuŋ (Whale Tail) Tour

Students from K/1 & 2/3 met at the Scotts Head Recreation Hut where the tour began. The tour concluded at the Whale Table. The content of the tour included:

- Meet & Greet
- Welcome to Country
- Smoking & Sprinkling Ceremony
- Safety & First Aid Talk
- Creation Story of the Gaagal (Ocean)
- Bush Tucker Demonstrations
- Medicinal uses of the local flora & fauna
- Traditional Fish Trap
- Story of Baligun (Scotts Headland) & The Dunggirr gagus (Koala Brothers)
- End of Tour

Everyone had a great time and we hope to send the senior students next year to this excellent local cultural experience.
Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough

Skate demos, competitions and learn to skate

Macksville Park Fun and Fitness Official Opening and Nambucca River Festival

Everyone’s invited to join in the fun when Macksville Park Fun and Fitness is officially opened with special skate demos and competitions at Macksville Skate Park on Saturday 28 November.

The event begins at 9.30am at the skate park, with pro skaters showing off their moves. Bring your own skateboard or scooter to have a go in the competitions or get a free lesson throughout the morning. The events are suitable for kids of all ages.

Nambucca Shire Council and the NSW government have funded the skate park and other works in Macksville Park, including lighting for the touch football fields, a community recreation room at the Macksville Memorial Aquatic Centre and fitness trails throughout the park. For more information closer to the day, see Council’s website at www.nambucca.nsw.gov.au

In the late morning, the Nambucca River Festival kicks off with events on the Nambucca River and on the foreshore. Music, food, and festivities will continue throughout the weekend. For more information on the Festival, go to www.nambuccariverfestival.com.au