Principal's Report

Reptile Show – Deadly Australians
On Friday 7th November our students have the opportunity to attend a reptile show in the school hall. This show has proven to be popular around other schools. The price structure is very friendly to families with one child costing $5.50 or $11.00 per family. Please have the signed permission note and money returned to the office by Monday 3rd November.

Child Protection
This term, teachers will be talking to students about a variety of Child Protection topics. Topics obviously depend on what grade your child is currently in. These include Relationships – Power and Protective strategies, People that Protect us as well as feelings and when to say ‘no’. If you have any concerns or require further information, please do not hesitate to contact your child’s teacher.

Movie Night
Unfortunately, the P&C have been forced to postpone the Movie Night, due to a number of families being involved in another activity on this night. A community activity is planned in the near future. Please keep an eye out for the details.

Selective High Schools Application 2016
Online application for Year 7 entry to selective high schools in 2016 is now open. Find out more:
Please be aware that there will be no paper application forms this year, applications are only accepted online. Applications can be made between 14th October 2014 and 17th November 2014, with the Selective High School Placement Test being held on Thursday 12th March 2015. Please see the office if you do not have access to the internet for other arrangements to be made.

Digital citizenship
We're the first generation of parents responsible for equipping our children with digital citizenship skills – how to use technology safely and responsibly, and how to evaluate, manage and use the information and tools they find online. Here are some tips to get you started:

Girls Dresses
There are a number of girls summer dresses in our clothing store that have been reduced to $10.00. Lowes are now supplying this item and we are required to sell our stock, hence the substantial reduction. Sizes vary, so get in quick to avoid disappointment. See Belinda Hopwood for further information, however the Uniform Shop will be open this Friday.

Have a great week
Derek Noffke
Principal
LIVE LIFE WELL AT SCHOOL
Some children dislike vegetables, however they are still an important food group. Some ideas to tempt reluctant vegetable eaters include:

- Disguising them by blending, mashing and adding them to soups, stews or sauces
- Offer them raw. Lots of kids prefer crunchy vegetables rather than cooked ones. Carrots, cauliflower, beans or broccoli are great eaten raw.
- Involve children in preparing or growing vegetables. This increases their familiarity and willingness to try new vegetables.
- Serve cut up carrots, celery, tomato and cucumber with salsa, dips, cottage cheese or salad dressing.
- Add kidney beans, red lentils, baked beans or four-bean mix to casseroles, mince or stews.
- Mix mashed potatoes with mashed pumpkin or sweet potato.

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<thead>
<tr>
<th>Age of child (years)</th>
<th>Fruit (serves)</th>
<th>Vegetables (serves)</th>
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<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
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<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
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<td>12-18</td>
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<td>4-9</td>
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One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

Road Safety
Last week a number of our teachers were in-serviced on Road Safety relating to schools. We will be inserting a number of Road Safety tips in the Agenda from time to time. Please talk to your child regarding walking and riding to school as well as expected behaviours on the bus.