Term 4  Week 4  29th October 2014

**PRINCIPAL’S REPORT**

Dear Parents,

Years Five and Six returned triumphantly, albeit a little weary, from Milson Island last Friday. By all reports the children had a fantastic time. My sincere thanks once again to Mrs Grimmond, Mr Barling, Miss Derriman and Mrs McDonald for going with the students on this excursion. I’m sure both students and teachers slept well on Friday night!

Tomorrow Senior and Junior OzTag teams will be competing against other schools in a Gala Day. Both boys and girls senior teams will be at Foxglove Oval, Mt Colah and the junior boys and girls team are at Rofe Park Galston. Thanks again to Mr Norman and Miss Derriman who have been coaching the teams. I know they will have a great time tomorrow.

You should have received a note about “The Energy Show” which will be conducted for all students K-6 on Monday, 10th of November. As I mentioned in the note, the cost is lower because the Withnell family have donated their winnings from a competition towards the cost of this incursion. Thank you so much Mr and Mrs Withnell!

Just a reminder that our NOOSH will be open for vacation care, both in the two Staff Development days at the end of this year and in the two weeks before school returns in 2015. The great thing is if your child has turned five before the 18th and 19th of December you can enrol them in NOOSH for those two days even though they haven’t even started yet!

Earlier this year I sent out an expression of interest for Ethics classes. We had quite a number of families respond, and I was quite
hopeful to get it off the ground this year but unfortunately there were some circumstances which slowed the process. I am happy to say that we now have an ethics coordinator, Mr Chris Mansfield, and there are a number of parents who have indicated their interest in teaching primary ethics for 2015. Later in this newsletter is more information about primary Ethics Classes. You will also hear more about this in the new year.

David Beggs

No Striver Badges or Merit Awards were awarded last week as there was no assembly

ETHICS CLASSES

Become an Ethics Teacher at Normanhurst Public School

Primary Ethics provides the opportunity for NSW public primary school students who don’t attend scripture classes (SRE) to participate in philosophical ethics classes. We need volunteers to teach ethics classes starting in Term 1, 2015.

The classes teach children how to approach ethical issues and develop their capacity for considered moral judgement, which will enable them to respond more thoughtfully to many of the problems and issues they will face in their lives.

Volunteer Ethics Teachers are trained to deliver our age-appropriate curriculum every week and to use the accompanying learning and teaching materials. For more information about the role and to volunteer, please go to http://www.primaryethics.com.au

Chris Mansfield
Ethics Coordinator

GREEN TEAM

Following our big harvest from the garden, a celebration of the harvest was held on Monday 17th October. The children loved trying roasted potatoes, fresh grated beetroot, beetroot dip, green smoothies and spinach dip. Not a bit of food was left. It was great to see them enjoying fresh veggies from the garden.

Ms Prince and Mrs Shorey

P&C NEWS

Junior Choir Dance Group
SRC Chess Club

CHESS CHAMPIONSHIP 2014

The Chess Championship 2014 will be held on Tuesday 25th November. This tournament is open to all students from K-6. Students do not need to be a member of the Chess Club to enter but some knowledge of playing chess is necessary. The tournament is run as a ‘Swiss' or 'Round Robin' with approximately six to seven games. This means all children attending play in all the rounds and no one is knocked out.

All children playing will receive a participation certificate. Trophies and medals will be awarded to highest scorers and as age prizes. The winner of the Championship will have their name engraved on the school's perpetual trophy.

Entry forms are available from the office or from Mrs Holdway. Entries close on Friday 21st November. This is always a fun day for our school chess enthusiasts and if any student has an interest in chess they are encouraged to enter.

Kim Holdway
Chess Co-ordinator

ADDITIONAL SCHOOL PHOTOS

The additional group photos taken on 4th September this year are now on display at the school office. Order envelopes are available from the office and need to be handed in by the 5th November. The groups on display are:

<table>
<thead>
<tr>
<th>Class/Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole School</td>
<td>School Leaders</td>
</tr>
<tr>
<td>Year 6 Muck Up</td>
<td>PSSA Soccer</td>
</tr>
<tr>
<td>Training Band</td>
<td>PSSA Netball</td>
</tr>
<tr>
<td>Concert Band</td>
<td>Library Monitors</td>
</tr>
<tr>
<td>Band Ensemble</td>
<td>House Captains</td>
</tr>
<tr>
<td>Senior Choir</td>
<td>Debating</td>
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<tr>
<td></td>
<td>P&amp;C Annual General Meeting</td>
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</tbody>
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Positions Vacant!
As I have mentioned previously our AGM is rapidly approaching at which time the following positions will become vacant:

- President
- Fundraising Coordinator
- Grounds Coordinator
- Social Committee
- Clothing Pool (1 person to join the team)

I was going to provide a brief description of the various roles but it should be all pretty self-explanatory. No special skills are required, just community spirit and a passion for the school! Rest assured if you decide to step up and take on a position the previous holders will be available to provide plenty of guidance and advice.

Scott Veale
President

**BANDANA DAY**

The SRC fundraiser for Term 4 is Bandana Day in support of CANTEEN – an organisation that supports children and young adults with cancer. The SRC will be selling bandanas for $4 each and pens for $3 on Friday 31st October.

They will be on sale in the top quad at recess and lunch time and some SRC members will also visit the Infants picnic tables at the beginning of recess.

**BAND NEWS**

**Parent Band Roster**

<table>
<thead>
<tr>
<th>Thursday 30th October</th>
<th>Band</th>
<th>Time</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>Caroline Beattie</td>
<td></td>
</tr>
<tr>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Scott Bartholomew</td>
<td></td>
</tr>
<tr>
<td>Monday 3rd November</td>
<td>Training</td>
<td>7.25-8.30am</td>
<td>Danni Lamb</td>
</tr>
<tr>
<td>Concert</td>
<td>12.55-1.55pm</td>
<td>No rehearsal</td>
<td></td>
</tr>
<tr>
<td>Thursday 6th November</td>
<td>Concert</td>
<td>7.25-8.30am</td>
<td>Annette Phillips</td>
</tr>
<tr>
<td>Training</td>
<td>12.55-1.55pm</td>
<td>Jaclyn Park</td>
<td></td>
</tr>
</tbody>
</table>

**NOOSH NEWS**

**NOOSH Committee Positions for 2015**

To keep NOOSH running as a Community organisation we need parents to volunteer and be part of the Committee for 2015.

Vacancies include:
- Secretary
- Staff Liaison Officer
- Building Renovation Team to revamp the centre

If you would like to discuss the positions please contact Kerry Sinclair – Vice President on mckaykerry@hotmail.com or speak with Kerri Wickenden – Centre Director.

Please note the AGM Administration meeting has been postponed until March 2015 at a date yet to be decided.

The next General NOOSH Committee Meeting will also be our end of year celebration. We are headed out for dinner on Monday 10th November at 6.30pm. If you are planning on being part of our 2015 Committee please RSVP to Kerry Sinclair by 3rd November for venue details.

We look forward to your input and help on next year’s Committee.

Paula Bourke
NOOSH President

**FOREVER**

**THRIVE**

**Organic Gardening**

**Smoothies**

Smoothies are everywhere: in the mall, at fast-food restaurants, in coffee shops. But for the most part, those smoothies might be better termed milkshakes. Stuffed with sugar, frozen yoghurt, even ice cream, they do more harm than good. But made properly, smoothies condense large amounts of fruits and vegetables into one compact and very tasty drink. Just one
go-to smoothie recipe won’t do, though. Plants are most nutrient-dense at peak season. So when putting together a smoothie, try to use the freshest organic ingredients from the garden or farmers’ market. When something is in season, it packs the healthiest punch. Try these!

**Strawberry Mango Spring Smoothie**

- 1 cup coconut milk
- 1 frozen banana
- 1 mango
- 5 large strawberries

**Summer Stone Fruit Smoothie**

- ½ cup Greek yoghurt
- 1 plum
- 1 peach
- 1 nectarine
- ½ cup blueberries

**Pumpkin Pie Fall Smoothie**

- 1 cup almond milk
- 1 teaspoon agave syrup
- 1 cup pumpkin puree
- 2 teaspoons cinnamon
- 1 apple
- Dried cranberries

**Winter Greens Smoothie**

- ¼ cup carrot juice
- ½ cup orange juice
- 1 cup spinach
- 1 cup kale
- 4 small frozen broccoli florets
- 1 frozen banana
- 1 apple