Dear Parents,

Welcome back to Term Four! If you had a chance to have some time off, I hope it was relaxing. Before we know it, there will be talk of the numerous end-of-year events, and we will all be scratching our heads wondering where 2014 went.

A word about the Parent Online Payment (POP) system we have on our website. A reminder that this is for school-related activities such as excursions or resources like textbooks. P&C fundraising, uniform shop and the like should not go through this particular system.

We are so lucky at Normanhurst to have excellent staff who work hard for all the students. Mrs Spender, our Librarian, takes virtually every class on a weekly basis and assists them with their research skills and locates resources for students and teachers alike. Mrs Spender also organises our Book Parade and this year it is on Wednesday, 29th October (Week 4) – so check your wardrobes and cupboards for a great book character your child can come dressed as. There have been some very inventive and clever outfits in the last few years!

We also have our Kindergarten Transition sessions which commence on three consecutive Tuesdays starting October 21st. A reminder if you not as yet enrolled your child to commence Kindergarten in 2015 please do so, or if you know of someone who has not yet submitted an enrolment form, please advise them to come to the school as soon as is convenient.

Notes sent home this week
Asquith Boys High School Year 5 High School Experience Day – Years 5 boys only
You may have noticed the hall’s new colours on your return. Painters will be finishing the job over the coming weekend. Thanks so much to Anastasia Jovanovic for her advice, guidance with colours and extensive planning (the painters didn’t know what hit them!). Our parents have so much expertise in so many areas and it is wholeheartedly appreciated when they use these skills to help our school.

David Beggs

The following students were proud recipients of Striver badges at our last assembly.

Emily B  Mimi X  Evie W
Abby B  Sarah K  Charlie G
Oliver W  Olivia U – Red

Congratulations to the following students who received a Merit Certificate at our last assembly.

Milly L  KIJ  Carl A  2/3N
Mitchell B  KIJ  Hugo B  2/3N
Summer W  KS  Lily P  3D
Brooke C  KS  Nick S  3D
Evie W  1H  Angus L  4N
David A  1H  Alex P  4N
Ansh P  1S  Janelle D  4/5D
Liam T  1S  William J  4/5D
Damien K  1/2M  Ruby A  5/6B
Mahlia-Mai H  1/2M  Sharon J  5/6B
Yumi VDW  2P  Eddy W  5/6G
Virginia R  2P  Abby M  5/6G
Ben N  2/5C
Jan A  Library  Jack T  EAL/D
Cassidy Mc  Library  Ibrahim A  EAL/D
Bardia S  Computers  Ben W  Computers

PEER SUPPORT

In Peer Support this week the children will discuss the importance of showing gratitude to others. Children are encouraged to reflect on the positive aspects of their lives, including people. The activities will give the children an opportunity to thank someone who has helped them. During the week encourage your child to appreciate and thank the people in their lives.

CHESS CLUB

Congratulations to the following students who won the Term 3 Internal Chess Club Tournament held on Wednesday 17th September.

Joshua W  (4N)  Gold Medal
Hugo T  (2/3N)  Silver Medal

Timothy S  (4N)  Bronze Medal

The Bronze Medal was hotly contended by Lukas H  (2P) and Timothy S  (4N) and was won by Timothy in a tense playoff. Lukas is highly commended in his efforts. Well done, Chess Club!

Kim Holdway
Chess Coordinator

ICE CREAM DAY
Thursday 16th October

Ice Creams for $2
Fundraiser for Year 6 Farewell

A note will be sent out next week as a reminder

P&C NEWS

http://www.facebook.com/NormanhurstPublicPC

Date  Event  Class/Year
13th Oct  P&C Meeting  All welcome
10th Nov  P&C Annual General Meeting  Every vote counts

The Home Stretch….

After a tremendously hectic finish to Term 3 things should ease up a little from here and before you know it we will be carolling under warm summer skies (my favourite event of the year!)

But before then one of the most important dates on our calendar looms large. Our Annual General Meeting will be held on Monday 10th November and we will be looking for fresh hands to fill a number of roles. At this stage both the President and Grounds Coordinator positions will definitely become vacant, and we may be looking for others to fill spots on the various sub-committees. So please give some thought to lending your time to the great work that the P&C
does, the demands aren’t excessive but the rewards are plenty.

P&C Meeting – 13.10.14

At our next meeting Yemi Oluwi will present his new 3 year Financial Plan, a tool he has devised to help give us some clarity on our forward funding plans. Emma Veale will be discussing proposed changes to the ordering system for the canteen as we look to progress to an exclusively online environment. And finally we will look at the revised playground quote and make a final decision on moving forward with the new equipment.

Agenda

1. Minutes of previous meeting
2. Reports of Officers
3. Agenda items
4. Other business

I look forward to seeing you there.

Scott Veale

BAND NEWS

Parent Band Roster

<table>
<thead>
<tr>
<th>Thursday 9th October</th>
<th>Band</th>
<th>Time</th>
<th>Supervisor</th>
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<tbody>
<tr>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>Alison Taylor</td>
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<tr>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Christine Mansfield</td>
<td></td>
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<tr>
<td>Monday 13th October</td>
<td>Training</td>
<td>7.25-8.30am</td>
<td>George Kuti</td>
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<tr>
<td>Concert</td>
<td>12.55-1.55pm</td>
<td>Jenny Turner</td>
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<tr>
<td>Thursday 16th October</td>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>Tomomi Karube-Muir</td>
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<tr>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Motoko Tagaki</td>
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NOOSH NEWS

General Committee Meeting

The next Committee Meeting is scheduled for Monday 27th October 2014 at 6.15pm. All parents are invited to attend and we look forward to your contribution.

Annual General Meeting and Committee Positions Available

The Annual General Meeting will be held on Monday 10th November 2014 at 6.15pm in the NOOSH Building. As we are re-aligning the NOOSH financial year the AGM will be separated into two meetings. The Administrative meeting will be held in November and the Financial meeting will be held in March 2015 (date yet to be confirmed). We look forward to seeing you!

NOOSH will have Committee positions available in 2015 including, Secretary, Staff Liaison Officer and a new team to assist in renovating the premises. I and the Committee encourage anyone who might be interested to put their hand up. We have a fantastic Committee! Don’t worry if you have never been on a Committee before, you will be guided and supported all the way. A brief description of the positions is available on our website in our latest newsletter at www.normanhurstoshc.com.au

Farewell

Sadly the Committee is farewelling Jo Schuster who has been the NOOSH Secretary for the past three years. Jo has made an invaluable contribution to past and present Committee’s and has decided to involve herself with other school activities. Jo has maintained her professionalism throughout her time as Secretary and has always been an active contributor in working through difficult issues. We wish Jo all the success in her new ventures.

Enrolments for 2015

The 2015 enrolments will be rolled out early in Term 4. Kerri Wickenden, our new Director, is working with Becklyn to establish an on-line system. Please ensure you have all of your enrolments completed by the end of the term. Children will not be accepted at NOOSH without their enrolment forms as a $2000 on the spot fine per child will come into force from January 2015 for us not having the necessary enrolment documentation.

Security/Service Update/Letterbox

Following from previous newsletters, the level of security has been upgraded. Ian Frank has been a tremendous help in assisting the Committee with advice and the installation of an alarm system. We have also installed security doors in an effort to prevent further break and enters.

During the holidays the electrical circuit board was upgraded to meet current safety standards. We also installed additional sensor lights on the external corners of the building. These new lights should assist parents who enter the centre via the rear gate during the evening and hopefully serve as a deterrent to vandals.
NOOSH will have its own letterbox next term. This will be located at the front of the NOOSH Building. Please deliver enrolment forms and any other correspondence directly to our letterbox instead of School Administration.

Paula Bourke
President

FOREVER
THRIVE

This article supplied by Denise Pivetta

There has been much in the media lately about what and how we should be eating, but one thing that everyone agrees on is that we need more vegetables in our diet, and particularly into the bodies of our growing children. Did you know that less than 5% of Australian children consume the recommended five serves of vegetables each day, and that number drops even lower if potatoes (which should really be counted as a serve of carbohydrates) are not counted. Below are some ideas for getting some veggies into our children’s lunchboxes and snacks.

Cut-up veggie sticks such as carrot, cucumber and capsicum may be better received if accompanied by a small tub of dip. Whizz up a tin of chickpeas or white beans with a drizzle of olive oil, salt, pepper and a little garlic for a tasty preservative-free dip. It will keep in the fridge for several days. You can buy small round Décor containers meant for salad dressing which are perfect to transport a serving of dip to school.

Another simple dip is tatziki – Greek yoghurt with finely chopped cucumber, mint and salt and pepper to taste. Make a pretty pink beetroot variation by omitting the cucumber and blending in some cooked beetroot (the vacuum packed natural variety, not tinned). A basic guacamole can also be made with just avocado and lime juice, seasoned to taste. This one goes brown fairly quickly, so best for after school or weekends.

Try to think outside the square when it comes to increasing your family’s veggie repertoire – purple carrot sticks, raw green beans, small button mushrooms, lightly steamed broccoli florets or snow peas, even lightly steamed purple or yellow cauliflower are all great for dipping.

If more novelty is required to tempt fussy eaters, try threading a cherry tomato, a cube of cheddar cheese and a small circle of cucumber (lengthways) onto blunt-ended toothpicks for ‘traffic light’ snacks. Other combinations for the more adventurous are cucumber, feta and a mint leaf; cherry tomato, baby bocconcini and a basil leaf, or encourage children to invent their own!

Consider using wholegrain wraps rather than sandwiches as you can fit a lot more salad in with the meat, cheese or other protein filling. Salad boxes with shredded lettuce, grated carrot, tomato, cucumber and grated cheese can be purchased from the canteen or packed the night before at home. Remember to include a fork!

Don’t forget the frozen food aisle. Our children have always loved frozen peas (especially the minted ones) as an afternoon snack on a hot day – just pour into a snack cup and serve. Another great option is edamame beans – soy bean pods. You can buy them pre-cooked and lightly salted. Just pop a few in a small tub – they will defrost by morning tea time and the kids can just pop them out of their pods to eat – yum!

When you need ‘something in a packet’, try seaweed snacks from Asian grocers, but choose a brand that doesn’t have any MSG added. Other healthy options are plain popcorn or try ‘Chic Nuts’ from the health food aisle, which are roasted, salted chickpeas and broad beans – crunchy and delicious!

Of course, it goes without saying that children ‘do what we do’ rather than ‘do what we say’, so we can set a good example by embracing vegetables! Perhaps have a ‘new vegetable of the week’ that the whole family samples at dinner before introducing it into the lunchbox. An no-one likes soggy or limp veggies, so keep them fresh and cool with an ice brick, and use individual containers to keep dips and juicy foods separate. Here’s to happy little veggie-mites!